

## We Live In A Toxic Environment!

Clinical Nutrition
Approach
to Both Types
of Allergies:

Food Allergies and Environmental Allergies





Ph.D., N.D., C.D.N., C.C.N., C.H.

- Clinical Nutrition (Ph.D.)
- Naturopathic Doctor (N.D.)
- Licensed Certified Dietitian Nutritionist (C.D.N.)
- **Board Certified Clinical Nutritionist (C.C.N.)**
- Canadian Chartered Herbalist (C.H.)



- International Who's Who of Entrepreneurs
- National Who's Who of Executives and Professionals
- Over 90% success in assisting her clientele in improving their health
- Clientele encompasses 35 U.S. States and five international countries
- Nutritional Health Writer over 100 articles published in magazines such as, the American Chiropractic Magazine, the largest chiropractic magazine in the U.S.
- Dr. Smith speaks on health issues for both NBQ and ABC Television Networks and Radios, in addition to social, community and business clubs, corporations, and organizations.

## We live in a toxic environment

- Pollution and pollutants are a serious problem.
- Pollution and its effects can be found in virtually every place on earth.



## Some Pollution we can see...

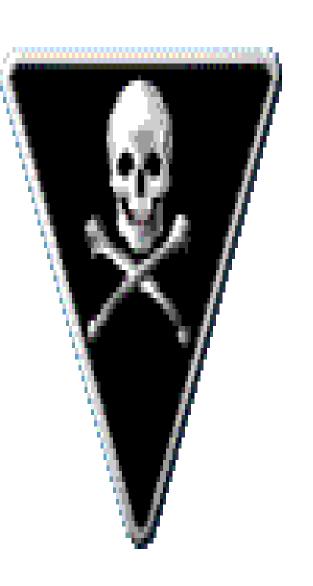
Air pollution is a visible stain covering our major cities.

Water
pollution fouls
our beaches,
rivers and
streams.



## **Environmental Toxins**

(US EPA 1989 Toxics Release Inventory National Report)



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

# Americans are drowning in chemicals today

The chemicals pumped into our environment in the US in one year alone (1989) would fill a line of semi-trucks stretching from Los Angeles, California to Des Moines, Iowa.

### **Toxic Release in** Dallas in 2000

http://d1.rtk.net/tri/area.php

Reporting Year: 2000

Facility NameCityStateTotal Releases (lbs)Total Waste (lbs)AC MOLDING COMPOUNDSDALLASTX147,390.00149,638.00AIR LIQUIDE AMERICA
CORP.DALLASTX6,456,0094,003.00AIRGAS SOUTHWEST INC.DALLASTX5.0010.00AMERICANA FOODS
INC.DALLASTX10,900.0040,090.00APAC TEXAS INC.DALLASTX683.741,214.75AQUABLEND
INC.DALLASTX0.000.00ASHLAND SPECIALTY CHEMICAL CO.DALLASTX1,711.00118,169.00BRAKE PAR
INC.DALLASTX18,694.00128,482.00BRENNTAG SOUTHWEST INC. RP DALLASTX1,280.00329,521.00CERPROBE
RP DALLASTX1,280.00329,521.00CERPROBE
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DALLASTX1,250.000.00CONNECTOR SERVICE CORP DALLASTX. ORP.DALLASTX7,280.00329,521.00CERPROBE
ORP.DALLASTX1,250.0046,670.00CHEMCENTRAL/DALLASDALLASTX8,425.0020,041.00COMET STEEL
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IC.DALLASTX1,000.00CONNECTOR SERVICE CORP.DALLASTX50.0050.00CRANE
LUMBINGDALLASTX10,000.0010,000.00DAL CHROME CO. DALLASTX0.0023,653.00DAL-TILE CORP.
ALLAS MFG. DALLASTX121,304.00263,441.00DALLAS SEMICONDUCTOR
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P. DALLASTX7,531.0051,493.25EAGLE CIRCUITS INC. DALLASTX10.009,315.00EMF CO.
C. DALLASTX1,708.0054,678.00FOAMEX CARPET CUSHION INC. DALLASTX3.003.00GE ENGINE
EVICES DALLAS L. P. DALLASTX30.0026,920.00G0/DAN INDS. DALLASTX3.000.00H. C. IND. INC. (DBA
VIAX.) DALLASTX82,094.0082,094.00HARCROS CHEMICALS INC. DALLASTX250.0079.00HEAT TREATMEN
EVICES INC. DALLASTX9,646.0013,325,072.00HENSLEY INDS. INC. DALLASTX7,002.006,991.00INX INTL. INK
D.DALLASTX510.00127,546.00MARLOW IND. INC. DALLASTX25,318.0086,678.00MARTIN SPROCKET
EAR INC. DALLASTX446.00446.00MASTER-HALCO INC. DALLASTX250.003,951.00MOTIVA DALLAS
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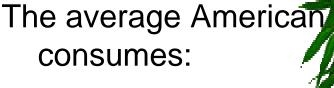
18,581,033.00 (lbs)

## We pay the price in our health.

- These substances (toxins) may cause changes in the way your body functions.
- Pollutants and their effects have been linked to problems ranging from increased respiratory problems to increased risk to a variety of cancers.

### Ingested Toxins

In the U.S. we allow over 10,000 chemical additives in our food supply.

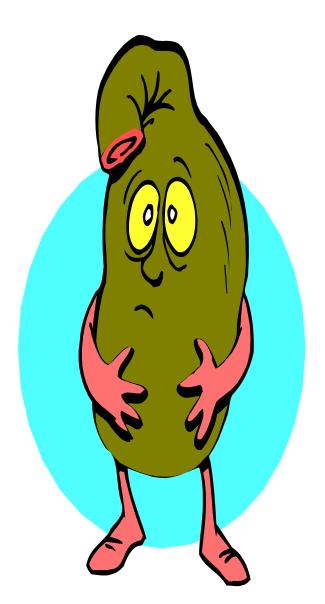


14 lbs of additives per year.

120 pounds of sugar.

8 pounds of salt,

Ref: "Do You Know What Your Patients Eat?" Monograph, E. Cheraskin, W. Ringsdorf, Dept. Oral Med., U. Alabama (1976).



#### Coca Cola

1. The active ingredient in Coke is phosphoric acid.

Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.



### **Refined Sugar**

A 100g portion of sugar can significantly reduce the capacity of white blood cells to engulf bacteria. Maximum immune suppression occurs one to two hours after ingestion and remains suppressed for up to five hours after feeding.

Mechanism of action: Glucose competes with absorption of Vitamin C into the cell.

Bernstein, J., et al, Depression of lymphocyte transformation following oral glucose ingestion, Am. J. Clin. Nutr., 30:613, 1977.

### Sugar-Immune Suppression

Sugar can cost you more than your teeth. At an average consumption rate of 130 lbs. per person per year, sugar takes the cake, cell mediated immunity is depressed by 50% for 120 minutes after sugar ingestion (75 grams).



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#### **PHYSICAL**

- Injury
- Inflammation
- Eccentric exercise

#### NUTRITIONAL

- Preservatives
- Additives
- Alcohol
- Trans-fatty
   acids

## TOTAL TOXIC EXPOSURE

## INFECTION (Endo- and Exo-toxins)

- Bacterial
- Fungal
- Parasitic

#### **CHEMICAL**

- Xenobiotics
- Organics
- Toxic elements

The good news is...

Our system is designed to cleanse itself of many of these harmful agents and protect against the damage caused by them.

This detoxification system is wonderfully adaptable and capable of handling a degree of toxicity.



#### Unfortunately



- It cannot adapt to or handle an overexposure to these toxic agents & junk foods.
- A few signs of excessive toxicity are symptoms of fatigue, frequent headaches, lack of mental clarity, etc. that many people feel today at young ages.

# "Classic" Cases Requiring Internal Body Detoxification

- Industrial or occupational exposure
- Chemical sensitivity
- Bizarre symptoms / history
- Autism, ADHD, cognitive difficulties
- Chronic Allergies

Dr. Smith provides a 30-Day Full Body Detox Program – that cleanses the liver, gall bladder, kidneys, bladder, lymphatic system, small and large intestines.

## Symptom Picture of General Toxicity

When your body is overburden by toxicity from chemicals, metals, and other toxic substances you will have these symptoms:

- General Malaise
  - fatigue, headache, joint & muscle pain
- Chronic Mucous Production
- Poor Exercise Tolerance
- Skin Rashes, Peri-orbital edema
- Immune Weakness
- Environmental and Chemical Sensitivities
- Mental Status Changes
  - inability to concentrate, depression, mood changes, memory loss, sleep disturbances, anxiety, PMS, etc.



# Your Body Can Cure Itself Of Any Disease

When physicians tells you there is no cure for this disease or that disease, including Heart and Circulatory Diseases, what they mean is that drugs or surgery will not cure it



### Your Body Can Heal Itself of Any Disease!

(continued)

The human body is capable of healing itself of every disease known to man, when

- it is given the NUTRITIONAL SUBSTANCES it requires for healing, such as pure and sufficient air, water, and food (macro- and micro) nutrients
- and when the person STOPS INTERFERING with its innate healing process. Ex: avoiding chemicals, such as, preservatives in foods, nicotine, caffeine, drugs, devitalized, processed foods, air or water pollution.
- Water Purifiers, Air Purifiers and the Chi Machine are three appliances that every home and office requires today.

# A Healthy Liver is a Must for Healthy Organs and Glands

- For example, the Liver purifies the blood which feeds the heart, and all other organs/glands
- When the body is exposed to pollution in air, food and water, it is the liver's job to change the toxins to a water soluble substance so the kidneys can eliminate them.
- However, today the liver is overburdened and overworked.
- Thus it sends filthy, toxic blood to the heart and other cells of other organs/glands.

#### Many People Are Taking Drugs For Organ/Gland Dysfunction When The Real Cause May Be Mineral Deficiencies

- Like a train transports people to their destination, minerals transport hormones and other substances from the organs/glands to the cells.
- Many people are on Thyroid Medication today, not because of glandular dysfunction, but because they do not have the minerals to transport thyroid hormone. In time, the thyroid drugs will destroy a healthy thyroid, then surgery is required to remove the damage thyroid caused from long-term drug intake.
- Dr. Smith test all clients for Mineral Deficiencies at Advanced Clinical Nutrition!

# Cholesterol Has Been Given A Bad Rep!

For several decades, high cholesterol has taken the blame, as though that was the only factor that leads to heart disease.

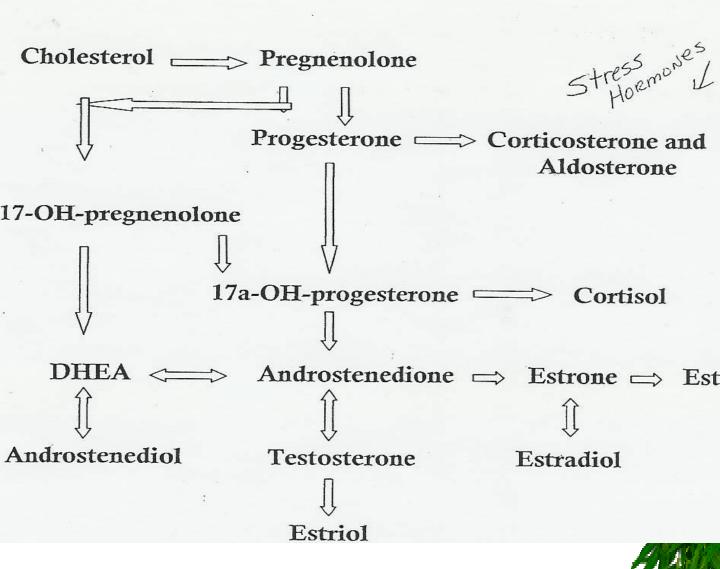
As a result, the food industry has lined the grocery shelves with a myriad of low fat, low cholesterol foods.

Eating these incomplete foods instead of a moderate amount of whole foods containing cholesterol leads to cholesterol deficiency, which then activates the liver to produce cholesterol.

The Egg has also been given a bad rep (reputation), too.

# Cholesterol is Required For All Hormone Production

THE STEROID HORMONE PATHWAYS



### Fats/Oils ---

#### The Good, The Bad and the Ugly

- Deficiency in EFA (Essential Fatty Acid -the good fats/oils) inhibits cell membrane resistance.
- EFA are the body's natural pain killers. Ingesting Low Fat, Fat Free, Low Cholesterol Foods, etc. leads to more pain in the body.
- An "excess" amount of Saturated Fats (the bad) does clog the arteries, however, it does not in moderation and some saturated fat is required for healthy organ/gland function.
- Ingestion of Trans fats (the ugly), making "stupid" cell membranes that do not function properly.
  - Trans-fats are found in butter substitutes, margarine, fried foods, etc.



# NON-ESSENTIAL FATTY ACIDS & REFINED CARBS CAUSE HIGH CHOLESTEROL!

- The third cause for high cholesterol is ingesting refined carbohydrates white flour and refined, white sugar products.
- "Non-Essential Fatty Acids (The Bad and the Ugly) and Refined Carbohydrates produce an excess of acetate fragments in the body and pressure the body into increased cholesterol production," as explained by Udo Erasmus in his book, "Fats and Oils." (p.63).

# Summary of the Causes of High Cholesterol

#### High Cholesterol is caused by

- ingesting toxic, non-essential fatty acids (Excessive Saturated and Trans-Fats the bad and ugly)
- Ingesting refined carbohydrates (white flour and sugar)
- The liver's overproduction of cholesterol when the diet is deficient in cholesterol-containing whole foods.
- A dysfunctional liver overburdened by trying to process excess amounts of chemicals from foods, drugs, air and water.



## People Age 65 or Older Live Longer with Higher Cholesterol!

- According to the Journal of the American Medical Association, people over 65 years of age who have high cholesterol will live longer. (JAMA, 2/25/98).
- Why? Because cholesterol is required to make every hormone in the body.
- Thus, as people age if they have not learned how to maintain hormone balance, their body begins to produce less, and cholesterol over 200 allows the body to make more hormones as needed.
- We teach all our clients how to maintain hormone balance.

# The Heart Is A Muscle – So Feed It and Work It!

- Minerals are Required For Healthy Heart Function As Well As The Heart's Back-Up Glands (Thyroid and Adrenals).
- People are being diagnosed for thyroid problems from a blood test and yet mineral deficiency, not the gland can be the real cause.
- Blood testing alone is not sufficient to diagnose thyroid function.

## Human Body is Designed To Protect the Heart!

- > Encased in the rib cage.
- When the heart stops the body is dies (Remember Cousin Bruce)
- > So the Body has back-up glands to support the heart and keep it healthy as long as possible
  - ➤ Adrenal Glands first line of defense
  - ➤ Thyroid Glands second line of defense
  - **➤** Brain the third line
- > Today, our back-ups are weak and dysfunctional.
- > So though the human body has a long life potential, this is not what many experience today.



## What is Homocysteine?

- Homocysteine is a natural amino acid metabolite and in blood, most of it is oxidized to the Homocystine form.
- Another method for assessing heart disease is the ratio between HDL and Triglycerides. When HDL (good cholesterol) goes up, triglycerides (fat) goes down. (Crayhon, 9/99)

### Homocysteine

Recent studies have shown that monitoring Homocystine blood levels, not Cholesterol, is a better indicator of atherosclerosis, arteriosclerosis, and heart disease.

(Crayhon, 9/99)



#### BLOOD TESTS AND BIOLOGICAL FUNCTIONS

### To Monitor & Maintain a Healthy Heart!

- 1) Homocysteine
- Ratio between HDL and Triglycerides
- 3) Liver function
- 4) Intestinal function
- 5) Adrenal, Thyroid, and Sex Gland Function Note the best test for these are saliva and mineral hair tests saliva will identify abnormal changes in the thyroid and adrenal function, years before it is seen in the blood tests. Never rely on a diagnose based on blood testing alone.
- 6) Brain Function

## Nutritional Statistics

- 98.5% of the U.S. Population is unhealthy - U.S. Statistical Abstract of 1992.
- 68% of all deaths are nutritionrelated - Surgeon General's Nutrition and Health Report, 1988. (Diabetes is a leading nutrition-related disease)
- 50% of Americans are nutritionally deficient - HANES II 1974-1975, US Dept. HEW.
- 50% of Americans now use complementary or alternative healthcare (JAMA/Journal of American Medical Association, July 1997)



## **Updated Statistics**

If the Surgeon General's and HANES II reports were updated today, it is estimated that these percentages would be considerably higher, even as much as 20-45%, i.e., 80-100& of Americans are nutritionally deficient and dying pre-maturely of nutrition-related diseases, like diabetes and its complications (heart disease, etc.)

# Diet & Nutrition Terms are Not the Same

Diet refers to what you drink and eat and includes both macro- and micronutrients.

Macro-nutrients are:

Protein
Carbohydrates
Fats/Oils

Micro-nutrients are:

Vitamins
Minerals
Water (R.O. Purified)

www.AdvancedClinicalNutrition.com (940) 761-4045

### Here are all the nutrients in an Apple!!!!

WHAT'S IN A FRESH WHOLE CLEAN APPLE?

(FROM "Handbook of Phytochemical Constituents of Generally Regarded as Safe (GRAS) Herbs")

is in ple?

f Vitamin C. designed to digest Mega-Vitamins). er, make its own

### An Apple A Day

A medium size Apple contains 1.5 mg. Of Whole Vitamin C Complex. The word "Complex" means Vitamin C as nature made it in food.

Yet after the apple is metabolized, the body can make up to 1,500 mg. Of Vitamin C Complex or whatever amount your body needs that day.

The Digestive System was not designed to ingest and metabolism Mega-Doses of Vitamins, like 1,000 mg. of an isolated Ascorbic Acid.

# Ascorbic Acid Is Not A Whole Food Vitamin Supplement?

- Ascorbic Acid is not the complete Vitamin C Complex.
- Ascorbic Acid is only one of six parts of a Complete Vitamin C Complete.
- Ascorbic Acid is only the outer coating of the Complete Vitamin C Complex, which is the only part of the complete Vitamin C Complex that technology can extract.
- To take an incomplete vitamin C will cause a deficiency in the complete Vitamin C Complex.

# A Word About A Whole Foods Diet and Whole Food Vitamin/Mineral Supplements

- The body can only heal itself when it has a whole food diet and clinical level deficiencies can only be corrected taking whole food supplements that are right for your metabolism.
- Look at the apple as one food included in a whole food diet.

### **Nutrition is....**

Nutrition is what happens inside the body as a result of what you have ingested, in other words, it is the metabolism of ingested substances.

## Metabolism Defined

- Metabolism is the digestion, absorption, assimilation, distribution of nutrients and the elimination of its waste, in other words, the transport of nutrients to and waste from the cells and tissue.
- All for the purpose of producing energy sufficient for all biochemical, biological, and physical processes thinking, movement, involuntary operation of internal organs/glands,etc.

### What Is Inside Our Cells Your body is only as healthy as its cells.

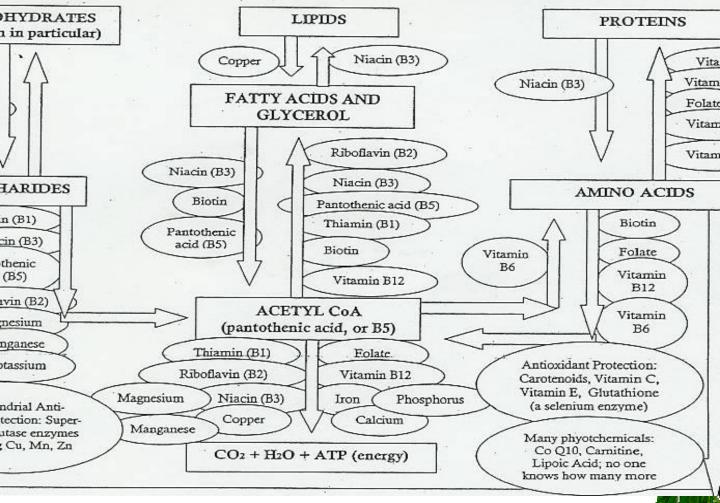
The next slide was mysteriously omitted from medical school text books over 50 years ago. Without this knowledge, your physician does not know that what is inside your cells are only nutrients, - proteins, carbohydrates, fats/oils, vitamins, minerals, enzymes, and water.

This diagram proves that DRUG will/never heal the human body. The human body only heals when it receives the nutrients it is missing and toxins are removed from the cells. All chemicals are toxic to cells and all drugs are chemicals. They were never meant to be used on a daily basis for illness and disease. There purpose was for temporary use in Emergencies only.

# Here is What Is Inside Your Cells + Do You See Aspirin, Prozac or other drugs/chemicals in there? No!

#### THE PATHWAYS OF METABOLISM INSIDE THE CELL

Proteins are broken down and ultimately turned into ATP (energy). All of these pathways can also be reversed to build up carbohydrates and repairing body structures and functions. This information has been mysteriously left out of textbooks for the last 30 years or so.



# Pathways of Metabolism

The micro-nutrients (Vitamins, Minerals and Water) are required to metabolize the macro-nutrients: Proteins, Carbohydrates and Fats/Oils



**Pathway of Cells** 

continued

Vitamins and Minerals are required for all organ and gland functions of the body

For example, without sufficient vitamins and minerals that nourish the heart cells, the heart will not function.

Malnourished Cells/Tissue then becomes Diseased Organ or Glands.

Disease happens faster when toxicity damages the cells, too.

## Clinical Nutrition Defined

Clinical Nutrition is a specialized field in Nutritional Science that provides clinical testing to identify the internal affects of dietary, nutritional and lifestyle factors on health, i.e., its impact on human biochemistry and organ/gland functions.

**Advanced Clinical Nutrition** 

provides clinical nutrition analysis and testing of blood, urine, saliva, hair and stools in addition to other specialized clinical nutrition testing.

### Vitamin Deficiency Testing

- The public is learning fast about taking vitamins and other supplements and their usage.
- However, what some do not realize is Vitamin Deficiency Testing Is Available to identify exactly what supplements they need.
- Guessing, instead of testing, leads to taking the wrong vitamins, delays in healing, waste time and money, leaving them with a cupboard full of unused supplements.
- Also, taking the wrong supplements causes nutrient excesses, interference in metabolism, and leads to more health challenges.

# Dr. Smith's Bio-Chemical Dynamics of Health and Disease

			-
DYN	IAMICS OF NUTRITIONAL BIOCHEMISTRY	YOU	R PHYSICAL& MENTAL EXPERIENCE
1	Biochemistry in Homeostasis (True Health)	1	FIT, WELLNESS, ENERGETIC, MENTALLY ALERT
2	Phase I - Cellular Nutritional Deficiencies	2	Declining Energy, Infrequent Mild Pain, Mental Fatigue
3	Phase II - Biochemical Imbalances	3	Ongoing Tiredness, Infrequent Moderate Pain, Absent-Minded
4	Phase III - Organ/Gland Dysfunction	4	Fatigue, Frequent Severe Pain, Mental Dysfunction
5	Phase IV - Nutrient- Related Diseases	5	Chronic Fatigue, Chronic Pain, Cancer/Tumors, Mental Illness
6	(Point of No Return)	6	(Point of No Return)
7	Phase V - Cellular Decay and Death	7	Death of Your Physical Body

## Clinical Level Deficiencies

- When clinical nutrition testing of blood, urine, saliva, hair, or stool indicate vitamin/mineral deficiencies, it takes therapeutic whole food supplements available only through Clinical Nutritionists to raise these deficient levels.
- Diet changes alone will not correct long-term clinical deficiencies.



### Your Body Can Heal Itself When Given the Tools To Do So

- So act now and make an appointment to today with Dr. Smith to:
  - obtain Clinical Nutrition Testing (blood, urine, saliva or hair) to determine your specific vitamin and mineral deficiencies.
  - based upon these clinical tests, begin therapeutic whole food supplements to assist your body in raising deficiencies, improving biochemical balance and organ/gland function.
  - And a therapeutic dietary plan based upon your metabolism (fast/slow oxidization)
  - Then receive instruction on what is interfering with your body's ability to heal itself so you can work with, instead of against, your body's innate healing process.
  - And be coached on how to develop a principle-centered healthy lifestyle to support your improved nutritional biochemistry.



### Dr. Donna F. Smith

www.advancedclinicalnutrition.com

www.womensportsnutrition.com

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### ADVANCED CLINICAL NUTRITION

Dr. Donna F. Smith, Ph.D.

Website: www.AdvancedClinicalNutrition.com

- \* Over 90% Success In Assisting Our Clientele In Improving Health, Increasing Energy, Managing Weight, Preventing Disease and Enhancing Life and Sports Performance.
  - \* Clientele encompasses 35 States and 5 international countries.
  - \* Services offered by mail, internet and telephone consultations.

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