

BIOCHEMICAL DYNAMICS OF HEALTH AND DISEASE

Phase	Dynamics Of Nutritional Biochemistry	Your Physical and Mental Experience
1	Biochemistry in Homeostasis (True Health)	FIT, WELLNESS, ENERGETIC, MENTALLY ALERT
2	Cellular AND Tissue Nutritional Deficiencies and Toxicity (Poisoning from chemicals in food, air, water, drugs and the environment.	<p>STAGE 1 – Asymptomatic so you can feel still Fit, Well, Energetic and Mentally Alert until you move into Phase 2-Stage2.</p> <p>STAGE 2 - Declining Energy, Infrequent Mild Pain, Mild Allergies, Mental Fatigue</p>
3	Biochemical Imbalances	Ongoing Tiredness, Infrequent Moderate Pain, Persistent Allergies or Sensitivities, Absent-Minded
4	Organ/Gland Dysfunction	Fatigue, Frequent Severe Pain, Frequent Allergy Attacks, Mental Dysfunction
5	Nutrient-Related Diseases	Chronic Fatigue, Chronic Pain, Chronic Allergies/Asthma, Cancer/Tumors, Mental Illness
6	(Point of No Return)	(Point of No Return)
7	Cellular Decay and Death	Death of Your Physical Body

As the biochemistry and biology of the human body degenerates it progresses from Phase 1 to 7. The internal “Clinical Nutrition” processes, occurring in each phase, are listed in Column #2 and what the person is experiencing in each phase is listed in Column #3. When it reaches Phase 6 the body is unable to repair and regenerate, thus Phase 7 ensues shortly after. As health is restored, it progresses back through 5 to 1.

DIET AND NUTRITION DEFINED

DIET	NUTRITION
What you eat and drink.	<p>What happens inside of the body as a result of the diet and other substances:</p> <ul style="list-style-type: none"> • <u>consumed</u>, such as foods, beverages, water, supplements, and the chemicals used as food additives, preservatives, and drugs or • <u>exposed to</u>, such as exposures to chemicals, metals and other toxic substances in air, water and environment.. <p>Nutrition relates to the metabolism of human (nutritional) biochemistry. The metabolism is the digestion, absorption, assimilation, distribution of nutrients and the elimination of waste. .</p>
<p style="text-align: center;"><u>Important Note Regarding Diet & Nutrition</u></p> <p>The terms “Diet’ and “Nutrition” are often used interchangeably. However, they are not the same. Clinical Nutritionists are trained in dietetics and clinical nutrition. Dieticians are trained only in diet, primarily for food services, like in a hospital and food research more often than private one-to-one consultation.</p>	

Professions for these Nutritional Sciences are the Dietician for Diet & Clinical Nutritionist (Nutrition).