

## Symptoms Are The Messengers, Not The Disease! (Part 3 of 4) (Symptom Free May NOT Mean Your Healthy!)

**DON'T KILL THE MESSENGERS** is one of the topics in Part 3 of this 4-Part article. However, first, let's continue with another in our series on **A-Z SUCCESS STORIES AND CASE HISTORIES**.

**DISC (HERNIATED, SLIPPED, OR SWOLLEN):** Vickie (45y) had suffered for six months with a herniated disc. Prescribed drugs and Chiropractic adjustments provided only temporary relief, which was why she was considering surgery when she was referred to me. Three months after starting Clinical Nutrition Therapy, she no longer suffered from a herniated disc and surgery was not required. (Vickie is just one of many clients who were suffering from a herniated, slipped or swollen disc until they received our Clinical Nutrition Therapy.)

**QUESTIONS 4 to 8 of 10** outlined in Part 1 of 4 will be answered in Part 3, in order to help you understand why 'Symptoms are not the Disease, but "Messengers" of a biological system of communication from your cells to your Brain to motivate you to A. identify and correct their cause and B. identify and stop what is interfering with its innate self-healing processes, which were the topics of Part 2 of 4.

4. "Why suppressing or manipulating my symptoms with drugs is like Killing the Messengers?"
5. "Why do Symptoms leave during the healing process, before I am truly healed?"
6. "Why may Symptoms leave during the healing process, and then return?"
7. "Why is being Symptom Free not the same as being Healthy?"
8. "When can I count on my Symptoms not returning?"

**DON'T KILL THE MESSENGERS! (Answer to Question #4):** When a warning light appears on the dashboard of your vehicle, would you turn it off without identifying and correcting the cause? Of course not! Because to ignore it and let the cause continue, in time, you could be stranded on the roadside or worse. "A Symptom is to the Body as a Dashboard Warning is to your Vehicle!" And just like a warning light is not the cause, your Symptoms are not the cause of your Disease!

Yet, every day, instead of taking the action steps A. & B. above, people are turning off their warning lights by taking pharmaceutical and/or nutritional\* drugs to suppress or manipulate symptoms caused by toxicity and nutritional



*"Take Time for Your Health or Make Time for Your Disease!"*

by **Dr. Donna F. Smith**  
Ph.D., N.D., C.C.N., C.D.N., C.H.  
AdvancedClinicalNutrition.com

deficiencies or excesses and thus, in doing so, they are "Killing their Messengers," which in time, leads to life-threatening health conditions and diseases. (\*Refer to "Taking Vitamins or Nutritional Drugs?" *The Villager*, 05/27/21, P11.)

**NUTRITION FACT #22 – Identify and correct the causes of your Symptoms, rather than Killing the Messengers!**

**WHEN CELLS KNOW YOU GOT THEIR MESSAGE, OR NOT! (Answers #5-#8)**

In the courier business, when the Messenger knows the recipient has received the message, the Messenger leaves. In the same way, when the cells start receiving the specific nutrients from the therapeutic, whole food supplements, that the client's test results indicated their body needs to correct the cause of their symptoms, symptoms begin to leave.

**SYMPTOMS FREE?** However, being symptom free is not

the same as being healed, so if you stop providing these nutrients before your test results indicate your body is healed, your symptoms will return. To prevent this, you must continue to provide your cells with the specific nutrients they require to complete their healing processes, i.e., until a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva, stool, etc.) indicate your test results are in "Homeostasis." [Note: Homeostasis lab ranges are different from the medical lab ranges on a Laboratory Report.]

**NUTRITION FACT #23: Being Healthy means you are Symptom Free; however, being Symptoms Free does not mean you are Healthy!**

The human body is in a constant state of self-healing to maintain optimal Health (aka Homeostasis). However, to operate this self-healing system requires pure and sufficient nutrients from your air, food, water and sunshine (for Vitamin K).

**WHEN MESSENGERS APPEAR!** However, when the body reaches a point where it can no longer maintain Homeostasis (Health) in one or more organ, gland or body system, due to years (even decades) from ongoing, accumulative toxins and nutrient deficiencies or excesses, its bio-

logical communication system produces Symptoms (The Messengers) to get your attention that it needs your help (A. & B. above) in order to continue its self-healing.

**This is why you can be Symptom Free for years, even decades, but still not be Healthy.** To be Healthy and Symptom Free means your biochemistry is in Homeostasis, as identified by a Clinical Nutrition Analysis of the Lab Reports from testing your biochemistry.

In Part 4 of 4, I will answer the last two of the 10 questions about "Symptoms being your Messengers, not your Disease!"

**FOR HELP to improve your health concerns from where you live, please call me at 940-761-4045 or email: Villager@AdvancedClinicalNutrition.com. First Consultation Free!**

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION (Est. 1981)** in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health. *Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.*

## Kevin Edling announces run for Arapahoe County Sheriff

Kevin Edling has announced his candidacy for Arapahoe County Sheriff. Kevin has spent his entire career in public service protecting our community as a member of law enforcement and defending our country through military service. He has lived in Colorado for more than 40 years.



Kevin's priorities include the safety of residents and schools, addressing quality of life issues for residents and businesses, decreasing property crimes, recruitment and retention of deputies, ensuring the proper resources for the

ACSO, providing excellent customer service and accountable and responsible leadership. For more information on these issues or to make a donation to elect Kevin, visit [kevinedlingforsheriff.com](http://kevinedlingforsheriff.com)

Kevin is an accomplished pilot, certified flight instructor and holds an Associate of Science in Criminal Justice from the Community College of the Air Force, a Bachelor of Science in Professional Aeronautics from Embry-Riddle Aeronautical University and a Master of Education with a focus on Organizational Performance and Change from Colorado State University. He volunteers with the Civil Air Patrol.

"I have seen first-hand how Denver has declined, crime rates are skyrocketing, businesses are being vandalized and politics has crippled the ability of law enforcement to do their jobs while criminals are not being held accountable," said Kevin Edling. "We can do better in Arapahoe County, and I don't want to see the same decline happen here. I pledge to serve and protect my home county and my own community with respect and integrity and to bring leadership and accountability to the Arapahoe County Sheriff's Office (ACSO)."

As a command officer with the Denver Police Department, Kevin made the decision to retire early after more than 26 years of service.

"Arapahoe County needs a professional, experienced and honest Sheriff who has the discipline necessary to address rising crime rates and other important issues related to our quality of life in our community," said former Arapahoe County Sheriff Dave Walcher. "Kevin Edling is the person we need, and he'll be responsive to our needs."

A proven leader and military veteran, Kevin has also served in the Colorado Air National Guard for more than 31 years at Buckley Air Force Base, Aurora, CO. He served as the Commander of the 140th Security Forces Squadron for six years completing his last deployment from the Middle east in 2018. His current assignment is Colorado Joint Force Headquarters.

Kevin lives in Centennial (Arapahoe County) with his wife Stacey Stegman Edling. He is a proud stepdad to Dylan (former Marine) and dad to Stella, the Goldendoodle.

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