



The Secrets To Healing – Quick Reference

by Dr. Donna F. Smith

(Read the complete Article Titled the Same)

SYMPTOMS ARE NOT THE DISEASE – SYMPTOMS ARE PART OF YOUR BODY’S COMMUNICATION SYSTEM

All new clients report symptom improvement within 3-6 weeks after starting Clinical Nutrition Therapy, and a significant number report experiencing improvement in the first week. However, test results, not symptoms, indicate when the body is healed.

DRUG SIDE EFFECTS – SYMPTOMS OF NEW DEFICIENCIES & TOXICITY CAUSED BY CHEMICALS IN DRUGS

PHARMACEUTICAL DRUGS ARE FOR SHORT-TERM USE IN TRUE MEDICAL EMERGENCIES ONLY!

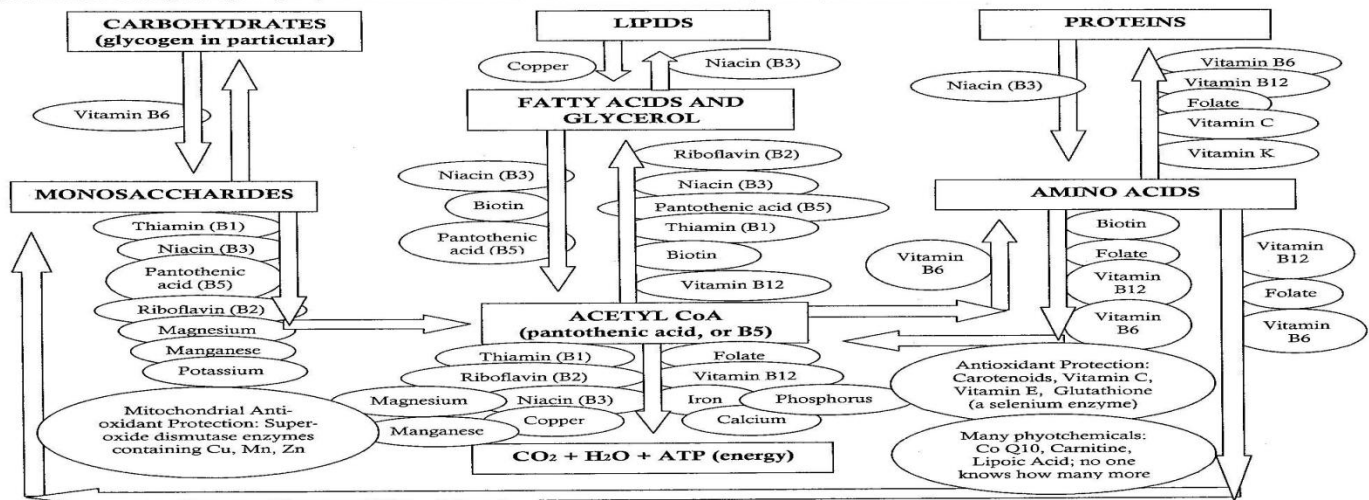
True Medical Emergencies are:

1. Broken Bones – when a broken bones needs to be set and bandaged or casted,
2. Wounds that require suturing (sewing up),
3. Unconscious,
4. Pain that will not stop and is so severe you feel like you may die, and
5. Emergency (Life or Death) Surgeries – Unless surgery is required to save your life due to an accident, like in an auto accident, surgeries would only be required due to your neglect in following through on what you have learned in this quick reference and the entire article, titled, “The Secrets To Healing” by Dr. Donna F. Smith.

WHAT IS IN OUR CELLS PROVES WHAT HEALS OUR BODY – DRUGS DO NOT HEAL!

THE PATHWAYS OF METABOLISM INSIDE THE CELL

Carbohydrates, Fats and Proteins are broken down and ultimately turned into ATP (energy). All of these pathways can also be reversed to build up carbohydrates, fats and proteins for re-building and repairing body structures and functions. This information has been mysteriously left out of textbooks for the last 30 years or so.



Balancing Female Hormones

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The above diagram was mysteriously left out of “medical” textbooks in the 1970’s. It makes me wonder if any physician who received his/her medical degree since the 1970’s even knows what is inside of human cells. That is a scary thought.

THREE WAYS SUPPLEMENTS ARE MANUFACTURED TODAY (Read Complete Article; Same Title)

Nutritional Drugs are Vitamins & Minerals Synthetically Made (#1) or Isolated (#2); Only #3 Whole Food Vitamins/Minerals Heal!

WHAT DETERMINES WHETHER YOU LIVE (OR DIE)? – Sufficiency & Purity of Air, Water(<2W), Food (<2M)

DIET AND NUTRITION ARE NOT THE SAME; THOUGH OFTEN USED INTERCHANGEABLY.

YOUR BODY ONLY REQUIRES TWO THINGS FROM YOU: 1) Test & Correct Cause & 2) Stop Interferences



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THE SEVEN STAGES IN DEVELOPMENT OF DISEASE & PROGRESSION TOWARDS DEATH IF NOT REVERSED

STAGES	BIOCHEMICAL DYNAMICS IN THE DEVELOPMENT OF DEGENERATIVE DISEASES		YOUR PHYSICAL AND MENTAL EXPERIENCE	
1	True Health is Biochemistry in Homeostasis		Fit, Wellness, Energetic, Mentally Alert	
2	1. Cellular & Tissue Nutritional Deficiencies (or Excesses), such as too little or too much Vitamin C, Calcium, Zinc, Protein, Carbohydrates, etc., and 2. Cellular & Tissue Toxicity,* such as chemicals in foods additives, drugs, nail polish, dry cleaning, fluoride & chlorine in water, air pollution, etc.		Phase 1 Asymptomatic until you reach Stage 2 –Phase 2	Phase 2 Declining Energy, Infrequent Mild Pain, Mild Allergies, Mental Fatigue
3	Biochemical Imbalances, such as electrolyte imbalances, fluid retention, dehydration, neurotransmitter imbalances, and so on.		Ongoing Tiredness not satisfied by rest or reduced activity, Infrequent Moderate Pain, Persistent Allergies or Sensitivities, Absent-Minded.	
4	Organ, Gland and Body System Dysfunctions, such as Gall Stones, Incontinent Bladder, Clogged Arteries, Heart Irregularities, or any are of body not in optimal function.		Fatigue, Frequent Severe Pain, Frequent Allergy Attacks, Mental Dysfunction, such as Mood Swings, Short-Term Memory Loss, Anxiety, Depression.	
5	The Two Phases of Degenerative Diseases (DD) Disease (Stage 5) occurs when there is more decaying & dead cells and tissue in an organ and/or gland than healthy cells & tissue.		<ul style="list-style-type: none">• Chronic & Constant Fatigue• Chronic & Constant Pain• Chronic & Constant Allergies / Asthma• Cancers, Tumors, Cysts, Fibroids• Mental Illness In Stage 5, Long-Term Stages 2, 3 and 4 have progressed to clinical stages and symptoms are constant and chronic.	
	Phase 1 By correcting Stages 2, 3 & 4, you can reverse the disease process and restore health.	Phase 2 Symptoms improve by correcting all that is possible in Stage 2, 3, & 4; however, there are too many decaying / dead cells to completely reverse the disease process when in Phase 2 to restore health. Long-term supplementation may be required.		
6	POINT OF NO RETURN		Same as Stage 5 only worse	
7	Complete Cellular Decay / Death in one or more Vital Organ, Gland or Body System		Death of Your Physical Body (Total Lack of Energy)	

CLINICAL NUTRITION THERAPY IS TODAY'S MISSING LINK TO WHY YOU ARE NOT HEALED

SYMPTOM OR HEALTH CONCERN	CLINICAL NUTRITION THERAPY	ADD THE FOLLOWING TO ENHANCE OR SPEED THE HEALING PROCESS, IF SO DESIRED
Every Area of the Body	√	Clinical Nutrition is effective when used Alone for Overall Body
Bones and Joints	√	Chiropractics
Muscles and Soft Tissue	√	Massage Therapy
Mobility, Flexibility, Stiffness	√	Physical Therapy
Nervous System	√	Acupuncture
Mental and Emotional	√	Reiki