



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

### Table of Contents

THE OLD WEIGHT LOSS FORMULA DOESN'T WORK! .....	1
WEIGHT LOSS TODAY REQUIRES A NEW FORMULA.....	1
MINOR LEADS TO MAJOR DYSFUNCTIONS AND WEIGHT GAIN.....	4
DR. SMITH APPROACH TO WEIGHT MANAGEMENT.....	5
WHY PEOPLE REGAIN WEIGHT .....	5
CONCLUSION .....	6
ABOUT DR. SMITH .....	7
E-BOOKS BY DR. SMITH .....	9
DISCLAIMER.....	9

### THE OLD WEIGHT LOSS FORMULA DOESN'T WORK!

Weight loss can no longer be achieved by will power, a balanced diet and exercise alone. Though these components are important in all health- oriented goals, whether it is to strengthen your heart or lose weight, there are multiple factors present today which make this "Old Formula for Weight Loss" difficult to achieve by itself.

Overweight people often berate themselves needlessly for lack of will power, whereas I believe it is not will power, but health improvement which is ultimately needed for successful weight loss. People tend to find the will power when they know the appropriate steps to take to achieve their goal. By appropriate steps, I mean those that work. Once the appropriate steps were will power, balanced diet and exercise, however, this "Old Formula" applied when the greatest percentage of our food intake came directly from our own farms, in the pre-industrial days before chemical additives, food processing, and fast foods became a way of life.

Now, nutritional deficiencies and toxicity are at the core causes for weight gain.

### WEIGHT LOSS TODAY REQUIRES A NEW FORMULA

Therefore, successfully losing weight and maintaining your ideal weight today requires a new approach, a "New Formula." Since 1981, through clinical observation and scientific research, I have discovered ten (10) biological dysfunctions or factors which inhibit successful weight loss and/or the subsequent maintenance of ideal weight, i.e., weight management. This article will list each and provide a brief explanation of their role in weight gain and weight loss.



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

Clinical observations and client testing have revealed that once the body fat percentage is over 10% of normal, there starts a chain reaction of dysfunctional organs and glands under stress to deal with this excess fat. This process can be preceded or followed by dysfunction in the organs and glands responsible for fluid balance and food metabolism, also. When the organs and glands responsible for food metabolism are dysfunctional, undigested food particles get stored in fat cells, causing them to expand, or if the body is unable to move them to the fat cells, their preferred storage place, they will settle in some other tissue in the body. In either place, the food rots which then cause infection in the fat cells and/or the tissue of the organ/glands where they reside.

If the function is not restored to these organs and glands, infection and other toxicity removed (detoxified) as soon as possible after the onset of 10% over normal fat percentage, fluid retention and undigested and impacted food occurs, there is a cumulative effect which leads to weight gain and obesity.

When one or more of the following 10 Biological factors are present, the body will gain the weight of fat, fluid and/or undigested food and be challenged to detoxify these excess substances to successfully lose weight and/or lose it in a manner that it will not be regained. Let's take a look at each factor and the role it plays in weight gain and loss.

- I. **Digestive System** - A whole, hard, chewy apple goes through various mechanical and chemical changes from the moment you take your first bite to the moment when the apple's byproducts and waste is eliminated through bowels and kidneys. If even one part of this process is dysfunctional, undigested food and beverage byproducts remain in the gastro-intestinal system, ferment or rot, and then become toxic to the human body. When the body is unable to eliminate undigested food, byproducts/waste or any toxin, the fat cells become the body's primary storage place. The more toxins in the body, the more fat cells the body will grow to make a place for the toxins. The fatter the person, the more toxic the body.

Note: For many, this dysfunction is not exclusive to the Digestive System, but also encompasses the entire Upper Gastro-Intestinal (GI) System (Liver, Gall Bladder, Bile Duct, Stomach, and Duodenum) as well as the pancreas.

- II. **Intestinal System** - If the body is unable to eliminate undigested food, fat, and fluid, they remain in the intestines. The intestines will then stretch and expand to make room for this added food, fat and fluid to prevent blockage of the elimination canal. Otherwise, a blockage of the elimination canal would lead to death by auto-intoxication. This life-protecting mechanism, however, causes the stomach to protrude. Even in relatively thin people, you will notice a protruding stomach, which no amount of exercise



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

seems to flatten. Until the undigested food, fat or fluid is removed from the stomach and intestines, the stomach will remain protruded and perpetuates weight gain.

**Note:** What adversely affects the Upper GI System will in time adversely affects the Lower Gastro-Intestinal System (Small and Large Intestines). What adversely affects the Upper and the Lower GI Systems will adversely affect the “metabolism.” So you can see that there is a “chain reaction” in process, where one dysfunction in time leads to another, then another and then multiple dysfunctions. This article is identifying the 10 most common in relationship to weight gain.

- III. **Lymphatic System** - When undigested food or toxins such as microbials (viruses, yeast, staph, strep, bacteria), parasites/worms, and other foreign substances travel through the lymphatic system, it becomes very sluggish and the metabolism slows down. This, then, can inhibit fat, fluid and food metabolism.
- IV. **Heart** - A weak or dysfunctional heart can cause fluids to collect in the extremities and thus fluid, not fat, causes weight gain. People may notice more weight carried in the extremities when compared to other areas of the body, e.g., fatty tissue or edema in the arms and legs.
- V. **Thyroid** - The thyroid is a key gland in metabolic function. Hypothyroidism (slow thyroid function) can cause lowering of your metabolic rate, i.e., inhibits fat burning. Thyroid hormone deficiency affects the brain and heart function. Thyroid T-1 hormone controls the electrical input and charge of the brain. Thus, the brain loses its ability to effectively communicate to areas of the body which control the processing of fat, fluid and food. This breakdown in communication results in organ, gland or body system dysfunction and promotes the storage of fat, fluid and food. Thyroid T-4 hormone controls the rhythm of the heart. The effect on weight management as a result of a dysfunctional heart is described above.
- VI. **Metabolism** - An inefficient metabolism (i.e., Krebs's Cycle, which produces energy for mobility and all your biological functions), inhibits fat burning, contributes to fat storage, and increases fat cell growth.
- VII. **Ovary/Prostate** - These glands, when dysfunctional, retain fat, which is easily recognizable in women and men as "fat or thick thighs."
- VIII. **Kidney, Bladder or Cerebral Fluid** - These imbalances causes fluid retention and thus promotes weight gain from excess fluids, not excess fat.



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

- 
- IX. **Lack of Gamma-Linolenic Acid (GLA)** - This fatty acid regulates the body's manufacturing of fat cells. Once 10% overweight, the body becomes deficient in GLA causing less biological control over the number of fat cells produced. Even after successful weight loss, fat cells may continue to increase due to the lack of GLA and thus weight is regained.
- X. **Mental/Emotional and Spiritual Distress** - Negative emotional/mental states can lead to ill health and weight gain from physical abuse of food, drugs, and alcohol. Yet, another frequently overlooked mental/emotional state is the person's belief about his/her "ability" to lose and maintain their ideal weight. This too affects the successful weight management.

One woman lost all but 10 pounds of her excess weight. Though she was faithful to her weight management program, months and months passed and she could not lose those last 10 pounds. Further testing revealed that though she was a middle-aged adult, she held a childhood belief that "fat" babies (fat people) was more loved. She then recognized that though this belief had served her well as a child, it was no longer useful to her as an adult. She was able to release her limiting belief and establish more useful beliefs about herself. This resulted in the successful loss of her last 10 pounds.

So you can see that it is not just fat that makes a person overweight, weight gain is a combination of fat, fluid and undigested food. Each one has a different biochemical process for detoxification (removal). Today, many weight loss products and weight loss marketing programs advertise that they are addressing fat and fluid, however, I have yet to find a single one that has considered "undigested" food particles impacted in the stomach, small intestines, pancreas and large intestines.

Having discovered these 10 biological factors and helping my clients correct each one that applies to their weight gain challenges, I have successfully assisted each client in attaining their personal weight loss and maintenance goals.

### MINOR LEADS TO MAJOR DYSFUNCTIONS AND WEIGHT GAIN

People with minor dysfunctions in these 10 biological areas may find success in losing weight and maintaining their ideal weight for a time. However, a closer look reveals that though the bathroom scales indicate ideal weight, a front and rear view in the mirror indicates fat, fluid or food collected in the stomach, thighs, waist, chest, arms and upper back areas.



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

**The body has lost is proportional shape.** It has bumps and rolls and dips in places not meant to be, even with an adequate exercise program. As time passes these minor dysfunctions become major dysfunctions affecting the body's ability to manage its weight. Lack of correcting even minor dysfunctions will eventually lead to health breakdown and weight gain.

It is much more prudent to address these in their minor stages, which will take less time, energy and money than to wait until they become major dysfunctions or worse. In other words, before they progress from the dysfunctional to the disease stage in these organs and glands. In the disease stage, weight gain is just one of a number of health challenges that must be corrected to restore health before the body will address fat, fluid and undigested food. The body has a priority system all its own. For example

### DR. SMITH APPROACH TO WEIGHT MANAGEMENT

My response to the weight loss calls I receive is that "I approach weight loss from a different point of view: The focus being on **"health improvement vs. weight loss."** After the appropriate tests have been obtained to identify the areas of dysfunction, imbalance, deficiency and toxicity, i.e., which of the 10 Biological Factors applies to each individual client, a personalized health improvement program is designed. This program naturally corrects the biological dysfunctions that are inhibiting effective weight management. **Functional body systems have no choice but to release unwanted fat, fluid and food, and by doing so, the body naturally returns to its ideal weight and proportional shape.** Weight loss then becomes a natural process of health improvement. Improved health is the key to maintaining ideal body weight.

A frequent comment I hear from clients is, "I lost \_\_\_\_ pounds and I hardly noticed it." To me, the ideal weight management program is one where people enjoy the process of becoming healthier and are amazed at the beautiful side effect, called "weight loss." The stress, anxiety, and obsessive focus on weight loss, which accompanies most weight loss programs, are not factors in this new approach. Now, you have the "New Formula" for successful weight management.

### WHY PEOPLE REGAIN WEIGHT

No weight loss product or weight loss specific program, no matter how great it sounds will accomplish this because the body will rebel. Weight loss is a process of health improvement that cannot be found in a few products or a diet that forces the body to lose weight.

For example, a person may force their body into losing weight through fad diets, starvation, eating only certain foods, exercising like an athlete in training, yet once these practices have





# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

stopped, in time, the body will regain the weight. Why? Because the body was forced (manipulated) by extreme methods to lose weight, it was in a reactionary state and the real cause(s) for the fat, fluid and undigested food, which comprises the weight, was not corrected.

**What is a reactionary state?** Think of it this way, a horse reacts to a whip by galloping as fast as possible, however, when no longer being whipped, it will return to its natural pace. An automobile will speed down the highway when the gas pedal is pressed to the floor, but when the foot is off the pedal, it will slow and idle. Similarly, the body will do its best, like the horse and the automobile, when forced or manipulated, but again when this stops, it will go back to its original state. That is, keeping in mind that any time a person manipulates their body, they run the risk of causing more health challenges than what existed in the original state. The body has its only pace (or innate process) for weight loss, just like the horse has its normal pace when not forced to move otherwise. To lose weight safely, effectively and healthfully requires working with the body, not against it. This is the key to also keeping weight off and maintaining ideal weight for the rest of your life.

Until the public understands this, they will continue to waste a lot of time, energy and money in a myriad of weight loss marketing plans and products, delaying accomplishing their goal, and running the risk of sacrificing their over-all health in the process. Bulimia and Anorexia are two examples of this. However, the consequences in compromising the health of the human body results in myriad of adverse effects even if a person does not go to these two extremes.

Another analogy is to think of weight loss products and programs as described above being like you are in row boat that has a hole in its hull and someone hands you a bucket. If you can remove water fast enough with the bucket you will stay afloat. However, human strength would not endure so this is not a solution. Once you stop or take a pause in dumping water with the bucket, the water increases and the boat sinks lower. Similarly, without correcting the above factors that apply to yours or any person's weight gain, these dysfunctional factors continue to accumulate fat, fluid and undigested food and no weight loss product or program can dump these substances fast enough to keep up with the process of their ongoing on accumulation. There is only one formula to losing weight safely, effectively and without gaining it back and that is to work with the body in the way the body has been designed to lose and manage ideal weight.

## CONCLUSION

After reading this article, you may be thinking –

- “Now I understand why I have had such a hard time losing and/or keeping my weight off! Or



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

- “Finally, an approach to weight loss that really makes sense!” You may also be aware that “deep down” (intuitively) you have a sense that the key to your losing and maintaining your ideal weight was related to understanding how the body works and working with it.
- You may even feel some relief if you have been feeling guilty or frustrated – thinking perhaps that there was something wrong with your will power or motivation. Of all the factors, these are the least that applies to my clients so I am sure this is true for you too. No matter how much will power or motivation a person has they will never succeed when using a popular or well-advertised weight loss product or weight loss program that does not work. So the fault lies in what you have been using/doing not in your ability to lose weight and keep it off. The only thing you are guilty of is being deceived by misleading advertisement or being misled into thinking that there is a short cut to weight loss.

So, if you recognize the truth in what I am sharing with you, which is based on decades of clinical observations and scientific facts, then perhaps, you are also ready to address the factors that are inhibiting your success in losing weight and/or maintaining your ideal weight, once and for all. If so, give me a call at the number below and let's get started. You probably feel like you have wasted a lot of time, energy and money already, so why “weight” any longer. Actually, why “wait” any longer. LOL

I would love to help you attain this worthwhile goal as I have successfully assisted all of my clients before you, who also had weight management challenges.

## 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**



# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

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 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](mailto: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](http://www.AdvancedClinicalNutrition.com), subscribe to Dr. Smith's **FREE Newsletter** and increase your education through reading Free Articles by





# THE FAT FALLACY

## (The 10 Biological Factors)

By Dr. Donna F. Smith

---

Dr. Smith. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.facebook.com/DonnaFSmithPhD).

## 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.