



A Case for Clinical Nutrition, Whole Food Vitamins, Minerals, Herbs & Homeopathics

ADVANCED CLINICAL NUTRITION

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No Medical Cures?

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



Must Everything In HealthCare Be Validated Through Research?

- 📖 “If ‘experimentally proven’ is the single criterion for a ‘non-quack’ medical practice, then almost all modern medicine is pure quackery.
- 📖 Less than one in five of all currently accepted medical practices have been proven effective in well-controlled, replicated studies over time.
- 📖 The remaining 80% of everything that is commonly done to us by doctors and hospitals has never been thoroughly and conclusively researched.”*

*Pearsall, Ph.D., Paul, Miracle in Maui, Inner Ocean Publishing
(1991) p. 33



No Known Cause

- 📄 Have you noticed how many medical brochures – say No Known Cause – No Cure.
- 📄 If my plumber told me he could fix my leak even if he did not know what caused it or where the water was coming from, I would switch plumbers.



TREATMENT

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Rosacea can't be cured, but the right treatment, used faithfully, can give you much clearer skin and actually help keep your symptoms from coming back.

Don't try to treat your rosacea yourself. Nonprescription acne medications may irritate dry, sensitive skin, and may contain ingredients that aren't appropriate for rosacea.

Dermatologists are experts in the treatment of rosacea. Your dermatologist will recommend the right care for your symptoms. In most cases, this would include oral antibiotics to control the papules and pustules and/or topical metronidazole like MetroGel® Topical Gel, MetroCream® Topical Cream, or MetroLotion® Topical Lotion applied directly to the skin. How long will it take for your skin to clear? That depends on the individual, but you should begin to see initial results in 3 to 4 weeks. Stick with your regimen, and you will see significant improvement in your skin after 9 to 12 weeks.

To get the best results, it's very important to follow your dermatologist's recommendations. Here are some general guidelines for using frequently prescribed medications.

MetroGel® (metronidazole topical gel) Topical Gel, 0.75%, MetroCream® (metronidazole topical cream) Topical Cream, 0.75%, and MetroLotion® (metronidazole lotion) Topical Lotion, 0.75% —

Topical antibacterial formulas, usually applied twice a day to clean, dry skin. Cover the entire face, not just areas that are red or broken out.



Please see pages 14 and 15 for prescribing information.

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WHAT DOES PSORIASIS FEEL LIKE?

Psoriasis can make your skin itch, burn, sting or bleed. Flaking and scaling are the most common symptoms. If you have psoriasis on the palms of your hands or the soles of your feet, it can keep you from doing everyday tasks like writing or walking.

WHO GETS PSORIASIS?

About 4.5 million adults in the United States have psoriasis. Children can also develop the disease, but most often, psoriasis shows up between the ages of 15 and 35. It can develop in men or women of any race or age.

WHAT CAUSES PSORIASIS?

No one knows for sure. Doctors believe it is related to the body's immune system and that it is genetic, meaning that it can run in families. They also think it can be brought on by the following.

- Emotional stress
- Injury to the skin
- Reaction to certain drugs
- Some types of infection

In people with psoriasis, the immune system is mistakenly "triggered," causing skin cells to grow too fast. The rapidly growing cells pile up in the skin's top layers, leading to the formation of lesions on the surface.

Right now, the Psoriasis Foundation is funding research to find out why people get psoriasis and how it can be treated or even cured.

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Medicine is Not An Exact Science!

- 📖 Yet American's continue to see their physicians to treat symptoms that even their own literature says medicine has no cure for and does not know the cause of your symptoms.
- 📖 Then before they treat you, they have you sign a release that lists multiple risk factors and side effects from the treatment they are about to give you.
- 📖 And the release includes a note that says 'medicine is not an exact science and there is no guarantee regarding the treatment.'

What's Wrong With This Picture?




Your Body Can Heal Itself of Any Disease

 The human body is capable of healing itself of every disease known to man, when it is given the substances it requires for healing and when you learn how to stop interfering with its healing process.



Do Prescription Drugs Play A Role in Causing Symptoms & Disease?

-  It is likely that many medications, especially when taken long-term, play a role in causing symptoms and disease:
- A common documented side effect of many medications is fatigue
 - Many widely-prescription medications, such as birth control pills, injections, conventional HRT, are hormone disruptors, which leads to bone, joint and as well as hormone imbalances.
 - Many widely-prescribed medications induce a state of severe toxicity, such as the acid stoppers like Prilosec and Prevacid.
 - All medications adversely affects, stresses and over-works Phase I and Phase II Liver detoxification



Let's look at symptoms of Liver Dysfunction

- 📖 Depression
- 📖 Great Fatigue
- 📖 Sugar Cravings
- 📖 Hypoglycemia
- 📖 Constipation
- 📖 Diarrhea
- 📖 Irritable/Anger
- 📖 Itchy Skin
- 📖 Gall stones
- 📖 Body Odor
- Bloating
- Reflux
- PMS
- Candida
- Allergies
- Dry Skin
- Acne
- Edema
- Nausea
- Cellulite



Yes, there is more – much more!

- 📖 Bad Breath
- 📖 Unexplained weight gain
- 📖 Poor digestion / heartburn
- 📖 Menopausal symptoms
- 📖 Liver spots
- 📖 Hemorrhoids
- 📖 Gall bladder disease
- 📖 Hormone Imbalance
- 📖 Diabetes
- 📖 Brain Fog
- 📖 Headaches
- 📖 High cholesterol
- 📖 High-blood pressure
- 📖 Cirrhosis
- 📖 Skin Rashes
- 📖 Fibromyalgia
- 📖 Chronic Fatigue Syndrome
- 📖 Joint Pain
- 📖 Autoimmune diseases





Liver Symptoms & You

- 📖 When on long-term drug therapy, have you noticed that you or a loved one eventually have many of the symptoms of liver dysfunction?
- 📖 Also, when you look at this long list of liver-related symptoms, how many of them are also listed among those symptoms associated to your Diagnosed disease or syndrome?
- 📖 Do think perhaps a dysfunctional liver may be at the root of your health challenges and all diseases/syndromes?



Consider This...

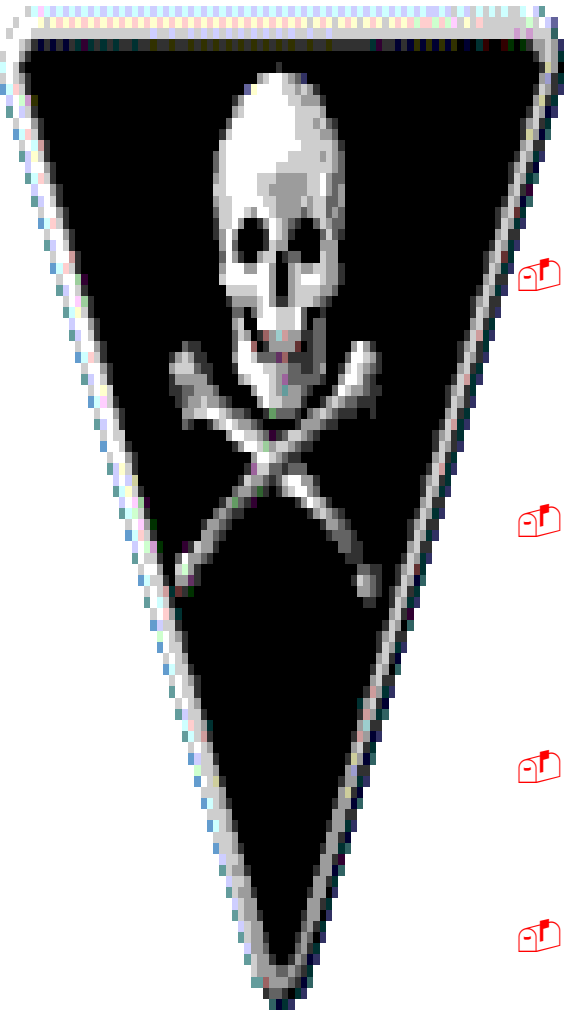
 Now add to the burden of the liver, Environmental Toxins from the chemicals in our air, food and water.

 Here is what the U.S. Environmental Protection Agency Reported in 1989. Do you think an updated study would be worse... Yes, it would.



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.**

Ever notice....

- 📺 How many TV Drug Advertisements warn against using their drug if you have liver problems?
- 📺 Have you ever been or know of someone who has to have regular blood testing for their liver because of their prescribed medication(s)?



How Are Prescription Drugs Tested Safety?

 The following information and statistics are derived from numerous medical journals, including the Journal of American Medical Association (JAMA), The New England Journal of Medicine and Lancet.



Drugs tests

Safety ctd.

- “Drug companies can conduct multiple studies on new drugs, and then select and publish the most favorable ones while suppressing the rest.”
- “Drug companies can choose research study designs that are more likely to reproduce favorable results rather than designs that might provide more accurate results.”
- “Drug studies can measure a drug’s effectiveness in multiple ways, then select and publish only the best results. Sometimes these favorable results have little to do with whether drugs will help patients.”
- “Drug companies hire high-profile experts to place their names on drug company-generated articles, although the experts have not participated in the studies and their financial connections with the drug companies are not disclosed. “1



Drugs tests


Safety ctd.

- 📄 The FDA relies on the drug manufacturer's research reports to approve a drug; **no independent testing is done or required.**
- 📄 USA Today found that 54% of the time, experts hired to advise the FDA on which medicine should be approved for sale have a direct financial interest in the drug or topic they're asked to evaluate.²
- 📄 **"It is simply not possible to identify all the adverse effects of drugs before they are marketed,"** say three medical doctors writing in the New England Journal of Medicine.³



Drugs tests

Safety ctd.

 In fact, “Overall, 51% of approved drugs have serious side effects not detected prior to approval.”

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References

- 1 Cohen, M.D., Jay, Overdose, The Case Against Drug Companies.
- 2 Cauchon, Dennis, FDA Advisers Tied to Industry, USA Today (9/25/02)
- 3 Wood, Alastair, J.J. et al, Making Medicines Safer—The Need for an Independent Drug Safety Board, New Eng. Journal Medicine. (12/17/98)
- 4 Moore, Thomas J. et al, Time To Act on Drug Safety (JAMA (5/20/98)



How Are Side Effects of Prescription Drugs Monitored?

- 📖 There are no mandatory reporting of drug side effects for physicians or hospitals.
- 📖 Drug Companies and medical institutions have their own reasons for **under-estimating the full scope of the side-effect epidemic**. Dr. David Bates, an associate professor of medicine at the Harvard Medical School, wrote in JAMA:
 - ‘Hospitals have had strong incentives not to identify too many of these adverse drug events. Reporting large numbers of adverse events and any serious preventable event brings intense scrutiny from regulators and the public. Thus most hospitals have relied on **spontaneous reporting, which only identifies about 1 in 20 adverse reactions** and leads to the perception that injuries from ADR’s are less common than they really are.’” 5

5 Cohen, MD, Jay, Overdose: The Case Against the Drug Companies.




How the FDA Monitors Drugs...


- 📖 The FDA monitors drug approval and safety, and here is how:
- The FDA has about 1300 employees processing new drug applications and working toward drug approval:
 - 📖 The Review Team
 - The FDA has 72 employees tracking drug safety:
 - 📖 The Safety Team
 - The FDA has a total budget of between \$10 and \$15 million per year. That is less than Eli Lilly spent on its promotion of Prozac in 1997, according to ***The New York Times*** as reported in the Washington Monthly. 6

Injuries & Deaths from Drugs

Prescription Drugs

- “Side effects from properly prescribed drugs are the 4th and 5th leading cause of death in the U.S.” (JAMA/NEJM)

 This does not even include deaths from improperly prescribed drugs, deaths from in-hospital errors, and unreported drug deaths.

 If these were thrown into the statistics, drug treatment in general would easily be in the top three causes of death in the nation. 8



8 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.

Injuries & Deaths from Drugs, continued

- 📖 In 1998, JAMA reported that more than 100,000 people die each year from **properly prescribed** prescription drugs, and each year 2,216,000 people require hospitalization for life-threatening or permanently disabling side effects of properly prescribed drugs.
- 📖 These stats are for hospitalized patients. No numbers exist for the larger group of non-hospitalized patients.
- 📖 This amounts to over 300 deaths per day and 6,000 hospitalizations (only the most serious side effects were tabulated in this study) from properly prescribed drugs.



Injuries & Deaths from Drugs, continued

-  Add to this another 100,000 people who die annually from hospital-generated infections. That is, infections contracted during a stay in a hospital, unrelated to the original reason for being hospitalized.⁹
-  No other industry in this country would be allowed to continue doing business with even a fraction of these mortality and morbidity statistics.

Injuries & Deaths from Herbs

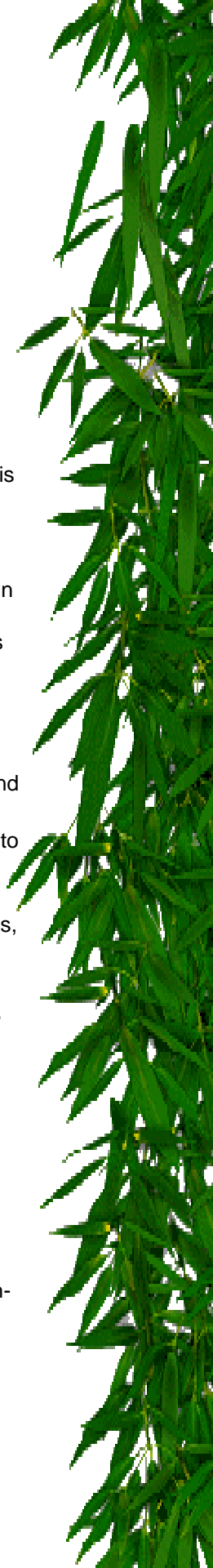
📖 “According to the FDA, between 1993 and 1998 federal, state and local agencies reported a total of 184 deaths, most of which were associated with weight loss formulas.”¹⁰

¹⁰ Goldberg, Burton, The Science of Deceit, in The John Lee Medical Letters, April 2002.



Drugs vs. Whole Food Vitamin, Minerals & Herbs

- ☞ Treats The Symptoms Only.
- ☞ Kills pain by numbing nervous system, stimulates or manipulates the body. Best used for E/R only.
- ☞ Multiple Side Effects – harming more areas than the one for which drug is taken when taken for long use. Best used for E/R only.
- ☞ Harmful to the Liver
- ☞ Body treats drugs as harmful foreign matter
- ☞ Gives false illusion of healing without getting to the cause
- ☞ Made of chemicals which interfere with nutritional biochemistry
- ☞ Toxic
- ☞ Studies are selective, misleading, incomplete, and in time drugs reveal more side effects than in its original studies.
- ☞ Causes injury, even death, even when properly prescribed. (Over 100,000 deaths annually, 1998)
- ☞ Drugs and Synthetic and Crystalline Vitamins, which are considered drugs also, are harmful. The body does not recognize them and treats them as harmful invaders.
- ☞ Long-term use (even short-term) of drugs or S/C Vitamins can create disease and lead to pre-mature death. (Long-term use is consistent daily use for 3-12 weeks or more.)
- ☞ Symptoms leave because real cause is addressed.
- ☞ Nourishes whole body to the Cellular/Tissue level.
- ☞ 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.
- ☞ Healthy for the liver
- ☞ Body recognizes them as whole nutrients and uses them for healing and repair.
- ☞ Assists in healing the body by getting to the cause.
- ☞ Whole foods and whole food supplements are whole plants or herbs, not altered or chemically derived.
- ☞ Non-toxic (unless over-consumption)
- ☞ Over 2000 years of historical use plus current clinical studies.
- ☞ Injury or death has been due to any contamination or misuse – not from actual food or herb. (Only 148 as of 1993)
- ☞ Safe and effective when taken as instructed by Nutritional Health Care Professional
- ☞ Long-term use of whole food vitamins and low-potency herbs are safe. High-potency herbs used only under professional direction.



Both Medicine and Whole Food Nutrients (Vitamins/Minerals/Herbs) Work When Used Appropriately!

- 📖 Few people are aware of these statistics regarding drugs and medical research.
- 📖 My purpose for sharing this with you is to bring to focus a more realistic view of medicine and to appeal to you to –
 - First, use clinical nutrition (whole foods, whole food vitamins/minerals, and pure herbs) on a daily or regular basis to assist the body in healing and maintaining health
 - Second, use medicine appropriately – for emergencies only, such as short-term use in the case of a broken bone or uncontrollable bleeding,
 - 📖 Instead of its present overuse due to either a lack of education in the facts and/or neglect in the nutritional care of the human body.



SERVICES OF ADVANCED CLINICAL NUTRITION

Provides a Clinical Nutrition Analysis of: the patient's nutritional biochemistry, i.e.,

- Blood
- Urine
- Saliva
- Stool and/or
- Tissue Mineral Hair

Then based upon Findings from these scientific tests, Dr. Smith designs:

- a Therapeutic Dietary and Supplement Program to raise nutrient levels, balance biochemistry, improve organ/gland function and prevent disease.



Contact Info

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