



# WHAT IS INSIDE OUR CELLS

## (Understanding Diagram)

Dr. Donna F. Smith

The cell is the smallest unit of the human body. Tissue is made up of billions of cells, so close together that you cannot see individual cells except under a microscope. Organs and glands are made up of tissue. When a group of organs or glands have a similar or related function, this is called a body system, for example; "The Heart and Circulatory System."

This article will help you understand the "What Is Inside Our Cells" PDF Diagram posted with this PDF document, which is a diagram of the "**Pathways of the Metabolism Inside the Human Cells.**" In other words, you can see what is inside your cells.

**An amazing fact is that this diagram was mysteriously left out of medical school text books in 1973 reports Janet Lang, D.C.** Without this knowledge in medical school, we have been graduating hundreds of physicians since then that have not learned that only nutrients heal the human body. Not to mention the responsibility on the heads of the American Medical Association (AMA) from initiating or allowing this.

Look at this diagram, and you can see this scientific fact, our cells contain only nutrients.

Nutrients are **macro-nutrients** (proteins (which includes amino-acids), carbohydrates, fats/oils), **micro-nutrients** (vitamins and minerals), enzymes in whole foods **and water**.

### Do you know what this means?

This means **ONLY NUTRIENTS** can heal the body!!

Think of it this way, if you build a computer or a car -- all its parts make up its sum. This means that it cannot be a computer or car without all its parts and it will not function without all its parts. **What makes it function is what is inside it.**

So what is inside our cells is what makes them function. Therefore, it is nutrients that make our body function and nutrients are what is required to heal our cells so they can function. When nutrients are deficient or toxic substances (chemicals from drugs, air, food, water, our environment) get inside our cells, they cannot function. **If the cells don't function, the tissue cannot function. If the tissue cannot function, the organs, glands, and body systems cannot function. Severe Dysfunction is called illness or disease.**

So what heals illnesses and diseases are nutrients. **Thus, drugs will never heal the human body.** Drugs manipulate the metabolism by redirecting its biological functions or they interfere with the pain transmissions of the nervous system so you can't feel the pain of dysfunctional organs or glands. This is much like switching the Light from ON to OFF. As long as you take the drugs, the switch is OFF so you cannot feel the symptoms, which are how the body communicates it has a problem and needs your help.



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Giving the body what it needs to heal and removing interferences to its healing processes is what heals the body. Suppression and manipulation is not healing the body. In time, the body becomes worse, first, because the original cause was not healed and second, because of drug side effects (i.e., symptoms of the nutrient deficiencies and toxicity caused by their chemicals). Drugs have their purpose – for example, if you are injured and have a wound that needs to be stitched, we are blessed to have drugs to "temporarily" suppress the transmissions/receptors of the nerves, so you do not feel the pain of the suture (stitching). However, to take drugs on a daily basis creates more dysfunction, illness and diseases.

**Clinical Nutrition Therapy, i.e., your therapeutic supplement and dietary programs, works because they provide what the cells need to heal and function again, i.e., they supply the nutrients lacking and detoxify toxic substances.** This also helps you understand why symptoms begin to leave 3-6 weeks, after starting their therapeutic supplement and dietary programs. As nutrient levels become more sufficient and toxicity levels become less from one day to the next, the body can produce more energy and repair/heal cells, tissue, organs, glands and body systems of the human mind and body.

**Medicine (drugs) cannot do this.**

**Chiropractics cannot do this.**

**Massage therapy cannot do this.**

**Physical Therapy cannot do this.**

**Acupuncture cannot do this.**

**Only Clinical Nutrition and Dietetic Therapy can do this.**

Medicine (pharmaceutical "chemical" drugs), originally formulated for life-saving emergencies or for pain killers patients during surgical procedures, cannot heal the human body. Let's look at some of the other therapies as each have an important purpose, however, for best results include clinical nutrition therapy at the same time.

- **Chiropractic** releases pinched nerves which can cause pain and restrict nerve transmission/reception. However, without clinical nutrition to provide the nutrients to hold the vertebrae in its place after chiropractic adjustment, the vertebrae slips out of place and pinches the nerves again.



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- **Acupuncture** releases blocked energy flow so energy can continue transmitting and receiving messages from/to cells and brain. However, without nutrients the body cannot produce energy to be transmitted/received and without free-flowing, high energy production the cells cannot heal and repair. Think of it this way, what can you accomplish when you are tired (lack energy)? Not near as much as you can when you have high energy. You need nutrients to produce energy to function.
- For a few examples....

This is why no matter what other therapies you use, they can only bring temporary relief while using their therapies, unless clinical nutrition is provided at the same time. Without nutrients and detoxification, the benefits of their therapies cannot be sustained.

Other therapies are more commonly known to the public because they have existed longer. The professional health care field of Clinical Nutrition has only existed since the mid-1980's. It takes 30 years for a new health care system to become known and used by everyone. Because of this our clients have been trying a lot of other therapies long before they discover clinical nutrition.

Because of the lack of Public Education regarding the above facts, most people approach clinical nutrition wondering if it will work or if it is going to just produce temporary relief like all the therapies they have tried before clinical nutrition. The fact is the therapy you have been seeking, "Clinical Nutrition," and since you are reading this, you have found what will assist your body in healing itself. If you are a new client, Welcome Aboard! Soon you will experience this fact for yourself! If you are a current client, you are experiencing this fact. If not a client, it is time to contact Dr. Smith and beginning healing your body in the way it was designed to be healed – starting with obtaining a Clinical Nutrition Analysis of your biochemistry to scientifically identify which nutrients are deficient your cells so sufficiency may be restored and your organs/glands can become healthfully functioning again.

### 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 best selling 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



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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 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](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://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](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).

### **E-BOOKS BY DR. SMITH**

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – 18 Pages



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- 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.