



# CLINICAL NUTRITION WORKS!

**Why Everyone Requires  
Clinical Nutrition Testing  
and Therapy To Heal,  
Maintain Optimal Health  
and Prevent Disease!**

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# Advanced Clinical Nutrition

- ▶ 36 years – Established 1981.
- ▶ Clients reside in 37 U.S. States and six (6) international countries.
- ▶ Over 90% success in helping our clients improve their health, no matter what their current health challenges.

Clinical Nutrition is also known as:

- ▶ Functional Medicine
- ▶ Orthomolecular Medicine
- ▶ Medical Nutrition

# Dietetics and Clinical Nutrition are not the Same!

- ▶ **Diet** is what you eat and drink.
  - Dietetics relates to the preservation, preparation and consumption of food and beverages.
  - Dieticians supervise the kitchen operations and menu preparation for hospitals and clinics.
- ▶ **Nutrition** is Nutritional Biochemistry, i.e.,
  - The internal processing and metabolism of substances that people ingest and/or are exposed to, which either builds health or causes disease, and symptoms.



# ***Clinical Nutrition Testing and Therapy***

***identifies and  
then corrects the  
adverse effects of  
your diet and  
environmental exposures,  
which causes 95% of all  
symptoms and disease.***

***Also, provides more complete  
and rapid post-surgical and  
injury recovery.***

***The other 5% is caused by hereditary  
weaknesses and/or injury from accidents  
or abuse.***

# No Medical Cures?

Therefore, you can now understand why.....

- ▶ When physicians tell you there is no cure for this disease or that disease, what they really mean is “drugs or surgery” will not cure it.

# Your Body Can Heal Itself of Any Disease

The human body is designed for, and therefore capable of, healing itself of every disease known to man when...

1. it is given the substances\* it requires for healing and
2. when you learn how to stop interfering with its healing process.

\*Substances are pure and sufficient air, water, whole foods, sunlight, sleep, exercise, personal and environmental hygiene, loving relationships, peaceful mental state, spirituality and other lifestyle requirements for health and longevity.



# Seven Stages in The Development of Degenerative Diseases & Death

1. Stage 1 – Healthy (Biochemistry in Homeostasis).
2. Stage 2 – Nutritional Deficiencies and Toxicity.
3. Stage 3 – Biochemical Imbalances caused by long-term adverse effects of Stage 2.
4. Stage 4 – Organ, Gland and Body System dysfunctions caused by long-term adverse effects of Stage 2 and 3.
5. Stage 5 – Disease is Cells and Tissue decaying and dying within the organs and glands adversely affected by chronic Stages of 2, 3 and 4.
6. Stage 6 – Point of No Return.
7. Stage 7 – Death.

**Symptoms can present in  
any Stages from 2 to 7!**

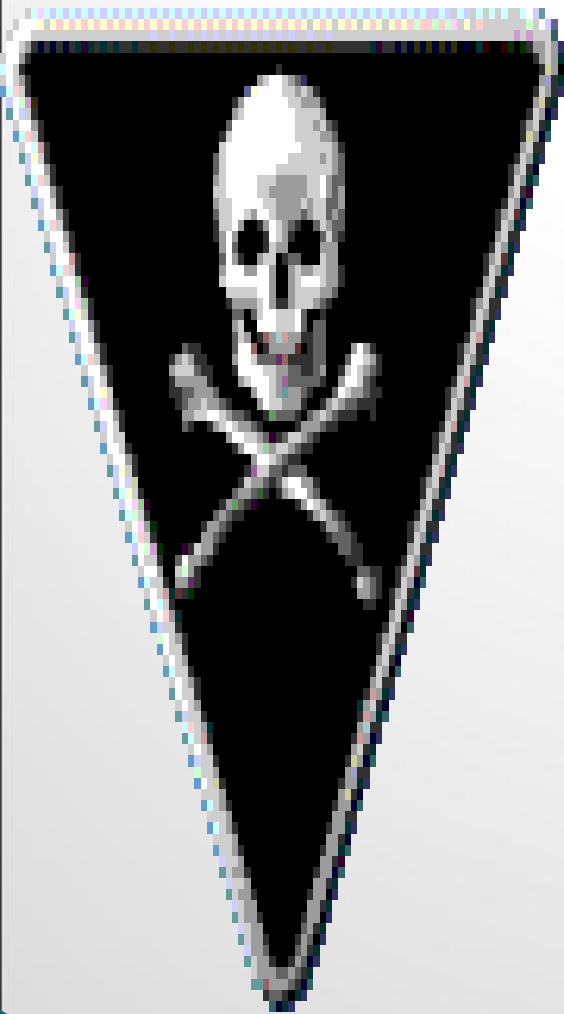
We will focus on Stages 2 to 5, refer to my article  
“Secrets To Healing” for more details on all  
seven Stages.

## Let's Look at The Symptoms of Liver Dysfunction

Depression	Bloating
Chronic Fatigue	Reflux
Sugar Cravings	PMS
Hypoglycemia	Candida
Constipation	Allergies
Diarrhea	Dry Skin
Irritable/Anger	Acne
Itchy Skin	Edema
Gall Stones	Nausea
Body Odor	Cellulite
Irritable Bowel	Colon Spasms
Hormone Imbalances	Joint Pains
Diabetes	Brain Fog
High Cholesterol	Headaches
High Blood Pressure	Weight Gain
Auto-Immune Diseases	Skin Rashes
Fibromyalgia	Digestive Symptoms
Menopause Symptoms	Bad Breath and More!

# *Environmental Toxins*

(US EPA 1989 Toxics Release Inventory National Report)



- ▶ 550,000,000 lbs of industrial chemicals were dumped into public sewage storage.
- ▶ 1,000,000,000 lbs of chemical released into the ground.
- ▶ 188,000,000 lbs of chemicals discharged into surface waters.
- ▶ 2,400,000,000 lbs of air emissions.
- ▶ **5,705,670,380 lbs of chemicals in 1 year.**

# DIAGNOSIS AND TREATMENT (1 of 2)

## Stages 2 to 4 (Deficiencies, Toxicity, Imbalances, Dysfunctions)

- ▶ can be identified and corrected through Clinical Nutrition Testing and Therapy.

## Stage 5 (Disease – Decayed/Dead Cells and Tissue)

- ▶ Because Disease is the long-term adverse and collective effects of Stage 2, 3 and 4 Clinical Nutrition Therapy gives you the opportunity to successfully reverse the disease process and help the body heal itself by providing the nutrients the body requires to:
  - repair damaged, decaying and dead cells and tissue,
  - grow new healthy cells to replace cells that cannot be repaired,
  - and if the damage is irreparable, clinical nutrition therapy can delay deterioration, support and maintain healthier cells, prolong life and reduce pain.

# DIAGNOSIS AND TREATMENT

## (2 of 2)

### **Stages 2 to 3** (Deficiencies, Toxicity & Imbalances)

- ▶ Medical Schools traditionally train Physicians in how to diagnose life-threatening levels of nutrient deficiencies, toxicity and biochemical imbalances, which would then be classified as Stage 5, not Stages 2 to 3.
- ▶ However, they are not trained in the first three stages in the development of degenerative disease because patient test levels are not life-threatening, even though they can produce from mild to severe and chronic symptoms.

### **Stage 5** (Disease – Decayed/Dead Cells and Tissue)

- ▶ Physicians are trained in diagnosing only Stage 5 in the development of degenerative disease.
- ▶ The Disease (Stage 5) occurs when there are more decaying and dead cells and tissue in an organ or gland than healthy ones.

# Drugs vs. Whole Food Vitamins, Minerals, Herbs and Homeopathic Supplements

1. Treats The Symptoms Only.
  2. Kills pain by numbing nervous system and suppresses symptoms by stimulating or manipulating the body chemistry. Best used for life-threatening emergencies only.
  3. Multiple Side Effects – harming more areas than the one for which drug is taken when taken for long use. Side Effects are symptoms of nutrient deficiencies & toxicity caused by the toxic chemicals in the drugs.
  4. Harmful to the Liver.
  5. Body treats drugs as harmful foreign matter and poisons.
  6. Gives false illusion of healing without getting to the cause.
  7. Made of chemicals and metals, which interfere with nutritional biochemistry and can damage body with short-or long-term use.
  8. Toxic (Poisonous).
  9. Studies are selective, misleading, incomplete, and in time drugs reveal more side effects than in its original studies.
  10. Causes injury, even death, even when properly prescribed. (Over 100,000 and deaths annually, 1998).
  11. Like Pharmaceutical Drugs, Nutritional Drugs (Synthetically-made, crystalline or isolated vitamins & minerals) are also toxic and manipulate body chemistry, which the body does not recognize them and treats as “harmful” invaders.
  12. Long-term and, in some cases, Short-term use of the pharmaceutical and nutritional drugs can lead to pre-mature death. (Long-term use is consistent daily use for 8-12 weeks or more.)
1. Nourishes whole body to the Cellular/Tissue level so body can heal itself.
  2. Symptoms leave because real cause is addressed.
  3. No Side Effects – if have allergy to certain foods, can have allergy to that same food in supplements. Cleansing signs of detoxification mistaken for side effects.
  4. Healthy for the liver.
  5. Body recognizes them as whole nutrients and uses them for healing, health maintenance & disease prevention.
  6. Assists in healing the body by getting to the cause.
  7. Whole foods, whole food vitamins/minerals, herbs and homeopathics are not chemically derived or altered, but whole and complete as nature made them.
  8. Non-toxic as nature made them. Misuse, like over-consumption, may raise to toxic levels.
  9. Over 2000 years of safe historical use plus clinical studies.
  10. Injury or death has been due to any contamination or misuse – not from actual food or herb. (Only 148 as of 1993, most were weight loss formulas.)
  11. Safe and effective when taken as instructed by Nutritional Health Care Professional.
  12. Short- and Long-term use of whole food vitamins, minerals, herbs and homeopathic supplements are safe when taken, as directed, and promote health and longevity.



# General Public Not Aware Of Statistics on Drug-Related Deaths and Pharmaceutical Research Studies Submitted to FDA!

1. **Drugs rated in the top 3 causes of death in the nation.**
2. **Pharmaceutical companies perform multiple studies on the same drug and submit only those with favorable outcomes to the FDA. FDA does not have the resources to check the results of pharmaceutical studies.**
3. **Also, overall, 51% of approved drugs have serious side effects not detected prior to FDA approval.**
4. **100,000 people die annually from hospital-generated infections. That is, infections contracted during a stay in a hospital, unrelated to the original reason for being hospitalized.**

## Reference Numbers Relate to Number of Above Quotes

1. **Lee, MD, John, Sava, PHD, David & Hopkins, Virginia, What Your Doctor May Not Tell You About Breast Cancer: How Hormone Balance Can Help Save Your Life, Warner Books (2002) p20.**
2. **Pomper, Stephen, Drug Rush, Editor of the Washington Monthly.**
3. **Moore, Thomas J. et al, Time To Act on Drug Safety (JAMA (5/20/98)**
4. **<http://www.cnn.com/2002/HEALTH/07/22gupta.germs.hiv.otsc/index.html>**

# Original Purpose for Medicine vs. Today's Use of Medicine (Drugs and Surgery)

Medicine today includes drugs and surgery. These treatments were originally established for life-threatening, emergency use only.

1. Today, drugs are used daily for the treatment of any and all symptoms,
  - a) Though symptoms are caused by Stages 2 to 5 in the development of disease,
  - b) Stage 2 to 4 Symptoms can present decades before reaching the Disease Stage (Stage 5).
2. And surgery is routinely used when:
  - a) Drugs no longer have any effective in suppressing symptoms and manipulating biochemistry,
  - b) Or there is no drug on the market that will stop the symptoms.

In most cases, people prescribed these two medical treatments were not in a life-threatening or emergency state.

(For example, one study showed that 99% of all hysterectomies were elective, i.e., not life-threatening.)

# How To Use Medicine for You Instead of Against You! (1 of 2)

Seek medical attention for the following reasons only and seek Clinical Nutrition Therapy for everything else.

1. Life-threatening, Emergency States (medicine's true and original purpose), such as an injury that results in
  - a) Broken Bones
  - b) Unconsciousness
  - c) Wound requiring suturing
  - d) Uncontrolled bleeding
  - e) Increasing Severe pain that will not let up.
  - f) When surgical removal of an organ or gland saves your life. Note: if the cause is not due to injury, most of these cases occur due to being unaware of or neglectful in:
    - a) developing a principle-centered healthy lifestyle and
    - b) the regular use of Clinical Nutrition Testing and Therapy to identify and then correct Stages 1, 2 and 3 as they occur, in order to prevent Stage 4, where surgery may be required.
2. New Symptoms? When new symptoms present, get tested to Rule Out Stage 4. In other words, if tests come back normal, their cause is Stage 1, 2, or 3, not Stage 4. Thus, proving you now need Clinical Nutrition Therapy, not medicine.
3. Medical Check-ups for Early Detection.

# How To Use Medicine for You instead of Against You! (2 of 2)

Regarding New Symptoms and Medical Check-Ups, Medical Facilities have extensive diagnostic equipment, so using their facilities to obtain a “diagnosis” is prudent.

However, this does not mean you must also accept their treatments.

It is important to be selective in which of their diagnostic procedures you will agree to, because some can cause internal damage, scarring and create new health challenge for you that were not present before their procedures. Choose other non-invasive, diagnostic procedures instead.

Therefore, if your physicians cannot scientifically prove to you by their testing that you truly have a specific condition, disorder or disease OR all tests come back normal, this means your symptoms are being caused by Stages 2, 3 or 4 and you have not yet reached Stage 5. This is good news and also means you need to call me for Clinical Nutrition Therapy.

Clinical Nutrition Therapy will provide the prescribed, therapeutic, whole food, clinically-formulated supplements and therapeutic diet that your body needs to correct the cause of your symptoms, reverse the degenerative disease process and thereby prevent advancing further towards Stage 5.

# Three Ways Supplements Are Manufactured Today

1. Synthetically-made in a laboratory.
2. Isolates – crystallizing a food or plant to extract (or isolate) a specific nutrient, like Vitamin A, and then bottling it.
3. Whole Food Supplements (Whole Food Vitamins and Minerals, Herbs and Homeopathics) – Intact as Nature Made
  - For details read my article *“The Three Ways Supplements Are Manufactured Today.”* on my website.
  - Go to webpage “Articles by Dr. Smith” and click on pop out webpage “Library of Articles”.

# Two Ways Supplements Are Formulated!

## (1 of 2)

Supplements are formulated for either Health Maintenance or Therapeutic Use....

### 1. Health Maintenance Supplements –

- a) Low Potency.
- b) Formulated to maintain current level of Health.
- c) Formulated to prevent disease if current level of health is optimal.
- d) Sold Directly to the Public.
- e) Symptoms with causes in Stage 2, 3, 4 or 5 may experience initial or up to three months of symptom improvement, however, symptoms tend to plateau at some point.
  - a) Low potency health maintenance supplements are not formulated or “potent” enough to correct “clinical” stages of deficiencies, toxicity, imbalances and dysfunctions.
  - b) Therapeutic supplements will be required for continued improvement.
- f) Avoid Health Maintenance Nutritional Drugs, i.e., synthetically-made and isolated, low potency vitamin and mineral supplements.
- g) The only Health Maintenance supplements that are safe and effective are whole herbs and homeopathic supplements from companies that are trustworthy.



# Two Ways Supplements Are Formulated!

## (2 of 2)

Supplements are formulated for either Health Maintenance or Therapeutic Use....

### 2. Therapeutic “Whole Food” Supplements

- a) High Potency.
- b) Formulated to correct abnormal test findings (Stages 2, 3 4), i.e., clinical level nutrient deficiencies/toxicity, biochemical imbalances, and organ/gland dysfunctions. This is also the key to reversing Disease processes, i.e., Stage 5.
- c) Prescribed and Dispensed – Take only under Professional Guidance.
  - i. Therapeutic Supplement Manufacturers Distribute their products through Nutritional Health Care Professionals, who dispense them based on test results.
  - ii. They do not direct sell therapeutic supplements to the public through stores or online.
- d) Avoid Purchasing Prescribed Nutritional Drugs, i.e., synthetically-made and isolated, high potency vitamin and mineral supplements, sold or prescribed by Nutritional Health care Professionals.
- e) Only “whole food” clinically-formulated vitamins/minerals, herbs and homeopathic supplements are safe and effective for healing and reversal and prevention of disease.

# *SERVICES OF ADVANCED CLINICAL NUTRITION*

- Provides a Clinical Nutrition Analysis of the Laboratory Reports from Testing Client's Nutritional Biochemistry, i.e.,
  - Blood
  - Urine
  - Saliva
  - Stool and/or
  - Tissue Mineral Hair
  - Bioelectrical Impedance
- Then based upon Findings from these scientific tests, Dr. Smith designs:
  - a Therapeutic Dietary and Whole Food Supplement Program to raise nutrient levels, balance biochemistry, improve organ/gland function and prevent disease, correct Stages 2, 3 & 4 in the development of degenerative diseases and reverse Stage 5 before it progresses to Stage 6 and 7.

# Contact Info

## Office Hours:

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