



HIGH CHOLESTEROL—THE MYTHS

Heart Disease? Liver Dysfunction?

by Dr. Donna F. Smith

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THIS ARTICLE WILL DISPEL THE MYTHS OF

- Cholesterol (High and Low)
- Egg Yolks
- Egg Whites and more!



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Please note: Client vs. Patient

I refer to my patients as “clients” because I have an interactive, interdependent relationship with them. I use the term “patient,” whether the patient is my client or not, when providing some “medical” reference vs. a clinical nutrition reference.

SUGGESTED READING LIST

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Website: www.AdvancedClinicalNutrition.com

After reading this article, if you want to understand why you are being told information by even well-meaning physicians and dietitians that is not true, read my article on:

“Diet & Nutrition” – Defining the Difference (Diet and Nutrition are Not the Same) – this is the complete article on this subject. Go to: Articles by Dr. Smith in the Education Menu on our website.

“Are You Confused About Nutrition Today?” – this is a one-page brief version of the above complete article on this subject. Go to: Villager Publications in the Education Menu on our website.

“How Mineral Imbalances Make a Healthy Thyroid Look Sick!” (The Villager, 07/14/22). Go to Villager Publications in the Education Menu of our website for this article.



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INTRODUCTION

Because of the ongoing concern over high Cholesterol and heart disease, people are consuming low-Cholesterol foods, in addition to, taking Cholesterol-suppressive drugs that damage the liver, without realizing five scientific facts:

1. This can automatically cause the body to produce more Cholesterol, and
2. There are safer and more effective clinical nutrition therapies to balance and maintain healthy Cholesterol levels.
3. If you are 65 or older, you will live longer with Cholesterol over 200.
4. The problem with eating whole eggs or egg yolks alone is not the yolks, but the way you prepare them.
5. Eating egg whites only is not healthy for you.

This article will:

1. Introduce you to the organs and glands that produce and metabolize Cholesterol,
2. Explain the causes of excess Cholesterol production,
3. Introduce a Full Body Detoxification (Cleansing) Program to improve liver function, which has been damaged or adversely affected by Cholesterol-lowering drugs and poor dietary habits, as well as help the body produce and maintain healthy Cholesterol levels,
4. Introduce heart health tests, such as Serum Homocysteine, which is the actual blood test for heart disease today, not blood Cholesterol levels, and
5. provide information on the role, benefits and function of Cholesterol in the human body. Thus, dispel the myth that Cholesterol is bad for the body. That Cholesterol, instead, has a vital role in the production of hormones, longevity, produces Vitamin D., and maintains the health of the skin and cell membranes.



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IMPORTANCE OF CHOLESTEROL

Insufficient Cholesterol Food Intake ► Liver Will Make Cholesterol

Did you know that the cells in the body produce Cholesterol and that Cholesterol has many positive functions in the human body?

Cholesterol keeps the membranes of our cells functioning properly. Membranes with too little Cholesterol become too fluid and fall apart; too much, they become stiff and break. Vitamin D, the sunshine vitamin, required for the metabolism of calcium and phosphorus, also comes from Cholesterol, which are all essential to healthy bone and joint function and the prevention of bone diseases, like osteoporosis.

Cholesterol is secreted by the skin glands and helps cover and protect the skin against dehydration, cracking, and the wear and tear of sun, wind and water. Cholesterol aids in the healing of skin tissue and prevents skin infections.

Thus, when the body does not receive sufficient Cholesterol in the diet, the liver will automatically produce Cholesterol to meet its needs. This is why low-Cholesterol diets often fail in lowering blood Cholesterol levels. Some medical studies have indicated that a low-Cholesterol diet works, but only for a very small percentage of people and, thus, they conclude that heredity is the reason why others continue to have high Cholesterol no matter what they do.

However, from a clinical nutrition perspective, liver function, vitamin deficiencies, and toxicity has more to do with excessive Cholesterol production, than heredity.

Cholesterol is actually a very important nutrient to the body. Cholesterol is a type of fat that is “essential” to life. From Cholesterol, your hormones are produced – adrenal hormones, testosterone, the estrogens, progesterone, etc. When you do or take anything that suppresses Cholesterol production, you are ultimately interfering with the function of your endocrine system, adrenals, pituitary, thyroids, female/male sex glands (and their function), in addition to the liver, gall bladder, bile duct, intestines and other organs and glands of the body that metabolize or produce Cholesterol. The Cholesterol-Hormone Factor may be contributing to today’s increase in reproductive and sex organs/gland dysfunctions.

Rather than manipulate the body with drugs to suppress its ability to produce Cholesterol, it is more prudent to identify the cause as to why the body is so dysfunctional, thus producing excessive Cholesterol, or why Cholesterol has become excessive due to the body’s inability to metabolize it properly.



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CHOLESTEROL MYTHS

Cholesterol Myth #1: Don't Eat Whole Eggs

“In other words, Egg Yolks are bad for you because they have Cholesterol, so eat only egg whites.”

Do you remember the first time you heard this? You probably thought,

- “Oh, my gosh! ...what are the physicians or dietitians telling us now!!!” OR
- How can eating whole eggs be bad for me, God made the egg whole. OR
- People have been eating whole eggs since the egg was first discovered, so how is eating the egg yolk in a whole egg bad for me?

First, let me reinforce that it is important to eat foods with Cholesterol in them. Otherwise, as stated above, **Cholesterol is so important to the human body that when your diet is insufficient in Cholesterol-containing foods, this will trigger the liver to produce more Cholesterol.**

Secondly, it is not the Cholesterol in the egg yolk that is the problem... it is the way our culture prepares eggs and the lack of daily aerobic exercise that is the real problem here.

You see, inside the egg is Lecithin. Lecithin is present to emulsify and assist in the metabolism of Cholesterol. Another way of putting this would be, Lecithin ensures that Cholesterol does not stick to the arteries. However, when eggs are prepared (cooked) at high temperatures (over 212° F, such as in scrambling eggs, frying eggs, omelets, etc., the high temperature destroys the Lecithin and thus the Cholesterol in the eggs do not get metabolized properly and can stick to scarred arteries in the body.



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To prepare eggs properly so you maintain Lecithin, you want to, either:

1. **Cook them inside the egg shell** – the shell protects the Lecithin when you soft or hard boil the egg.
2. **Poach them.** In other words, you crack the egg shell to pour the whole egg in a poaching tray to steam them. In a pan, you put just enough water where it will come to bottom of the poaching tray once you set the tray inside the pan. Then you cover the pan with a lid. The heat from the burner then heats the water slowly and the steam is what is actually cooking the whole egg. Steaming eggs does not destroy Lecithin.

Now, you are probably thinking, “Yeah, but our ancestors have been eating fried or scrambled eggs and omelets for centuries.” True. However, there are two lifestyle factors present now that were non-existent in their day: **Toxicity and Lack of Aerobic Exercise.**

1. **Aerobic Exercise** - Before the invention of the automobile, our ancestors received on the average of 90 minutes or more of aerobic exercise per day from walking, riding a bicycle or riding a horse for transportation. This amount of physical activity assisted in keeping the veins and arteries of the circulatory system clear, strong and healthy, so the opportunity of Cholesterol accumulating in them was greatest reduced. However, today, few people receive 90 minutes or more of constant aerobic exercise per day
2. **Toxicity** - because of chemicals and metals in drugs, foods, water, and our environment, the circulatory system of those living today are much more damaged than our ancestors. In other words, today, veins and arteries have become scarred internally and un-emulsified Cholesterol, due to destroying Lecithin when preparing eggs, sticks easily to scarred arteries.



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Cholesterol Myth #2: “Eat only egg whites.”

Eating Only Egg Whites Causes Brain and Nervous System Dysfunctions

What the public was not told is that if you consume only egg whites in time you will develop a Biotin Deficiency. You can do an internet search for more information on the Benefits of Biotin and the adverse effects of Biotin Deficiency, so for this article, let me just say that without Biotin, in time, your brain and nervous system will not function properly and your tolerance for pain will be compromised, i.e., you can become sensitivity to even the slightest of pain... a mildly stumped toe may feel like the level of pain from a knife in the stomach.

One of my Fibromyalgia clients could not handle the touch of water from a shower hitting her skin.

You may be thinking, if all of the above is true, which it is, how did these “Myth” get started and why are these Myth’s still circulating – i.e., what hasn’t the Public been informed of these “Myth” on a larger scale. Or you may be thinking, “Why was the Public misinformed by the Medical or Dietetics Associations in the first place?”

Below, I will share some insight on how the Myths got started, and I am certainly doing my part in presenting the scientific facts in this article to dispel the myths. However, for this to go global, I think it is going to be up to you to share this article with your family and friends, because there is just too much money being made annually by the medical industry from perpetuating these Myths as though they were facts, so I cannot see any Public Health Education or Announcements initiated by the medical or dietetic industry at any time in our future.



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DIETETIC RESEARCH IS NOT THE SAME AS NUTRITION RESEARCH

You will more fully understand the answer to the above question about how these Myths about “Cholesterol and The Egg” got started, as well as have a better understanding of how other false information has been circulated, causing public confusion about diet and nutrition, by reading my chart on “**Diet and Nutrition – Defining the Difference,**” which is also posted on our website.

How often have you or someone you know said, “Boy, I am really confused about nutrition today or I don’t know what to eat anymore -- one minute I am been to eat this and then next minute I am being told not to?”

Briefly stated, however, are the following facts.

Most people think the terms “Diet and Nutrition” as interchangeable. However, Diet and Nutrition are two distinctly different terms and have two distinctly different professional fields in Nutritional Science:

1. **Dietetics** – relates to the “Diet” of the human body, i.e., what you eat and drink. Thus, Dietetics is the nutritional science or field of study that centered on food preparation, preservation and storage and the practice or profession of Dietetics is performed by Dietitians. For example, Hospital Cafeterias have a Dietitian in charge of food preparation, preservation and storage for patients, employees and guests.
2. **Nutrition** – relates to Nutritional Biochemistry, i.e., nutrition is the metabolism of what has been consumed (i.e., diet). Metabolism is the internal digestion, assimilation, absorption, and distribution of the dietary contents, as well as dietary and cellular waste removal, and anything that would interfere with these metabolic processes. Thus, Nutrition is the nutritional science or field of study that centers on nutritional biochemistry, biology, physiology and quantum physics and the practice or profession of Nutrition is performed by the Clinical Nutritionists.
 - a. “**Clinical**” **Nutrition** is the term for when nutritional deficiencies/excesses and toxicity have become so severe (clinical) that these metabolic processes have been severely disturbed, and are producing symptoms and progressing towards disease.



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- b. Thus, Clinical Nutrition also identifies toxicity in the body and provides therapy for detoxification of toxic substances, as well as to restore nutrient sufficiency, biochemical balance and organ, gland and body system function. In doing this, it is also possible to reverse any current disease processes.

Now that you have a brief definition of Diet and Nutrition, how this related to the Egg is as follows:

1. The Dietitians' scientific field of research and study is in the preparation, preservation and storage of the egg.
2. A Clinical Nutritionists' scientific field of research and study is in the effects of consumed Cholesterol, lecithin and other ingredients in the egg on the biochemistry inside the human body.

So how the above Myths got started was...some Dietitian or some Medical Doctor not educated in either Dietetics or Nutrition, discovered that Cholesterol was in eggs. **Instead of staying in their particular scientific field of study, erroneous assumptions were made and published.**

In other words, the Medical Doctor should have stayed focused on medicine and surgery, not Dietetics or Nutrition and the Dietitian should have stayed focus on food preparation, instead of trying to cross over into the science of Nutrition, i.e., nutritional biochemistry;

Had this been done, then what would have been published by the Dietitian Association was the **proper preparation** of the egg (boiled or poached) to preserve the Cholesterol, instead of spreading an erroneous myth to eat only egg whites and not eat egg yolks to avoid consuming Cholesterol.

This crossing over into scientific fields of study for which one has not been educated or trained is at the core of the confusion people have today about Diet and Nutrition. Reading my chart on “Diet and Nutrition – Defining The Difference” will greatly minimize any confusion you have on these two topics and help you make more informed decisions about your diet and its effects on the nutrition in your body.



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CAUSES OF CHOLESTEROL IMBALANCE

Organ/Gland Dysfunctions and Vitamin Deficiencies Cause Cholesterol Imbalances

Since 1990, through my clinical experience in analyzing and monitoring the nutritional biochemistry of individuals, I have discovered that maintaining optimum Cholesterol is related to:

1. **Organ and Gland Dysfunction** – primarily liver dysfunction, though dysfunction of the intestines, adrenal and sex glands can cause high Cholesterol, and
2. **Vitamin Deficiencies** – There are specific vitamins required in sufficient amounts to assist in the metabolism of Cholesterol and vitamin deficiencies have an adverse effect on the function of organs and glands.

When the body has extra Cholesterol, the Cholesterol links itself to linoleic acid and is transported to the liver to be changed into bile acids, provided the vitamins and minerals necessary for this change are present. The bile acids are then transported into the intestines to help with fat digestion, and are then removed from the body with its waste, provided that the food contains sufficient fiber and that bowel action is regular enough to prevent the bile acids from being reabsorbed and recycled.

Therefore, when the liver and intestines are dysfunctional, this process is inhibited and high Cholesterol can be seen in the blood as the Cholesterol remains in the body instead of being removed with the waste as it should. Add to this cell production of Cholesterol when the diet is low in Cholesterol foods and you have an ongoing struggle with high Cholesterol.

You may have become aware of the association of Cholesterol and liver through advertisement warnings about Cholesterol-lowering drugs causing liver damage. This is why physicians run frequent blood tests to monitor the liver for those on these drugs. It is important to remember, too, that the liver has an effect on every part of the body, so keeping it healthy is vital to the function of the entire body (cells, tissues, organs/glands), the quality of your health and your longevity.

In her book, **“Why I Feel So Lousy,”** by **Lorrie Medford, C.N.**, Ms. Medford provided an easy and quick read for those wanting to understand the liver and its myriad effects on the human body, its role in Cholesterol and disease prevention. She also explains our safe and



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effective Full Body Detoxification Program, which cleanses the liver, in addition to the gall bladder, bile duct, stomach, lymphatic system, kidneys, bladder, small and large intestines.

Our Full Body Detoxification (Cleanse) Program includes a specific detoxification and elimination dietary plan and whole food supplements and herbs. Ms. Medford uses the same food supplements as we do, however, she provides a 21-day cleanse, whereas, at **Advanced Clinical Nutrition**, we provide this cleanse for 30 days.

Why? Because my clinical observations while providing this program for hundreds of clients have proven that the benefits of the additional nine days on a 30-day cleanse is equivalent to another 21-day cleanse, thus, providing our clients with faster healing progress, a deeper full body cleanse and saves our clients' money.

Non-Essential Fatty Acids and Refined Carbohydrates

Non-essential Fatty Acids and Refined Carbohydrates also cause High Cholesterol. Regarding diet, though medical studies indicate that high-Cholesterol food diets can lead to high Cholesterol blood levels in some people, my clinical experience has shown me that high Cholesterol occurs more often in people ingesting a diet high in non-essential fatty acids and refined carbohydrates (Carbs).

"These foods produce an excess of acetate fragments in the body and pressure the body into increased Cholesterol production," as explained by Udo Erasmus in his book, "**Fats and Oils**" (p.63).

It is important to avoid mass-produced, processed and altered foods, such as those labeled, "Low Fat, Fat Free, Low Cholesterol, 2% (as in 2% Milk), in addition to, white flour and refined sugar products, and trans-fats, etc.

The body was designed for whole foods. Foods that have parts of the whole food removed or reduced will not be metabolize or nourish the body properly. Food that cannot be metabolized will remain in the body, rot or ferment and then inflame the tissue.

Remember a low Cholesterol diet will automatically trigger the liver and other cells in the body to produce more Cholesterol, because Cholesterol has so many vital functions.



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HOW TO RESTORE AND MAINTAIN HEALTHY CHOLESTEROL LEVELS

Therapeutic Liver Cleansing Improves Cholesterol & Overall Health!

Since 1990, I have assisted many clients in improving their Cholesterol values by assisting them in improving their liver function, as well as providing the nutrients the body requires to remove inflammatory cells and tissue and grow new healthy cells and tissue in its place. In just 30 days, on my therapeutic Full Body Detoxification (or cleansing) program, clients with truly High Cholesterol levels can significantly reduce their levels.

Note: The measurement for truly “High” Cholesterol is not the same measurement as you are being told through medical professionals. You will read more about this later in this article.

However, keep in mind that though you can significantly reduce your Cholesterol in 30 days on this Full Body Detox Program, those with very toxic, sluggish and congested livers may take 30-90 days, on the average, to reach a healthy Cholesterol level.

Regardless of the time for each individual, the important point here is that those who adhere to this program will bring their Cholesterol levels down safely and effectively, rather than forcing it down through taking statin drugs, as well as improve, rather than damage, liver function in the process.

As mentioned above, the liver affects every part of the body. For example, one client was well on her way towards Parkinson’s Disease -- she had the shakes in her hands and head for over a year. Then just a few weeks into her 30-Day, therapeutic, whole food Full Body Cleanse, she experienced over 90% improvement in the shaking of her hands and head. She was pleased with this additional and unexpected benefit from cleansing her liver and other elimination pathways through a Full Body Detoxification Program.



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BACKUPS TO THE HEART

The human body is not considered dead, until the heart stops beating. A brain-dead person can be kept alive by machines, but once the heart stops, the person is pronounced dead.

Because the heart is the most important muscle/organ in the human body, the body is designed to protect it at all times. It is encased in the rib cage for physical protection and it has three back-up organs/glands to support it.

They are the adrenal glands, thyroid glands and the brain. When the heart is in need of any nutrient, the thyroids transport the specific nutrient to feed the heart.

If you do not know what nutrients your heart and circulatory system needs to be healthy so you can provide them, the heart and circulatory system will continue to draw upon nutrients from these back-up organs/glands to supply its needs, as much as is possible.

A Clinical Nutrition Analysis of the Lab Reports from testing your biochemistry (blood, urine, saliva, hair and stool) identifies the nutrients your body requires to heal and restore optimal health.

Thus, in time the thyroid glands become depleted, so the body activates the adrenals to give up its nutrients to feed the heart.

When both the thyroid and adrenals have been depleted to the point that if they continued to give the heart their nutrients, they would then become “severely” depleted to the point of disease, and thus are incapable of continuing to nourish the heart, nutrients from the brain becomes the next back-up to the heart.

As this process occurs, symptoms of thyroid dysfunction (weight gain, temperature changes – too hot or too cold, etc.), then adrenal dysfunction surface (fatigue, etc.), and then brain dysfunction (memory loss, lack of concentration, etc.).

The above are other reasons why many people are experiencing the symptoms of thyroid (and adrenal) dysfunction, besides mineral imbalances, which I shared in my article, **“How Mineral Imbalances Make a Healthy Thyroid Look Sick!”** (The Villager, 07/14/22). Go to Villager Publications in the Education Menu of our website for this article.



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Symptoms of true heart problems may not be evident until after the back-ups are depleted, which is why people are often surprised when they have a heart attack.

Considering the fact that hormones are produced from Cholesterol, if you suppress the body's ability to produce Cholesterol by taking a drug, and/or neglect to correct the causes provided in this article, you will soon have more than just high Cholesterol, you will develop greater health challenges in your entire endocrine system. The endocrine system consists of the adrenals, thyroids, brain (pituitary, hypothalamus), thymus, pancreas, spleen, etc.

This is why it is important to have an over-all, comprehensive Clinical Nutrition Analysis of the Lab Reports from testing your biochemistry when you have been suffering from long-term high or low Cholesterol levels so that in the process of restoring Cholesterol balance, you can also identify other areas of the body that have been adversely affected so you may restore the health function of them, too.



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HIGH CHOLESTEROL – A MEDICAL MYTH (OR SCAM)

Let's hear from another health care professional on the subject of the medical industry's apparent concern over Cholesterol..... Dr. Bruce West, Founder of Health Alert/Immune Systems, Inc.

(Note: The original writing of this article was in January 2002; however, the writing of this update in December 2022, Dr. West is no longer with us ... so I want to take a moment to acknowledge how much I appreciated his clinical nutrition knowledge and boldness of spirit to speak the truth no matter what!)

“The truth is finally getting out that Cholesterol does not cause heart disease. And thanks to a new breed of cardiologists, the truth is finally getting out that “inflammation from the wrong, medically-prescribed diet and drugs“ are the main causes of heart disease,” reports Dr. Bruce West,

Clients of **Advanced Clinical Nutrition (A.C.N.)** have been aware of this for decades as I routinely educate my clients on the Truth about Cholesterol and the real cause of heart disease. This article is one of the ways I introduce this knowledge.

Dr. West continues: *“Because of these truths, statin drugs will fail. Stents and bypasses will fail in the long-term. And the myriad of prescription drugs to force the heart to beat stronger, faster, slower and/or weaker will, at best, fail to do much more than keep patients alive in a debilitated stated. At worse, they will turn millions of people into cardiac invalids, while killing unknown numbers. Remarkably, treating the underlying cause of heart disease allows patients to truly get well and actually cure their heart disease – what a concept!”* (**Health Alert 2/2014/Vol. 31, Issue 2 Attachment**)

That is what we do here at **Advanced Clinical Nutrition (ACN)**, we get to the cause of heart disease, as well as all other health challenges.

Furthermore, Dr. West reports, *“If you are like me and many other Americans, you have come to realize that everything in the U.S. and even around the world, is about money and/or power. It makes little difference who is elected to government because evil people (mostly men) will do anything to gather and maintain money and power. That includes creating scams to suck the common folk dry in order to pay everyone else to get their way...”*



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“It’s everywhere...”Cholesterol Free, low Cholesterol, get your Cholesterol down, get your Cholesterol level screened, don’t eat saturated fat because it raises your Cholesterol, Cholesterol causes heart attacks, Cholesterol causes clogged arteries...statin (Cholesterol-lowering) drugs are lifesavers, get your Cholesterol below 150.”

“...This is all nothing but a scam created by the same kinds of people for whom money (and power) is God.



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WHAT IS A HEALTHY CHOLESTEROL LEVEL?

According to Dr. Bruce West

Let's see what the late Dr. Bruce West has to say about healthy Cholesterol levels.

“Just a few decades ago, Cholesterol up to 300 was considered normal (for people of all ages). No one really knew their levels because few people ever bothered to have their Cholesterol level checked...I consider Cholesterol levels up to 325 normal. Today, in order to sell more drugs, pharmaceutical companies and physicians are trying to brain wash you to believe that your Cholesterol level should be below 150! The truth is that if your Cholesterol level is below 150, that can be more dangerous than if it were over 350.

There are folks with “naturally” lower Cholesterol levels. The same is true for “naturally” higher Cholesterol levels. And it turns out for most of these folks, their levels are fine for them. But forcing (by taking drugs) extremely low Cholesterol levels causes hormonal problems, infections, depression, suicide, violent behavior and cancer, just to name a few.

So, stop worrying about your Cholesterol levels unless it is over 325.”

SUMMARY: So, in summary, as of February 2014, what Dr. West is reporting based on his research and clinical observations monitoring his patients' Cholesterol Levels is ... Healthy Cholesterol Levels for Adults are between 200 and 300. In other words, should your Cholesterol reach 300, that is the time to start Clinical Nutrition Therapy for Cholesterol to assure that it does not go over 325. Until then, annual blood testing to monitor your blood Cholesterol level is sufficient.

However, as you will see as you continue to read this article, there is some new research introduced by the IAACN and JAMA that I will be adding to Dr. West's clinical findings above, that were not included in his “Health Alert” publication on Cholesterol.



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According to Clinical Nutrition Research

Since the early 1990's I have been using a clinical nutrition research software program designed for Clinical Nutrition Analysis of blood and urine chemistry tests, including Cholesterol, that indicated the Homeostasis (aka Clinical Nutrition) range for Cholesterol is 150 to 220 for adults. As you will see in the Table in next few pages, research on Cholesterol has changed since the early 1990's as follows:

- Adults 64 or younger – the Homeostasis Range for Cholesterol is 181 to 220.
- Adults 65 or older – the Homeostasis Range for Cholesterol is 181 to 300.

So that your Cholesterol does not spiral out of control, I recommend you follow the table I have provided in this article. This table is a combination of my clinical observations in helping my clients maintain optimal Cholesterol levels since I started my business in 1981, Dr. West's clinical observations in helping his clients/patients, and the latest research introduced through JAMA and the IAACN.

For example, an adult over 65 years would be prudent to take action to address the cause for their high Cholesterol levels when it is between 300 and 325, in order to prevent it from rapidly moving to 350 or higher, which according to Dr. West are dangerous levels.

Ideally, you want to use our Clinical Nutrition Therapy to help you restored your health in areas that have been adversely affected by the long-term intake of statin or other drugs you have taken to suppress your Cholesterol levels and to assist you in restoring your Cholesterol to an optimal level, based on the latest research in this article, if not already there. Then, you want to maintain your optimal Cholesterol levels by adhering to the Clinical Nutrition principles that helps you do so.

Monitoring your Cholesterol level throughout your life is still important because of other factors outside your control that can affect your levels and regularly monitoring will position you to be ready to seek Clinical Nutrition Therapy whenever it moves out of optimal range, so you may bring it back in balance as quickly as possible.

Therefore, when reviewing this table, please contact me if your Cholesterol is above the healthy range for your age OR if you have been on statin drugs or any other drugs that affect the liver, thyroids, adrenals, and female/male hormone system, for longer than three months.

This will then allow me to help you by:



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1. Testing your biochemistry to make sure that it can handle higher levels of Cholesterol, as Dr. West reported.
2. Detoxifying the excess Cholesterol, if this applies.
3. Providing a dietary plan so you get a balanced amount of Cholesterol and thus avoid triggering your liver to overproduce Cholesterol.
4. Testing the function of liver, intestines, and hormones to improve their function if they have been compromised by long-term statin and/or other drugs.
5. Testing for vitamin deficiencies, like Vitamin D, to restore their sufficiency if they are contributing to Cholesterol imbalances and/or have been depleted by your drug therapy.
6. Ordering the specific tests that actually do identify if you are at risk of developing heart disease and take the steps now to prevent this disease.



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LATEST CHOLESTEROL RESEARCH

Cholesterol Under 180 ► Brain Damage At Any Age

At the **International and American Associations of Clinical Nutritionists (IAACN), Clinical Nutrition Scientific Symposium, 2008**, it was reported that Cholesterol levels, under 180, adversely affect brain function, and may even cause brain damage.

People over 65 Live Longer with Higher Cholesterol

According to the **Journal of the American Medical Association (JAMA)**, people over 65 years of age with high Cholesterol will live longer (JAMA, 2/25/98). Since Lab Reports today indicate that, from a medical perspective, Cholesterol should be less than 200, this updated medical research means people over 65 years of age will live longer with Cholesterol levels higher than 200. Next to the Merck Manual and Physician's Desk Reference (PDR), JAMA is one of the most important publications for physicians.

However, I have yet to talk to any patient that has been informed of the above research by their physician. So, I have to assume that either their physicians are not staying current in their own medical research or they are purposely ignoring it in favor of making more money through diagnosis and cholesterol-lowering drug treatments for people 65 or older, as reported by Dr. West.

Why will people over 65 live longer with Cholesterol over 200?

As women experience Menopause (or are forced into menopause due to a partial or complete hysterectomy) and men experience Andropause (male-pause), which is that time of life when the production of female and male hormones by their reproductive/sex glands/organs are less and less, having higher Cholesterol, as we age, will help our bodies continue to produce the hormones we need to function and contribute to our longevity.

Why? Because all hormones are produced by Cholesterol. Look in any textbook that provides the metabolic pathways for any type of hormone production and you will find it all starts with Cholesterol. Therefore, insufficient Cholesterol, which is lower than 181 at any adult age, will result in severe hormone deficiencies and imbalances. By hormones, I mean all hormones, such as Adrenal Hormones, Thyroid Hormones, etc., not just Female and Male Hormones.



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How would this impact our life? Here are just a few examples....

1. **Without sufficient Adrenal hormones**, you are exhausted all the time. You are also unable to react quickly when you need to get out of harm's way, such as manipulating through traffic to prevent an accident.
2. **Without sufficient Thyroid hormones**, your body cannot regulate its temperature, you are cold when you should be warm and vice versa, your over-all metabolism is out of balance, so you gain weight that cannot be reduced by diet changes or exercise alone.
3. **Without sufficient Male and Female Hormones**, you could become infertile, have no sex drive, are irritable, and may even have outbursts of violent behavior. Your skin, hair, nails and bones become dry, brittle and lack luster.

And even worse, without sufficient Cholesterol to produce all your hormones, you will die prematurely.

Therefore, keep in mind that Cholesterol on Blood Chemistry Lab Reports will indicate levels 200 or less for normal "medical" level for Cholesterol, and if over 200, your physician will want you to take drugs to lower Cholesterol; however, cholesterol-lowering drugs have been reported as very damaging to the liver and other areas of the body as discussed in previous pages of this article.

As you can see on any blood Cholesterol Lab Report, physicians are not concerned about low Cholesterol levels, only levels over 200.

Considering this JAMA Reported Cholesterol Study, is it possible to have High Cholesterol if Over 65? Yes. The last column in the Table on the next page for Cholesterol Ranges for all ages, you will notice that I have indicated when it is important to contact me. In other words, this column indicates that last possible number for Cholesterol levels (low and high) you would want to allow your Cholesterol to become before taking appropriate action to for close monitoring to prevent your level from getting into the danger range.

For example, if over the age of 65 and your Cholesterol reached 299, I recommend contacting me for our 30-Day Full Body Detoxification Program to detoxify enough of the excess Cholesterol, in addition to improving liver function, reducing inflammation and improving other causes of High Cholesterol, so you can keep it at 299 or 10-20 points lower as an extra precaution in the event of a rapid increase to over 300. (See Table for More Information)

This Full Body Detox Program is a safe and effective way to lower Cholesterol no matter what your age and no matter what level of Cholesterol you want to achieve.



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IDEAL CHOLESTEROL LEVELS - ALL AGES

ADULTS

AGE	ACCEPTABLE	IDEAL	WHEN TO CONTACT DR. SMITH
20 to 64 years	181 to 325	181 to 220	Cholesterol Levels less than 181 or over 221
65 or older	181 to 325	181 to 299	Cholesterol Levels less than 181 or over 300.

Note: The above columns are based on the combined research of Dr. West, Dr. Smith, JAMA and IAACN regarding Cholesterol levels.

Acceptable Column – ranges that are acceptable (or considered healthy) according to Dr. Bruce West.

Ideal Column – ranges that are ideal for biochemical balance according to clinical nutrition analysis

When to Contact Dr. Smith Column – the level at which it is important to contact me so we can prevent your levels from going lower or higher, whichever applies, so they always stay in the optimal ranges.

CHILDREN

Due to the growth and development requirements for children, Cholesterol levels vary according to age and gender. Below are just a few examples to give you an idea of healthy Cholesterol levels for children. Considering the fact that all hormones are produced from Cholesterol, it should not be a surprise to see that at most growth and development stages for children, they have Cholesterol levels over 200.

AGE	GENDER	CHOLESTEROL RANGE**
7 to 12 Months	Male	89 to 208
7 to 12 Months	Female	74 to 218
4 to 6 years	Female	108 to 187
10 to 11 years	Male	125 to 230
16 to 19 years	Female	106 to 217

**References: Soldin SJ, Rakotoarisoa FTS. Clin Chem 1996;42:S308 (Abstract) and Lockitch G. Halstead AC, Albersheim S, et al. Clin Chem 1988;34:1622-5



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PROOF CCNs ARE UP-TO-DATE ON THEIR SCIENTIFIC RESEARCH

Though all disease management professionals (Physicians, Nurses, Physical Therapist) to healthcare professionals (Clinical Nutritionists, Chiropractors, Acupuncturists, Massage Therapists, etc.) are required to complete a specific number of Units of **Continuing Education Courses (CEUs)** to maintain their licenses and certifications, only the **Clinical Nutrition Certification Board requires re-testing by their Board-Certified Clinical Nutritionists (CCN).**

In other words, only my profession as a **Board-Certified Clinical Nutritionist (C.C.N.)** is willing to prove through retesting every five years that:

1. We stay on top of the latest research in our scientific field.
2. As we age, retesting proves we are still mentally competent and knowledgeable in our scientific health care field.

Other healthcare profession may “claim” the above as facts. However, Board Certified Clinical Nutritionists (CCNs) are the only professionals in the U.S. who actually “prove” the above facts to their patients, every five years.

Without retesting, how do you as the patient, know if the disease management or health care professional you are using really knows the latest research in their profession?

Professionally, I think all disease management and healthcare professionals, especially, physicians, should be retested to maintain their licenses and certifications, and not just have to attend weekend classes and sign an attendance sheet to verify you were there. After all, their profession is one of life and death emergencies so should require they stay up on the latests research in their profession; however, this is not the case.

If retesting were required, perhaps deaths and injuries from medical errors would be less, or at the very least, perhaps they would be current on research performed in their own field of medical science, like the above research study in JAMA that reported that people 65 years or older live longer with higher Cholesterol, so they would stop prescribing drugs to force this age group to lower their Cholesterol when doing so is detrimental to their health.



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QUESTIONS TO ASK

No matter what your age, I highly recommend that anyone, you ask the following questions...

- **What other studies are my physicians unaware of or ignoring?**
- **What other treatments do I receive that is not according to the latest research?**
- **How many drugs are on the market that don't even have FDA approval?**
- **Furthermore, when is it appropriate to use drugs and when is better to use clinical nutrition therapy instead? Read on.**

WHEN IS THE USE OF DRUGS APPROPRIATE AND WHEN IT IS NOT!

It is a fact that the FDA does not have the time or staff to thoroughly investigate all the drugs that they approve. Instead, they rely upon the pharmaceutical companies who make the drugs to provide the research on the drugs they submit for FDA approval. Often, however, these companies run, say, 100 tests and then submit to the FDA the one test that is favorable, and avoid submitting the other 99 tests that failed to prove that the safety and efficacy of their drug.

It is time for the public to wake up to the fact that pharmaceutical drugs were originally designed for "life-threatening diseases or life-threatening injuries from accidents, war or abuse ONLY, and in these states of health, medicine is at its best and may save your life. After all, if you were injured in a war or a car accident, you need drugs to suppress the pain as the surgeons suture your wounds and stabilize your biochemistry to save your life.

However, to use pharmaceutical drugs to manipulate human biochemistry to suppress symptoms caused by nutritional deficiencies/excesses, toxicity, biochemical imbalances and organ/gland dysfunctions is not only the worst thing you can ever do to your body, but it also guarantees that you will have more symptoms, more pain and more health challenges because



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pharmaceutical drugs are pure chemicals – highly toxic – and should be used only when in the hospital and/or for short-term use during the few weeks of recovery after being discharged.

Not sure I am telling the truth? Next time you watch a drug commercial on TV, listen to and read the list of side effects posted at the bottom of the screen. What are **Side Effects**? Side Effects are the symptoms and/or diseases caused by the toxicity and nutrient deficiencies from consuming the chemicals, metals and other toxins in the drugs.

Drugs were not intended for everyday use until pharmaceutical companies realized the money-making potential of convincing the public that drugs were their only option for their symptoms. And your physicians are in a very tenuous position because they may lose their license to practice medicine if they told you what I am telling you in this article.

In fact, right now, as I update this article, more people are awakening to these facts, so much so, that these pharmaceutical companies are trying to get the FDA to ban homeopathic remedies – another strategy to prevent you from having healthier options.

So, I highly recommend that you protect your **Health Freedom** and get on the emailing list of the following organizations so you can **Vote against** legislation that is designed for vested interests, like pharmaceutical companies, the FDA and other governmental agency that know that it is easier to rule sick people than healthier people.

The following organizations will keep you informed and make it easy for you to respond to their Alerts to protect your health freedoms and mine, in just a few minutes.

1. National Health Freedom Coalition: <https://nationalhealthfreedom.org>
2. The National Health Federation: <https://thenhf.com>

The bottom line is that only Clinical Nutrition Therapy and similar nutritional therapies can assist you in restoring nutrient sufficiency, biochemical balance and organ/gland function and thus help you prevent and/or reverse current disease processes that are caused by their long-term effects.

In other words, degenerative diseases are caused by the adverse effects on the organs, glands and body systems experiencing “long-term” nutrient deficiencies/excesses, toxicity and biochemical imbalances. And these long-term effects are caused by your diet, lifestyle, and the chemicals, metals and other toxins in your drugs, air, water food and environment.



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TESTS FOR MONITORING HEART FUNCTION AND PREVENTING HEART DISEASE!

Unfortunately, because the information in this article has not been included in **Public Health Education**, most people are uninformed and think having Blood Cholesterol tested annually is the only test that is required to monitor Cholesterol Levels for the prevention of heart attacks. This is so far from the truth and not just because Cholesterol levels are not indicative of heart disease. This section of my article will provide a list of the actual tests required for those who want to prevent heart diseases and/or restore the healthy function of their heart.

For example, here are the below tests are more accurate and essential for monitoring heart disease and the potential for having a heart attack:

1. Studies have shown that monitoring Homocysteine blood levels, not Cholesterol, is a better indicator of atherosclerosis, arteriosclerosis, and heart disease. Homocysteine is a natural amino acid metabolite and in blood, most of it is oxidized to the Homocysteine form.
2. Another method for assessing heart disease is the ratio between HDL and Triglycerides -- when HDL (good Cholesterol) goes up, Triglycerides (fat) go down. (Crayhon, 9/99). If you have high Triglycerides and low HDL, this can lead to heart disease.
3. Also, a Tissue Mineral Hair Analysis is essential to assure that you have the minerals in the right ratio for the healthy function of your heart and circulatory system.

Therefore, if your concern about high Cholesterol is really a concern for possible heart disease, the following are the best tests to identify heart function. Note if no specific test is listed, as in Liver Function Profile below, this means a series of tests (or a profile of tests) will be ordered for that organ/gland.

Some profiles are a series of blood tests and others may include blood, saliva, hair, urine or stool, or a combination of these specimens. For example, an Intestinal Function Profile may require a saliva and stool specimen that includes a series of seven or more tests.

To have a healthy heart, requires healthy adrenals, thyroids, sex glands, liver and intestines, as well as balanced levels of Homocysteine and the ratio between HDL and Triglycerides.



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Therefore, when a client contacts me with concerns about preventing a heart attack and heart disease, each of these tests is ordered. Then a Clinical Nutrition Analysis of their Lab Reports will identify the nutrient deficiencies, biochemical imbalances and organ/gland dysfunctions that must be corrected to restore the healthy function of these organs and glands as well as the heart and circulatory system.

BLOOD AND FUNCTIONAL TESTS FOR OPTIMAL HEART & CIRCULATORY SYSTEM HEALTH:

1. Homocysteine
2. Ratio between HDL and Triglycerides
3. Liver Function Profile
4. Intestinal Profile
5. Adrenal Glands Function Profile
6. Thyroid Glands Function Profile and
7. Sex Glands Function (Male/Female) Profile

After reviewing the list above, you can understand why the current medical approach of putting people on Cholesterol-lowering diets and drugs do not prevent heart disease or heart attacks. Instead, low Cholesterol diets cause the body to produce more Cholesterol than is required for optimal health and low Cholesterol drugs destroy the liver, which creates new, even potentially worse, health conditions for the patient, that may even kill them long before any heart attack or heart disease.

In addition to the above, a Clinical Nutrition Analysis will identify areas of inflammation and therapy provided to:

1. Detoxify inflamed cells.
2. Provide nutrients required by the cells to grow new healthy cells in place of those that are damaged due to inflammation.

When any one or more of the above seven tests show abnormal test findings from a Clinical Nutrition Analysis of the Laboratory Reports with inflamed cells and tissue, it is truly then that you are at risk of developing heart disease and/or having a heart attack. It is not when you have Cholesterol Levels over 200 as the medical industry would have you believe.

At **Advanced Clinical Nutrition**, we order and then provide a clinical nutrition analysis or interpretation of the Laboratory Reports for the above tests and/or biochemical profiles to identify vitamin deficiencies, biochemical imbalances and organ/gland dysfunction, which



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precedes disease. Therefore, our clients have the opportunity to prevent heart and other diseases.

If you have been diagnosed with heart disease, we provide clinical nutrition therapeutic, whole food supplement and dietary programs to strengthen the heart, cleanse the veins/arteries and improve circulation, which is designed based upon your test results.

CONCLUSION

In conclusion, this article has provided information on the role and benefits of Cholesterol in the production of Vitamin D and hormones, such as the adrenal, thyroid, male, female, etc., longevity, and that Cholesterol maintains the health of the skin and cell membranes.

Information has, also, been provided on the organs and glands that produce and metabolize Cholesterol, what causes excessive Cholesterol production and how to improve liver and other organ/gland function.

It also included information to cleanse excess Cholesterol from the body utilizing a 30-Day Full Body Detoxification (Cleansing) program. The Myth (or Scam as Dr. West would say) about Cholesterol has been dispelled and the latest medical and clinical nutrition research has been provided regarding healthy Cholesterol levels for adults ages 20 to 64 years (181-299) and over 65 (200 to 299). This research, also, established that high Cholesterol in people 65 or older contributes to longevity. For those who are concerned about heart disease, a list of biochemical tests, such as Serum Homocysteine has been provided, which are better at monitoring the function and progression of heart disease, today, than the use of Cholesterol levels.

After reading this article, you should have a better understanding of Cholesterol, the importance of not taking substances, including drugs, that damage the liver and interfere with Cholesterol's role and function in the human body. Therefore, you are now equipped with the knowledge of what is required to maintain normal Cholesterol levels for your age.

Therefore, the next step is to contact me for help in:

1. Restoring healthy Cholesterol levels by improving Cholesterol-related biological and physiological function, i.e., by providing the nutrients your body actually needs based



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upon testing your own biochemistry and detoxify substances (chemicals, refined carbohydrates, non-essential fatty acids, etc.) that interfere with its function.

The above also includes detoxifying excessive amounts of Cholesterol or raising deficient Cholesterol levels, when indicated according to age, gender and test values.

2. Identifying if you are truly at risk of developing heart disease by ordering the specific tests for this Clinical Nutrition Evaluation and then correcting through Clinical Nutrition Therapy the abnormal clinical nutrition findings (test results) so you may prevent heart disease and/or reverse the development of heart disease, whichever applies.

To do the above, contact me at:

Advanced Clinical Nutrition

(940) 761-4045

www.AdvancedClinicalNutrition.com

I look forward to your call.



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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 Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines and newspapers, such as **The Villager**, a South Denver, Colorado, publication and the **American Chiropractic Magazine, the largest chiropractic magazine in the United States**. You may also request a list of her best-selling e-books on a variety of topics.

Public speaking engagement include NBC and ABC local networks, and clubs, hospitals, universities, corporations and scientific conferences, 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 Tests (blood, urine, saliva, stool, and hair)** to identify Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Toxicity, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions, which are the stages the body progresses through first in the development of degenerative diseases. Correcting each of these preliminary stages is the key to reversing the disease process, restoring health, and preventing future disease.

From her Clinical Nutrition Analysis findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available through nutritional health care providers, and provides 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 gas expenses to/from appointments, money required for babysitters, time away from home and/or



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having to be away from the workplace to receive nutritional services. Lab Kits are mailed to the clients' homes, where they collect their specimen samples and then mail them directly to our Labs.

Dr. Smith has successfully assisted every client who has contacted her in how to improve their health, no matter what their health challenge, such as; but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring over-all organ/gland and body system function (including the hair system to restore its grow hair and in some cases even restoring natural color), managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

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

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, Bone Resorption and Telomere Length Testing, and to contact Dr. Smith, call (940) 761-4045.

Meanwhile, please browse her website at www.AdvancedClinicalNutrition.com and while there subscribe to Dr. Smith's FREE Newsletter and read Free Articles by Dr. Smith. You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD. Though she is more active on LinkedIn; than other social media formats.