

## Symptoms Are Not Reliable Sources for Choosing Vitamins! (Part 2 of 2)

[Addendum to “Symptoms Are The Messengers, Not The Disease!” Part 1-4]

In Part 1 of this 2-Part article addendum, I shared that some people are self-treating by taking over-the-counter or online purchased vitamins and other food supplements that are being selected based upon their symptoms. I then shared the four unwanted outcomes that occurs as a result of this decision, that also leads to further health complications. Additionally, I shared that the title of this article is one of several reasons for these unwanted outcomes and then directed you to The Villager, 05/27/21 Pg.11, for the other reasons.

Part 1 of this 2-part article addendum also included the first of four answers to Question 10 and this Part 2 includes the other three. The first nine questions were answered in my 4-Part article on “Symptoms Are Messengers, Not The Disease!”

**ANSWER 2 of 4 - MULTIPLE CAUSES:** Another reason symptoms are unreliable sources

is because any one symptom may have multiple causes. A perfect example of this is Karen, from my article “*Cell Contents Prove What Heals*” (The Villager, 08/26/21, Pg.10). She had five causes for why she had diarrhea 40 times a day for 10 years. Each time we corrected another cause, her symptoms improved another percentage. Until all five causes were corrected, her percentage of improvement in that symptom could not reach 100%, i.e., completely heal in order to stay symptom free.

**ANSWER 3 of 4 - MULTIPLE LAYERS:** To get to the core of an onion, you must first peel back multiple layers. Similarly, some symptoms are caused because the body has layers of infectious tissue or toxins that must be removed and replaced by new cells and tissue for the body to heal. Sometimes the different layers may

even have different causes.

For example, one layer of tissue may contain embedded viruses, another contains toxins from chemical food additives, and so on. And because the therapeutic nutrients your body requires to detoxify viruses is different from removing chemicals, how successful do you think you can be in addressing these multiple layers with multiple causes, when taking supplements based upon your symptoms?

**ANSWER 4 of 4 – HEALING PRIORITIES:** Remember Teresa’s 14-year-old fibroids that were gone after 13 months of Clinical Nutrition Therapy? (Refer to “*He Thought, She Thought!*” The Villager, 04/01/21, Pg.5). Her body had its own healing priorities. So, if you are taking a supplement, for example, for a skin condition, and that supplement has some nutri-

ents in it that your heart needed more, then your body will reroute the nutrients to address its priority over yours and you may not see any results from taking that supplement for your skin. However, from testing your biochemistry, you would be aware of this priority and then be able to take the exact nutrients your body needed for both your heart and skin.

**TEST DON’T GUESS:** When **guessing, instead of testing**, not all the causes for that symptom are known and not only may you delay your innate healing or interfere with your body’s healing priorities, you are now left with a cupboard full of unused supplement bottles and still suffering, in spite of all the money, time and effort you invested.

You actually save money, time and energy by having a Clinical Nutrition Analysis of your biochemistry to identify the “exact” supplements your body requires. Whether your symptoms have one or multiple causes, layers or healing priorities, you will then get results!

**NUTRITION FACT #24: DO YOU HAVE A CUPBOARD FULL OF UNUSED VITAMIN BOTTLES? SYMPTOMS ARE NOT RELIABLE SOURCES FOR CHOOSING VITAMINS OR OTHER SUPPLEMENTS!**

This is why our business slogan is... “*It’s Best To Test Before You Buy...Vitamins!*”

**FOR HELP no matter where you live and for copies of referenced past articles, 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.*

## Candidates announced for South Suburban Board of Directors election May 3

Nine individuals have filed as candidates for Board of Directors positions in South Suburban’s May 3 election. There are three openings for three-year terms on the five-member board. The incumbent candidates are Pete Barrett, David Lawful and Susan Pye. Board Members Ken Lucas and Jim Taylor will continue to serve their terms, which are scheduled to expire in May 2023.

Candidates (in alphabetical order):

- Kate Arkin
- Alexis Barrere
- Pete Barrett
- Michael Kohut
- David Lawful
- John Priddy
- Susan Pye

• Kathy Turley  
• Elizabeth Watson  
The order of names appearing on the ballot will be picked by a lottery drawing on Wednesday, March 2 at the South Suburban Sports Complex. More information on the candidates will be released on March 15.

The five-member Board of Directors is elected at large, on a non-partisan basis. The board meets on the second and fourth Wednesday evenings of each month at the South Suburban Sports Complex. Additional study sessions or special meetings are called as needed.

Voters will be instructed to vote for three candidates. The election will be a polling

place election, with the option of obtaining an absentee ballot. This is a District regular election and will feature only the election of Board of Directors’ candidates.

The following polling sites for the May 3 election will be open 7 am – 7 pm for voting:

Goodson Recreation Center, 6315 South University Boulevard, Centennial  
South Suburban Sports Complex, 4810 East County Line Road, Littleton

An eligible elector is a person who, on election day, is registered to vote in the State of Colorado; and either who is a resident of the District or who owns taxable real or personal property (or the spouse or civil union partner

of owner) situated within the boundaries of the District, or a person who is obligated to pay taxes under a contract to purchase taxable property within the District.

Applications for absentee ballots are available and may be obtained online or at the Administration Office, 4810

East County Line Road, Littleton, CO 80126. Applications will be accepted until the close of business (5 pm) on Tuesday, April 26, 2022.

To check state voter registration status, or find out how to register to vote in Colorado, contact your County Clerk & Recorder office. For questions regarding the South Suburban election, email elections@ssprd.org or call 303.483.7011.

## OBITUARY

### Vernon A. “Bud” Isaacs

It is with great sadness we announce that Vernon A. “Bud” Isaacs passed away unexpectedly on February 22, 2022. There are few who are fortunate enough to live life to its fullest. Rarer, however, is the individual who accomplishes this high standard and continues to inspire all of us to do the same. Those who know Bud will appreciate that he was one of these rare individuals.

Bud’s life emphasized his “three Fs”: Family, Faith, and Friends. When not providing leadership and mentorship for his colleagues in the oil and gas business, he loved skiing, fishing, hunting, golfing, and traveling. Recently, Bud celebrated his 80th birthday amongst family at one of his favorite fishing spots, enjoying fishing, horseback riding, hiking, and sharing stories. His final day with us included biking to the golf course, playing 18 holes, having lunch with a friend, and biking home.

Bud was a decorated veteran with the 101st Airborne. He was the founder of the Upper Colorado River Alliance, and a loyal supporter of the Boy Scouts, Colorado School of Mines, ACE Scholarships, Colorado UpLift, and many more organizations, with his time, energy,



and philanthropy. Bud is survived by his loving wife of 54 years, Kaye; his children Kimberly, Scott, and Chad; his grandchildren Chelsea, Haley, Riley, Anton, and Payton; and friends too numerous to list.

Bud’s memorial service will be held Tuesday, March 15, 2022, at 2:00 pm at Cherry Creek Presbyterian Church (10150 E. Belleview Ave., Greenwood Village, CO). A reception will follow. In lieu of flowers, please consider a donation in his honor to the Upper Colorado River Alliance (<https://www.ucra.us/get-involved.html>) or a charity of your choice.

## Centennial High School seniors: Apply today for Youth Achievement Awards

*Up to Four Recipients Will Receive \$1,000 College Scholarship*

Graduating high school seniors residing in the City of Centennial are invited to apply for the City’s Youth Achievement Awards, a scholarship program presented by the City of Centennial and Jacobs, the City’s public works and code compliance

provider. Up to four \$1,000 scholarships will be awarded to be applied toward college tuition, fees and course enrollment.

The Youth Achievement Awards program honors and recognizes exemplary young leaders who have made significant contributions to Centennial through service and outstanding leadership in school, community and the workplace. Students are invit-

ed to apply for the program by April 8 by visiting [centennialco.gov/youthachievement](http://centennialco.gov/youthachievement).

Submissions must include a completed application, short essay responses and a letter of recommendation. Award recipients will be selected by the Centennial Youth Commission, an advisory board serving the Centennial City Council composed of Centennial youth between the ages of 13 and 18.

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