



Causes of All Illnesses and Diseases

By Dr. Donna F. Smith

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Note: For brevity's sake, references to the term “lifestyle” includes both dietary and lifestyle practices, not just lifestyle. Also, Dr. Smith refers to her patients as clients rather than patients, which establishes an inter-dependent professional relationship rather than the dependent relationship that exists between traditional physicians and their patients.



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WHAT DO MEDICAL REPORTS SAY ABOUT CAUSES OF ILLNESS & DISEASE?

Read any medical report, text book, article, or media announcement or advertisement about any medical condition, disorder or disease, and you will read statements like,

- "the exact causes are not known.
- "no known cause"
- "no cure."

Next, what you will read are statements like: "However, there are several factors and conditions that play a role in its development, such as" Then follows a list of dietary and lifestyle factors, just like the list you will read in the next section of this article below regarding the Causes of High Blood Pressure.

If you are really paying attention as you read their literature, you have to ask yourself, "Does the American Medical Association and medical industry as a whole, really think the Public is stupid?"

I mean, really, THESE dietary and lifestyle factors and conditions ARE the CAUSES!!!

“CAUSE & EFFECT” – A LAW OF PHYSICS

One of the Laws of Physics is "cause and effect." The laws of physics cannot be changed or altered. It is not subject to or influenced by the beliefs, attitudes, thoughts, actions or manipulations of any person, organization, force or thing. Physical Laws are fixed and in operation in spite of human beings. So what does this law of physics mean? - that for every cause there is an effect. In other words, whatever happens is the cause and thus results in another happening (the effect). In other words, whatever we think, say and do are the causes



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that then create an effect. Therefore, you cannot have an effect (like a symptom) without a cause. It is just not "physically" possible.

Therefore, it follows, that there is a cause (reason for occurrence) for every symptom (effect) of every illness, disease, disorder, syndrome, condition, no matter whatever the medical industry wants to label it (diagnosis). This includes the symptoms (effects) of every nutrient deficiency, biochemical imbalance and organ, gland and body system dysfunction that precedes illness, disease, etc. No one goes from homeostasis (perfect biochemical balance or health) to disease overnight.

Disease is long-term degenerative process and every diseased organ or gland started with nutrient deficiencies that in time adversely affected biochemical balance, which then interfered with the healthy function of organs and glands. Then, given more time the body progressed to the disease stage in those dysfunctional organ/glands, until death ensues. That is, unless you proactively reverse this process by restoring nutrient levels, balancing biochemistry and restore organ/gland function.

The Five Stages in the Development of Degenerative Disease

In other words, there are five stages in the Degenerative Disease Process as the body progresses towards Death.

1. **Stage 1** – Nutritional Deficiencies and Toxicity*
2. **Stage 2** – Biochemical Imbalances (resulting from long-term deficiencies and toxicity)
3. **Stage 3** – Organ, Gland and Body System Dysfunctions (resulting from long-term biochemical imbalances within the cellular and tissue structure of the organs, glands and body systems).
4. **Stage 4** – Disease (Disease occurs in the organs, glands and body systems when they have been denied the nutrients they require, have been exposed to toxins, has suffered from biochemical imbalances and dysfunction for so long that the cells begin to decay and then die. When more cells and tissue in an organ, gland or body system has more decaying and dead cells than healthy cells, this is called “Disease.”)
5. **Stage 5** - Death

***Toxicity** is the slow poisoning of the body by chemicals, metals and other toxic substances the body either ingests in food, beverages, water, and drugs or is exposed to in our environment. Toxicity can also be caused when the elimination organs/glands of the body are congested and dysfunctional and thus unable to eliminate metabolic by-products and other internal waste that develops within the human body. More on toxicity in another section of this article.



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Unfortunately, medical information is not written so that you can clearly understand that there is a cure (correction) for every illness and disease, and even non-drug related cures, nor is it written for you to clearly understand the true causes and effects of all illnesses and diseases. Frankly, I think that they either do not know the true causes and effects or they know, however, the more vague the information the less liable the medical industry is for when they fail their patients. One thing is for sure, knowledge is power and the more uneducated the public is the more power the medical industry has over them when they are in desperate health states. Personally, I think this is despicable.

WHY MEDICAL REPORTS AND TEXTS DO NOT INCLUDE THE REAL CAUSES?

Why do medical texts, articles, media announcements and advertisements not state out flatly that dietary and lifestyle practices and exposures are the real causes of all illnesses and diseases? Do you think it might be because dietary and lifestyle practices and exposures cannot be cured with drugs or surgery? I think you are right. After all, drugs and surgery have been the primary treatments of the medical industry since the early 20th Century.

This also means people alive today have been more influenced by medical propaganda than any other generation that has lived. However, this was not the case for all past generations.

So when you read or hear any medical information about there being

- **NO CAUSE** for some symptom or diagnosis, keep in mind that the truth is... there is always a cause for any effect (symptom or diagnosis) because this is a law of physics that is fixed. This scientific fact cannot be changed by any person, physician, medical association, force or thing.
 - Your physician, however, will not have the answers because they are not educated in medical school in the following sciences –dietetics, clinical nutrition and lifestyle principles and practices.
 - Physicians are trained in human anatomy and which drug to prescribe for which set of symptoms they call the diagnosis. And when drugs will not suppress or manipulate the symptoms, their only other “medical” option or treatment is surgery.



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- Physicians are not trained in medical school in how to analysis laboratory reports and other medical tests for dietary and nutritional deficiencies, biochemical imbalances, organ/gland dysfunctions and rarely evaluate a person's lifestyle practices as a cause of illness and disease, unless it is related to self-poisoning, high blood pressure, obesity and diabetes.
- Keep in mind that some more enlightened physicians are seeking post-graduate education and training in the sciences that address the causes of all illnesses and diseases as discussed in this article. However, these are not traditional physicians and traditional physicians still comprise the majority of physicians in our communities today.
- So if your physician cannot find a cause for your symptoms, after reading this article you will know why and you will also know why it is important to contact me so I can help you identify and correct the causes and effects of your health challenges.
- **NO CURE** for some symptom or diagnosis, keep in mind that the truth is... there is always a cure – the cure is in identifying and correcting the cause and then identifying and correcting the effect from the cause.
 - Today, however, because of medical copyright laws, no one can legally use the term “cure” in relationship to a diagnosis, except a licensed physician. Yes, this means even you. (So much for freedom of speech)
 - This is why you will find that in my article I refer to “healing” the body, not curing it. More specifically, you will find me stating “assisting the body in healing itself.” Because this is really the only thing any professional or patient is doing, because only the human body can heal itself. However, the body does rely upon you giving it what it needs to heal and to stop interfering in its healing processes.

For educational purposes and clarification only am I using the word “cure” in this article. In other words, I am not using the word “cure” in this article for the purpose of diagnosis or treatment of any medical condition, disorder, syndrome or disease.



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THE EFFECT OF A LACK OF CLARITY & TRUTH ABOUT THE REAL CAUSES

Because adults alive today were born in the 20th Century, this false belief that there are no cures or causes has been perpetuated long enough that it has been accepted as truth and is at the core of why **American are so unhealthy today (U.S. Statistical Abstract of 1992, 98.5% of the U.S. Population is unhealthy) and why America rated #37 out of 191 countries on the World Health Organization (WHO) report on health care performance.** With our resources we should be #1 or at least in the top 10 countries with the healthiest residences. But not true today.

It is important for our Newsletter subscribers and clients, as well as the general public, understand the medical perspective, otherwise, they read these medical texts, articles, research studies, news media announcements and advertisements, believing there is no cure or known cause for their symptoms, illnesses, conditions, disorders and diseases.

When people are not clear about their dietary and lifestyle practices and exposures being the cause of illnesses and diseases, they ...

1. Overlook their role (accountability) in the cause of their own illnesses and diseases (i.e., their daily lifestyle practices and exposures).
2. Which then alleviates the necessity of educating themselves to learn what in their lifestyle must be changed to stop perpetuating current and creating new illnesses and diseases.
3. This also leads to delays or prevents their getting the professional help they really need from healthcare providers, like myself, who are trained in analyzing Laboratory Reports from testing biochemistry (blood, urine, hair, saliva and stool) for nutrient deficiencies, toxicity, biochemical imbalances and organ/gland dysfunctions to provide the whole food therapeutic supplements required to correct their abnormal test results, as well as provide the coaching and education in dietary, nutritional and lifestyle principles and practices to assist them in creating a principle-centered lifestyle that supports health and prevents disease.

When the leading health care system in the U.S. today, i.e., the medical industry continually fails to educate and emphasize the real causes of illnesses and diseases, this is a crime causing needless suffering and premature deaths. However, most people today are aware that there is more money in keeping people ignorant and sick than educated and well.



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Below I have provided information to assist you in understanding how Dietary and Lifestyle Practices and Exposures (the causes) lead to the adverse effects that produce the symptoms of illness and disease.

CAUSES OF ILLNESSES & DISEASES

Have you had an intuitive thought that, perhaps, you have known all along that that all illnesses and diseases are caused by your own lifestyle practices and exposures. Even many injuries from accidents, war or abuse, and hereditary factors, with some exception, are caused by ourselves, our choices in daily actions, which includes relationships, lack of voting, being distracted when driving or walking from one room to another.

As simple as that sounds, the FACT IS correcting the adverse "effects" on nutritional biochemistry, human biology, and the bio-electrical system due to dietary and lifestyle "causes" is VERY complicated.

The "Effects" Of Lifestyle "Causes" Produces Your Symptoms

Dietary and Lifestyle practices and exposures (the cause) has the effect of malnutrition, toxicity and/or injury, which then produced the symptoms of illness, disease, and other health conditions.

In other words, all symptoms, illnesses, diseases, conditions, disorders, syndromes, whatever you want to label them, exist because of one or more of the following four effects have been caused by the person's lifestyle practices and exposures.

Lifestyle practices include consumption, detoxification and exercise. If these three are sufficient, health is attained and maintained. If they are deficient or excessive, illnesses, diseases and/or accidents ensue, which will also affect the health of your unborn future children and those living presently, so it also affects your future generations in your bloodline. In future generations, you will be their hereditary factors.

Lifestyle also relates to the mind and body's ability to adapt or handle exposures without adversely affecting homeostasis (i.e., biochemical balance, which is the true definition of health).



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Adaptation is the ability to detoxify toxic substances exposed to and recover from a stressor to return to homeostasis as quickly as possible. Homeostasis is balance, whether it is biochemical, bioelectrical, mental, emotional, etc.

Dietary and Lifestyle Practices

1. **CONSUMPTION** - what is consumed through all body openings (mouth, nose, ears, skin, rectal, etc. This includes what is eaten, drank, injected, or applied.
 - a. **Eat and Drink:** What you eat and drink (beverages and water) needs no explanation. You know what food is and what non-food is. Non-food is what we all junk food (i.e., refined, processed, chemically-additive). Your daily choice of either eating food or non-food determines whether you are building health or breaking it down over time.
 - b. **Injected and Applied:** Examples of injected or applied includes sinus inhalers injected into the nose or personal care products applied to the skin, hair, nails.
 - 1) Chemicals in the fabrics you wear is another way of applying chemicals. When these fabrics touch the skin, the chemicals in the fabrics are absorbed into your skin causes internal body toxicity.
 - 2) This also includes drugs that are injected or applied, such as through medical ointments, allergy shots, etc.
 - c. **Sunlight:**- consumption also includes sufficient, deficient or excessive sunlight. This could be categorized under "exposure," however, I have included it here because it is from sunlight that the human body derives (consumes) the greatest percentage of its Vitamin D.

For more information, subscribe to my newsletter and then go to past issues, specifically, **Health Quest e-News Volume 56, 59 and 61 on Vitamin D, Sunlight and Sunscreens.** Sections of these newsletters will explain why sun does not cause cancer, why skin exposed to sun can become leathery and how to prevent it, why diagnosing Vitamin D deficiency from blood testing can lead to a misdiagnosis, which Sunscreens are healthy for you and much more.

2. EXPOSURES:



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- a. Chemicals and Metals (pollutants) in air, food, beverage, water, air, environment, including household cleansers, clothing, personal care products for hair, skin, nails, etc.
- b. Environmental exposures (plants, weather, etc.). Example: poison oak/ivy, frost bite, etc.
- c. Industrial exposure (metals, glass, fabrics, etc.)
- d. Stressors – Most people think of mental and emotional stress when I refer to the term “Stressors.” However, there are four different types of stressors that have an adverse effect on the human mind and body, which mental, emotional and spiritual stress are combined and classified as just one of these types. Here I am referring to the Stressors that related to “Exposures.”

How can you learn what the other three Stressors are? Subscribe to my newsletter....

As a “Thank You” for subscribing to my newsletter, “HealthQuest e-News,” you have your choice of one of four FREE HEALTH EVALUATIONS. One of these four is the “Stress Opinionnaire,” which you may select to evaluate which of these four stressors are currently affecting you. If you have already subscribed and at that time chose one of the other four FREE EVALUATIONS, ask a friend or family member who resides in a different house than you to subscribe and as my way of thanking you for your referral, you can choose another FREE Evaluation, and thus can choose the Stress Opinionnaire.

3. **DETOXIFICATION** - the body has an innate system of detoxifying (removal) waste. However, due to consumption and exposures today, there is much waste that is not being detoxified, which includes chemicals, metals and other toxic substances within the body.

There will never be a cure for the Common Cold because what physicians have chosen to label or diagnose as the “Common Cold” is actually a description of the body’s innate system of detoxification.

In other words, when the body has accumulated so much toxicity that your actual life (your existence on earth) is being compromised, i.e., you could die if these toxics are not immediately removed from your body, this innate cell-to-cell communication system will activate its detoxification processes and toxic substances, germs, worms, mucus and other debris and waste will begin to pour out of body openings, primarily the openings closest to the waste/debris in order to get it out of the body as fast as humanly possible.

So you experience this as symptoms of eye watering, ears clogging to force you to clean them of the debris, runny nose, coughing or vomiting from your mouth, fever to cause



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sweating to remove toxins through the skin, diarrhea (watery bowel movements) and excess urination from the kidney/bladder.

To take drugs to suppress the body's innate detoxification system is not only unwise, it is self-sabotaging and dangerous and it makes the body internally sicker.

What is a better solution is to contact me and I will coach you on which herbs and whole food supplements to keep on hand that will assist this innate detoxification system in doing its job safely and faster so you don't have to suffer through it. And your body will be healthier afterwards than it was before our treatments.

Additionally, because of the great quantity of consumption and exposures of toxic substances today in drugs, food, beverages, water and our environment, this innate detoxification system is challenged to remove all toxins and water for optimal health on a daily basis, as well as when it activates a "common cold."

In other words, this system is simply overburdened, like someone who weighs 90 pounds, but is trying to transport a 300# boulder from one place to another. Impossible! When overburdened, the Toxins and Waste that this innate detoxification system cannot remove on a daily basis stays in the body, rots or ferments, causes infection and inflammation, which is experienced as pain, and becomes another contributing factor or cause for the development of illness and disease.

THE SOLUTION TO HELP YOUR BODY

FULL BODY DETOXIFICATION PROGRAM & DIETARY PLAN

Therefore, today, the human being must assist its body in adhering to bi-annual 30-Day Full Body Detoxification Programs to assist the body in detoxification to maintain health. When you are ready for more information on our Full Body Detoxification Programs, please call me.

You will also want to contact me for a Detoxification Dietary Plan so you will know what foods are the most cleansing to your body. Following this Dietary Plan is helpful after holiday eating, when you want to lose weight, and when you want to focus on eating just the foods that are the most detoxifying. This Dietary Plan is included at no additional charge when you pay for your first 30-Day Full Body Detoxification Program.



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4. **EXERCISE (BODY MOVEMENT)** - the lack of exercise or excessive exercise or sports training are lifestyle practices that lead to illness, even becoming a contributing factor in the cause of accidental injuries.
- Sufficient exercise strengthens muscles, improves circulation and assists in detoxification (sufficient body movement removes waste through skin and the lymphatic system). By sufficient I mean Nutrients consumed must match exercise burning of nutrients (nutrients in = nutrients out).
 - A lack of exercise promotes waste accumulation, waste then rots or ferments inside the body, causing causes infection, which then leads to inflammation (pain) and
 - Excessive exercise/training depletes nutrients too quickly (burns up or metabolizes foods too fast) and exhausts nutrient reserves, so the body does not have sufficient time to utilize nutrients sufficiently to operate and maintain function. This causes malnutrition and can lead to premature death.

Professional Help Required To Identify & Correct Causes #1 To #4

Dietary and Lifestyle Causes #1 (Consumption), -#2 (Exposure) and-#3 (Sunlight):

To identify and correct Causes #1, #2, and #3 above as it relates to your symptoms and health challenges requires the professional guidance of a Clinical Nutritionist and/or Naturopathic Doctor, who follows the whole food concept of healing, (like myself).

Dietary and Lifestyle Cause #4 (Exercise)

To identify and correct Cause #4 above as it relates to your symptoms and health challenges requires the professional guidance of a Personal Trainer, Physical Therapist or Athletic Coach may meet your needs.

These professionals can outline an exercise or sports training routine to meet your health goals. Then once you have this, provide me with a copy of your routine and through my services, I can outline a dietary and supplement plan to match it. (Nutrients In = Nutrients Out)

Remember Nutrients In Must Equal Nutrients Out. By this I mean that to heal and maintain health, you must be consuming sufficient nutrients (in) for your biochemistry to match your



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physical activity (out), both in what is being burned up or metabolized from your activity as well as what is required to stay in the body for healing and health maintenance.

Have you been surprised to hear of the premature death of amateur and professional athletes? The above is at the core cause of their deaths – they were not matching their nutrient intake with their physical activity. The education that Personal Trainers, Physical Therapists and Coaches receive in dietetics and nutrition is often outdated and insufficient to meet the needs of today's athlete and non-athlete.

- Out of curiosity and confirmation, I ordered the textbooks to become a Personal Trainer and I was surprised by how inadequate it was in regard to nutrition.
- Non-athlete is someone who exercises or does sports for pleasure AND to maintain health, not for competitive sports events.

THE “EFFECTS” OF THE CAUSES MUST ALSO BE CORRECTED

Dietary and Lifestyle practices and exposures (the causes) then lead to the following effects on the human mind and body. These effects, then, are what produce the symptoms for which people are suffering.

You cannot improve and maintain optimal health by just correcting the cause.

You must also correct the effect of the causes.

All symptoms of illness and disease, no matter what they are labeled (diagnosis) by the medical industry, are produced by the following:

Physical Effects

Note: Because the mind (housed in the brain) is part of the human body, these physical effects can also produce mental and emotional symptoms.

1. **MALNUTRITION** - To be healthy, cells must be in a state of homeostasis, which is nutrient sufficiency to maintain biological, biochemically and bioelectrical balance and



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function, so the tissue of the organs, glands and body systems that the cells operate can function optimally.

Malnutrition is in America, not just 3rd World Countries.

98% of All Americans are Malnourished whether at ideal weight or not.

Malnutrition Is.....

- a. a clinical (severe) deficiency. For example a severe deficiency in whole food Vitamin C produces the effect, called (diagnosed as) "Scurvy" or
- b. a sub-clinical deficiency we call nutrient insufficiency). For example, not enough, an insufficient amount of, Vitamin C for anti-oxidative processes, which are necessary for the healthy "function" of the human mind and body to prevent disease.

For example, whole food Vitamin C is an anti-oxidant. An **antioxidant** is a molecule that inhibits the oxidation of other molecules. Oxidation is a chemical reaction that transfers electrons or hydrogen from a substance to an oxidizing agent. Oxidation reactions can produce "Free Radicals." In turn, these radicals can start Chain Reactions. When the chain reaction occurs in a cell, it can cause damage or death to the cell. Antioxidants terminate these chain reactions by removing free radical intermediates, and inhibit other oxidation reactions. They do this by being oxidized themselves.

So though a person may test that they do not have a severe clinical deficiency of Vitamin C that could be diagnosed as the Disease called, Scurvy, they may test that they have a subclinical level or insufficient amount of Vitamin C for anti-oxidative function.

This is also at the core of why doctors in the "medical" profession do not diagnose Clinical Nutritional Deficiencies, they are only educated or trained to recognize when deficiencies have progressed to the Disease Stage (Stage 4), not Stage 1, 2 and 3 in the progression towards Disease Stage 4.

Causes Of Malnutrition (Also Causes Of Symptoms Of Malnutrition)

- c. Symptoms of Malnutrition may, also, be caused by moderate levels of deficiency. In other words, their levels are between subclinical (insufficient) and clinical (deficient),



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so they are still not yet severe enough to be detected through a medical interpretation of laboratory testing. This is why it is important to obtain a Clinical Nutrition Analysis from me of your Laboratory Reports ordered through your physicians.

- d. Malnutrition is also caused by the depletion of nutrients from chemicals, metals and other toxic substances in drugs, food, beverages, water, air and the environment.
 - 1) All patients currently on drug therapy require nutrient repletion therapy through me. It is a scientific fact that all drugs deplete the body of nutrients, cause malnutrition and the symptoms of this occurring is called **“Drug Side Effects.”** **In other words, Drug Side Effects are the symptoms called by the nutritional deficiencies and toxicity from the chemicals in the drugs.**
- e. Malnutrition is also caused by excess stressors and exercise (as I shared in previous sections of this article).
 - 1) Stressors and Excess Exercise depletes nutrients faster than normal and lack of exercise inhibits waste from metabolizing foods from being removed from the body.
 - 2) When waste is not timely removed, it collects in the body, then rots, ferments and inflames healthy cells and tissue, which then requires more nutrients to deal with the damaged, decay cells and to grow new healthy cells to replace those that cannot be repaired, when possible.
- f. Malnutrition by Excess: Sounds like an oxymoron, however, malnutrition in this case is not caused by a deficiency, but an excessive amount of nutrients that produce symptoms when your biochemistry and organs, glands or body systems are under the stress of trying to metabolize an excessive amount of nutrients.

This is like putting five quarts instead of four quarts of oil in your car. Five quarts does not immediately cause the car to breakdown, but doing this at every oil change, in time, will damage the car because five quarts causes too much stress on engine parts to deal with the excess amount of oil.

MEGA-VITAMIN/MINERALS CAUSE MALNUTRITION

People who are consuming synthetic and/or isolated vitamin and minerals, for example, these Mega-Vitamin/Mineral Supplements for Women or Men, are causing Malnutrition by deficiency, Malfunction by



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excess and Biochemical Imbalanced by nutritional drug manipulation of biochemistry.

People who consume these so-called multiple vitamin-mineral supplements are also unaware that they are not even consuming nutrients; they are consuming what we call, **“Nutritional Drugs.”**

For more information on Nutritional Drugs, read my website article titled, **“Three Ways Supplements Are Manufactured Today.”**

2. **TOXICITY** – the second Physical Effect that produces symptoms is called, “Toxicity,” which poisoning the cells, tissues, organs, glands, and body systems, whether this is...
 - a. as severe as poisonous accidents or events recorded by the agency "Center for Disease Control and Prevention" that may cause cellular temporary or permanent damage or death OR
 - b. a slow poisoning from on-going daily consumption or exposure accumulating in the cells and tissues from chemicals, metals, dyes, additives, flavorings and other toxic substances in drugs, food, water, air and the environment.
 - c. Slow poisoning also includes the waste from parasitic infestations and metabolic by-products.
3. **INJURY (ACCIDENTAL, ABUSE OR WAR-TIME)**
 - a. Injury examples include breaking a bone from falling off a ladder, having the spleen removed from a car accident, an arm amputated in war, or a head concussion from a physical attack or abuse.
 - b. Note: As the body becomes weaker due to malnutrition and toxicity, people incur more injuries as they become more accident prone, such as their knees buckle underneath them and they fall.
 - c. Therefore, injuries can, also, relate back to Lifestyle as the cause vs. some outside force causing the injury, like war or when another driver hits your car and causes an accident where you were the injured.
4. **HEREDITARY/GENETIC FACTORS** – This is when you are born with an inherent, biological weakness, such as dysfunction in an organ or gland, an inability to produce a specific enzyme or hormone, for a few examples. However, the cause is still dietary



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and lifestyle practices, only in this case the cause lies in the practices of some ancestor, not with your dietary or lifestyle practices. However, it is possible for you to be the cause of some future generation's inherent or genetic weakness, which is why we all have a responsibility to understand how the body works, provide what it needs to heal and repair and maintain optimal health for our lifetimes.

Though causes from hereditary and genetic factors are true medical and scientific facts in relationship to some symptoms of illness, disease and/or biological or biochemical dysfunctions, my clinical observations since 1981 in assisting my clients in improving their health has been the following:

- a. I have been informed by a number of clients that the a specific health challenge or symptoms they have was medically-diagnosed as being caused by hereditary or genetic factors, and they would have to live with this or take a specific drug(s) for the rest of their life. Yet, as early as 3-6 weeks, each of these clients, have improved in these same symptoms or health challenges, i.e., areas of the body producing the symptoms. In time, these areas attained optimal healing.
- b. This has led me to conclude that sometimes patients are diagnosed with hereditary or genetics as the cause when the physician's drug treatment failed to suppress their symptoms. Physicians, who are unaware of the benefits of clinical nutrition and naturopathy, would logically assume the cause is hereditary when the patient does not response to drug treatment. However, since all causes of illness and disease are dietary- and lifestyle-related, it makes sense that there are probably a lot of people who have been misdiagnosed as "hereditary causes" and are currently not receiving the help they need because the facts in this article were not known to them or their physicians. Another reason it is important for you to share this article with others.

Acquired Weaknesses – Future Generations Inherent Weaknesses

As discussed above, an inherent weakness is when one or more ancestor's diet or lifestyle practices or injury resulted in passing on some biological, biochemical, or bioelectrical weakness to their future generations. So an inherent weakness is something that originated in someone else's life time, not yours. However, an acquired weakness is what occurs in your life time and thus you become the originator of the inherent weakness(es) of your future generations. Also, you suffer the consequences of ill health and disease due to consistent poor dietary and lifestyle practices that were repeated so long in your life time that you created a biological, biochemical or bioelectrical weakness in your body that was then passed on to the next generation.



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However, by having a Clinical Nutrition Analysis of your Laboratory Reports (blood, urine, saliva, hair and stool), we can identify the Stages (1 - 4) that you are in regarding the development of any acquired weakness and thus, you could have the opportunity to correct this before it is too late and thereby, prevent your diet and lifestyle practices in this age from being the cause of inherent weaknesses in future generations.

Even if you are at that time in your life where you will not be having any more children, keep in mind that these degenerative disease processes (i.e., Stage 1 to 4) that has caused you to develop an acquired weakness in your lifetime are also the foundational causes for the illnesses and diseases that you will suffer with in this lifetime. So addressing the causes and effects of Stage 1 to 4 in your body is the key to health restoration and longevity in your lifetime and prevents your acceleration to Stage 5, premature death.

Mental, Emotional and Spiritual (MES) Stress or Effects

All types of stressors cause illness and disease. I briefly referred to Stressors in the section above on "Exposures," mentioning that there are four different types of stressors, though most people think of only mental and emotional stress when they hear the term "stress or stressors."

I also encouraged you to subscribe to my newsletter so you can learn what these four stressors are and to evaluate which ones are adversely affecting your health.

Because this article is primarily about the "physical" causes and effects of illnesses and diseases and it would require another article to do justice to how mental, emotional or spiritual stress or their effects cause illnesses and diseases, I will not be expounding upon this subject in this article.

However, it is important to understand that the body requires a lot of nutrients for the nervous system to adapt, regulate, monitor and restore balance when the physical body experiences mental, emotional and/or spiritual (MES) stress, so even this type of stressor can cause physical malnutrition.

Also physical causes of malnutrition and toxicity can interfere with brain and nervous system function and consequently cause Mental, Emotional and Spiritual Stress or MES Stress then becomes an "effect" from the physical causes.

Many times I hear new clients express how much easier it is for them to handle their MES stress now that their physical body is stronger. What they mean is before starting Clinical Nutrition Therapy, when under MES Stress, their body did not have sufficient nutrients in their



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organs and glands, much less in reserve, for the body to utilize when under stress. So when under MES Stress, because their reserves were depleted, the body was forced to pull nutrients from the cells and tissues of organs and glands, such as the bones, muscles, adrenal and thyroid glands, causing them to experience both “physical” and “mental/emotional exhaustion, pain and/or discomfort.

However, now, through Clinical Nutrition Therapy their organs and glands are nutrient sufficient, they have built up nutrient reserves or stores again, so when under MES Stress, the body can pull from these reserves instead of from their organs and glands. And from their dietary and lifestyle coaching they are learning how to replenish their nutrients to maintain nutrient reserves.

MEDICINE (DRUGS AND SURGERY) CAUSE MALNUTRITION & TOXICITY

Though technically, the topic of this section should be included in #2 (Toxicity) in the above Physical Effects and Causes for Malnutrition, there is more information that you should know, hence it has its own section within my article.

The terms “Drugs” relates to both prescribed and non-prescribed drugs, generally referred to as “over-the-counter” drugs.

Today, it is medical practice to dispense drugs for the symptoms of malnutrition and toxicity, whether they are obtained by prescription or not. However, this is not what physicians think they are doing when they are prescribing drugs to suppress symptoms. The reason they do not think this is because they do not realize that the symptoms they are suppressing with their drugs are caused by dietary and lifestyle factors (Consumption, Exposure, Detoxification and Exercise).

In their paradigm of medical school education, they view symptoms as the disease that must be abated regardless of how this is done, whether through drugs or surgery.

- **Drug therapy** that manipulates the biochemistry and nervous system, but do not cure the cause of the symptoms.
- **Surgery** – the removal of the organ, gland or body part producing the symptoms, which is a physician’s only option when drug therapy is ineffective.



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The truth is drugs and surgery will never be the cure for symptoms of dietary and lifestyle practices. Looking back on the history of medicine, I am still amazed that the discovery of the true causes of all illnesses and diseases has escaped the intelligent minds of these physicians. I guess we should be thankful that patients are no longer subjected to leeching, unsterile surgeries, lobotomies and drugs that included mercury and heroin. However, I am still wondering when this simple truth is going to be acknowledged by the medical industry. Maybe I am being naïve and they already know the truth, however, because of vested financial interests it is more to their advantage to not acknowledge this truth.

However, until the public wakes up to the truths in this article medicine (drugs and surgery) will continue to be the #1 contributing causes of all illnesses and diseases:

1. First because the lifestyle practice of taking prescribed or over-the-counter drugs causes malnutrition and toxicity and in the symptoms of malnutrition and toxicity caused by drugs are referred to as Drug Side Effects.
2. Secondly because surgery leads to bodies that are dysfunctional due to a lack of one or more body part. Though removing a body part may not immediately kill the patient, like when the tonsils, appendix, or gall bladder is removed, this does not mean that the patient's body will be able to function optimally without that body part and the lack of any body part compromises longevity. In other words, surgical removal of any part of the body is a temporary fix that has long-term adverse consequences, such as not being able to live as long as was originally intended for that human being.

Today there are healthier solutions such as taking therapeutic whole food herbs and supplements, dispensed through doctors, like myself, that can detoxify the tonsils, appendix, gall bladder and any other area of the body, as well as restore nutrient sufficiency and organ/gland function. Thereby, enabling the patient to keep all of their body parts and having the potential to live as long as they were originally intended.

You may be wondering, "What if I was not aware of this and I am one of those who have had a body part surgically removed?" If this applies to you, you have probably been told you must take a specific drug for the rest of your life because of the surgical removal of this body part. However, the good news is there are safer and healthier solutions for the long-term support when your body needs it due to a lack of a body part.

For example, having no gall bladder compromises the body's ability to metabolize fats. In time, patients with no gall bladder will experience weight gain that cannot be reduced by diet and exercise alone. However, a therapeutic whole supplement that I dispense to my clients who are missing their gall bladder will assist their body in fat metabolism. Though they must



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take this supplement very day for the rest, it is still much safer and effective than taking a drug for the rest of their life.

Perhaps you are someone who has had their gall bladder or some other body part removed and your physician did not prescribe a drug for you to take for the rest of your life. This does not mean your body does not require assistance. Every organ or gland depends on other organs or glands in proximity of it. So when one part of the body is removed, this has a chain reaction throughout the body in relationship to the other organs and gland that were dependent upon the part that was removed. Therapeutic supplementation is the solution to support the immediate area of the body that been compromised due to the lack of a body part as well as support other areas of the body affected by it.

Also, remember that just because you do not feel any “immediate” consequences from not taking something (drug or supplement) for lack of gall bladder, tonsils or any other missing body part, does not mean that there are no consequences.

Unfortunately, for many, it takes time before they feel the adverse consequences from not supporting the body with supplementation when missing a body part either through surgery or an accidental injury. I say “unfortunately” because if the consequences were felt immediately, the patient would take immediate action to contact me for supplementation support for their missing organ or gland.

However, when the patient is uniformed of this information at the time of their surgery, time lapses and it is not until the patient begins to suffer from the consequences that the patient begins to inquire about the cause of their newly felt symptoms and how to correct it. Sometimes they never associate their new symptoms to being the consequences from a lack of a body part. This is especially true when they seek medical help because their solution is just to drug the symptom.

Why Most Surgeries Are Preventable

If you were to retrace the real cause for any surgical procedure that has been performed on a patient to date, you will find that 90% of them could have been avoided. Why? Because most surgeries are performed for the following reasons:

1. Drug therapy failed to suppress the symptoms so surgery was used to remove the part of the body producing the symptoms.

An example of this is when drug therapy has failed to stop the symptoms of pain or menstrual bleeding that has persisted daily for weeks or months and thus the female



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patient agrees to have a hysterectomy to remove the organ or glands producing the symptoms.

Statistics show that 90% of all hysterectomies are elective. When a surgery is classified as elective this means that the surgery was not performed because of any emergency or life-threatening state, but elected due to the patient thinking this was their only choice. One of the primary reasons women “elect” to have a hysterectomy is because they are convinced by their physicians that this is the only way to stop pain or menstrual bleeding that has persisted daily for weeks or months. However, having a woman sterilized through a hysterectomy is NOT the only solution; it is just the only “medical” solution.

To give you one of many examples from my Clinical Nutrition Case Histories, a recent new client contacted me because she had been bleeding daily for the past three months and though she was told by her Gynecologist that her only option was a hysterectomy, she told me that she knew in her “gut” that this was not true. She also wanted to have children some day and so she continued to search for someone who could help her.

In our first telephone consultation I explained to her what is happening within the reproductive system when a woman is experiencing persistent bleeding and she said, “Now that makes sense.” Needless to say, through testing samples of her saliva and hair, I identified the causes and provided what the nutrients the test results indicated were deficient in her body, thereby restoring hormone balance and the effect (excess bleeding) corrected itself on its own as a natural effect from getting to the real cause, nutrient deficiencies.

2. Another reason most surgeries are performed today is because the patient was uneducated or lacked the motivation to take care of their body, and thus created the disease in the organ or gland that is producing the symptoms, and thus has surgery to remove that organ or gland because either:
 - a. The patient waited too long to correct the first three stages of degeneration to reverse the disease process and restore the healthy function of that organ or gland and thus it must be removed surgically to save their life or
 - b. They or their physician just “thinks” it is too late. Had they known of Clinical Nutrition Therapy they may have had the opportunity to restore its function and thus prevented the surgical removal of that organ or gland.

For example, when a person continues to eat a diet of non-foods that cause gall stones, the typical medical solution is to remove the gall bladder rather than refer the patient to a Clinical Nutritionist to provide the therapeutic whole food nutrients the body requires to



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detoxify the gall bladder, restore its healthy function and to coach the patient in the dietary practices and principles required to prevent recurrence, i.e., developing gall stones again at some future date.

Unless a patient is truly in an immediate life-threatening state, referral to a Clinical Nutritionist or Naturopathic Doctor should be the first solution and surgery should be the last resort. In other words, surgery should be an option only if the patient truly waited too late to restore the function of their organ or gland through our therapies.

A consultation between Physician and Clinical Nutritionist can determine if it is too late or not, so that a referral can be made to give the patient the opportunity to save their body parts rather than just assume that surgery is the only option.

Surgical procedures beginning with the Diagnostic procedures that may include injecting the patient with dyes that are toxic to inserting tubing that causes internal scarring (regardless of what they tell you) to the actual performing of surgery depletes the body of nutrients, causing malnutrition and toxicity.

Some of the most toxic and fatal drugs are used to anesthetize the body for surgical procedures. The act of cutting through tissue with a knife depletes the body of a tremendous amount of Zinc and Zinc is required for over 60 different enzyme functions. So you can imagine the impact on the body from other nutrients that are depleted due to surgery procedures.

The True Definition of “Drug Side Effects”

“**Drug Side Effects**” are the “symptoms” of nutritional deficiencies (malnutrition) and toxicity (poisoning) in the areas of the body that have been adversely affected by the chemicals in the drugs the person is taking.

Chemicals and metals in drugs deplete the body of nutrients and are poisonous (toxic) to the human body, so taking drugs leads to making the areas of the body for which the drugs are taken, even more malnourished and toxic.

This then also increases the risk of needing surgery because it puts people into more emergency or critical states.

Not only is taking drugs not getting to true cause (diet and lifestyle) and effect (malnutrition and toxicity) that produced the symptoms, drugs, in time, drugs make the symptoms worse by



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making current levels of malnutrition and toxicity more severe AND creating more levels of malnutrition and toxicity that did not exist before the patient started taking their first drug.

Examples of this is when a patient returns to their physician a few weeks after taking their first drug and is prescribed a second drug to suppress the symptoms of the first drug. Given a few more weeks, this same patient returns to their physician for a third drug to suppress the symptoms of the second drug and so on until soon the patient can barely walk, talk, think or feel because of a high level of poisoning from chemical toxicity from all the drugs they are taking. Sometimes health is deteriorating from multiple drugs prescribed by one physician, but most often from 1-3 drugs prescribed by multiple physicians, many of whom do not even know about the drugs prescribed by other physicians.

I remember the first client I had that was in this state of ill health from excessive drug intake. She attended her first appointment with me with the largest size of a frozen baggy that was completely full of drug bottles. The high toxicity from the chemicals in this quantity of drugs inhibited her gait, thinking processes, short-term memory recall, speech and increased over-all body pain. She had painful joints, muscles, stomach pain, head pain, and so on.

Her test results identify multiple clinical deficiencies, biochemical imbalances and organ/gland dysfunctions, and toxicity with prescription drugs as her #1 source of toxicity. I advised her to start her Clinical Nutrition Therapy with me and when she was feeling better from it, to ask the physicians who had prescribed all her drugs to work with her to help her wean off those she no longer needed due to the improvement she was getting through Clinical Nutrition Therapy. However, she did not do as I advised.

Instead, she stopped all of her drugs cold-turkey a few days after that appointment. I did not know this until four weeks later when she came to her next appointment with me. My evaluation at that time revealed that all of her symptoms were 80% improved and this was primarily due to being drug free because the Clinical Nutrition Therapy I had her on required 3-6 weeks to show initial improvement and she was in her fourth week.

Though I did not condone the way she had stopped her drug intake, I was glad that we no longer had drugs as an interference to her healing process and we could focus solely on replenishing her nutrient deficiencies, detoxify her body and restore the healthy function of her organs and glands, – in other words, provide what her body required to restore her health from the adverse effects of the drug intake and get to the cause of her original health challenges that had sent her to these physicians in the first place.



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Clinical Nutrition Therapy is very effective whether a client is currently in drug therapy or not. Though it is true that clients, who start Clinical Nutrition Therapy without being on any drugs heal faster, those who are on prescribed drugs are still quite surprised that it takes only 3-6 weeks after starting Clinical Nutrition Therapy to begin feeling their first signs of improvement, no matter what their current health challenges.

This client put her life at risk by her actions as drug withdrawal can be dangerous. So should you choose to stop any drug and though it is your constitutional right to do so, please be wise and solicit guidance from the physician who prescribed the drug so you may do this slowly, safely and without risk.

Putting Drugs and Surgery In Perspective So They Work For You and Not Against You

It is time that we restore the balance in our health care systems and use drugs and surgery for the purposes they were originally designed, “emergencies.”

For example, Drugs should be for temporary, short-term use only. For example, for the purpose of:

- Amputation.
- Suturing a detached body part, such as a finger that has been severed by a sawing or mowing machine
- Stabilizing the condition of someone injured in a life-threatening accident.

In the above medical states, drugs are very important to suppress the pain of someone having their leg amputated during a war, or having a finger reattached that was severed in a work-related accident, or to keep a body stable after suffering from a life-threatening accident.

However, Drugs were never designed for daily, ongoing use because they cause symptoms of malnutrition and toxicity (Drug Side Effects) from prolonged use. Once the patient is out of a life-threatening or emergency state, drugs should be discontinued.

Therefore, once a patient is discharged from the hospital, emergency room or physician’s office, if ongoing therapy is required to assist the patient in completely restoring their health, it is the therapies provided by a Clinical Nutritionist or Naturopathic Doctor that is needed, not medicine.



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Non-medical care may also include the therapy of a Chiropractor, Physical Therapist, Massage Therapist, or Acupuncturist if there is some structural, muscular or nerve function that needs to be restored as utilizing Clinical Nutrition/Naturopathy with these other therapies will speed the recovery of the patient.

Surgery was designed for reparative purposes, not for removing body parts that are producing symptoms that drugs cannot suppress. However, the medical industry will continue to make millions from performing surgeries that are preventable until patients start taking the time to become educated in how to maintain their health and prevent disease.

My motto is: "You take time for your health or you make time for your disease." Which do you want to do?

So if you are interested in a healthy perspective on the use of the services of the medical industry, i.e., for emergencies only, then contact me and let me show you how to truly be a drug-free American.

For example, I was born in 1951 and have not used a drug since I was 24 years old. I have assisted my body in reversing lupus, restoring cortisol balance that caused weight gain from the stress of being a single mother, studying for my degrees and establishing a business all at the same time, and other typical home emergencies, like treating mosquito and other insect bites, burns, and so on. My son who was born in 1985 is a true Drug-Free American. Because of his organic, whole food diet he experienced one ear infection as a child and all of his childhood diseases produced minimal symptoms and were safely and effectively treated with herbs and whole food supplements.

Call me and I will show you how to do the same.

WHAT ABOUT PARASITES?

You may be thinking, "What about Parasites as a cause of illness and disease." Since Louis Pasteur, physicians have been telling their patients that parasites (germs and worms) are the primary causes for their symptoms. However, this is not true, it is your lifestyle that attracted the parasites to you in the first place, so here we are back to lifestyle being the cause of illnesses and diseases. Just like not cleaning your house, your environment, will attract rats, insect, parasites and other varmints, not keeping your internal environment will also attract parasites.



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Parasites (germs and worms) infestation occurs only when the body is significantly malnourished and toxic. So the real effect here is malnutrition and toxicity, not the attraction of parasites. Louis Pasteur admitted on his death bed that his theory was wrong, that germs do not cause disease. To fully understand parasites, please read my website article titled, ***"Parasites (Germs and Worms) – The Good, The Bad, The Ugly."***

THE TERM "CAUSE" OFTEN USED INSTEAD OF THE TERM "EFFECT"

When you read through other articles, newsletters and e-books I have written you may find that I use the word "cause" instead of the proper term "effect."

This is because unless the article, newsletter or e-book you are reading also includes the information in this article that defines cause as being dietary and lifestyle practices and exposures and effect as malnutrition, toxicity, accidents, hereditary, people would not understand what I meant by "effect."

So, anytime you see the word "cause" you must take a minute and recall this information and then you will be able to discern if I (or anyone) am referring to a true cause or its effect.

THE FASTEST WAY TO MAKE LASTING DIETARY AND LIFESTYLE CHANGES

When I look back to a decade or so ago, I can see that our communities are progressing, even though they certainly are not progressing fast enough for my preferences. For example, I am still ordering culinary oils for myself and my clients because none of our grocery or health food stores here sell oils that are healthy. (If you want the true criteria on the definition of "healthy" oils, just ask.)

Anyway, to continue, it will still require some time before our communities support and promote "health" instead of "disease." When we see evidence of this support, it will be a lot easier for



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the public as a whole to make the dietary and lifestyle changes required to prevent creating their own diseases that lead to the surgical removal of parts of their body.

Some signs of this are when we have more organic whole food grocery stores and restaurants than traditional grocery stores and fast-food restaurants, when the majority of neighbors on every city block get out of their houses for an morning or evening walk together, and most physicians refer their patients to Clinical Nutritionists and Naturopathic Doctors for treatments for their diagnoses rather than prescribing drugs or scheduling surgeries, first.

The fact that your research has led you to reading this article tells me that you are among the more enlightened public and therefore, I know that you do not want to wait for your community to awake up and make these changes, so you can bypass the waiting by contacting me for testing, coaching, consulting and support in

- Breaking the inertia of toxic, unhealthy dietary and lifestyle practices,
- Correcting the causes of any illnesses and diseases you currently have by testing your biochemistry for nutritional deficiencies, biochemical imbalances and organ/gland dysfunctions and
- Be coached on how to maintain the optimal health you will attain through Clinical Nutrition/Naturopathic Therapies so you can prevent the development of future disease and live a long and healthy life.

Today, because of consumption, exposure, detoxification and exercise that adversely affect our biochemistry, developing a “principle-centered” healthy lifestyle that provides all that we require to improve and maintain our health is too complicated to accomplish this goal on your own, without professional guidance.

If you think this statement is untrue, let me ask you a couple of questions.

- How long have you been “trying” to heal something within your own body?
- How long have you been “trying” to break some habit – Weeks? Months? My guess would be “Years!”
- Do you have a cupboard full of unfinished or unopened supplement bottles? Some of which have been there for months or years and you probably will never use them, but hesitate to throw them away because you “paid” for them and you think you “might” need them “someday.”

Now think of how much money your non-professionally guided, self-efforts have cost you in what you have purchased through stores or online? Probably quite a bit of money and time. If not, then your experience is not typical of most people who seek my help. Sometimes it takes a lot of wasted money, time and effort to realize the professional help is required to



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improve your health safely and effectively, to maintain optimal health and prevent disease today. But not just any professional help, but the help you need to assist your body in healing at a cellular and tissue level (Clinical Nutrition/Naturopathy). Otherwise, when suffering from symptoms of malnutrition and toxicity, all other therapies, whether medicine, chiropractic, physical therapy, acupuncture, massage and so on can only provide “temporary” relief.

If you consider all the time that has passed, all the money you have spent, the delays at getting to the cause and you still feel you have not arrived at your goal, you may have some improvement, but you are still suffering, just think what may have occurred had you invested that time and money in the services of a Clinical Nutritionist or Naturopathic Doctor?

If you have never solicited the services of a Clinical Nutritionist/Naturopathic Doctor, you are in luck – I am both and you have just made contact with someone who can truly help you attain your health goals.

If you have tried the services of a Clinical Nutritionist and/or Naturopathic Doctor before and your experience has been that they may or may not have helped you, you are still suffering, what I say is this...I do regret that you did not receive all the help you needed from someone in my professional field and the reason why is “we are not all the same.”

Unfortunately in the professional health care fields of Clinical Nutrition and Naturopathy there is not a standard of practice and there are two types of treatment protocols or practice and these are at the core of why some Clinical Nutritionist and Naturopathic Doctors are effective and some are not.

1. **Standard of Practice** – by this I mean – you can go to any physician, dentist, physical therapist and pretty much get the same service because each have been educated and trained in the same way. Not so for the Clinical Nutritionist and Naturopathic Doctors of today.

Therefore, though I truly would prefer that what I am about to say was not a fact, it is my responsibility to you as the author of this article to speak the truth to you and that is...though they may have the degree that does not mean they were trained in any standard of practice that can assure you that they are sufficiently knowledgeable in identifying and providing what your body requires for healing itself and/or they may not have been in practice long enough to recognize, understand or accept the following facts:

- a. The differences in the two types of protocols (see below) and
- b. The importance of testing biochemistry first before dispensing treatment



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which both of these have been the keys to my success where others in my field have failed.

2. Treatment Protocols - here are two different types of treatment protocols in respect to supplementation:

a. The Whole Food Concept of Healing – This is my treatment - To scientifically evaluate and test your biochemistry first to identify the specific therapeutic whole foods and whole food supplement your body needs. The body can heal only through whole foods and whole food supplementation – if you are unsure of this scientific fact, read my website article titled, ***“What Is In Our Cells Proves What Heals Our Body.”***

b. Nutritional Drugs – most Clinical Nutritionists and Naturopathic Doctors recommend or dispense Nutritional Drugs, not Whole Food Supplements. For the definition of “Nutritional Drugs,” read my website article titled, ***“The Three Ways Supplements Are Manufactured Today.”***

You may be wondering why there is no standard of practice and why are their two different treatment protocols among Nutritionists, Clinical Nutritionists and Naturopathic Doctors. I think the reason is just simply financial funding. Think of all the medical schools established in the United States and yet only two of the original three schools for Naturopathy still exist.

When you review the history of the last 100 years, you will see that America was in what I call the Dark Ages in respect to “health” care, but actively flourishing and thriving in “disease” care.

The 20th Century focused on promoting drugs and surgery, and that is where financial funding was applied. It was not focused in the direction of funding therapies that were not drug or surgery-related.

It takes a lot of money to establish a standard of practice in any health care or disease care system. And with an effective standard of practice, the differences in treatment protocols can be properly advertised so the public can become educated on their differences and make informed choices.

Now look at the times since the 1970’s when people began to seek Clinical Nutrition and Naturopathic Therapies because they were dissatisfied with Drug Side Effects and increases in the surgical removal of body parts when drugs failed to suppress the symptoms being produced by these parts of the body. You will think with this new emergence of interest in Clinical Nutrition and Naturopathy would result in more financial funding. However, the nutrition industry got off track again because the financial funding is in Nutritional Drugs.



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Funding was redirected into another cause that promotes drugs, only now Nutritional Drugs, and promotes more surgeries, from the side effects of Nutritional Drugs. Instead funding should have been put into schools to train more Clinical Nutritionists and Naturopathic Doctors who:

1. Can analyze biochemical tests (blood, urine, saliva, hair and stool) to identify nutritional deficiencies, biochemical imbalances, and organ/gland dysfunction,
2. Dispense whole food therapeutic supplements to correct the abnormal findings on these test results
3. Provide dietary plans based on food chemistry that matches the clients' biochemistry and
4. Educate and Coach their clients in the 128 dietary, lifestyle and mind-body principles and practices to assist them in developing a consistent principle-centered healthy lifestyle.

It may take 30 or 40 years or longer before what I am sharing in this article becomes publically known. I cannot tell you how many areas of my life I have been way ahead of the mainstream in insights as well as clinical findings. So it may take several more decades before people begin to demand a paradigm shift in our health care system that emphasizes the above four standards of practice in the professional fields of Clinical Nutrition and Naturopathy. When this occurs, the medicine will be finally limited to true emergencies instead of being the #1 cause of illnesses and diseases today.

TESTING FIRST

Another key to my success is testing first before dispensing whole food dietary plans and therapeutic whole food supplements. Many Clinical Nutritionists and Naturopathic Doctor do not perform biochemical tests to scientifically identify your nutritional deficiencies, biochemical imbalances and organ/gland dysfunctions or they do not know how to perform a Clinical Nutrition Analysis of your Laboratory Reports.

In other words, they review laboratory reports just like a physician, such as if you are within the medical reference ranges, they assume you do not have any deficiencies, imbalances or dysfunctions.

However, a medical interpretation or analysis of laboratory reports only identifies if you are in Stage 4 (Disease), it cannot identify Stage 1, 2, and 3.

Another ineffective method of evaluation is to make recommendations based simply from a verbal report of symptoms from you or self-made questionnaire listing symptoms that they check off if you have that symptom.



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I, too, have a Symptom Questionnaire for my clients to complete; however, it is not self-made, but designed by Cornell University from their scientific research study on Nutritional Symptoms. So the questionnaire I use is based on science, not just a list of symptoms to check off if you have them or not.

The fact is and this fact must be faced and accepted at some point if you truly want to restore your health and/or maintain your current level of health to prevent disease and promote longevity and that is..... The goals you want to accomplish do require professional help. Without the degrees, you do not have access to all the education, resources, and tests you need to evaluate your nutritional health or design a plan of action for treatment and health maintenance.

Also without the degrees you do not have access to therapeutic whole food supplements, nor are you educated in which of these your body requires based on your test results. Over-the-counter and online supplement purchased are not potent enough to improve “clinical” level deficiencies, biochemical imbalances and organ and gland dysfunctions and 99% of them are Nutritional Drugs, not whole food supplements regardless of their claims.

As for the education you require to truly develop a healthy, principle-centered diet and lifestyle for yourself and family, I survey every new client and the outcome today is the same as it was in 1981 when I first established my business. Out of 128 dietary, lifestyle and mind-body connection principles and practices that are required to develop a consistent, healthy principle-centered diet and lifestyle, new clients know only about 11 of these. New clients represent the current knowledge of the general public.

What do I mean by “principle-centered” – I mean that your diet and lifestyle practices, which include your mind (how you think) and emotions (how you feel), are based on principles (or laws). For example, you learned quite early that you could injury yourself if you did not integrate the physical (physics) law of gravity into your current lifestyle practices. The first time you were injured or experience pain from a fall you adapted yourself to a principle-centered lifestyle practice of respecting gravity. So it is with all dietary, lifestyle and mind/emotion practices, unless you engage in the principles or laws that govern them, you will not develop a diet or lifestyle that promotes health and prevents disease.

You may be able to make some positive changes in your diet and lifestyle. However, without integrating all 128 principles or practices, those you do not know about or neglect to integrate will be the causes of illness and disease in your future.



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I have had many clients tell me “Oh, Dr. Smith, I have made a lot of changes in my diet and lifestyle and I research everything, I am quite knowledgeable, way above the average.” I am sure this is true. However, what they do not realize is the information that they require, that they do not currently have, is not generally known. And I prove this to them when I ask them questions from my survey to determine their current level of knowledge, because as knowledgeable as they think they are, they still fall into the same category of knowing only 1 to 11 of the 128, which is less than 10% of what they must know to accomplish their health goals.

You may be thinking “Wow! 128 principles/practices – that is a lot.” Now before you start to get overwhelmed by the number, please take a moment and begin to count everything you do each day that represents a “lifestyle practice” from brushing your teeth (1), now add putting on your shirt (2), now your pants or shirt (3), making your bed (4), and so on. Doing this exercise you will soon see that in a single day you may perform well over 128 lifestyle practices, yet you do these effortlessly and unconsciously. It is the same for these 128, once you learn them, integrate them, they will become as easy to do as it is for you to now brush your teeth or perform any other lifestyle practice. And there is more good news and that is some of the 128 practices are one-time practices, something you put in place that promotes health every day from your daily exposure to it; others are weekly and not daily practices that promote health.

Anyway, this is why our clients save time, money and energy by contacting me for help, they receive the testing, consulting, coaching and treatment their unique body and lifestyle requires to heal, maintain health, prevent disease and promote longevity.

So the fastest way to assist your body in healing itself and making lasting changes in your dietary and lifestyle practices is to hire a professional, and preferably that professional is me. At the time of this writing, my clientele resides in 36 U.S. States and six international countries and we continue to grow annually. My Clinical Nutrition and Naturopathic Services are available to you no matter where you live, so just give me a call.

CONCLUSION

After reading this article you are now equipped with the knowledge of the true causes of all illnesses and diseases and the effects of these causes. So please do not read this article and then make the mistake of thinking that you will be okay if you postpone developing principle-centered healthy dietary and lifestyle practices now or delay having your biochemistry tested so you can start Clinical Nutrition/Naturopathic Therapies now to correct your nutritional deficiencies, biochemical imbalances and organ/gland dysfunctions, as identified in your test results.



Causes of All Illnesses and Diseases

By Dr. Donna F. Smith

Because every day, every moment of every day, internally, you are progressing from Stage 1, to Stage 2, to Stage 3 to Stage 4 (Disease) and then Stage 5 (Death) faster than you think and more seriously than you probably feel in your mind and body right now or in your symptoms.

It is a fact that it will require more time, energy and money to correct these stages the more severe they are than it does when you are asymptomatic or your symptoms are infrequent, mild or moderate. So be proactive and preventative and call me today.

After reading this article you are also equipped with a true perspective on medicine (drugs and surgery) and hopefully you will use medical services as they were originally designed and by that I mean for emergencies (life-threatening states or conditions) only.

As I often inform my clients, if you are:

- unconscious,
- have uncontrollable bleeding,
- a broken bone, or
- have some life-threatening state,

seek medical attention first and then call me second so I can assist your body in completing the healing process.

However, if your symptoms do not include one or more of the above true medical conditions then, call me first.

Drugs were never meant to be taken on a daily or frequent basis and the primary reason drugs are being dispensed so regularly today (besides the obvious financial benefits of physicians and pharmaceutical companies) is to suppress the symptoms of malnutrition, toxicity and other dietary and lifestyle causes. So taking drugs just makes these causes worse and creates new symptoms called "Drug Side Effects," which are the symptoms of new or worsening states of malnutrition and toxicity caused by the chemicals in the drugs that are being taken.

After reading this article on the **cause and effect** of all symptoms of illness and disease, when you read or view any other information whether the topic is...

- health care, i.e., education, treatments, therapies or products that are non-invasive, drug-free, and claim to improve health and prevent disease.) or
- disease care, i.e., medical education or treatments (drugs and surgery),



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you will have a more clear understanding of what you are reading or viewing and can **protect yourself from misleading and false information circulating as medical or nutritional facts in relationship to the identifying and correcting the causes and effects of illnesses and diseases..**

As I mentioned previously in this article, not all Clinical Nutritionists and Naturopathic Doctors are the same due to a lack of standard of practice and differences treatment protocol. Hopefully, from sharing their differences in this article, you will have the confidence to contact me and prove to yourself, just how safe and effective my Clinical Nutrition and Naturopathic Therapies are.

All clients report experiencing their first signs of improvement in just 3-6 weeks, so give me a call at (940) 761-4045 and allow me to help you improve your health, just as I have all other clients before you, and receive the coaching in the 128 principles and practices you need to maintain your health once attained through our therapies, and to prevent future diseases.

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.** Some of her bestselling e-books have been listed below and are available for purchase on her website..

Dr. Smith is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.



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Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses:

- Therapeutic, whole food supplements, available only through nutritional health care providers, and
- a Therapeutic Dietary Plan. Foods in each plan are selected for their food chemistry, i.e., their effect on the individual's biochemistry as identified through their own laboratory testing. .

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and six international countries.

For more information, to order a Clinical Nutrition Analysis and Laboratory Tests, and **to contact** Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. You may also call this number to schedule your FREE Inquiry Telephone Consultation with Dr. Smith. To save time at this consultation, please complete the Inquiry Questionnaire on her website.

Meanwhile, please feel free to browse www.AdvancedClinicalNutrition.com, subscribe to Dr. Smith's FREE Newsletter and increase your education through reading Free Articles by Dr. Smith. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.



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E-BOOKS BY DR. SMITH

Below is a list of a few e-Books by Dr. Smith. Go to our website for a complete list of Dr. Smith's e-Books .and you may order online or by phone at (940) 761-4045.

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – Over 250 pages
- Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- False Assumptions People Make About Nutrition and Nutritional Supplements (Over 30 pages)
- Fibromyalgia – A Clinical Nutrition Syndrome” (68 Pages).
- Dr. Smith's Hair Restoration Program – Anti-Grey Solutions (59 Pages).
- Health Chest - How To Update Your Medicine Chest To a Health Chest (Over 250 pages)
- Lyme's Disease – Clinical Nutrition Approach To Healing (32 Pages).

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.