



DYSBIOSIS

**Probiotics Alone Will Not Correct Candida or
Any Other Health Concern caused by Dysbiosis!**

By Dr. Donna F. Smith

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Dysbiosis Prevents Your Body From Healing!

Dysbiosis is at the Root Cause for Auto-Immune & Degenerative Diseases, even Cancer.

Dr. Smith's Dysbiosis Supplement Program is the Solution!

Did you know when you took your first antibiotic, you began developing Dysbiosis? Or perhaps this started in infancy? Antibiotics and other drugs damage the intestinal lining and when this happens, the lining is unable to produce its own intestinal flora. This is the definition of Dysbiosis. This article also provides a list of other factors that compromise your body's production of intestinal flora.

Non-Medical Health care practitioners have been recommending Probiotics for years as a possible solution to Dysbiosis. A Probiotic is intestinal flora (friendly bacteria) in a pill. However, Probiotics do not get to the cause of Dysbiosis. So Dysbiosis continues and in time Dysbiosis leads to all auto-immune and degenerative diseases, even Cancer.

Dr. Donna Smith is one of the few doctors in the United States, who knows which three herbs taken in a specific way provides what the body requires to heal its intestinal lining, so it is able to grow its own friendly bacteria or Flora.

These three herbs and instructions for taking them are provided in "**Dr. Smith's Dysbiosis Supplement Program.**" This 8-Week or Less Program is Easy and Affordable and often required only once.



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WHAT IS DYSBIOSIS?"

To understand Dysbiosis, you must first understand the term "Eubiosis." For brevity's sake in this writing, when I refer to the term "debris." in the intestines, I am actually referring to:

- All types of germs (viruses, unfriendly bacteria, staph, strep, yeast, fungus, mold, etc.),
- All other types of parasites,
- Worms,
- Toxins,
- Metabolic by-products,
- Waste and
- Any other substances that become harmful to the body when it unable to pass through and then out of the large intestines through bowel movements.

Also, the term "parasite" will be used to represent germs, works or any living organism that can reproduce, multiple and increase by feeding off the debris in the intestines.

Eubiosis

Eubiosis is the state of sufficient intestinal flora. Intestinal flora is friendly intestinal bacteria that manage intestinal debris entering the large intestines. Ideally, this management should be short-term as the debris is supposed to travel through and then out of the large intestines..

However, due to unhealthy dietary habits, insufficient purified water and frequent drug intake, most people have dysfunctional intestinal evacuations and all that should move out of the body does not. Thus, resulting in intestines that are inundated, impacted, and swollen with excessive amounts of debris, giving intestinal flora more to manage than what would be required for a healthy intestine.

Signs of a dysfunctional intestine are constipation, diarrhea, and other colon symptoms and conditions. Other organs and glands that become dysfunction, such as the stomach, small intestines, liver, and gall bladder, can also cause the large intestines to become dysfunctional.

Two primary roles of Intestinal flora in its management of debris in the intestines are to:

1. Prevent parasites from multiplying excessively before they leave.
 - a. For example, Intestinal flora will destroy the excessive amounts of yeast and fungus by digesting them



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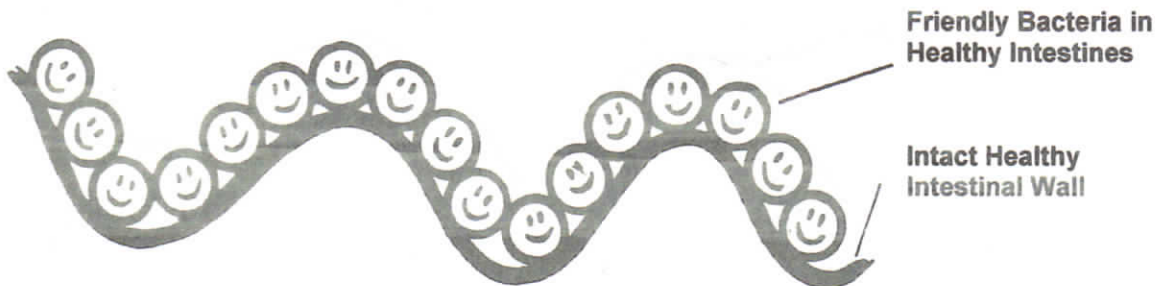
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2. Line the intestinal wall, like soldiers guarding a gate or physical wall, to prevent the debris from breaking through the intestinal wall.
 - a. When the debris breaks through the intestinal wall, the entire body becomes infected and inflamed with these parasites and other debris.

The diagram below of smiley faces represent intestinal flora lined up like soldiers to protect the intestinal wall.

Eubiosis



Dysbiosis

Dysbiosis is the term used for a lack of Eubiosis. In other words, when the intestinal lining has been damaged from taking antibiotics, steroids, cortisone, and other prescribed or over-the-counter drugs, even if taken just once, the intestinal lining is no longer able to produce intestinal flora.

Also in this article, I have provided a list of other factors that can compromise a healthy intestine's ability to produce sufficient flora, even if its lining is not currently "damaged." So many people have had insufficient intestinal flora even before their intestinal lining was first damaged by their initial drug intake. Additionally, because these other factors may be persisting on a daily or weekly basis, they are contributing to a dysfunctional intestine, and thus may be perpetuating an ongoing insufficiency of flora. All the more reason to help the large intestine heal and produce sufficient intestinal flora through **Dr. Smith's Dysbiosis Supplement Program**.

Without intestinal flora, your intestines cannot manage or prevent the proliferation of germs in the intestines, so they multiply to the stage of Dysbiosis where the overgrowth of germs becomes like flooding water through a broken dam, and breaks through the intestinal wall.



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This stage is called, the **Leaky Gut Syndrome**, and once through the intestinal wall:

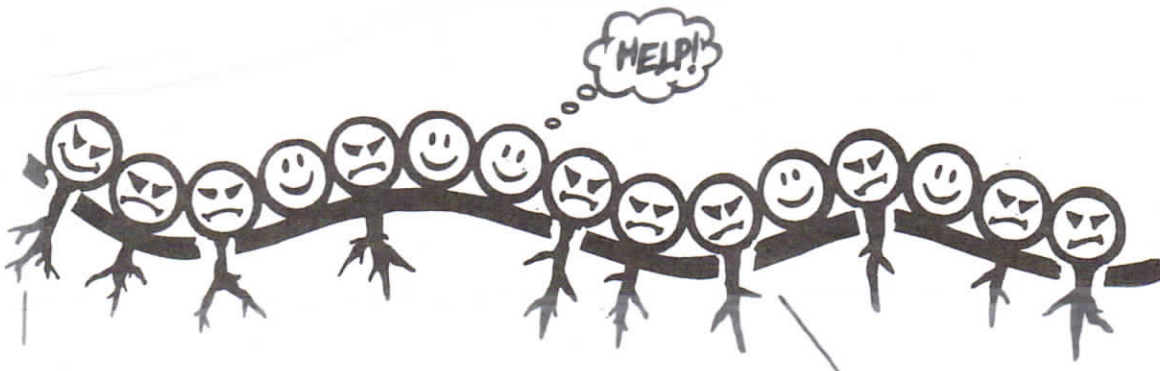
1. Parasites (germs and worms) continue to multiple and infect the entire body.
2. And the other debris (toxins, metabolic by-products, waste) that breaks through the intestinal wall settle and then rot in the tissue of other organs and glands, thus becoming another source of inflammation and dysfunction in these areas of the body.

All of above then causes a myriad of auto-immune syndromes and diseases, like Candida, Fibromyalgia, Chronic Fatigue, Lupus, Cancer, etc. Continue reading for more information on this subject.

Because of the lack of awareness and knowledge how to truly correct Dysbiosis, many people continue to suffer with auto-immune and degenerative syndromes and diseases.

The diagram below of **frowning faces** represent overgrowth of debris that are now breaking through the intestinal wall with the smiley faces (intestinal flora that is intact) crying for help! In time there will be no smiley faces, i.e., intestinal flora, lining the intestinal wall.

Dysbiosis



Unfriendly, toxic bacteria, parasites, yeasts, invasive fungus, etc., complete with mycelia*, in the dysfunctional intestinal flora contributing to a "Leaky Gut Syndrome."

Leaky Gut Syndrome

Weight loss or gain is a challenge when in Dysbiosis. If you or someone you know has battled with Candida, vaginal yeast infections, thrush, athlete's foot, ringworm, to name a few, throughout your life, you now know why. Until you restore your intestines to a state of Eubiosis, these symptoms of yeast and fungus will continue to perpetuate.



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Did you know one teaspoon of refined white sugar can cause yeast to multiple by 200%? Yeast also causes you to have refined sugar and other food cravings. Parasites inside your body will feed on the nutrients from your diet, leaving you in a starved, depleted state, craving more. ***Eating but always still hungry!*** Craving unhealthy sweets is often a sign of internal parasites infestation, Candida, and Dysbiosis.

Dr. Smith's Dysbiosis Supplement Program provides the instructions and therapeutic herbs the body requires to heal (repair) the intestinal lining so it can start producing intestinal flora again.

* Mycelia are root-like structures or germ tubes that are formed to breakdown the intestinal wall.



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WHY PROBIOTICS ALONE ARE INEFFECTIVE?

Probiotics are supplement capsules that contain friendly flora or bacteria. On the surface, this would appear to be a solution for Dysbiosis, which is why most of my colleagues recommend them.

Though Probiotics help, they do not get to the cause of Dysbiosis, which is to heal (repair) the intestinal lining so the intestines can grow its own Probiotics (intestinal flora).

Taking Probiotics is like having a hole in a boat and someone gives you a bucket. If you can bucket out enough water and row at the same time to keep yourself afloat and moving toward shore, the boat may not sink. However, you and I both know this does not sound very likely.

So taking Probiotics is only a temporary fix, not a real solution to Dysbiosis, because once you stop taking them, germs and worms begin to multiply again and in a short time, you are right back to where you were before you started taking Probiotics.

The only way that Probiotics may help in the long-term is if you are willing to take them every day for the rest of your life and since I opened my business in 1981, I have not yet met anyone willing to do that.

Still, that is not getting to the cause of Dysbiosis and taking Probiotics would in time have cost thousands of dollars and daily effort, whereas, my Dysbiosis Program, aka **Dr. Smith's Dysbiosis Supplement Program**, is affordable and gets to the cause in less than eight weeks or less and then you can discontinue the program. No ongoing cost or effort.



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OTHER FACTORS THAT AFFECT INTESTINAL FLORA

For some people, their body has never produced sufficient intestinal flora since birth. Since I opened my Clinical Nutrition business in 1981, I have yet to find any new client who is not in a state of Dysbiosis.

A Clinical Nutrition Analysis of the Laboratory Reports from a blood chemistry or urine test will identify scientifically if your body is in a state of Dysbiosis and re-testing months later after following **Dr. Smith's Dysbiosis Supplement Program** proves your body in a state of Eubiosis.

In the previous pages, I have explained how the intestinal lining becomes damaged by antibiotics and other drugs and thus is no longer able to produce intestinal flora. Though a damaged intestinal lining due to drugs is the number one cause for insufficient intestinal flora; in this section of the article, I am providing a list of other factors that compromise the intestine's ability to produce sufficient intestinal flora, even if it were not damaged by drugs.

Considering most everyone have had at least one antibiotic in their lifetime, I certainly don't know anyone who has not, and one or more of the factors below applies to everyone, you can understand why I do not have to order a blood or urine test to confirm that you, or anyone else when they initially contact me, are in a state of Dysbiosis.

That is why I often provide my Dybiosis Supplement Program for a minimal fee, without testing blood or urine, because everyone needs it.

Other Factors That Compromise The Body's Ability to Produce Intestinal Flora:

1. Total absence of breast-feeding OR insufficient breast-feeding. (For the first 12 months's the infant requires Mother's milk only, does not even need water.)
2. Premature introduction of solid and indigestible foods to infants
 - a. Regardless of what you have been told solid foods should not be introduced until after 12 months of mother's milk only.



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- b. After 12 months, continue breast-feeding as a supplement to introducing whole fresh foods, starting with mashed raw fruits in Month 1, diced raw vegetables in Month 2 (whole raw fruits and vegetables when teeth are sufficient to chew well) and so on.
 - c. Avoid feeding fruits and vegetables in the same meal or snack. Eat them separately.
 - d. Once on a whole food raw diet (which is best) then wean from breast-feeding.
 - e. If you want more exact help with introducing whole foods, such as when to provide steamed vegetables, etc. contact me.
 - f. Following the above and other information I can provide you when you call, your children and grandchildren will be satisfied and healthy and their attraction to and desire for junk food will be greatly minimized as they age.
3. Sterilized, overprocessed foods
 4. The medical use of antibiotics. One single prescription of a broad spectrum antibiotic in infancy can produce lifelong undesirable changes in gut ecology. Let alone the dozens of prescriptions which most children have received by the age of five in our society!.
 - a. "This may come as a shock to some but truly healthy children do not need antibiotics or drug therapy," states Dr. Mark Percival. And I agree.
 - b. You can keep your children healthy by learning the principles of functional dietary habits, use of herbs, homeopathics and whole food vitamins/minerals, and functional thought and behavior patterns.
 - c. Contact me for how you can learn what you need to help your children and yourself become healthy and stay healthy.
 - d. I can also provide information about vaccinations and their role in Dysbiosis.
 5. The insidious presence of antibiotic residues found in domesticated flesh foods (chicken, turkey, beef, etc.). Antibiotics are commonly used to "fatten" livestock.
 6. Drinking chlorinated water. This includes bathing, showering and swimming in chlorinated water. (Contact me for more information about this subject.)



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6. Drinking chlorinated water. This includes bathing, showering and swimming in chlorinated water. (Contact me for more information about this subject.)
 7. Drinking refined, high-sugar, chemically-adulterated beverages (soda pop, drink boxes, etc.)
 8. Alcohol abuse.
 9. Excessive coffee and/or black tea consumption.
 10. Eating diets high in processed foods.
 11. Eating too fast, overeating, eating when anxious, etc. (Ask for a free handout on "How To Get the Most From What You Eat!")
 12. Digestive Enzyme Insufficiency, either genetic or environmentally induced. You can contact me for genetic testing to scientifically confirm this.
 13. To name a few.

After reading this list, wouldn't you agree that you are in a state of Dysbiosis?

Clinical Nutrition Therapy helps infants, children and adults improve their health regardless of which of the above factors apply.



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SYNDROMES AND DISEASES

Here is a very short list of dysfunctions, symptoms, syndromes and diseases that result from being in a state of Dysbiosis.

1. Hormone imbalances and de-regulation, especially in females (PMS, Endometriosis, Fibrocystic Breasts, etc.)
2. Blood Sugar Regulation, especially reactive Hypoglycemia
3. Allergies of all Types
4. Malabsorption of Nutrients and associated micronutrient insufficiencies.
5. Overworks Liver and Immune System.
6. Degenetative diseases are inevitable in state of Dysbiosis.
7. Any and all auto-imune related symptoms, syndrome or disease, such as Fibromyalgia, Lupus, Cancer, etc.
8. Symptoms and Diseases that indicate that the body is being Inundated with toxicity and waste, such as skin diseases, weight gain, etc.
9. Just to name a few.

My Dysbiosis Program also comes with a two-page, "**Dysbiosis Questionnaire.**" After completing it, you will be able to identify the different symptoms, syndromes, etc., that you currently have that relate to Dysbiosis. You may find that you are currently not aware of many of them.

The **Dysbiosis Questionnaire** scores each symptom, syndrome, etc. so after completing it you can evaluate whether you are in a mild, moderate or severe state of Dysbiosis.



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OTHER BENEFITS OF EUBIOSIS

In addition to preventing and/or improving the above list of Symptoms, Syndromes and Diseases, here are other benefits you get from keeping your intestines in a healthy state of Eubiosis.

Eubiosis...

1. Assists in digestion of carbohydrates.
2. Enhances natural immunity (intestinal flora helps your body produce its own natural antibiotics).
3. Assists in bile function.
4. Synthesizes B Vitamins and valuable enzymes.
5. Produces organic acids, which help to regular intestinal pH.
6. And of course, the main topic of this article, which is to:
 - a. Manage germs, parasites, worms, toxins, and waste in the intestines,
 - b. Inhibit the growth of less beneficial and potentially pathogenic microorganisms (gram-negative bacteria, yeasts/fungi and other various parasites) in the intestines and
 - c. Thereby prevent colon diseases and **Leaky Gut Syndrome**, the latter which can adversely affect and therefore, lead to disease, in every other organ or gland in the body.
7. Again, just to name a few.



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My **Dysbiosis Supplement Program** is easy to do and affordable. It last for 4-8 weeks and then you are done. After the initial program, whenever you want or need to repeat this program, you simply contact us for the supplements, thus saving money since you already have the written and verbal Program Instructions that came with the first time you did **Dr. Smith's Dysbiosis Supplement Program**.

Why would you need to repeat the Dysbiosis Supplement Program?

Once you have completed your first Dysbiosis Supplement Program, your body will begin to grow its own intestinal flora and for the most part, if you avoid taking antibiotics, steroids, and other drugs that damage the intestinal lining, you have greatly reduced your need to repeat this program again. **Hence, my Dysbiosis Supplement Program can become a eight-week or less, one-time program.**

What do you do instead of taking antibiotics, etc.? Spread the Word because not everyone is yet aware that... the need for taking any antibiotic or anti-inflammatory drug is almost non-existent. Why?

Because we have Therapeutic-Grade Homeopathics, Herbs and Whole Food Vitamin and Mineral supplements that digest germs (virus, bacteria, staph, strep, etc.) and other parasites and worms, as well as detoxify toxins and waste from the body.

Our Therapeutic Homeopathics, Herbs and Whole Food Supplements are safe and effective and do not adversely affect the intestines or its ability to continue producing intestinal flora.

We also have Therapeutic Support Supplement Programs for over 800 medical conditions and diseases.

Everyone needs to know that Antibiotics should be limited to use when hospitalized, such as if someone were in an accident that resulted in being hospitalized to save your life. However, as soon as they are discharged, they can contact us for **Dr. Smith's Dysbiosis Supplement Programs** to heal their intestines, which were damaged by the hospitalized drugs, so their body can start producing intestinal flora and avoid developing Dysbiosis and any other Clinical Nutrition Therapy they need to complete their healing recovery.

People think that once they are discharged from the hospital, their body will heal on its own. However, in these cases, specialized therapeutic whole food supplements as listed above are required to help complete the healing process.



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In closing, no matter what your current health challenges, getting out of the state of Dysbiosis and returning to Eubiosis is absolutely the most important step you can take today to improve and maintain optimal health. Again, it is affordable, lasts eight-weeks or less, and once completed, your body will start improving in every area of the body that has been adversely affected by your years of being in the state of Dysbiosis!

Not only will you know this for a fact by the health improvement you feel, but updating your Dysbiosis Questionnaire, you can see your scores improving from month to month, as you move from a severe state of Dysbiosis to moderate to mild to no longer being in Dysbiosis.

Call today and schedule a Dysbiosis Program telephone consultation with Dr. Smith!

(940) 761-4045

Smiley Face Diagrams and List of Factors compliments of the Health Coach System, Dr. Mark Percival, D.C., N.D. and referenced from his book titled, "Functional Dietetics," P. 170.



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ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (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 freelance 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 best-selling e-books have been listed below.

Since starting her Clinical Nutrition business, **Advanced Clinical Nutrition**, in 1981, Dr. Smith has been 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.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Reports from testing your genetics and biochemistry (blood, urine, saliva, stool, and hair).** A Clinical Nutrition Analysis of these scientific tests identifies Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Toxicity, Biochemical Imbalances, Genetic Mutations and Organ, Gland and Body System Dysfunctions.

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, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their test results.

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 appointments to attend, no gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to



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the clients' homes, where they collect their specimen samples and then mails them directly to Dr. Smith's Labs.

Since opening her business in 1981, Dr. Smith has successfully assisted every client in improving their health, no matter what their health challenge, such as, but not limited to increasing energy, balancing hormones, improving mental function, strengthening muscles, joints, and immune system, managing weight, preventing/reversing disease processes, enhancing life and/or sports performance, and restoring over-all organ/gland and body system function (including the hair system to restore its natural color and growing hair where once was bald or thinning).

Dr. Smith's clientele resides in 37 U.S. States and seven international countries.

For more information and to order a clinical nutrition analysis of laboratory tests or to contact Dr. Smith to discuss any health concern you have, please call (940) 761-4045.

Meanwhile, feel free to browse www.AdvancedClinicalNutrition.com for more information about Dr. Smith and her Clinical Nutrition Services, to subscribe to Dr. Smith's FREE Newsletter (HealthQuest e-News), read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations.

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.

E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic 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).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).



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- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)
- **Updating Your Medicine Chest To A Health Chest** (Over 250 pages)

DISCLAIMER AND THE HEALTH PERSPECTIVE

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.

Making important decisions about your health and the care of your mind and body based solely on a medical diagnosis or interpretation of Laboratory Reports, test or exam is making a decision based on one-sided, incomplete information.

This is why this author's intention is to provide health care education and testing from a Clinical Nutrition (Nutritional Biochemistry) perspective so you are "completely" equipped to make informed decisions regarding your health care.

Remember that a physician's medical education and training is in drug therapy for the management of symptoms of disease and in surgery, most often required when drug therapy fails. Thus medical treatments (drugs and surgery) should be limited to a life or death crisis.

Drugs manage symptoms; they do not heal the cause of the symptoms. Not all symptoms are from disease, so taking drugs to manage symptoms caused by vitamin deficiencies, for example, is not only ineffective, but the chemicals in the drugs make the body more toxic. Thus, over time, patients become ill in new areas of the body adversely affected by these chemicals; areas of the body that were previously healthy prior to seeking medical attention for their first condition.

Medical Training is about disease, not "health" – how to improve health and maintain optimal health -- that lies in the scope of a Clinical Nutrition practice.

It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal. A fact that has not



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been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education.

If you are unsure about this statement ask yourself how long you would live without food, water and air? The very substances that keep you alive are the very substances that determine your state of health.

Clinical Nutrition Therapy, simply put, is about testing your body to identify the cellular and tissue deficiencies and toxicity that have resulted from a lack of ingesting pure and sufficient air, food and water and then providing the therapeutic whole nutrients your body requires to restore nutrient sufficiency and detoxify toxins so you can restore and maintain optimal health.

The nutritional health of your cells determine the overall health of your body.

Call Dr. Smith today: (940) 761-4045

www.AdvancedClinicalNutrition.com