



# What Is A Balanced Diet?

## How to Lose and Then Maintain Ideal Body Weight!

Everyone is told by experts to eat a “**Balanced Diet.**” However, few know what a balanced diet is or that it is more than just what and how much you eat and drink.

**A Balanced Diet includes applying both the principles of dietetics and clinical nutrition, such as:**

- Testing your nutritional biochemistry to identify, and then having a dietary plan designed that includes the **foods that are right for your biochemistry**, i.e., matching food chemistry to the individual’s biochemistry, identified through a clinical nutrition analysis of your biochemistry, blood, urine, saliva, hair, stool, etc. All diets designed by Dr. Smith are based on these principles.
- **Quality of food**, i.e., eating organic and free-range foods that provide full nutrient value and are free of chemical additives, preservatives, herbicides, pesticides and drugs, like antibiotics and hormones injected into animals. Some say, “But that costs more.” Some do and some don’t. However, regarding those that do, the bottom line is, “You pay for it now a little at a time or you pay for it later in higher costs for your health care (clinical nutrition to restore your health or medical to manage your disease, for those who wait too late to start clinical nutrition therapy.)
- **Food preparation** - 80% of foods eaten raw, and how the other 20% is prepared, i.e., how the food is prepared by manufacturing companies for packaging AND how prepared at home from its raw state, as in steaming, broiling, baking and, not fried or cooked. Your **Client Handbook** provides information on food preparation and other “Healthy Eating” Tips.
- **How** you eat and **When** you eat (this will be covered in your Dietary Principles Consultations)
- **Quantity** - **How much** you eat (refer to **Food Groups – Daily Servings** and
- **Dietary Principles** - The education on the Principles that Govern the Digestive System and evaluation as to whether your **Gastro-Intestinal (GI) System is functioning** well to digest, absorb, assimilate, distribute the nutrients from what is eaten/drunk, including the ability to eliminate its waste, etc. Because anti-acids and other digestive drugs are the leading pharmaceuticals purchased by Americans today, it is obvious that understanding and adhering to the principles that govern the healthy function of the human body, not just a balanced diet, should be of highest priority. You may think you have a healthy digestive system, you may even think you are doing everything you need to do to promote digestive and metabolic processes. However, in working with new clients these past three (plus) decades, I have found most people do not know what they need to know. Also, many do not realize that a dysfunctional GI System leads to brain dysfunction, hormone imbalance, lack of energy, joint pain, etc.

**These and other factors affect the body’s ability to have a balanced diet and must be considered by the practitioner in the design, and the client in their implementation, of all Dietary Plans.**

### **Why Weight Loss Diets Don’t Work!**

### **How To Permanently Lose, Then Maintain Ideal Weight!**

Weight gain is not just an excess of fat cells, it is an excess of fat, fluid and undigested food. Originally, weight gain was a gradual process occurring as people age, due to the long-term effect of an unbalanced diet, which creates dysfunctional organs/glands that are responsible for and now cannot release the fat, fluid and undigested food. However, today, we have an epidemic among our young for the same reasons. Therefore, weight loss by diet and exercise, alone, will not succeed in attaining and maintaining ideal weight, it, also, requires therapeutic supplements to improve organ/gland function. Then weight loss, and permanently maintaining ideal weight, becomes easy and a natural result of overall health improvement and prevention of disease for the rest of your life.

For more information on the specific organs and glands, whose function must be improved, to release the fat, fluid and undigested food that comprise weight gain, read Dr. Smith’s article on the “**Fat Fallacy and the 10 Biological Factors.**”