



The Secrets To Healing

by Dr. Donna F. Smith

Table of Contents

SYMPTOMS ARE NOT THE DISEASE – SYMPTOMS ARE PART OF YOUR BODY’S COMMUNICATION SYSTEM	1
WHAT IS IN OUR CELLS PROVES WHAT HEALS OUR BODY – DRUGS DO NOT HEAL!.....	3
WHAT DETERMINES WHETHER YOU LIVE OR DIE?.....	4
DIET AND NUTRITION ARE NOT THE SAME	4
THE SEVEN STAGES IN DEVELOPMENT OF DISEASE & PROGRESSION TOWARDS DEATH IF NOT REVERSED	6
YOUR BODY ONLY REQUIRES TWO THINGS FROM YOU:	8
THREE WAYS SUPPLEMENTS ARE MANUFACTURED TODAY	9
DRUG SIDE EFFECTS – THE TRUE DEFINITION AND CAUSE OF DRUG SIDE EFFECTS	11
PHARMACEUTICAL DRUGS ARE FOR SHORT-TERM USE IN TRUE MEDICAL EMERGENCIES ONLY	12
CLINICAL NUTRITION THERAPY IS TODAY’S MISSING LINK TO WHY YOU ARE NOT HEALED	13
CONCLUSION.....	14
DISCLAIMER	15

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

Since I opened my business in 1981, every client has reported experiencing symptom improvement within 3-6 weeks after starting Clinical Nutrition Therapy, and a significant number report experiencing improvement in the first week. As each day of therapy passes, more symptoms abate. In Clinical Nutrition Therapy we do not treat the symptoms. Symptoms leave on their own because we test for what is causing the symptoms and then provide what the test results indicate the body needs to heal itself. Our services are outline in the brochure titled, “Clinical Nutrition Therapy.” To date, I have a track record of helping every client improve their health. As you read this article on **“The Secrets to Healing”** you will understand why Clinical Nutrition Testing and Therapy is so successful!

The public has been led to believe symptoms are the disease, but that is not true. They have been programmed to react at the onset of symptoms by doing whatever it takes to suppress their symptoms. However, the truth is “symptoms” are part of the body’s communication system to alert your conscious mind that it needs help. When a Messenger or courier delivers a message, letter or package to your door, they knock to get your attention. You open the door and accept the message, letter or package and then the Messenger or Courier leaves. They leave because the message, letter or package has been delivered. The Messenger does not continue knocking on the door after they have completed their delivery.

Symptoms are the same way. Think of symptoms as the Messenger knocking and your conscious mind as the door. Symptoms present themselves to alert your conscious mind that “an area of the body needs help (the message).” In the next section of this document I will explain this further, but for now, the help that your body needs from you is not to take drugs to suppress this communication system, it needs to you investigate through Clinical Nutrition Testing what is causing the body to produce the symptom, provide what the body needs to heal itself and remove any interference that would prevent the body from healing itself.



The Secrets To Healing

by Dr. Donna F. Smith

Once your body is confident that you are providing what it needs to heal, which is provided through Clinical Nutrition Therapy, the symptoms will leave naturally on their own. After all, why would the symptoms continue when it is receiving what it needs to heal or like the Messenger, why would the Messenger keep knocking, when the message has been received? If your symptoms improve, but do not abate completely in due time, this often means you have not identified or addressed all the causes for the symptoms. Some symptoms have more than one cause. And sometimes the area of the body that needs help is not the one that is producing the symptom. In other words the symptom is communicating that one area of the body is dysfunctional or under stress, but that dysfunction is not being caused by that area of the body, but some other area.

For example, the first client I had that presented this case, had been referred by her medical doctor because she had been suffering for 10 years with Irritable Bowel Syndrome (IBS), a spastic colon and had only one bowel movement every two weeks, and nothing any of her physicians had done for her colon during this time had helped her. My Clinical Nutrition Analysis of her biochemistry identified that her colon symptoms was actually being caused by her liver, gall bladder and bile duct. In other words, these three organs of her upper Gastro-Intestinal (GI) System was adversely affecting her lower GI System, specifically her colon, or large intestines. So within 24 hours of receiving Clinical Nutrition Therapy for these three upper GI organs, she started having daily bowel movements' within a week, her spasms were gone; and within a month, she no longer suffered from daily diarrhea from IBS. We never once had to work on her colon.

This is why self-treatment by guessing at what you need based on your symptoms does not work. Even when it appears that you are getting symptoms relief, most people do not know that they are actually manipulating or suppressing their symptoms by taking pharmaceutical drugs or what we call "Nutritional Drugs," i.e. synthetic or isolated vitamin and minerals supplements. More on this subject in another second of this document titled, *"The Three Way Supplements Are Manufactured Today."*

Here is what can happen in cases where there may be multiple causes for one symptom. Let's say, you go to a health food or online vitamin store and purchase a supplement because it has been reported to be good for a symptom you have. Any one symptom may have more than five causes so in this case, you would have 1 in 5 chances of selecting the right product for your symptom. Guessing at what you think you need often results in a "cupboard" full of unused supplement and drug bottles. It wastes your time, energy and delays getting to the real cause.

Clinical Nutrition Testing, not guessing, will accurately identify all causes so that the correct Clinical Nutrition Therapy can be designed. This saves time, energy and money and avoids delaying your healing process because you are targeting the causes accurately, not guessing at what you think your body needs.

Though symptoms leave in a relatively short about of time after starting Clinical Nutrition Therapy, it may take days, months, even years, depending upon the severity of the cause, before your test results indicate you are healed. To stop Clinical Nutrition Therapy before attaining optimal test values will lead to symptoms returning again at some future point. Why? Because the messenger will need to communicate to your conscious mind again to say you did not finish the healing process and your body still needs your help. In other words, you may have received the original message, but you did not complete all the action steps communicated by the message to attain healing. [:](#)

When it comes to Therapy, your body only requires two things from you. Later in this document I will explain these two things in more details, but for now, the two things your body requires of you is...

1. **GET TO THE CAUSE** - To identify the cause and correct the true cause of your symptoms.
2. **REMOVE INTERFERENCES** - To identify what is interfering with your body's ability to heal itself and remove the interference.

Clinical Nutrition Testing identifies the causes and interferences and provides the Therapy and Coaching to help you correct both.



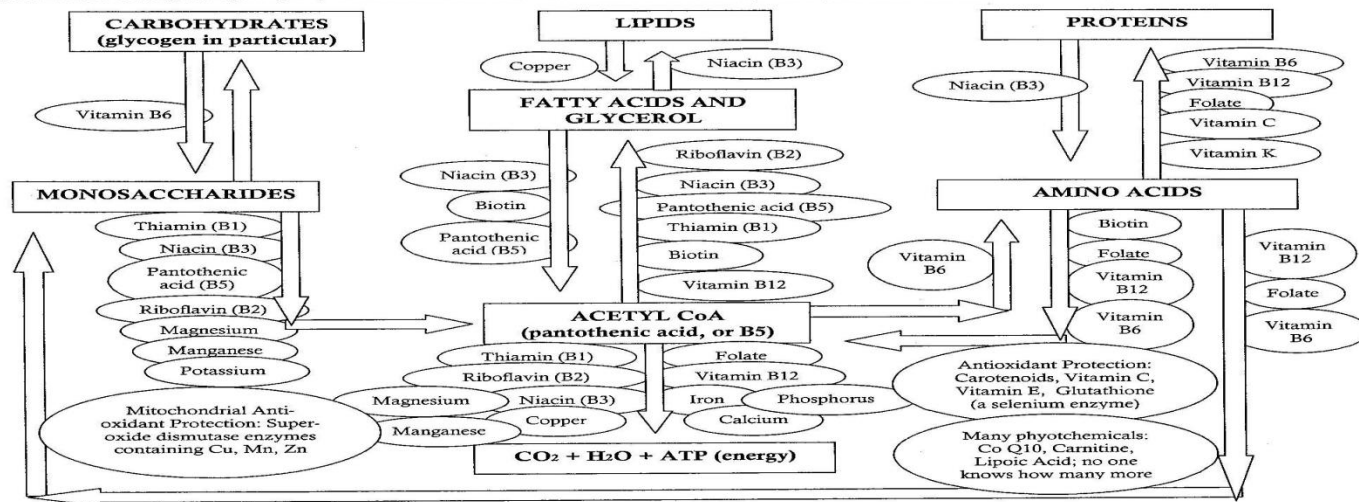
The Secrets To Healing

by Dr. Donna F. Smith

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

THE PATHWAYS OF METABOLISM INSIDE THE CELL

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



Balancing Female Hormones

5

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- What is in our cells are Macro- and Micro-Nutrients:
 - Macro-Nutrients** are Carbohydrates, Lipids (Fats/Oils), and Proteins.
 - Micro-Nutrients** are Vitamins, Minerals and water. Within the categories of vitamins and minerals, you have enzymes, neuro-transmitters, and other terms. However, think of these as sub-categories of the two major types of nutrients (Macro- and Micro-Nutrients).
- You are only as healthy as the cells in your body. Cells make Tissue; Tissue make Organs and Glands; and Organs and Glands make Body Systems.
- Your body was designed to live forever because it has its own self-healing and cell regeneration system within. However, it still requires that you provide what it needs to heal and regenerate. Unfortunately, because our current lifestyles product nutritional deficiencies, nutritional excesses, and toxicity, such as chemical, metals and other pollutants in our air, water, food, drugs and environment, we are slowing poisoning ourselves to premature death.
- The above diagram was mysteriously left out of "medical" textbooks in the 1970's. It makes me wonder if any physician who received his/her medical degree since the 1970's even knows what is inside of human cells. That is a scary thought.



The Secrets To Healing

by Dr. Donna F. Smith

WHAT DETERMINES WHETHER YOU LIVE OR DIE?

Now, let's get down to the Real Basics in Nutritional Education. What are the three nutrients or substances every human or animal body must have or the body will be dead within a few minutes, weeks or less than two months?

1. **Air** – Air is the most important nutrient because you would be dead within a few minutes if you did not have pure (clean) and sufficient air.
2. **Water** – Water is your second most important nutrient because you would be dead within 2-3 weeks without pure and sufficient water.
3. **Food** – Food is your third most important nutrient because you would be dead within two months or less without pure and sufficient food (nutrients). There are two types of nutrients: Macro-Nutrients – protein, carbohydrates and lipids (fats/oils) and Micro-Nutrients – vitamins, minerals, water.

The above shows the hierarchy of the three primary classes of nutrients required by the body. It also outlines which would have the first, second and third greatest impact on your ability to sustain or end life. Though, the fact is you could not live long without all three.

Since I am sure you can agree that you cannot live without air, water and food, it should now makes sense to you that when the human (or animal) body and mind does not feel well, that your first course of action should be to find out what is lacking in the "purity" and "sufficiency" of your air, water and food and what you have been exposed to (toxins) that are contributing to your illness.

To do this, you would obtain Clinical Nutrition Testing of your biochemistry (blood, urine, hair, saliva or stool) to identify which nutrients are lacking and/or what may be interfering with your ability to consume and metabolize pure and sufficient air, water and food.

DIET AND NUTRITION ARE NOT THE SAME

The terms "Diet and Nutrition" are often used interchangeably. However, they are not the same.

1. **DIET (a.k.a. Dietetics)** is what you eat and drink.
2. **NUTRITION (a.k.a. Nutritional Biochemistry)** is what happens inside of the body as a result of the diet and other substances consumed or exposed to, such as the examples below. **Nutrition** is the metabolism of human biochemistry. The metabolism is the digestion, absorption, assimilation, distribution of nutrients to nourish the cells of the body, and the elimination of cellular waste. The metabolism is vital to the healing process of the human and animal body because it is the internal system that provides what the body requires to heal itself. By healing we mean to repair damaged cells or regenerate (to grow new healthy cells to replace those than cannot be repaired).

What you internally consume, ingest or inject, what you apply topically or is absorbed through your skin, what you are exposed to, and how you think – all contribute to your state of good health or contributes to the development of degenerative diseases, thus determining how long you will live or whether you die prematurely. For examples:



The Secrets To Healing

by Dr. Donna F. Smith

- a. **Consumed**, such as foods, beverages, water, supplements, sports drinks, and the chemicals and metals in food additives, preservatives, and drugs (prescribed, over-the-counter or illegal), or
- b. **Exposures**, such as chemicals, metals, germs, worms, and other toxic substances in your air, water, environment or skin/hair products.
- c. **Note:** Whatever is applied or injected into the skin, the skin is exposed to and/or is ingested, injected or consumed through any opening in the body has an effect on your biochemistry (i.e., the Nutrition of the Human Body) and can determine your state of health and/or contribute to your development of disease.

There are two types of professionals in the Nutritional Science: Clinical Nutritionist and Dietitian

1. Clinical Nutritionists

- a. Clinical Nutritionists are trained in both Dietetics and Clinical Nutrition.
- b. The profession of the Clinical Nutritionist was established in the early 1980's to provide healing solutions for the increasing population of people with symptoms and diseases caused by malnutrition and toxicity, due to consuming processed, industrialized packaged and fast foods, and chemical additives and preservatives in our food, drugs, water and environment.
- c. For Clinical Nutrition Testing and Therapy, seek a Nutritional Health Care Professional who has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), and/or is a Board Certified Clinical Nutritionist (C.C.N.), which I am all three. However, it is very important that your Nutritional Professional provides a Clinical Nutrition (not medical) interpretation of Laboratory Testing of your biochemistry (blood, hair, urine, saliva and stool) AND their Clinical Nutrition therapy must be based in the "whole food concept of healing."
- d. I have many colleagues who either have not been trained or have not yet become aware of the "whole food concept of healing." And because of this lack of education or awareness, they are dispensing a professional line of Nutritional Drugs (synthetics and isolated vitamin and minerals).

2. Dietitians

- a. Dietitians are trained in Dietetics, primarily for food services, like in a hospital, nursing home or in food industry research. Few provide one-on-one consultations and those who do continue to provide dietetic information founded in this concept – "it does not matter about the quality of the food, but the calories." So in their teaching, refined processed white sugar would be the same as whole cane sugar, except for their calorie differences and calories are all that matter.

Because the health care profession of the Registered Dietitian (R.D.) works more closely within medical settings and was established before the health care profession of the Clinical Nutritionist, the General Public is more familiar with the Registered Dietitian than they are Clinical Nutritionists. And because the public is uneducated in the difference between diet and nutrition and their respective professions, Dietitians are often called Nutritionists, though the training in Dietetics contains no nutritional training, i.e., no training in nutritional biochemistry.



The Secrets To Healing

by Dr. Donna F. Smith

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

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

*Toxicity is the slow poisoning of the human body due to the ingestion and exposures to chemicals, metals, germs, worms and other toxins in our food, air, water, drugs (prescribed, over-the-counter or illegal) and in the environment.

The internal "Clinical Nutrition" processes of your biochemistry that is occurring in each Stage (1 to 7) is outlined in Column #2 above and what you are experiencing in each Stage is outlined in Column #3. The above chart will help you understand how the human body develops degenerative diseases and in doing so, often experiences death prematurely. It also helps you understand what is required of you to heal your body and restore your health.



The Secrets To Healing

by Dr. Donna F. Smith

To be healthy (Stage 1) is for your biochemistry to be in homeostasis and your structural system (spine and bones of the extremities) to be in alignment. When your physician says your medical tests are normal, fine or healthy, such as when having blood chemistries tested, what this actually means is that your biochemistry is “not diseased or you do not have one (or more) chemistry that is life-threatening.”

A medical interpretation of Laboratory Testing reveals disease, life-threatening chemical or biological states or the lack thereof. In other words, when your test results are within medical ranges on your Lab Reports this does not mean you are healthy, it simply means you are not diseased or your life is not being threatened by some abnormal test result. Only a Clinical Nutrition interpretation of Laboratory Testing can identify if your biochemistry is truly healthy, i.e., in homeostasis (perfectly balanced biochemistry).

As the biochemistry of the human (or animal) body degenerates and moves towards death, it progresses through the above seven stages. At any point in this progression, you have the opportunity of reversing Stages 2-5, which is the key to restoring one's health, even when diagnosed with a disease (i.e., being in Stage 5).

You begin to experience your first symptoms in the development of a degenerative disease when you reach Phase 2 of Stage 2. This is also indicating you have moved out of Stage 1 (True Health, which is when your biochemistry is in homeostasis – perfect balance).

If you are unaware of the importance of obtaining Clinical Nutrition Testing of your biochemistry to identify the causes of Stage 2, you will continue to degenerate until you reach Stage 3, biochemical imbalances. This can be accelerated if you take drugs (prescribed, over-the-counter or illegal) to suppress your Stage 2 symptoms.

Stage 3, Biochemical imbalances, are caused by long-term nutrient deficiencies, excesses and toxicity. By being Clinical Nutrition tested for and then correcting these deficiencies, excesses and toxicity, i.e., correcting Stage 2, you prevent progressing to Stage 3.

By correcting Stage 3 and 2, you can become truly healthy again (return to Stage 1). If not, then Stage 2 and 3 progress to Stage 4, where you now have dysfunctional organs, glands and body systems due to long-term Stage 2 causes (deficiencies, excesses, toxicity) and long-term Stage 3 causes (biochemical imbalances) occurring in the organ, gland or body system that has become dysfunctional.

Again, through Clinical Nutrition Testing you can identify the causes of Stage 1 to 4 and have the opportunity to correct each of these stages and return to Health (Stage 1). If not, you will continue to degenerate until you reach Stage 5, the Disease Stage. Disease occurs when the cells and tissue of the dysfunctional organs, glands or body systems have become so toxic and malnourished that the cells begin to decay and then die.

Though symptoms can present in any Stage from Stage 2 to 5, it is generally, not until you reach Stage 5 that your physician can provide a diagnosis. This is because physicians are trained in testing and diagnosing Stage 5, Disease. They are not trained in testing and diagnosing Stage 1 to 4, which is the true state of health (Stage 1) and the three stages (Stage 2, 3 and 4) which precede the Disease Stage 5.



The Secrets To Healing

by Dr. Donna F. Smith

When there is more decaying, dead cells and tissue than healthy cells in an organ/gland/body system you are now in Stage 5, the Disease Stage. If you are in Phase 1 of Stage 5, this means that though Stage 5 diseased organ, gland or body system contains decaying and dead cells and tissue, it still has the ability to “regenerate.” Regenerate means the cells and tissue still have the ability to repair damaged, decaying cells or grow new healthy cells to replace the cells and tissue that cannot be repair.

However, if you are in Phase 2 of Stage 5, this means your cells and tissue can regenerate only to a certain degree, but not to the degree required to restore the health of the organ, gland or body system. However, because it can regenerate to a degree, your symptoms will improve and you can slow down the degenerative process by taking specific therapeutic whole food supplements for that organ, gland, or body system and thus delay, for as long as is possible, the progression towards and reaching Stage 6, the Point of No Return.

In Stage 6, the Point of No Return, it is simply too late. There are more decaying and dead cells than healthy cells in the organ, gland or body system and soon death of that organ, gland or body system will ensue. If you can have the organ or gland surgically removed, you may be able to extend your life for a while longer. However, there are some organs and glands you cannot live without and in these cases, death will soon follow.

For example, early on in my career, I was asked to make a house call for a man that had been sent home from the hospital to die. He had been medically-diagnosed with pancreatic and liver cancer and the family was told by his physician's that everything medically had been done for him and recommended they take him home and prepare for his death. The physician indicated he had only three weeks to live.

When I entered the room, I observed him lying on the bed in an almost comatose state. His eyes had a fixed stare towards the ceiling, he could not move, speak, feed himself or go to the bathroom. Within a week, on Clinical Nutrition Therapy, he was out of bed, walking, talking, feeding himself, going to the bathroom alone, watching TV, and playing with his grandchildren. He did not die in three weeks, he died in six.

However, because of Clinical Nutrition Therapy, he was functional, enjoying his last days and he lived longer. Because of Clinical Nutrition Therapy he had the opportunity to have a proper good-bye, and then exit mentally alert and with dignity, rather than die in the vegetative state that he was in when I first saw him. So though his symptoms improved and I was able to provide what his body needed to extend his life, he was in Phase II of Stage 5 and soon progressed to Stage 6, the point of no return and the Stage 7, when death ensued. His family said, “If only we had known about you and Clinical Nutrition Therapy sooner.” And I agreed.

YOUR BODY ONLY REQUIRES TWO THINGS FROM YOU:

1. **GET TO THE CAUSE - To identify the cause and correct the true cause of your symptoms.** Your body does not want you to suppress its symptoms or manipulate its biochemistry with pharmaceutical or nutritional drugs. It wants you to receive Clinical Nutrition Testing to identify the causes of your symptoms and then receive Clinical Nutrition Therapy to correct these causes. What most people do not know...
 - a. Ninety-five percent (95%) of all causes of your symptoms are listed in the Stage 2, 3, 4, and 5 in the chart that outlines the Seven Stages in the Development of Degenerative Disease.



The Secrets To Healing

by Dr. Donna F. Smith

- b. The other 5% is due to hereditary factors or injuries, such as in an injury due to an auto or sports accident.
- c. Note: Hereditary factors are the adverse effects on your body from the 95% causes of some blood relative.
- d. To identify causes, requires a Clinical Nutrition Analysis of your biochemistry (blood, urine, hair, saliva or stool) and/or other scientific Nutritional Evaluation to identify nutrients deficiency/excess and toxicity (Stage 2), biochemical imbalances (Stage 3) and organ, gland and body system dysfunctions (Stage 4), and at the same time either prevent or reverse Stage 4, Disease.
- e. To correct the cause is to provide what the Clinical Nutrition Analysis identified in the Laboratory Reports from testing your biochemistry, i.e., provide the therapeutic whole food nutrients and a therapeutic dietary plan to restore nutrient sufficiency, detoxify the body of toxins or nutrient excesses, restore biochemical balance and organ, gland and body system function.

2. **REMOVE INTERFERENCES - To identify what is interfering with your body's ability to heal itself and remove the interference.** For example, a cigar or cigarette is an interference in the healing process for a smoker who wants to heal their lungs. Ingesting foods that have food additives (colorings, dyes, corn syrups, refined sugar) and preservatives slowly poisons your cells and tissue and thus "interfere" with the body's ability to heal itself.

THREE WAYS SUPPLEMENTS ARE MANUFACTURED TODAY

1. Synthetic Vitamins and Minerals –
2. Isolated Vitamins and Minerals (Isolates) –
3. Whole Food Vitamins and Minerals.

Note: #1 and #2 are called Nutritional Drugs and sold directly to the public as vitamins and minerals, however, they are toxic and manipulate human and animal biochemistry just like pharmaceutical drugs, only the latter are more toxic. A synthetic or isolated vitamin and mineral will actually cause deficiencies in the very vitamin or mineral you are trying to provide. For example, if you are taking a synthetic or isolated Magnesium, you will cause a Magnesium deficiency if you don't already have one or make your current Magnesium levels even more deficient.

Physicians are now starting to recommend vitamin and mineral supplements. However, due to their lack of Clinical Nutrition Education and Training, they are recommending Nutritional Drugs (#1 and #3). They do not know there is a difference in the way supplements are manufactured, but now you do.

Regarding #3, Whole Food Vitamins and Minerals are dispensed to their clients/patients by Nutritional Doctors who are aware or educated in the whole-food concept of healing. If the supplements you are taking are not whole food formulations, you cannot maintain health taking formulations that are designed for health maintenance purposes, nor are you providing what the body needs to heal when taking therapeutic supplements dispensed by a Nutritional Doctor.

Herbs and Homeopathics are considered whole food supplements because herbs are whole plants and Homeopathics are made from whole substances. Herbs and Homeopathics sold directly to the public are low potency formulations for health maintenance purposes and minor home emergencies. Therapeutic Herbs and Homeopathics are dispensed through Nutritional Doctors, like myself, because they are highly potent and those on them must be monitored, just like a physician monitors his patients who are on prescribed drugs.



The Secrets To Healing

by Dr. Donna F. Smith

Some Nutritional Professionals are dispensing a professional line of synthetic or isolated vitamin and minerals because they are not up-to-date or educated in whole food concept healing. Go to Articles by Dr. Smith/Library of Articles on my website to read the complete article on this subject, titled, ***“Three Ways Supplements Are Manufactured Today.”***

The Only Safe Direct-Sale Supplements:

Below I have listed the only safe whole food supplements that are sold directly to the public today. Safe, that is, if the company distributing them will guarantee that they are “pure” and that the “right part” of the plant has been used. For example, some companies may be bottling the leaf of an herbal plant when the medicinal properties are in the root or stems.

1. **Herbs** – Herbal supplements that contain only herbs (a single herb or combination of herbs), but does not contain any vitamins or minerals. The vitamins and minerals added to herbal formulations are synthetically made or isolates.
2. **Homeopathic Remedies** – pure homeopathic formula that does not contain any vitamins or minerals.

Keep in mind that what is sold directly to the public whether it is a Nutritional Drug (Synthetic or Isolated Vitamin or Mineral) or a Whole Food Supplement (Herbs and Homeopathic Remedies) are low-potency supplements and formulated for health maintenance not for clinical deficiencies.

The reason for this is because the company who manufactures the supplement knows nothing about your body or your health history, they do not run tests or monitor your consumption of their supplement, so they cannot produce a very potent supplement or you might have a reaction and sue them.

Most people today are buying low-potency maintenance supplements in an attempt to self-treat symptoms that have already reached the “Clinical” Nutrition Stages 2, 3, 4 or 5. Though they may notice some initial symptom relief, symptoms will begin to return after consuming direct-sale supplements for three months or less. Why? Because this is like “trying” to take an over-the-counter pharmaceutical drug and expecting it to work like a prescribed drug.

Just like in the medical industry, the Clinical Nutrition industry has low-potency whole food health maintenance supplements and high potency clinically-formulated, therapeutic whole food supplements. Companies, who manufacture the latter, distribute their supplements only through Nutritional Doctors like myself.

At **Advanced Clinical Nutrition**, we have two types of services: Therapeutic and Health Maintenance. What I am talking about in this article is primarily about our Therapeutic Services. However, so that you have a place where you can purchase pure, safe, whole food vitamins and minerals, as well as herbs and homeopathics for Health Maintenance purposes, you can simply call and schedule a **FREE Health Maintenance Consultation** with me.

Before this appointment, you can email me a list of the direct-sale supplements you are currently taking that have been sold to you through health food or online stores. List the brand name, company and purpose for taking. Then I will tell you what you can order from us that will work for the same purpose, but our supplements are pure, organic “whole food” formulations, not the synthetics or isolate formulations they sold you. For example, if you are currently taking a supplement to help you keep your bones and joints healthy so you can prevent arthritis, I will share what supplement you can order from us that will actually do this for you.

Now that you have read the above about the three way supplements are manufactured, you understand that synthetics and isolates are toxic and they do not support healthy cells and tissue, but manipulate the biochemistry to suppress symptoms just as pharmaceutical drugs, only the chemicals in pharmaceutical drugs are more toxic. Still a poison is a poison.



The Secrets To Healing

by Dr. Donna F. Smith

You can also go to my website and click on the second webpage, titled **2-Health Store Online**. This webpage outlines information about our Health Maintenance Services and has a three column list at the bottom of the webpage, which has over 100 acute symptoms that we can help you with on a short-term basis whenever you need our help.

A good rule of thumb is if you have any long-term symptoms, (i.e., symptoms that have been present consistently for three months or longer), you will need s Clinical Nutrition Testing and Therapy to identify and correct the cause, because now these symptoms are at a clinical (Stage 2, 3, 4 or 5) not maintenance stage and health maintenance supplements, even whole food formulations, will not be potent to correct the severity of “clinical” deficiencies.

DRUG SIDE EFFECTS – THE TRUE DEFINITION AND CAUSE OF DRUG SIDE EFFECTS

Have you ever wondered what the term “Drug Side Effects” really means? Drug Side Effects are the new symptoms you are experiencing that are being presenting because of the nutrient deficiencies and toxicity (internal poisoning) caused by the chemicals, metals and other toxic substances in the pharmaceutical drugs you are taking, whether directly purchased, prescribed or illegal).

Today, people go to their physician to find out the cause of their symptoms. If they are in Stage 2, 3 or 4, medical tests will come back normal and the physician will not know what is causing your symptoms. However, most physicians will still prescribed one or more drug for the pain or area of the body producing the symptom in order to give you some relief. Since we have established by the Cell Metabolism Diagram above that “drugs” do not heal, and only “nutrients” heal the cells of the body, taking the prescribed drug will in time, deplete your body of more nutrients and cause a build-up toxicity from the chemicals and other substances in the drugs, and new symptoms will present.

So the patient returns to their physician with more symptoms than they had when they first sought medical help and leave one or more drug to counter (or suppress) the new symptoms caused by the first drug(s). And on and on, the cycle goes until the average patient today are on 5-10 prescribed pharmaceutical drugs and feeling worse and worse as time goes by.

If the cause of the patient’s symptoms has progressed to Stage 5, the Disease Stage, then their physician will be able to diagnosis their symptoms. Still pharmaceutical drugs will be prescribed. The only difference is that with the above patient, their physician had to guess at what prescribed drug to dispense; and now they don’t. But the outcome is still the same-- all drugs do not heal the cause, and in time causes more health challenges that the patient originally had, due to Drug Side Effects.

At some point in time, however, the drugs will lose their ability to suppress symptoms. Some physicians say it is because the patient builds up immunity to the drug, however, the fact is, more time has passed and now the original cause for the initial symptom has had time to become even more severe and the drugs are not strong enough to suppress the symptoms any longer. In many of these cases, the only medical option now is surgery. If the patient can live a while longer (i.e., they patient will not immediately die from the removal of the organ/gland that is producing the symptom), the surgery is scheduled.

If the patient could die if the organ/gland is removed, then the only medical course is to give more toxic drugs like Morphine or Steroids, which causes faster deterioration at a cellular level, gives only temporary relief and the patient is left to suffer every day to the day they die.

I don’t know about you, but this above is not my life, nor the life I would want for anyone. This is why I am sharing **“The Secrets to Healing”** because the medical industry (as a whole) is not being responsible in educating their patients to the fact that there is a safer, healthy and more effective therapy, a.k.a. Clinical Nutrition Therapy, that can actually provide what your body requires to heal itself.



The Secrets To Healing

by Dr. Donna F. Smith

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

Is there a place of pharmaceutical drugs? Of course there is. In time of war, injured soldiers are quite thankful to have pain-killing drugs when a wound must be sutured or results in amputation. The fact is Pharmaceutical Drugs were originally designed for short-term use ONLY and to be used in True Medical Emergencies ONLY. However, as you probably know, greed and power has dominated the medical industry, who wants a monopoly so that medicine (drugs and surgery) are the only options for patients who are suffering. It does not matter to them that the symptoms are being caused by nutritional deficiencies, excesses, toxicity, biochemical imbalances and dysfunctional organs, glands and body systems and that disease is actually when these causes are so severe that cells are now decaying and dying, and moving toward the death of the entire body.

So today it is up to you the individual to seek the truth and protect yourself. If you will limit medicine (drugs and surgery) to the following True Emergencies and contact me for everything else, you will be providing what your body needs to heal itself so you can live healthier and longer. You may wonder what if I am already in Stage 5 and already on a lot of pharmaceutical drugs? Is it too late for me? Absolutely Not! It is never too late to improve your health, no matter how bad it may seem, whether than improvement is only a degree of improvement or it is restoring your health back to Stage 1. You do not know your body's healing potential until you get started in Clinical Nutrition Therapy. I have thousands of clients who are drug-free, healthy citizens now and I am sure most of them wondered if it was too late for them when they started Clinical Nutrition Therapy, too.

Now, let's see where God truly intended us to use drugs and surgery.

TRUE MEDICAL EMERGENCIES ARE:

1. Broken Bones – when a broken bone needs to be set and bandaged or casted.
2. Wounds that require suturing (sewing up).
3. Unconscious
4. Pain that will not stop and is so severe you feel like you may die.
5. Emergency (Life or Death) Surgeries – Unless surgery is required to save your life due to an accident, like in an auto accident, surgeries would only be required due to your neglect in following through on what you have learned in this article. In other words,
 - a. If you are currently experiencing symptoms, and you neglect to receive Clinical Nutrition Testing to identify and correct the causes of your symptoms in Stage 2, 3, 4 and 5 OR
 - b. If you currently have no symptoms, you neglect to be tested to identify and correct deficiencies, excesses and toxicities levels in Stage 2-Phase 1, that have not yet reached Stage 2-Phase 2,
 - c. Then in time, in either of the above two cases, you will require surgery to remove one or more organs/glands in order to save the whole body and perhaps extend your life a while longer. However, some organs/glands cannot be removed and the patient lives, so in these cases, you move into Stage 6 (the point of no return) and then Stage 7, when death ensues prematurely.

Public Health Education is medically oriented to convince you that only drugs and surgery should be used whenever you do not feel well. However, the truth is, medicine (drugs and surgery) should be limited to true medical emergencies only.

In fact, when you read or you are told that there is no cure for this disease or that disease. What that really means is that medical treatment (drugs or surgery) will not cure that disease. God provided whole foods, herbs and homeopathic remedies to be the true medicine for the human body.



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Ideally, you want to be proactive, i.e., be tested now so you can prevent symptoms and disease; however, if you currently are experiencing any symptoms or have any disease that does not fall into the definition of a True Medical Emergency (#1 to #5) above, call me right away, so you can begin to restore your health before it is too late (Stage 6).

If you experience #1 to #5 above, contact me as soon as you are discharged from the emergency room or hospital so that you can receive the therapeutic nutrients your body will require to complete the healing process.

Physician and the General Public believe that just because they are discharged, their body will finish the healing process once home. If this were true we would not have millions of former athletes who can tell when there is a change in the weather by the pain in joints that were broken during a high school or college sports event decades earlier. If they or their physicians understood what the body requires to heal, rather than just how to suppress your symptoms, they would have been provided the therapeutic whole food nutrients required to complete the healing process once discharged.

Traumatized tissue, like broken bones, wounds requiring suturing, or from surgeries, require concentrated therapeutic nutrients to assist the cells in regenerating and healing damaged and traumatized tissue and without it, the body can only heal to a certain degree. Perhaps heal enough for you to walk on that broken ankle once the cast is removed, but you know in due time that the ankle cannot be trusted – the healing was not complete.

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

One or more of the following statement may apply to you:

- With everything I have tried so far, I would have expected to have healed my body or mind by now!
- Something is missing, but I just don't know what. I feel like I have tried everything!
- I am so tired of going to different doctors and/or trying different therapies, and still getting little or no results.

Clinical Nutrition Testing and Therapy is what you have been looking for, but did not know that until now. Though Clinical Nutrition Therapy has been around now for over 35 years, it takes many decades for a new therapy to be known by every person on earth. Remember how long it took for Chiropractics to be known and accepted, and even Dentistry, which used to be performed only by Medical Doctors and patients took many decades to trust a Dentist. Because you and I were born after the dental industry was well established, we automatically accepted trips to the dentist for dental concerns.

Clinical Nutrition Therapy is foundational to healing everything in the human body, every cell, tissue, organ, gland and body system, no matter what the cause. Whether the cause is your lifestyle, diet, hereditary, accidental injury, physical abuse, toxicity, etc., your healing is dependent upon Clinical Nutrition Therapy. Clinical Nutrition Therapy can be used alone or with other therapies.

You can use other therapies, such as medicine, chiropractics, acupuncture, physical therapy, massage, Reiki, osteopathy, and so on, to enhance your healing once Clinical Nutrition Therapy is provided. However, to use any other therapy, without using Clinical Nutrition Therapy, all other therapies, no matter what you use, will provide only temporarily relief, if any at all.

For example, if you have symptoms or health concern in the areas of the body listed in the first column, you can add the therapy in the second column to Clinical Nutrition Therapy for faster healing. However, again, using the therapies in the second column alone will only bring temporary relief, if any. Why? Let's talk about Chiropractics as an example. The vertebrae of your spine become misaligned when you are deficient in the nutrients that are required to hold these bones in place. So unless you had an injury, which represents only 5% of the population, the other 95% of people with subluxated vertebrae is caused by Stage 2, 3 and 4 in the Development of Degenerative Disease Chart.



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So without Clinical Nutrition Therapy, your Chiropractic adjustments will not hold and the vertebrae or any bone slip out of place again and again. No amount of Chiropractic Adjustments will ever get them to stay in place. Some Chiropractors know this and some do not. However, once Clinical Nutrition Therapy is provided, a few Chiropractic adjustments will be all that is needed to get the bones back in place because now they have the nutrients to hold the bones in place.

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

CONCLUSION

Now that you understand **The Secrets To Healing**, you can test this information out for yourself. Don't just take my word for this, proof it for yourself. Granted the information I have shared with you in this article is scientifically-based, and clinically proven for over 35 years through every client I have helped since 1981, however, you still need to experience it for yourself. And the fact is if you do some research on your own, you will learn that all medical doctors were originally Herbalist and Naturopathic Doctors, so this science has been around for thousands of years compared to my 35 years of clinical experience and 10 years of formal education and training.

It was not until the 1950's that the first pharmaceutical drug was sold in the United States. Then, by the 1970's patients, who were fed up with experiencing more symptoms from Drug Side Effects, started looking for healthier therapies, hence, the establishment of the health care profession of the Clinical Nutritionist.

So in closing, once you decide to test Clinical Nutrition Therapy for yourself, you will be so happy you did and you will finally be on the road to healing. I will also be coaching you on how stay on that road so you can stay healthy for the rest of your life by maintaining the optimal healing you attain through our therapy, once your Clinical Nutrition Therapy is completed.

I look forward to hearing from you soon.

Dr. Donna F. Smith



The Secrets To Healing

by Dr. Donna F. Smith

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).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 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 regarding your health care. 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 been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***