



TIREDFNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Table of Contents

TIREDFNESS IS THE FIRST SIGN OF DECLINING HEALTH!	3
WHAT CAUSES TIREDFNESS	3
HORMONE IMBALANCE AND TIREDFNESS	4
Female/Male Hormone Imbalance	4
Adrenal Hormone Imbalance	4
Thyroid Hormone Imbalance	5
Restoring Hormone Balance	5
INTERNAL PROCESSES FIRST CALL ON ENERGY PRODUCTION	6
UNDERSTANDING THE LAWS THAT GOVERN THE BODY	7
What Are Nutritional Deficiencies?	8
What Is Toxicity	8
Toxins Also Cause Nutrient Deficiencies	10
TIREDFNESS TO FATIGUE	10
WILL POWER TO NO POWER	11
Adrenal Exhaustion Can Cause Heart Attack and Premature Death	11
Adrenal Exhausting Careers	12
TIREDFNESS OF MIND AND BODY	12
LOW ENERGY CELLS INITIATE DISEASE PROCESS	13
Diagram 1 – The Degenerative Disease Process	14
SCIENCE SUPPORTS BIBLE TEACHING AND VICE VERSA	16
SLEEP REQUIREMENTS	18
Table 1 – Sleep Requirements By Age	18
Lack Of Sleep Has Long-Term Adverse Effects	19
Other Causes Of Tiredness And Fatigue	21
More About Insomnia	22
NO MEDICAL CAUSE FOR TIREDFNESS TO CHRONIC FATIGUE	22
CORRECTING THE CAUSE OF TIREDFNESS	23



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Energy Supplements Are Not The Answer To Tiredness	24
Another Public False Assumption About Supplements	25
SAFE AND EFFECTIVE MAINTENANCE SUPPLEMENTS	27
NUTRITION TESTING IDENTIFIES CAUSE OF TIREDNESS	28
How To Obtain Testing For Your Specific Deficiencies & Toxicity.....	28
CONCLUSION.....	29
CONTACT INFORMATION	32
QUICK LINKS TO WEB PAGES	33
ABOUT DR. SMITH.....	34
E-BOOKS BY DR. SMITH	35
DISCLAIMER.....	35

**Do you remember when you first felt tired, yet reducing activities
and
Getting more rest/sleep hardly made a difference?**

**Can you even remember the last time you had a good day of
energy?**

Or

**Have you just recently noticed that there are some days you just
don't have enough energy to get through the day?**

Or

**Perhaps you may be experiencing several days of tiredness,
followed by some good energy days, only to feel days of
tiredness again?**

Repeat! Repeat!



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

TIREDNESS IS THE FIRST SIGN OF DECLINING HEALTH!

In any of these cases, where tiredness cannot be resolved by getting one or a few good night's sleep and/or reducing activities the body is communicating that you are experiencing your first sign of declining health. We all know we are on a journey of transition from the physical to the spiritual world, however, once you have this first sign of ongoing tiredness, you can be guaranteed you are closer than you think to ending this journey. After all what is tiredness? It is a lack of energy. What is no energy? Death!

Be encouraged, however, because there is a solution to get you back on track with longevity and that is to learn what is required to assist your body in producing sufficient energy again and what you are doing in your lifestyle that inhibits the body's ability to generate energy.

Once you provide what your body needs and stop interfering with its energy production, your energy will improve and you can have peace of mind that you have a long life ahead again.

WHAT CAUSES TIREDNESS

What Causes Tiredness?

What Causes the Decline of Health?

The causes are the same...

...Tiredness is the first indication that the levels of multiple nutritional deficiencies and toxicity occurring within your body have existed long enough to begin interfering with the function of the biochemistry of the cells that produces sufficient energy. In other words,

1. your cells are not able to produce sufficient energy for both internal biological, metabolic and biochemical processes **AND**
2. produce enough energy for you to think clearly, stay up late periodically, wake up refreshed and go about your day feeling energetic. So tiredness results.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

When in this state of decline, which do you think will receive the energy that is being produced, first?

You are right, if you are thinking “internal processes.”

Unfortunately, this does not leave enough energy for mental and physical activity.

So you feel tired when you wake up and when you go about your day. No amount of rest/sleep or reduction of activity can solve this. This decline of energy also adversely affects mental processes, such as concentration and memory recall. The combination of less energy for internal biochemical and biological processes, as well as physical and mental activity, can make you forgetful, irritable, cranky, depressed, and have mood swings, which is called bipolar today, and physically too tired to function.

HORMONE IMBALANCE AND TIREDNESS

Female/Male Hormone Imbalance

There are other causes, also, for these mental and emotional symptoms, such as female/male hormone imbalance. In this case, both sex hormone balance and energy production must be restored for the body and mind to heal and for physical energy and mental function to return.

Therefore, when mental/emotional symptoms are present at the same time you are experiencing tiredness, it is essential to obtain a **Clinical Nutrition Analysis of saliva female/male hormone testing** to identify which hormones are deficient and restore their balance, too.

Adrenal Hormone Imbalance

Most people are aware that adrenal hormone sufficiency is required for cellular energy production. However, which tests will identify the adrenal hormones that are deficient is not commonly known. **A Clinical Nutrition Analysis of adrenal hormone saliva tests will identify adrenal hormone imbalances and thus whenever someone is experiencing ongoing tiredness, this is required.**



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Thyroid Hormone Imbalance

Thyroid imbalance is another hormone imbalance that can occur in time due to lack of energy or thyroid imbalance can occur first and then adversely affect cellular energy production. All organ and gland function is dependent upon sufficient energy production, however, the thyroid, like the adrenals glands, has a specific role in relationship to energy. The Thyroid's role is in regulation of energy and temperature (hot and cold), so it is most often one of the next areas of the body that begins to produce symptoms of both tiredness and thyroid hormone imbalance.

Unfortunately, medical diagnosis and drug treatment for both thyroid and adrenal hormones are based on blood testing alone, whereas a **Tissue Mineral Hair Analysis** and **Blood Testing** are required. Minerals are the transporters of hormones, insulin and other substances to the cells. When minerals are deficient, even if these glands are producing sufficient hormones, they will not be transported to the cells and symptoms of deficient thyroid, female/male and adrenal hormones will occur.

So along with Saliva and Blood Testing, a Tissue Mineral Hair Analysis is essential for a complete diagnosis of any hormone efficiency.

Keep in mind that American physicians do not provide saliva and hair testing, and even if they did, a medical interpretation of these tests identifies only the disease stage. **The same symptoms are experienced by the patient whether their hormone deficiencies are subclinical, clinical or at the disease stage.** Clinical and subclinical nutritional levels are not identified by medical interpretation, but through a Clinical Nutrition interpretation of hormone tests. What are clinical and subclinical nutrition levels? These are abnormal (high or low) values when compared to homeostasis. **Homeostasis is biochemical balance.** A person is not healthy unless their test values are in homeostasis. When they are within medical ranges on Lab Tests, this means they are not diseased, it does not mean the patient is healthy.

This explains why many people can leave their physician's office with no diagnosis for their symptoms. If the organs and glands, suffering from the symptoms of nutritional deficiencies and toxicity, have not progressed to the disease stage, they cannot be medically diagnosed. They can, however, be identified through **Clinical Nutrition Analysis**.

Restoring Hormone Balance

From the findings of the Clinical Nutrition Analysis of Lab Testing, whether the hormone deficiencies (or imbalances) are due to adrenal, thyroid or female/male glands, balance is restored through:



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

1. **whole food therapeutic supplementation** and
2. **a “food-chemistry” dietary program.** By food-chemistry, I mean the dietary plan includes foods, whose own food chemistry also supports hormone sufficiency. A Food-Chemistry based Diet is important also to sustain hormone balance once supplementation has corrected the imbalance and the sustain sufficient energy once cellular energy function has been restored.

Therefore....

A lack of physical energy can be caused by both a lack of cellular energy production from nutritional deficiencies and toxicity adversely affecting over-all cellular function, as well as from Adrenal and/or Thyroid hormone deficiencies.

A lack of mental and emotional energy can be caused by both a lack of cellular energy production from nutritional deficiencies and toxicity adversely affecting over-all cellular function, as well as from Female/Male and Thyroid hormone deficiencies.

Depending upon which symptoms a new client has in addition to the symptoms of tiredness or fatigue, if any, it is easy for me to determine which hormone tests are required to determine the hormone imbalances that are adversely affecting mental and emotional function as well as contributing to their lack of physical energy.

INTERNAL PROCESSES FIRST CALL ON ENERGY PRODUCTION

When the cells of the human body are not producing enough energy for internal processes, such as keeping your heart beating, bowels moving, bladder excreting, etc., in time you become diseased and when unable to produce any energy at all, you die. So the first call or priority for any amount of energy being produced is your vital organs and glands. This is why a person can be bedridden because they do not have enough energy to walk, but they are still alive because the energy being produced are being used to keep their internal organs and glands alive and functioning to the best that the body can function in this energy depleted stage.

Public Health Education since the mid-1950's have been so centered on medical treatment (drugs and surgery) that the clinical nutrition education I am sharing with you in this article has not been emphasized because **neither drugs nor surgery will ever help the human body produce energy.** In fact, the more drugs you take, the more often you use them, the more rapidly you progress from tiredness to chronic fatigue.

Why? Because all drugs are chemicals and chemicals are toxic (poisons) to the human body. Additionally, the more parts of the body surgically removed or cut upon, the more longevity is compromised, also. If you have had some body parts removed surgically, the good news is that there are therapeutic supplements that can help the body compensation to



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

its best ability when parts of the body have been removed surgically. Taking a therapeutic supplement is safer and more effective than taking drugs for the rest of your life to suppress the symptoms that result from the missing body parts.

For example, when the gall bladder has been removed, the body has lost an essential gland for fat metabolism and without this sac to collect the bile being produced by the liver, bile has no place to go and spills out and permeates into nearby tissue. It then rots and causes infection, which can damage the cells and tissue where the bile has settled. This can also further contribute to loss of energy production in the cells of the tissue where the bile has settled.

Through clinical nutrition therapy, however, a therapeutic supplement can be taken for the rest of the person's life to assist in fat metabolism and bi-annual detoxification programs can assist the body in removing bile spillovers.

UNDERSTANDING THE LAWS THAT GOVERN THE BODY

Each part of our body was given to us for a specific purpose and it is our responsibility to respect our body and learn how to take care of it according to the principles (biological and biochemical laws) by which it functions. Lack of this knowledge or when known, neglect in adhering to these principles (or laws) leads to disease and premature death. For example, a lack of knowledge or neglect in adhering to the Law of Gravity can result in physical injury, like a broken bone or head injury, or even premature death if the accident is fatal. Fortunately, as a child we learn early in life about the Law of Gravity and then adjust our lifestyle to respect and adhere to this law.

This is exactly what must be done to prevent internal illnesses and diseases, too, as well as prevent low cellular energy production. I provide all of our clients with a **Personal Education Program (PEP)** for dietary, lifestyle and mind-body education based on the internal biological and biochemical principles so they may understand how their body works and what is required to assist in their healthy function so each client may adjust their lifestyle to work with these principles, not against them.

Today, people are tired or fatigued, become ill and diseased, because this education has not been emphasized in Public Health or Medical Education. Instead, people have been conditioned to taking over-the-counter or prescribed drugs to suppress their symptoms. This not only delays receiving true healing for the cause(s) of their symptoms, the chemicals in drugs cause more and deeper nutritional deficiencies and toxicity. So in time, the patient has intensification of their current symptoms because the causes have gotten worse due to lack of proper treatment (i.e., restoring nutritional sufficiency and detoxification) and/or they have **new symptoms from the new nutritional deficiencies and toxicity caused by these chemicals, which is called drug side effects.**



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

What Are Nutritional Deficiencies?

There are two types of nutrients: **macro-nutrients** and **micro-nutrients**.

Macro-nutrients are:

1. proteins,
2. carbohydrates and
3. lipids (fats/oils).

Micro-nutrients are:

1. vitamins,
2. minerals and
3. water.

Both macro- and micro-nutrients must be sufficient within each cell for the body to produce energy for both internal processes and to have enough energy to mentally, emotionally and physically function throughout each day.

Nutrients are the fuel that feeds the cells so they can produce energy, repair damaged cells and grow new healthy cells. Cells make up the tissue in the body and tissue forms the organs and glands. If a chain is only as strong as the weakest link, the human body is only as healthy and strong as its weakest cells.

What Is Toxicity

Toxicity is the slow poisoning of the human body (cells, tissues, organs and glands) due to ingesting or exposure to toxic substances in our air, food, water and environment. What are toxic substances?

1. **Chemicals**, such as those used:
 - a. as additives, preservatives, colorings and dyes in our food and beverages and
 - b. in drugs (over-the-counter, prescribed and illegal drugs).
 - c. In personal skin, hair, and nail care products.
 - d. In fabrics for clothing we wear, use as rayon, polyester, which gets absorbed into our skin. This includes linens (towels), sheets, bedspreads, pillows, etc.
2. **Metals** from:
 - a. machinery, automobiles, jewelry, etc.
 - b. dental appliances, like braces and gold crowns and fillings, such as mercury and silver fillings,



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

-
- c. metals are also used in drugs, personal skin/hair/nail care and fabrics, along with chemicals.
 - 3. **Parasites** (germs/worms) – parasites are attracted to cells that:
 - a. are vibrating at a low energy level and thus decaying and dying or have no energy and are dead.
 - b. have rotting bile, undigested food particles or other toxic substances in them.
 - i. Parasites have an essential biological role of decomposition on earth. In other words, nature designed them to ingest dead organic matter and then regurgitate them as food for the earth. However, this is supposed to be done on dead bodies in the ground barring they can get through caskets these days. When cells become so low in energy that they begin decaying and dying, the parasites designed to ingest them are electro-magnetically attracted to the low energy dying cell(s), thus enter the body to perform their natural function. While there, however, they also feed on healthy cells and thus the body becomes even more infected and depleted in energy by their presence. Also, while in the body, they lay their eggs (germ spores) and within three months, their babies are born and they infect the body and multiple every three months, too.
 - 4. **Waste** that stays in the body infects the cells and tissues, also. This occurs when the elimination organs, glands and pathways designed to remove them are dysfunctional or diseased and cannot perform their duties. There are two types of waste in the human body:
 - a. **Human waste**, which is metabolic byproducts being released from cells, i.e., even our cells go to the bathroom, only their bathroom is releasing their waste into extra-cellular fluid (the fluid and spaces outside of the cells). Human waste also includes undigested food particles, fat and fluids that do not get metabolized and their metabolic byproducts remain in the body and rot, causing infection.
 - b. **Parasitic waste** is the waste released from germs and worms inside the body. As said above, this waste is food for the earth to replenish itself. However, waste from parasites in the body re-infects the cells and tissue where they are released.
 - 5. **Debris** – such as dust, allergens, glass and fabric particles, etc., in the air that are breathed into the body or are absorbed into the skin.

Having all of these toxins inside the body, is it any wonder that the cells are challenged to produce sufficient energy for mental and physical function too. The body requires a lot of energy when in a constant state of “trying” to remove these poisons and when not able to, it requires energy to transport them, if possible, to fat cells where they will have the least adverse effect. If they cannot be moved the kidneys, bowels or fat cells they infect the tissue where they have settled.

In time, however, fat cells expand to make more room for more toxins and the fat cells then become a huge source of infected cells padding the body. This is also one of the reasons



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

why as people age they gain weight that is very challenging to remove. For more information on this, read my website article titled, **“The Fat Fallacy and 10 Biological Factors.”**

The human body is an amazing creation considering how long people are able to live with all of these poisons within. The biological and biochemical processes require great energy from the cells to manage them day in and day out. So is it any wonder why you and most Americans are tired and fatigued today?

Until Public Health Education includes the importance of therapeutic whole food detoxification programs bi-annually through clinical nutrition therapy, these toxic substances keep accumulating inside the mind and body, inhibiting energy production and infecting the cells and tissue of the organs and glands, where they settle, that were once healthy.

Toxins Also Cause Nutrient Deficiencies

These toxic substances, not only poison the cells and tissue of the organs and glands of the body, they deplete them of essential macro- and micro-nutrients. This results in making current nutritional deficiencies even more deficient and more deficient faster. They also cause new deficiencies to occur wherever these poisons reside within the body. Poisoned and deficient cells become damaged, decay and then die. The more decayed and dead cells in the body, the more parasites the body attracts.

As energy production becomes less and less, in time, it will no longer be able to remove damaged, dying and dead cells and replace them by generating (growing) new healthy cells. When there are more infected, decaying and dead cells than healthy cells in particular organs and glands, the body becomes diseased in those organs and glands. Overburdened by infectious and diseased organs/glands, energy production continues to diminish, often at a more rapid pace, until the body is unable to produce any energy and death ensues.

Now you can understand why “tiredness” is the first sign of declining health and if a person does not start clinical nutrition therapy to test and correct the causes as soon as possible, the health of the body continues to decline, tiredness becomes fatigue and the body is moving closer to death than the person would otherwise be if they had sufficient energy, sufficient nutrients and was cleaner inside the body.

TIREDNESS TO FATIGUE

Now let's look at the symptom stages that people experience as the health of their body declines as described above.

At first you experience some days when you have enough energy followed by days when you don't. Then the ongoing, consecutive days of feeling tired, cranky (irritable), drained and unable to mentally focus increases and the consecutive days of feeling sufficient energy



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

become less and less. When the cells are not able to produce even enough energy for the body to manage all of its internal processes properly, biochemical imbalances occur, which over time, then progresses to organ and gland dysfunctions, until this process has reached its most severe stage, i.e., disease in one or more of these dysfunctional organs and glands.

What you feel as in these progressing stages of health decline is infrequent tiredness becomes more constant, tiredness then changes to fatigue, when all you want to do is stay in bed all day. However, you can't do this because you have responsibilities, people are depending upon you, you have to make a living to support yourself, so through will power you force yourself to get out of bed and get through the day.

WILL POWER TO NO POWER

Do you know where "will power" comes from? Do you know how you are able to force yourself to get out of bed, when your body wants to stay there, or force yourself to get out that report, run that machine, do the dishes, whatever you must do, when all you really want to do is go to bed? This will power is your mind forcing your adrenal glands to produce adrenal hormones to flood the cells so they can make more energy. You know what adrenalin is – it that adrenal hormone that rushes to the cells when you or someone you love is in danger and you must react or move quickly.

The mother that can lift a car if the wheel has rolled onto her child or the hunter who ran faster than he knew was possible when encountering a bear or a lion in the woods. These are examples of forced adrenalin output.

Tired people are doing the same thing only they are doing this every day and the big crisis they are experiencing is being able to get out of bed and make it through the day. The body was designed for short-term adrenalin rushes in a time of crisis like described above. **However, it was not designed to do this every day of every week for years and years.**

In time, however, even will power is unable to get a person out of bed. Energy production becomes so low from "adrenal exhaustion," then "adrenal burnout" when the body can no longer produce even adrenalin, and the person no longer has any energy mobility. They cannot get out of bed or walk without assistance. **This is when the person is experiencing chronic fatigue, the most severe stage of tiredness.** Some physicians, however, are diagnosing chronic fatigue for people who simply do not have enough energy to get through their day.

Adrenal Exhaustion Can Cause Heart Attack and Premature Death

There is another risk when over-working the adrenals day in and day out and this is heart attack due to adrenal exhaustion, burnout or adrenal failure, which are simply



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

more severe stages of adrenal dysfunction. A heart attack could occur at any time, in any stage from tiredness to chronic fatigue. How is this possible?

A whipped horse, for example, forced to gallop without ever getting a break to rest, will drop dead in its tracks from a heart attack due to adrenal exhaustion. So, too, in time using will power, the mind over the body, to force it to produce adrenalin and other adrenal hormones to make the cells produce energy to get through the day, day after day, in time, can cause the human body to die suddenly, without warning, from a heart attack due to adrenal exhaustion or failure.

Rather than going from will power to no power, it is wiser to correct the causes of low energy production so the body can produce sufficient energy for internal processes, in addition to mental and physical activity on its own.

Adrenal Exhausting Careers

There are some careers that are very harmful to the adrenal glands, such as police, fire or emergency medical personnel, whose adrenalin spikes to meet a crisis multiple times in a single day or a several times each week throughout their employment, which can be for several decades. Statistics show that retired crisis-oriented career personnel die from a heart attack from adrenal exhaustion or adrenal failure, often within five years of retirement. Why? Because for decades their heart had become dependent upon high levels of adrenalin, like adrenalin junkies, and when the body no longer needs to produce high levels of adrenalin as in retirement, the heart cannot function. So the adrenaline-dependent heart goes into severe withdrawal and slows down until it stops functioning.

In the case of crisis-personnel, they need a “clinical nutrition” adrenal-support supplement program to help their body maintain adrenal balance when not meeting a crisis and to recover without withdrawal when the crisis is over.

TIREDNESS OF MIND AND BODY

If you have a day job or you are a student, have you noticed around 3 p.m., or so, you have a difficult time concentrating, yawn a lot, re-read the same sentence over and over again, and/or find yourself watching the clock, just counting time until you can go home? When home, do all household, yard and family responsibilities come first before you let yourself sit (or lay down), other than to sit for a meal? Why do you do this? Because whether you are conscious of this or not, once you stop, you are just too tired to get up again, too tired to tackle another task, run another errand or have a family outing. Then the next morning, it is difficult to pull yourself out of bed, but with pure will power you do, and you start this cycle all over again? These are all signs of low cellular energy production adversely affecting your mental and physical function.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

What if you have a night job, called working “the graveyard” shift? The same process is going on. However, because you are unable to sleep between 10 p.m. and 7 a.m., the “cellular healing and repairing time of all human bodies,” you may find this entire process moving faster than friends or family members around the same age as you are who are working day jobs. This is another reason why it is called “the graveyard shift.”

When the cells are unable to produce sufficient energy due to nutritional deficiencies and toxicity no amount of rest will solve the health condition of tiredness. **Sleep and rest will help because this means mental and physical activity is not taking energy away from the internal processes, however, the only treatment to help the body produce sufficient energy again for both is to restore nutrient levels and detoxify the body.** Education on the principles that govern the health function of the human mind and body is also required as well as identifying all lifestyle factors that are contributing to low energy production.

LOW ENERGY CELLS INITIATE DISEASE PROCESS

Long-term nutritional deficiencies and toxicity occurring within the cells inhibit their production of energy. Low energy cells begin the process toward the development of disease (aka health decline). As mentioned previously, when nutritional deficiencies are not restored and toxins are not removed from the body, in time this will cause biochemical imbalances which interfere with the healthy function of organs and glands. Thus, in time, nutrition-related diseases develop in these infected and dysfunctional organs and glands. **This is called the “degenerative disease” process.** Degenerative diseases will then lead to premature death.

The diagram on page 14 will show you how degenerative diseases develop within the body as the cells in organs and glands produce less and less energy and the symptoms people experience in each of these degenerative stages. The degenerative disease process may occur in any one or more organ and/or gland. Once a person experiences degenerative disease in one organ or gland, it is not long before they experience disease in another.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

THE DEGENERATIVE DISEASE PROCESS

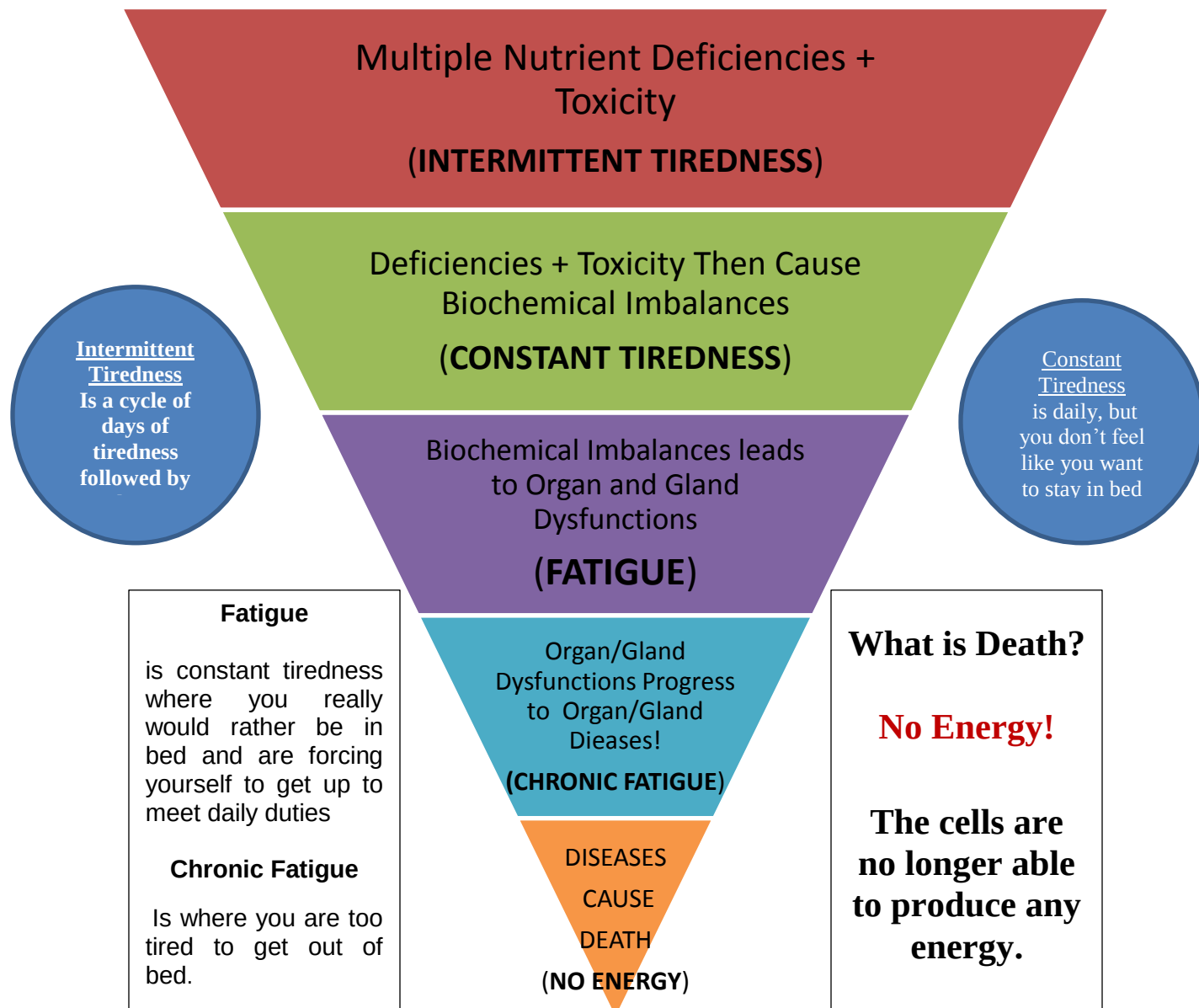


Diagram 1 – The Degenerative Disease Process



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Again as you can see from this diagram, as the cells produce less and less energy, tiredness becomes more severe and this is called “Fatigue” where the thoughts of their person suffering is consumed with desires to just stay in bed and wishes that all the demands of their life would just go away and leave them to alone to sleep all day.

When fatigue becomes more severe to where the person does not have energy to even get out of bed, which may also include not having energy to walk, without assistance, this is called “Chronic Fatigue.” When your body no longer produces any energy, this is called, Death.

As the cellular degeneration progresses, whether you are currently tired, fatigued, chronically fatigued or in its disease stage, it is still possible to reverse the degenerative process. The cells can generate energy and the body can restore the function of its organs or glands by obtaining clinical nutrition testing to identify nutritional deficiencies and toxicity and then improve nutrient levels and detoxify the body through whole food supplementation and food-chemistry dietary programs.

Each person also requires education in how to develop a principle-centered healthy lifestyle to sustain healing, maintain health and prevent future degenerative diseases. As mentioned earlier, our Personal Education Program (PEP) is designed to coach our clients on these dietary, lifestyle and mind-body principles. Otherwise, without this education, they will simply re-create their diseases again at some future time because they never took time to learn the principles that govern the healthy function of the human body or what they are doing in their lifestyle that created their tiredness/fatigue and disease(s) in the first place.

Because medical schools do not teach physicians what is required to heal the human body, only how to manage symptoms with drugs, patients often think that when they are diagnosed with cancer or some other disease that it is too late to cure their disease. Remember when a physician says there is no cure, this only means that drugs and surgery will not cure the disease. What physicians offer their patients is only disease management, which is manipulating their biochemistry with drugs, until this is not possible any longer. Then they offer surgery to remove the diseased body part, if possible. Some organs and glands of the body cannot be surgically removed without causes immediate death. In these cases, where the diseased organ or gland cannot be removed, they again manage the pain with strong pain killing drugs until death.

The scientific facts not taught in traditional medical schools, but taught in clinical nutrition, homeopathic, naturopathic and eastern medicine (Chinese Medicine, for example) prove that the human body was designed to heal itself of any disease. The human body, however, needs your help to:

1. provide the nutrients it requires to heal, repair and regenerate new health cells and tissue,
2. detoxify toxic substances and avoid re-poisoning the body.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

3. make dietary, lifestyle and mind-body changes, adhering to the laws that govern its biological and biochemical functions, to promote health, instead of working against the way the body is designed.

Now there is a point where it is truly too late to reverse the degenerative disease process and restore health. This point is when you have done all of the above, however, there was just too many decaying and dying cells and tissue to heal and repair compared to healthy cells and tissue, and the cells are unable to grow new healthy cells and tissue to replace them.

However, there is no scientific test that can measure your body's potential or ability to heal and repair itself when it is provided the above tools to do so. Therefore, until the person has done all of the above, they truly have no idea whether it is too late or not.

When physicians says their patient has only X number of months or years to live, remember that this may be true **only** if the patient does nothing in that time to change this prognosis.

I recall my first house call. I was called to help a man, who was almost comatose, and had been given three weeks to live due to liver and pancreatic cancer. By almost comatose, I mean he was lying on the bed unresponsive. His eyes were in a fixed stare on the ceiling, he could not move or talk. By immediately introducing the above three steps, within a few days he was up walking, talking, watching TV with his family and going to the bathroom on his own. He did not die in three weeks, he died in six weeks. However, he had quality of life, he was able to say his good-byes and exit this world with consciousness and dignity. Had I been called in months earlier, this man would have had a chance for a longer life.

I shared this case history so can understand the body's potential when you provide what it requires, even if it is too late to restore health and prevent death, there is a huge difference between being conscious and functioning and being almost comatose or lying in a hospital bed with tubes down your throat and nose where you can not talk or move. .

If you are interested in reading more of this case history, go to my website and click on the link to my **"Ask Dr. Donna" blog** or you may view the report by going to my "Slides & Video's pop-out web page titled, **"Coma, Hair, Weight."** The word "Coma" is the key word to find the YouTube and "Almost Comatose" to find the blog post. A link to both of these web pages are provided in the **Quick Links To Web Pages** section at the end of this article.

SCIENCE SUPPORTS BIBLE TEACHING AND VICE VERSA

The Bible reads that after the time of Noah, God promised mankind at least 120 years of life on earth. (Genesis 6:3 NIV) Why is it then that worldwide mortality statistics report 60-70 years as the average lifespan? When I first realized this, I asked God, "Why are people living only half of the number of years you promised us?" His answer was that 'Through studying the Bible and science, man can learn the laws I established to govern the healthy function of the



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

human mind and body and obeying these laws assure their longevity. Otherwise, it takes 60-70 years for an unclean body to destroy itself through disobedience.'

What God means is that by not learning and then adhering to (obeying) His biological, biochemical and physical laws and polluting (unclean) the body by ingesting or being exposed to toxic substances, the person destroys his own body (dies) prematurely.

In my youth, when reading Bible passages about keeping God's covenants and obeying His Laws, my concept of His laws were limited to scriptures, like the 10 Commandments, or man's laws of not running a traffic light. It was not until I began studying biology, biochemistry, physics, etc., that I realized that not only had God created the earth to operate and function according to certain physical laws, He had created the human mind and body to operate and function according to certain biological, biochemical and physical laws, too. It was then that scriptures on God's laws took on a whole new meaning for me.

Unfortunately, most religions in America today still teach only God's spiritual laws and neglect to teach His physical laws, particularly those laws that govern the healthy function of the human body. Just look at the food served at any church socials and you can tell which churches do and which do not obey God's dietary laws.

Yet the human body is the temple of the Holy Spirit, so why have our religious leaders not yet recognized the importance of keeping that temple clean (free of toxins) and functional (well-nourished)? How can radio messages be transmitted and received clearly if there is corrosion on the wires. Similarly, how can prayers (messages to/from God) be clearly sent and answers accurately received, which are also through electrical transmissions to/from the brain, when there are toxins in the brain and nervous system and low energy (electrical) production due to nutritional deficiencies and toxicity. Religious teaching should include all of God's Laws, Spiritual and Physical.

Since I am choosing to include Bible Nutrition in this scientific clinical nutrition article on cellular energy production, I will close this subject by sharing one more observation from a biblical health perspective. Billy Graham had a survey performed to find out how many people were still healed five years after receiving miracle healing through prayer or laying on of hands. This survey reported only five percent (5%). Can you imagine the many thousands of people represented in this survey over five years of time? 5% is practically nothing.

Why do you think this percentage is so low? Because Billy Graham, as well as other religious leaders, committed what I refer to as the sin of omission. By omitting God's physical laws in their teaching, miracle healing cannot be sustained. If you keep doing the same thing, you will keep getting the same result. So in due time, each of these 95% of people who had received their miracle healing, recreated their disease or affliction because they were never taught what they had originally done to create it. So they keep living their toxic, nutrient depleted lifestyle and soon they are sick again with the same diseases. Perhaps even more diseases due to five years more of adverse effects from more severe deficiencies and toxicity, and I suspect there is some spiritual judgment related to not respecting and sustaining their miracle healing.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

When you study science and the Bible, you will find that they support each other's teachings. For example, the Bible Chapters, Deuteronomy and Leviticus, outline all of God's dietary laws and lists all the diseases of the human body. However, today many of these diseases listed in the Bible have new names due to medical terminology. For example, the Bible talks of leprosy. Today, leprosy is called, Candida (yeast overgrowth), which in its disease stage is one type of Cancer.

SLEEP REQUIREMENTS

It is a scientific fact that the human body requires sleep or the body will get tired. This is a principle that each of us learned on our own the first time we disobeyed this physical law. The following chart provides the average number of sleep hours required according to age.

SLEEP REQUIREMENTS	
Age	Hours
Newborns (0-2 months)	12 - 18
Infants (3 months to 1 year)	14 - 15
Toddlers (1 to 3 years)	12 - 14
Preschoolers (3 to 5 years)	11 - 13
School-aged children (5 to 12 years)	10 - 12
Teens and preteens (12 to 18 or 21 years)	9 - 12
Adults (18+)	8-9

Table 1 – Sleep Requirements By Age

Regardless of age and all of the sleep studies that have been performed to date, there are people who require more hours of sleep than the average number provided in the sleep studies as reported above, especially from birth to the time when the body has reached physical maturity, which is generally between 18 and 21 years of age. I am not talking here about people who require more sleep due to low energy production or disease.

Teens to young adults require more sleep than most are getting today due to increased mental and physical activity, such as:

- experimenting with autonomy where they stay up or stay out later than allowed to when younger,



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

- abnormal demands for those attending college and working a job too, which requires late nights of study to pass courses.
- Single parenthood experienced by teens and young adults.

However after physical maturity, eight is the minimal number of hours required by adults.

Note: Researchers at the University of California, San Francisco, CA, discovered that some people have a gene that enables them to do well on 6 hours of sleep a night. However, the gene is very rare, appearing in less than 3% of the population. For the other 97% of us, eight hours is the minimal requirement.

Lack Of Sleep Has Long-Term Adverse Effects

There is a big difference between:

- the amount of sleep required for healthy biological, biochemical and physical function and
- the amount of time that a person can be deprived of sleep before their body actually feels tired and
- the body ultimately suffers internally from their person's neglect and disobedience of this health law.

People seem to think that if they do not immediately feel the adverse effects of their actions or lack of actions, such as getting eight hours of sleep, there is no internal damage, or if there is, it must be minor because "I feel fine now."

The above statement relates to sleep deprivation, but it also relates to toxicity and deficiencies. The above misinformed thought is also why the public has allowed the FDA to approve Food Industry use of chemicals in our food, water, and medicines (drugs). Think of this – food, water and drugs -- the daily consumption of most people today.

If the chemicals a person would consume in three months were consumed in three hours instead, and the person died, and people died each time they consumed these toxins, do you think this might have an impact on the survivors' daily consumption of these chemical-containing foods and drugs? Do you think the collective force of the public would change the FDA's current laws and practices?

When chemicals and other toxic substances are consumed, we are saying to the FDA that we prefer to die slowly before our time than live healthfully for 120 years or longer, which is:



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

-
- Promised us according to scripture. (Genesis 6:3 NIV)
 - A scientific fact - In respect to longevity...

....the scientific facts are that the human body is designed to live forever. Over the course of one year, every year, the human body is designed to replace every cell in the body with new healthy cells. It will do this for every cell, unless the owner of the body inhibits this biological function or allows something else to inhibit it.

Collectively as Americans and as individuals, we are choosing to slowly destroy our cells, tissue, organs/glands and interfere with cellular regeneration of new healthy cells each time we consume toxic substances or allow our living and working environment to expose us to toxins. This applies to eating nutrient-depleted foods, also. Americans are not heeding to this call to action to stop pollution in our foods, water, air, environment and use drugs only in truly life-threatening emergencies, not daily.

Because of the energy reserves in storage sites built up in their youth, young adults do not immediately feel the adverse effects from a lack of sufficient sleep, even when repeated this several times within a week. However, repeated sleep deprivation will in time deplete these reserves and each night that the body does not receive a minimum of eight hours of sleep or the amount of sleep required for their age, plus the activities from being awake during the healing and repair cycles of the human body, will inhibit biological and biochemical healing, repairing and new cell regeneration. This then accelerates the process of disease and low energy cell production.

This is why it is not possible to make up for lost sleep.

1. Depletion of energy reserves,
2. Sleep deprivation and
3. Activity interfering with the internal processes when missed sleeping at night, or
4. Disturbed (inadequate) sleep
5. Increased severity of nutritional deficiencies and
6. Adverse effects of toxicity,

In time, the above can cause the body to develop insomnia, which is the body's inability to sleep eight consecutive hours each night and initiate the disease process.

After decades of the above, the day comes when cells are no longer able to produce sufficient energy for all of the body's needs. Those who have experienced #1 above, earlier than later in life, AND have had more of #1 to #4 than the average, also, have more symptoms from other health challenges, in addition to tiredness and insomnia or disturbed sleep.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Other Causes Of Tiredness And Fatigue

When you take a closer look at the seemingly “other causes” of ongoing tiredness, such as insomnia, spinal subluxation (misalignment) and drug side effects, to name a few, each of these are also caused by or related to nutritional deficiencies and toxicity. For example:

- **Insomnia –**
 - Nutritional deficiencies and toxicity can cause mild to severe sleep disturbances to insomnia.
 - Insomnia can also be caused by frequent sleep deprivation when people choose not to adhere to (disobey) their body’s requirement for sleep.
- **Drug Side Effects –** chemical in drugs are toxic. This has already been discussed under “What Is Toxicity?”
- **Spinal Subluxation – due to injury alone.**
 - Clinical nutrition therapy with chiropractic adjustment, injury will heal faster and more fully.
 - Clinical Nutrition Therapy provides the nutrients to hold the adjusted bones in place.
- **Spinal Subluxation – due to nutritional deficiencies and toxicity that contribute to injury.** When cells, tissue, muscle, bones, etc. are deficient and toxic, they become weaker and cannot sustain the movements of the body. Ex: an elderly person falls and breaks their hip bone. Same fall by anyone else with stronger bones would not have broken the bone. Nutritionally-weak and toxic bones break easier.
- **Spinal Subluxation – due to nutritional deficiencies and toxicity that causes injury.** Nutritionally deficient and toxic bones and muscles can buckle and cause a person to fall and injury themselves or the fall can cause a subluxated vertebra to pinch a nerve to an energy and/or hormone producing or related cell, organ or gland.
- **Spinal Subluxation – nutritional deficiencies and toxicity** in the tissue surrounding the bone(s) weaken and causes the bone to subluxate, thereby, pinching a nerve to an energy or hormone producing or related cell, organ/gland. Though in this case there was not physical injury associated with the subluxation caused by deficient and toxic bone(s). The bone simply slipped out of place and pinched nerve to cells, organ or gland.

People who require ongoing chiropractic adjustments or physical therapy are people who are experiencing a high level of deficiency and toxicity in their muculo-skeletal system. Thus their bones move out of place again and again, shortly after their adjustment or therapy, so they must return again in a week or month, indefinitely. However, when these patients **add Clinical Nutrition Therapy** at the same time, their body will begin to hold their adjustments or benefits from physical therapy, allowing the body to heal and thus able to complete treatment



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

sooner. If you are not currently having chiropractic or physical therapy treatment, keep this in mind. Because if at any time in the future you need either of these therapies, contact me at least four weeks before your first appointment to send you what you need so you can start clinical nutrition therapy at least three weeks before your first treatment.

More About Insomnia

Ongoing (chronic) insomnia can also cause a myriad of other symptoms and health challenges. For example, a study was done where a control group was deprived of sleep for two weeks and at the end of the study, each had developed all the symptoms of Fibromyalgia, though before the study they did not have any FMS symptoms.

Taking drugs referred to as “sleeping pills” is not healing the causes of insomnia and insomnia will be worse in due time after discontinuing them. Some people can’t sleep without them, so they don’t stop taking them until they become aware of the facts in this article and/or after obtaining clinical nutrition therapy to get to the cause and resolve their insomnia. Also, remember that chemicals in drugs cause new or deeper current deficiencies and are toxic so sleeping pills will contribute to ongoing tiredness.

NO MEDICAL CAUSE FOR TIREDNESS TO CHRONIC FATIGUE

Because of the importance of sleep and its relationship to energy production, when people are tired or first experience several days in a row or a week of tiredness, their first thought is that this is due to insufficient rest, so they go to bed early or sleep longer and reduce their activity.

After getting sufficient rest/sleep, if tiredness persists, in time this tiredness progresses to being tired all the time, day in and day out. This is generally when the person “finally” seeks medical attention to find out why, not realizing that the body has been communicating that it has needed their help in correcting the causes for their frequent tiredness from the onset.

However, when they seek medical attention, unless lack of energy production in the degenerative disease process has advanced to the Chronic Fatigue or disease stage, like adrenal disease, the diagnosis they receive is:

1. no medical cause
2. unknown cause or
3. it’s all in your head. In other words, their physician thinks their tiredness is psychological or the patient is a hypochondriac. So they receive a sample or a prescription for an anti-depressant or get referred to psychiatrist for depression or hypochondria, who puts the patient on mind-altering “additive” drugs, like Prozac, Zoloft, etc. Note: You absolutely must view all 18 Videos on my webpage, titled, **“Mental Health”** in order to protect yourself from the profit-ridden pharmaceutical



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

and psychiatry campaign to get all Americans addicted to mind-altering drugs. I was absolutely shocked by what I learned on these videos, which is why I posted them for our visitor, newsletter subscribers and clients.

Physicians have been taught in medical school that if they cannot diagnosis the cause there is no illness or symptom being experienced by that patient, and if drugs and surgery cannot cure (relieve the symptoms), there is no cure. However, the reality is physicians received no training in clinical nutrition so they do not know that their medical examination and tests only interprets disease, not the preceding stages of nutritional deficiencies, toxicity, biochemical imbalances and organ/gland dysfunctions, which can produce the same symptoms experienced in the disease stage.

Even in the Chronic Fatigue stage, the patient may be told there is no cure, unknown cause or it's psychological. Some physician diagnosis Chronic Fatigue, not because of performing any specific tests, but because it is simply the new medical label for "ongoing tiredness not resolved by adequate sleep."

It is always prudent to seek medical attention, even if you receive no diagnosis for the cause of your tiredness or fatigue. No diagnosis is actually good news because you have ruled out disease. When you have symptoms of tiredness or fatigue, but no disease, this means that your body has not progressed "yet" to the second most severe stage of this "cellular degenerative" process, i.e., disease. (The first most severe stage, of course, is death.)

It is also good news because it takes less time, effort and financial investment to heal and regenerate cellular energy when correcting clinical and subclinical nutritional deficiencies and toxicity adversely affecting energy production than it does when they have progressed to their more severe stage (disease).

CORRECTING THE CAUSE OF TIREDNESS

Whether your physician diagnosis is disease or not, whether your physician states there is no medical cause or finding for your tiredness, fatigue or chronic fatigue, or not, you now know that the cause tiredness, and their progressive stages (fatigue to chronic fatigue) are nutritional deficiencies and toxicity.

The degenerative stages progress from tiredness to fatigue to chronic fatigue the longer in time that deficiencies and toxicity have existed in the body and the more severe the levels of deficiencies and cellular damage from toxicity. In other words, multiple deficiencies and toxicity that causes tiredness has not been occurring within the body or their level of severity is less than it is for someone experiencing fatigue or chronic fatigue, with chronic fatigue being the most severe stage before death.

To identify which nutrients are deficient and which areas of the body are toxic and thus adversely affecting energy production requires a **Clinical Nutrition Analysis of the**



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Laboratory testing of your biochemistry, specifically blood, hair and saliva. Saliva testing may be required for both female/male and adrenal hormone imbalance and function. In other words, in addition to deficiencies and toxicity adversely affecting cellular energy production, Thyroid, Adrenal and Sex hormone production is also evaluated.

The length of time a client has suffered from tiredness, fatigue or chronic fatigue and whether or not they have symptoms of thyroid, adrenal or sex hormone imbalances determine which tests are required.

Then based on test findings, a whole food therapeutic supplement and dietary program will be designed to:

1. raise deficient nutrient levels,
2. detoxify (remove) toxic substances,
3. balance biochemistry, and
4. restore organ and gland function,

In doing the above, the cells will receive the nutrients they require to produce sufficient energy and the cells will no longer be inhibited by the high levels of toxic substances poisoning them. Sufficient energy for internal processes, as well as mental and physical activity will then be restored and the client will no longer be tired. The client as mentioned previously will also be coached through our **Personal Education Program** so they may assist their body in maintaining sufficient energy production so they do not cause a recurrence of tiredness or fatigue in the future, as well as learn the principles that govern the healthy function of the human body so they can prevent disease and create a healthy principle-centered lifestyle to sustain healing and maintain health.

Energy Supplements Are Not The Answer To Tiredness

Since the 1970's, the knowledge that nutritional deficiencies are at the root cause of symptoms and disease has gained rapid momentum throughout America. This is evident by the fact that vitamin and mineral supplements are now stocked in physical department stores, grocery stores and pharmacies, as well as available online, when once they were only available to the public at health food stores or through health care providers for clinical nutrition, homeopathic and naturopathic therapies.

However, there is much misleading and erroneous information being distributed through the media, advertisements and even through these supplement sellers. Unfortunately, this also applies to some of the nutritional health care providers, too.

Even some physicians are jumping on this band-wagon and dispensing supplements while giving unqualified nutritional advice. By unqualified I mean they do not also have a degree in clinical nutrition, they are just telling their patient what their vitamin salesman has told them about the supplements they are dispensing. (Keep in mind that this is not all



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

physicians as I do know some who are well-qualified, however, the percentage is very minimal in comparison to the total number of physicians on this band-wagon.)

They are doing this because their patients are demanding information and supplements today. However, after you read my article on the **“Three Ways Supplements are Manufactured today,”** you will be properly informed to protect yourself.

One erroneous nutritional advice that is circulating is that “taking energy supplements is a healthy solution for tiredness.” Huge Mistake! Again, this is due to the lack of proper Public Nutritional Supplement Education. Here is what happens when energy supplements are taken:

Taking energy supplements whether in pill, powder or liquid form is similar to the above information on “will power.” However, instead of mind over body, it is a supplement that is forcing the adrenal glands to produce adrenalin to make the cells produce energy. Manipulating the adrenals glands and cellular function by drugs or supplements is not healing; it is not getting to the cause of tiredness. Energy supplements may also include ingredients that directly or indirectly affect other parts of the body involved in energy production, such as the thyroid glands.

Also, taking any supplement(s) the body does not need or that forces the body to do something not congruent with the way the body is designed to heal and function will deplete the cells of even more energy. More energy will also be required for internal processing in the body’s attempt to deal with this offending supplement(s), or drug. In either case, the person will begin to feel even more tired because there is now even less energy for mental and physical activity.

Another Public False Assumption About Supplements

Another false assumption people make is that taking multiple vitamin and minerals will cover all their deficiencies. Why does this not work? When taking multiple vitamin and mineral supplements, the person is also at risk of taking supplements that they may be sufficient in. When this occurs, the person causes nutritional excesses. Too much and too little of any nutrient will adversely affect biological and biochemical processes, whether this is cellular energy production or affecting some other function of the body.

This also makes the symptoms of tiredness worse, because it takes a lot of energy to deal with an excessive amount of any one or multiple vitamin and mineral. Excessive multiple vitamins and minerals, obviously, being worse due to requiring even more energy to deal with not one but many different isolated or synthetic vitamins and minerals.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Have you ever over-eaten? If you have, you know how your stomach feels when it is stuffed? How many hours did it take for your digestive system to digest, assimilate, absorb, and distribute the nutrients to the cells from all the excess food particles, and eliminate its waste so that stuffed feeling and protruding stomach could go away? It took hours! Depending upon how much was eaten above normal consumption it may take six to 16 hours. Can you imagine the amount of “extra” energy was required to sustain these metabolic processes for that many hours? Did you notice how tired you feel when stuffed?

The same thing is happening when you take multiple vitamins and minerals that are not nutritionally-balanced, not whole foods and cause you to have an excessive amount of multiple nutrients that the body must now “attempt” to metabolize.

Another false assumption people make is that all vitamins and minerals are the same and just popping them into the mouth the body will be able to use them and/or know what to do with them. Not true!

Perhaps in your attempt to increase your energy, you have purchased over-the-counter or online vitamin and minerals supplements and either received no results, results less than expected or even felt more tired while taking them or at some time after stopping them.

Without clinical nutrition testing, people are “guessing” based on their symptoms and purchasing the wrong supplements.

There are other scientific facts about supplements that are important to know that will not be shared in this article. However, you may read about these in my article titled, **“Three Ways Supplements Are Manufactured.”** This article will also provide information on the therapeutic supplements I dispense to our clients based upon the findings from their clinical nutrition testing to correct the causes of tiredness, fatigue, chronic fatigue or any other health challenge.

You may be interested in knowing that, because of the many dietary and lifestyle factors causing nutritional deficiencies and toxicity today, which adversely affects all parts of the mind and body, most all of our new clients have challenges in producing sufficient energy and tiredness is frequently high on their list of health challenges. However, within 3-6 weeks on their clinical nutrition program, their energy begins to return.

This article is located on my website at:

<http://www.AdvancedClinicalNutrition.com/articlesbydrsmith.html>

I highly recommend that you do not purchase another supplement before you read this article and after you read it you will understand why, as well as be glad you followed this recommendation.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

SAFE AND EFFECTIVE MAINTENANCE SUPPLEMENTS

Also, after reading the above article and understand the differences in how supplements are manufactured today, you will want read the **“W.F. Supplements”** web page, listed in the **Table of Contents** of my website and consider switching your isolated or synthetic vitamin and mineral supplements to whole food health maintenance supplements.

The whole food (W.F.) supplements listed in the web page's PDF Documents are formulated for health maintenance purposes and congruent with human body chemistry.

They are also nutritionally-balanced and thus will not interfere with the therapeutic whole food supplements that will be dispensed based upon your clinical nutrition testing, should you chose to contact me after reading this article. However, once you are tested, more than likely you will not need “health maintenance” supplementation again until you complete your therapy. This is because your therapeutic supplements are specific to your test results and thus exactly what you need.

Keep in mind that though you would never want to take supplements to improve your health when experiencing health challenges, without testing first, our Whole Food Health Maintenance Supplements do not require testing because they are formulated for maintenance not therapeutic purposes.

When you experience symptoms, you have clinical and/or subclinical nutritional deficiencies and taking supplements without testing first puts you at risk of suppressing your symptoms by manipulating not healing your biochemistry by the supplements you are taking, which will set off a chain reaction of other nutritional challenges and the new symptoms they will cause.

Here is a quick link to the **W.F. Supplement** web page:

<http://www.AdvancedClinicalNutrition.com/orderingwfsupplements.html>



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

NUTRITION TESTING IDENTIFIES CAUSE OF TIREDNESS

The body needs to produce energy on its own and it can only do this when the deficiencies and toxicity interfering with its ability to produce sufficient energy has been identified and addressed.

Only by obtaining a **Clinical Nutrition Analysis of your biochemistry** will you ever be able to accomplish this scientifically and accurately, and you will be working with your body, not against it.

A medical interpretation of laboratory testing is designed to detect disease stages, not identify “clinical” and “subclinical” nutritional deficiencies and toxicity and logically, guessing based upon symptoms alone will not either.

How To Obtain Testing For Your Specific Deficiencies & Toxicity

For information on a clinical nutrition analysis of blood, hair and saliva, go to:

<http://www.AdvancedClinicalNutrition.com/inquiryquestionnaire.html>

A **FREE Inquiry Telephone Consultation** is scheduled for potential new clients to obtain an overview of their symptom history to determine which tests are required to identify the cause(s) of their health challenges, whether it is tiredness, fatigue, chronic fatigue or any health challenge.

To prepare for and save time at this consultation, please click on the link below to complete the **Inquiry Questionnaire**. Also, please read and follow-through on all the instructions on this web page.

<http://www.AdvancedClinicalNutrition.com/labtestsinsurance.html>

Then call (940) 761-4045 to schedule your **Free Inquiry Telephone Consultation** appointment.

WATCH FOR NEW ARTICLE TO BE POSTED ON “ARTICLES BY DR.SMITH” WEB PAGE:

“THE 15 FALSE PUBLIC ASSUMPTIONS ABOUT VITAMIN SUPPLEMENTS”



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

CONCLUSION

This article focuses on the **two most frequent and proliferate causes of tiredness and its more severe stages, fatigue and chronic fatigue**. These two causes of tiredness are multiple nutritional deficiencies and toxicity. Nutrient deficient and toxic cells are unable to produce sufficient energy for both internal biological and biochemical processes and, at the same time, provide sufficient energy for mental and physical activity. When energy is not sufficient for both, the internal processes will receive the energy produced first and what is left over goes to activity. Hence, the mind and body experiences symptoms of tiredness, lack of concentration, etc.

Adult tiredness that cannot be resolved by rest or eight hours of sleep each night is the first sign that the cellular degenerative-disease process is occurring within the body, which is the cause of declining health.

The **Degenerative Disease Process** starts with long-term nutritional deficiencies and toxicity, which slows down cellular energy production. In time this will then cause biochemical imbalances, such as thyroid, adrenal and sex hormone imbalance. Biochemical imbalances perpetuate ongoing tiredness and interfere with organ/gland function, which leads to organ/gland diseases. If the degenerative disease process is not reversed by reestablishing nutrient sufficient and detoxification, death ensues, before its time.

As the body progresses through the degenerative disease process, tiredness becomes more constant then changes to fatigue. When this occurs, those who do not understand what is required to improve energy production, will use their will power (mind over body) to force the adrenal glands to rush adrenalin to the cells so they will have some energy to get up out of bed and get through the day. Though all they really want to do is stay in bed. This ongoing day in/day out forcing of the adrenal glands to produce adrenalin in time causes adrenal dysfunction and exhaustion. When the adrenals are no longer able to send adrenalin to the cells, adrenal burnout occurs, Fatigue changes to Chronic Fatigue, where there is no energy available or that can be produced to get out of bed or even walk, without assistance. Any energy being produced is used for internal processes with a little left over for the person to talk, pick up a cup or do some other minimal energy task. The final stage of lack of energy is no energy, where there is no longer any energy that can be produced for even the internal processes and thus the body dies.

When the patient cannot tolerate being tired all the time, they seek medical attention. However, if cellular degeneration has not progressed to the disease stage in any particular organ or gland that has a role in energy production, the patients will be diagnosed as having “no medical cause” or “unknown cause” for their symptom of tiredness. The physician may refer the patient to a psychiatrist because the physician thinks the patient is hypochondriac. After all, medical tests did not reveal any cause for their tiredness. However, if not this, the physician may think the patient’s tiredness is related to depression and may prescribe or refer the patient to a psychiatrist who will prescribe one or more anti-depressant drugs, which are



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

addictive, like Prozac or Zoloft. However, the patient will continue to be tired and in time, they will become mentally ill from their anti-depressants, as well as additive.

Physicians have been conditioned in medical school to believe that there is no illness or symptom, no matter how much the patient complains, if their medical tests and examinations cannot identify one **and** there is no cure if drugs or surgery will not cure, i.e., relieve the symptom(s).

Medical examination and interpretation of testing is important to diagnose disease, however, to identify deficiencies, toxicity, biochemical imbalance and organ/gland dysfunctions, which can produce the same symptoms as disease, required a **Clinical Nutrition Analysis** of Laboratory tests, such as blood, hair and saliva.

Then clinical nutrition therapy, which primarily consists of therapeutic whole food supplement and food-chemistry based dietary programs, which are designed based upon the analysis of test findings, will assist the body in providing the nutrients required to regenerate new healthy cells so the body will produce sufficient energy again and restore the function of the thyroid, adrenals and/or sex glands, whichever applies, when hormone imbalance is a factor. A **Personal Education Program (PEP)** is also essential to prevent recurrence and to be coached on the principles (laws) that govern the healthy function of the human mind and body.

Though the majority of Americans are now aware the nutritional deficiencies are at the root cause of their symptoms and diseases, which is evident by the fact that:

- over 80% of Americans (PDR 2007) are taking vitamin and mineral supplements, today
- low-potency, isolated and/or synthetic supplements are stocked in grocery stores, department stores, pharmacies, online, and traditional health food stores,
- and the publisher of the **Physician's Desk Reference (PDR)** for physicians and pharmacist, which lists all drugs and their purposes, several years ago began publishing a Supplement Physician's Desk Reference.

There still exists much misleading and erroneous information about supplementation. For example, before purchasing and taking supplements, clinical nutrition testing is required to scientifically identify the deficiencies that need supplementation. **This is essential when your goal is to improve your health when experiencing health challenges. Our Whole Food Health Maintenance Supplements do not require testing because they are nutritionally-balanced and formulated for maintenance not therapeutic purposes. Therefore, they will not cause nutritional excesses.**

Using your symptoms to guess at which supplement you should purchase will cause you to take the wrong supplements, which will:

1. make current nutrient deficiencies worse



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

2. create new deficiencies
3. cause an excess in nutrients that were sufficient
4. upset nutrient balance. For example, a decline of one nutrient can cause an increase in another.
5. Manipulate the biochemistry,
6. Interfere with biological function,
7. Suppress symptoms instead of healing the cause of them, and
8. a body that is already energy deficient will not have sufficient energy to remove nutrient excesses, toxicity, and other substances in the ingredients of supplements that are not whole foods. Thus, increasing toxicity levels in the body.
9. all of the above requires energy, but since sufficient energy is not available, the person can feel even more tired during or after stopping wrong supplements than they did before taking them.
10. Also what cannot be removed will rot and infect the cells and tissue.

Another false assumption people make is in thinking that tiredness can be improved by taking energy supplements, whether in pill, powder or liquid form. This is not getting to the cause of tiredness, but forcing the adrenals to rush adrenalin to the cells to produce energy.

This can result in:

1. Adrenal hormone imbalance
2. Adrenal dysfunction or worse, such as
3. Adrenal exhaustion, burnout or adrenal failure
4. Heart Attack
5. Causing other hormone imbalances and/or dysfunctions, such as Thyroid or Sex glands.
6. Causing tiredness or fatigue to become worse during or after stopping supplementation.
7. The above ongoing manipulating of the biochemistry can lead to death.

Reading my article titled, **Three Ways Supplements Are Manufactured Today**, will clarify false assumptions, as well as misleading and erroneous information being circulated as facts in regard to nutritional supplements. This also provides information on the therapeutic whole food supplements I dispense to my clients after identifying what their body requires from the clinical nutrition test findings.

To obtain a **Clinical Nutrition Analysis of our biochemistry**, contact me at (940) 761-4045. To prepare for your **FREE Inquiry Telephone Consultation**, please complete and send the **Inquiry Questionnaire** and read and follow through on all the instructions on its web page, which will also help you save time at this consultation.

A quick link to all the web pages, mentioned in this article is provided below, following this Conclusion.



TIREDDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

Though Tiredness is the first sign of declining health, and fatigue and chronic fatigue are progressive and more severe stages of tiredness, the body communicates the symptoms so that you will take the appropriate action to identify and correct their causes, which is not suppressing these symptoms by manipulating the biochemistry with will power, energy supplements, the wrong supplements or drugs.

Their causes being long-term multiple deficiencies and toxicity adversely affecting energy production, also initiates the degenerative disease process, however, the human body is capable of regenerating new health cells to increase and sustain sufficient energy production when you improve nutrient sufficiency and detoxify toxic substances, if you do not wait until it is too late. Also, the longer you wait the more deficiencies and areas of toxicity you will have, which takes more time, effort and financial investment to correct them.

So give me a call as I would love to help you restore your body's ability to produce sufficient energy according to the laws of biochemistry. Clinical Nutrition Therapy is not only safe and effective, but the only way to safely and effectively assist the body in growing new healthy cells so it is able to produce sufficient energy on its own.

Have a blessed day,
Dr. Donna F. Smith

CONTACT INFORMATION

(940) 761-4045

Services@AdvancedClinicalNutrition.com

www.AdvancedClinicalNutrition.com

Business Hours:

Monday – Friday (10 a.m. to 5 p.m., C.S.T.)

Closed 12 – 1 p.m. for lunch.



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

QUICK LINKS TO WEB PAGES

1. **Articles By Dr Smith**
<http://www.AdvancedClinicalNutrition.com/articlesbydrsmith.html>
2. **“Ask Dr. Donna” Blog – Written Case History of Almost Comatose Man**
<http://www.AdvancedClinicalNutrition.com/blogfacebooktwitter.html>
3. **Coma, Hair, Weight” You Tube – Video Case History of Almost Comatose Man.**
<http://www.AdvancedClinicalNutrition.com/slidesvideos/comahairweight.html>
4. **Dr. Smith’s Curriculum Vitae (Professional Resume)**
<http://www.AdvancedClinicalNutrition.com/contactaboutus/biocurriculumvitae.html>
5. **Lab Tests for Clinical Nutrition Analysis**
<http://www.AdvancedClinicalNutrition.com/labtestsinsurance.html>
6. **Mental Health (Shocking Videos – Protect Your Mental Health)**
<http://www.AdvancedClinicalNutrition.com/mentalhealth.html>
7. **Inquiry Questionnaire and Telephone Consultation Preparation**
<http://www.AdvancedClinicalNutrition.com/inquiryquestionnaire.html>
8. **What Clients Say**
<http://www.AdvancedClinicalNutrition.com/whatourclientsay.html>
9. **Whole Food Health Maintenance Supplements –**
Nutritionally-Balanced and formulated for maintenance purposes, so no testing is required and can be effective taking with therapeutic supplements whole food supplements – May order any time by calling (940) 761-4045.

<http://www.AdvancedClinicalNutrition.com/orderingwfsupplements.html>
10. **Time Zone Conversion Clock**
<http://www.AdvancedClinicalNutrition.com/contactaboutus.html>



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine**, the largest chiropractic magazine in the United States.

Some of her bestselling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS)**, **International and American Associations of Clinical Nutritionists (IAACN)**, **Stephen F. Austin University**, **Midwestern State University**, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune



TIREDNESS

(The First Sign of Declining Health)

Dr. Donna F. Smith

system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view ***Dr. Smith's Secrets To Healing*** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

E-BOOKS BY DR. SMITH

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – 18 Pages
- Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- Fibromyalgia – A Clinical Nutrition Syndrome” (68 Pages).
- Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions (59 Pages).
- Lyme's Disease – Clinical Nutrition Approach To Healing (32 Pages).

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.