



Three Ways Supplements Are Manufactured Today

And Consequences of Nutritional Self-Treating!

By Dr. Donna F. Smith

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FOREWORD

I highly recommend reading from the beginning to the end because each section builds upon the previous one. The confusion and seemingly conflicting information related to science of (laws that govern) dietetics, nutrition, clinical nutrition and naturopathy is a lack of foundation in Public Education, because its focus has been centered on medicine (drugs/surgery) in the 20th Century.

To build any structure requires starting at the bottom and working up. It is impossible to put in the windows without first building the wall that will hold the window. So start by browsing the Table of Contents to peek your interest in the information, then start on page 1 and read to the last page so that you build a solid foundation of knowledge in these laws that comprise the laws of healing and health maintenance (biochemistry, biology, physiology, etc.) and other educational essential information to developing a principle-centered, healthy lifestyle.

Ctrl + Click on Page Number in Table of Contents to go directly to the information within each Chapter. It is my mission and pleasure to share this information with you.

Dr. Donna Smith



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INTRODUCTION

One of my commitments to our clients is to provide sound, scientific dietetic and nutritional education. In other words, to provide the truth about the nutrition industry to protect themselves from misleading and erroneous information from the media and even medical experts, who have no degrees or post-graduate training and education in clinical nutrition or dietetic.

This article was originally written for clients only. However, the information is too important to share only with our clients. Everyone needs this information.

For the sake of brevity, in this writing, the word “vitamin” will be used to represent any nutrient, i.e., vitamins, minerals, enzymes, etc., and the word “supplement” will be used to refer to any supplement, no matter how it is manufactured, even though only “whole food” supplements are the only true supplements, and others are actually, nutritional drugs.

Therefore, this article is being provided to assist our clients and the public in understanding the differences in and manufacturing of supplements. After reading this article, I recommend that you read my article titled, **“False Assumption People Make About Nutrition and Nutritional Supplements.”** Talk about an eye-opener. False assumptions lead to making wrong choices when purchasing vitamins. Taking the wrong vitamins leads to more deficiencies (in number and severity). Delays in correcting the actual deficiencies the person has, getting too much of the vitamins they already have a sufficient amount of, leads to more symptoms and health challenges.

THREE WAYS SUPPLEMENTS ARE MANUFACTURED TODAY

The differences in supplements provided today are shared in detail in our clinical nutrition consultations and/or seminars and briefly in this article. The three ways supplements are manufactured today are:

1. whole food vitamin and mineral complex supplements,
2. synthetic vitamins and minerals, and
3. crystallized extracts of isolated (CEI) or plant-derived vitamins and minerals.

Whole Food Supplements Contain Vitamin / Mineral Complexes -

The term, “Vitamin Complex,” for example Vitamin A Complex or Vitamin C Complex means the vitamin or mineral is a complete, whole food nutrient, just as nature made it.



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Vitamin/Mineral Complexes, such as Vitamin A Complex, is the Vitamin A, for example in carrots, just the term “complex” has been omitted.

A Vitamin A Complex whole food supplement, then, is manufactured by dehydrating (removing only the water in the food) and concentrating it. When water is removed, more of the food can be encapsulated or compressed in a tablet, to increase the nutrient content. This concentrates the food. Then, the measurement of how much Vitamin A Complex is in the dehydrated, concentrated carrots is included on the bottle label. For brevity sake, and because most people do not understand the terms “Vitamin A Complex” from the term, “Vitamin A,” the word “complex” has been eliminated from the labels. However, there is a huge difference between a Vitamin A “Complex” and just Vitamin A.

In case you have not read the educational information on our website about Ascorbic Acid, a brief explanation is provided below under “**Crystallized, Extracts of Isolated Vitamins and Minerals (CEI).**” Reading this and the information in the next paragraph will assist you in understanding the difference in isolated Ascorbic Acid (sold as Vitamin C) and Vitamin C Complex (in whole food).

An organic raw apple (a whole food) has 1.5 mg. of Vitamin C Complex. From this the body can make up to 1,500 mg. of Vitamin C Complex. If the body needs 300 mg of Vitamin C Complex, it can make it from the whole food 1.5 mg. of Vitamin C Complex in the organic raw apple or other whole foods containing Vitamin C Complex. This example applies to all vitamins and minerals in whole foods. The human digestive system was never designed to metabolize Mega-dosage of incomplete, isolated vitamins or minerals, like 1,000 mg of Ascorbic Acid, which is what you will see on the supplement bottles sold to the public today. (More on Ascorbic Acid below).

Vitamin and Mineral Complexes are complete nutrients, just as nature made them -- not isolated or extracted from a food or made from a non-food source, like synthetic vitamins and minerals. (Information on synthetic supplements provided below.).

You will notice, for example, on our whole food supplement bottle, it may read 3 mg. of the whole food vitamin it contains.. This means that when you take this whole food vitamin, your body could make up to 3, 000 milligrams if that is what it needed. Only the innate doctor within your own body knows exactly how much you need. One day your body may need 400 mg. and the next 1,500 mg. of that vitamin. As in the example above of 1.5 mg. of Vitamin C in a medium, organic apple, because the milligrams in whole foods are in small units of whole food nutrients, the body can make its own mega-vitamins. However, the digestive system, as mentioned above, cannot digest man-made synthetic or isolated, Mega-Vitamins and Minerals.

Also, herbs in supplements are whole foods, when the herb has been included in its whole plant state. Regarding herbs, there are differences in potency, parts of plants and other factors, but that is another article.

Please note: the term “whole food” supplements may be used interchangeably with the term “vitamin/mineral complex” supplements in this writing.



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Therapeutic, Whole Food Supplements

What makes a whole food supplement “therapeutic” is its “food chemistry.” The foods and herbs in Vitamin or Mineral Complex Supplements are selected for the specific vitamins or minerals they naturally contain, in other words, their synergistic-relationship with all other foods and herbs in the formulation. Formulation means the combinations of the individual foods and herbs selected and included in a supplement bottle. Therapeutic formulations are designed to have a “clinical” effect on (or improve) nutritional biochemistry at a cellular level, therefore, therapeutic formulations are very potent.

- Therapeutic vitamin/mineral complex supplements are:
- sold only to nutritional healthcare professionals, like myself, for dispensing.
- can be dispensed only after clinical nutrition testing of blood, saliva, hair, etc., and nutritional evaluation,
- must be monitored by updating testing and evaluations,
- and are, subsequently, discontinued when retesting indicates the supplement is no longer required, having achieved the healing or purpose for which it was dispensed.

The primary whole food, Vitamin and Mineral Complex Supplement Company (supplier for **Advanced Clinical Nutrition**) grows their own ingredients, in other words they have complete control over their vitamin and minerals supplements from the planting of the seed to the bottling and distribution of the supplement. They are clinically-formulated to target abnormal nutritional findings on laboratory testing, very potent, and thus this company only sells their therapeutic supplements to nutritional professionals.

Herbs and Homeopathics Are Whole Food Supplements

All pure herbs contain various vitamin and mineral complexes and our herbs are therapeutic, i.e., their potency is at a pharmaceutical grade. We also dispense therapeutic homeopathic remedies. However, they are not vitamin and mineral supplements, so they will not be discussed in this article, except to say that are fast working in acute illnesses, so our clients feel better within a few hours or up to 24 hours after taking them.

To give you an example, let me share my first experience taking a therapeutic homeopathic. It was early in my career and was the first time I had been exposed to a very strong virus through exposure from one of my clients I had helped the day before. My resistance was down because I had worked late the night before and had not had sufficient sleep or my body more than likely would have handled it sufficiently

All of a sudden the next afternoon, I was in pain all over my body and the virus was so strong, I could barely walk, much less test myself for what had knocked me off my feet,



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literally. I placed a call to a colleague of mine, whom I had taught how to test me, in the event I needed help. After all, I live in the same environment as my clients. My colleague came over right away and I tested positive for virus.

I took the appropriate dosage, and because of my Southern hospitality background, even as miserable as I felt, I walked my colleague to the door and said thank you. By the time, I walked from the front door to my bedroom, I was 80% better. By the next day, I was 100%. Our therapeutic homeopathic remedies are safer and work faster than any antibiotic when exposed to bacteria, and of course, you know there are no drugs for viruses. Why? Because if they ever formulate a drug to kill viruses, they will kill human beings; our DNA is 35% viruses. We have therapeutic herbs that digest viruses and other germs, however, because of the way homeopathics are made, they will always work faster than herbs.

About Herbs Sold To The Public

Regarding herbs sold to the public, there is only one company, who sells to the public, that I have been able to consistency recommend since I first learned of and started using them for first aide in the mid-seventies. Other brands may have either the wrong part of the plant in the bottle or fillers (other plants) have been included in the bottle to sell it cheaper to the public. I also know of no other low-potency herbs, which are the only grade that can be sold to the public, that is guaranteed pure and the right part of the plant by the herbal company.

Each client is required to schedule a 90-minute telephone consultation with me on how to **"Update their Medicine Chest to a Health Chest,"** so they may be coached on how to effectively use herbs, homeopathics and whole food vitamins and minerals safe for public use as first-aide and home emergencies.

Then I follow-up with an email listing the first First-Aide Kit and Microbial Kit they need to keep stocked, with this herb company's contact information and my account number, so they can set up an account with this company to get these herbs at cost for their Health Chest. However, I do not recommend this company's vitamin and minerals supplements, because they are also isolates. As mentioned above, there is only one company that provides whole vitamin/mineral supplements.

There is a company that is advertising only vegetables or only fruits in a bottle and, at first I was delighted to learn about them because it is a fact that most people are not consuming sufficient amounts of fresh raw fruits and vegetables each day. However, when they first came on the market, clients were asking me to evaluate their ingredients, which seemed good at first, but then I started testing each client on these products, none were testing strong. I have continued to periodically evaluate clients on these products since the company was established and out of all the people I have tested, only one person tested strong.

How could this be?



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- One or more Fruit, either whole, pieces, particles, residue or fruit contaminants were in the vegetable pills when tested or one or more Vegetable, either whole, pieces, particles, residue or vegetable contaminants were in the fruit pills when tested. The digestive system is challenged when trying to digest fruit and vegetables at the same time. Before testing I also checked to make sure the client was not consuming the fruit pills at the same time as the vegetable pills as this would cause weakness in testing.
- the ingredients are not organic, thus they contain pesticide or herbicides. I have since learned that they are organic.
- Formulations of their ingredients are reacting to each other, instead of interacting. In other words, the food chemistry of each ingredient is not complementary or synergistic.
- there may be too many different vegetables (or fruits) in the formulation, which over stimulates the metabolism in trying to digest, assimilate, absorb and transport them to the cells.
- the clients being tested had an allergy to one or more ingredients.

In April, 2010, I had the opportunity to test two more clients on these products. Both tested weak. However, one of the clients tested weak when I tested each of their three products, as they have a third product now (one with berries in it), separately, one at a time; yet, tested strong (positive) when she was tested with all three products, at one time. The other client tested weak either way. So, I am still waiting for this company to perfect their product, so I can endorse it.

Whole Food Supplements Are Comparably Priced

This relates back on of the **False Assumptions**. When clients first hear the term “therapeutic supplements,” some assume this means they will pay more for therapeutic supplements than what they are used to paying for other supplements. Our whole food, therapeutic supplements, as mentioned above, have complete control over the growing, formulating and distribution, so they have no middle men, so to speak, that must be paid and their prices are comparable to other supplements.

For example: At the time of this writing, the price for one bottle of an isolated or synthetic multiple vitamin, sold to the public is between \$16-\$60, whereas, one bottle of our whole food multiple vitamin costs only \$12, and that is for a month's supply. However, you there is no comparison to the therapeutics in regard to ingredient (whole foods and herbs) formulations (food chemistry), potency and positive effect on human biochemistry, which is why they are sold only to professionals.



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SYNTHETIC & CRYSTALIZED / ISOLATED SUPPLEMENTS

Nutritional Drugs

Any supplement that is not a whole food is actually a “nutritional drug.” There are three types of nutritional drugs sold to the public today: Synthetic Vitamin and Mineral Supplement, Plant-Derived and Isolates or Isolated Vitamin and Mineral Supplements.

Nutritional Drugs suppress symptoms by manipulating the biochemistry and bioelectrical systems, like pharmaceutical drugs. However, pharmaceutical drugs are pure chemicals and thus they are more toxic and potent. All drugs, whether pharmaceutical or nutritional, depletes the body of nutrients, is considered as a foreign invader, leave toxic residues that lead to infections and inflammation (pain).

Chemicals in pharmaceutical drugs are so potent that they can damage and destroy cells and tissue. Nutritional Drugs interfere with the body's own production of the very vitamin or mineral that the nutritional drug is supposed to be providing and the end result is a more severe deficiency in that vitamin or mineral. In other words, taking Ascorbic Acid (nutritional drug) causes Vitamin C Complex deficiency and interferes with the body's metabolic processing of Vitamin C Complex from foods or whole food supplements. Nutritional Drugs cannot be metabolized and particles will settle in the tissue, rot or ferment, and thus cause infection and inflammation (pain), like pharmaceutical drugs.

Synthetic Vitamin and Mineral Supplements

Synthetic vitamins and minerals are formulated in a chemist's lab and made from non-food substances, like extracting Vitamin A from petroleum and bottling it as Vitamin A. These are very cheaply made and often sold in department stores or pharmacies. Synthetic supplements are nutritional drugs. Because they are not whole foods, they cannot be metabolized as foods to nourish the cells and tissue. They manipulate the biochemistry.

So, not only will symptoms return after they have been discontinued, because they are not whole foods, the body treats them as a foreign substance and tries to expel them from the body. However, what cannot be eliminated via the liver and kidneys stay in the body and rots. Then, in time, rotten synthetic vitamins and minerals inflame (infect) that tissue. This, then, leads to more health challenges, for the people taking them, such as long-term infections become diseases in the organ or gland infected. Additionally, people taking synthetic vitamins, still have the deficiency for which they originally took the synthetic vitamin.

After taking synthetic vitamins and minerals for about three months, people, generally, notice that not all their symptoms have gone, so they stop taking them at some point.. However, when they stop, the symptoms that had the appearance of being gone, due to the manipulation of the biochemistry, returns, so though the person is not totally satisfied with the results, because of this lack of public education, they resume taking them as they do not know what else to do.



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Even worse, the biochemistry that metabolizes that particular vitamin, for example Vitamin A, for which they are taking the synthetic vitamin A, has been manipulated (or interfered with) and this can cause biochemical imbalances, as well as causing interferences in the metabolism of other nutrients that rely on that vitamin (or rely upon Vitamin A, as in this example). This, then, in time, interferes with the function of their organs and glands requiring Vitamin A. So, the longer synthetic vitamin and minerals are consumed, the more vitamin and mineral deficiencies the person has created and, in time, has more health challenges from biochemical imbalances and organ/gland dysfunction than what they had when they first started taking the synthetic supplements.

Crystallized, Extracts of Isolated Vitamins and Minerals (CEI) -

A CEI vitamin (or mineral) is made by heating a whole food, plant or herb until it crystallizes in order for the manufacturer to isolate a particular vitamin. Once crystallized, then the manufacturer can extract (remove) the isolated vitamin (or mineral) from the whole food and bottle it. (There are various names for this kind of manufactured supplement: Isolates, Extracts, Derived From, Plant-Based, and Crystallized Extracts).

However, this manufacturing process of heating and crystallizing compromises the nutrient value of the vitamin, destroys essential nutrients bound to the vitamin, which may even include the nutrient that is being isolated, depending upon the processing methods used. Also, the process of isolating and extracting the vitamin produces an incomplete vitamin or mineral nutrient (i.e., nutritional drug) because it leaves behind the other vitamins, minerals, enzymes, co-factors, etc. that makes the nutrient a whole food nutrient. Leaving behind the other, whole food synergistic nutrients makes the isolated vitamin unsafe for long-term human consumption and inhibits the nutrient from performing the activities, for which that nutrient was designed, i.e., the purpose for which nature made it. Like synthetic supplements, isolates are not whole food supplements and only whole foods supplements can nourish and regenerate (grow), new healthy cells and ultimately heal the human body.

Please note: in herbal preparations, today, you may notice that on the bottle, it says the name of the herb and then the word, "Extract" or "herbal extract," as the term "extract" is being used interchangeably or in place of the term "tincture."

Tincture is the proper term and applies to an herb provided in liquid form that has been preserved in alcohol or glycerin. In a tincture, nothing has been extracted (removed) from the herb, which is why I prefer the original term to the word "extract."

CEI vitamins/minerals cost more than synthetic vitamins/minerals and are sold in health food stores or through online or direct mail vitamin companies.

Plant-derived vitamin and mineral supplements are similar in that they also isolate the vitamin or mineral from a food source.

Ascorbic Acid Is An Isolated Vitamin, Not a Nutrient

You may have noticed on any Over-The-Counter (OTC), Online (OL) or Direct Mail (DM) bottle that contains Vitamin C, the label actually reads "Vitamin C (Ascorbic Acid). This is because



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current manufacturing technology has only progressed to the point of being able to extract the outer covering of a whole food Vitamin C Complex, i.e., Ascorbic Acid. Technology has not discovered how to extract the other five (5) of the six (6) nutrients that make a complete Vitamin C Complex.

Nature's design of a vitamin or mineral in food, for example Vitamin C, is actually a number of nutrients. Nature designed Vitamin C to contain Ascorbic Acid (the outer covering) with Bioflavonoids, Tyrosinase, P, J, & K Factors inside. A whole food Vitamin C Complex is actually several vitamins, enzymes, co-factors, etc., that work synergistically together as **one unit**. Only all six of these nutrients together in natural design is a true Vitamin C, and thus recognized by the human body as a whole, complete nutrient in food. So, Ascorbic Acid is not Vitamin C. Another example is CEI Vitamin E, which contains only the top four layers (i.e., the alpha-, beta-, delta- and gamma-tocopherols) of 11 nutrients that make a complete Vitamin E Complex. Synthetic and CEI vitamins and minerals sold to the public today act more like over-the-counter drugs, than nutrients, i.e., they manipulate the symptoms, instead of nourishing and healing the body.

Thus, the human body treats Ascorbic Acid and the Tocopherols, or any other incomplete, isolated nutrient, as foreign substances. Therefore, they cannot be metabolized completely and efficiently like food. What the body cannot eliminate is stored in the tissues and eventually becomes toxic to the body. Toxic tissue become inflamed and then pain ensues. This happens when taking any synthetic or CEI vitamins/minerals, including drugs, for a long period of time, i.e., longer than 4-12 weeks.

Ascorbic Acid Causes Vitamin C Complex Deficiency

The findings from a study reported in the **American Journal of Clinical Nutrition** (Vol. 87/No.1/142-149) on the isolated nutritional drug, Ascorbic Acid, being sold to the public as Vitamin C., inhibits the body's production of anti-oxidants enzymes, which suppresses the immune system and, thus, lowers its capacity to resist infection, and impairs the muscles mitochondrial function and adaptability to exercise. Thus, Ascorbic Acid is ultimately pro-oxidant.

Why Do People Think Ascorbic Acid (AA) Is Beneficial?

Because its anti-oxidant properties, released when it is first taken, gives relief from the symptoms of a cold and the flu. However, because AA is the outer coating and only one of six nutrients that comprise the whole food Vitamin C Complex, the body considers it a foreign substance and cannot metabolize it. Therefore, its presence interferes with the production and function of body's anti-oxidants, and AA ultimately becomes pro-oxidant, instead of the anti-oxidant they think they are taking.

For more information on nutritional drugs, read my PDF file, titled, "**Drugs vs. Whole Food Supplements - Comparison Chart**" in the section titled, "Articles By Dr. Smith" on our website – www.AdvancedClinicalNutrition.com.



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Only Whole Food Supplements Provide The Benefits Reported In Clinical Studies

The nutrition industry, like the medical industry, has also been neglectful in their public education. They have neglected to educate the public on the fact that only "whole foods" and "whole food" supplements can actually supply the nutrients the body can use to heal. All the benefits you read about in clinical studies on the benefits of a vitamin and mineral, will only give you those benefits if you are getting those nutrients from whole foods or whole food supplements.

It is time for people know the truth: that the only healing substances on earth are found in whole foods, whole food vitamin/mineral supplements, herbs and homeopathics.

PLANT-DERIVED VITAMINS, MINERALS AND HORMONES

Therapeutic Synthetic, Isolate or Plant-Derived Vitamins and Minerals

There are also synthetic and CEI vitamins/minerals dispensed only by nutritional health care professionals, who may or may not be unaware of the difference between synthetic, CEI and whole food supplements. **There are also supplement companies, who sell the same formulations of synthetic and isolated vitamins, with one bottle label for public sales and the other for professional sales.** This to me is quite unethical and when I first learned about it I was shocked and deeply disappointed in my industry. Unfortunately, it is a common and factual practice in the nutrition industry today.

Consider this: If a supplement company manufactures a line of supplements that is sold to the public, where they do not know the person(s) buying their supplement (their history, sensitivities, allergies, etc.) and they have done no testing of the biochemistry of the person buying their supplement(s), the company, obviously, cannot produce a very potent supplement. Otherwise, if the person buying their supplement had a reaction to the supplement, the company could be sued

Therefore, because it is a fact that over-the-counter, online and direct mail supplements sold to the public are not potent, in the case of the same formulations being sold to the public and professionals, just with different labels, the so-called "therapeutic" synthetic and isolated professional line of supplements are not potent either.

True therapeutic supplements are potent. However, as mentioned, not all therapeutic supplements are whole food supplements. Whether potent or not OR a professional line or sold to the public, any synthetic or CEI supplement acts the same, as nutritional drugs, that manipulate biochemistry, are treated as a foreign substance, rot in the tissue where they settle, when the body is unable to eliminate them, when discontinued, symptoms return, sometimes in days, weeks, even months later, and new symptoms arise from long-term consumption, without the person taking them understanding that the supplements that are taking that they thought were "good" for them, had actually caused the new symptoms.



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Bio-Identical Hormones/Progesterone and Estrogen Creams

Plant-Derived Vitamins and Minerals are similar to crystallized, extracted isolates, in that the vitamin or mineral is extracted from the plant. Originally, plant-derived hormones (called bio-identical hormones), were only available in a cream or ointment and applied topically. Now, they have plant-derived, sublingual bio-identical hormones. The creams/ointments have toxic chemicals in them which act as binders to hold the cream/ointment together.

Physician Prescribed Bio-Identical Hormones To One Of My Clients

One of the first clients I had who came to me using a progesterone bio-identical cream had been referred by one of our local physicians. For 10 years she had suffered with diarrhea, seen many doctors locally and in other cities, without results, and sometimes medical treatment had made it worse. She had not lost her sense of humor as she said after 10 years she knew every bathroom in a 350 mile radius of her home.

Her physician also recommends nutritional supplements to his patients, though he does not know the difference between how they are made and, so, though he has good intentions, he recommends nutritional drugs. When he learned about a nearby-pharmacy compounding bio-identical hormones, he was very enthusiastic about them. From his perspective, I could understand why, when you compare them to pharmaceutical Hormone Replacement Therapy drugs that were finally exposed to causing cancer.

This physician had referred this client to me when he also could not help her with her diarrhea. Within three weeks, on her clinical nutrition program, her gastro-intestinal system had improved to only 10 bouts of diarrhea per day and within two months, she had none. She had five areas of her body that were dysfunctional and contributing to her diarrhea.

About three months later, at her progress report appointment, she announced that she was on bio-identical hormones. I asked her why she had not asked me if she was also interested in female hormone balance and she said, "I did not know you would help that." I gave her a lesson in what is inside the cells and demonstrated to her that only nutrients can repair and heal at a cellular level, so we can help everything that challenges the mind and body.

If you are interested in this lesson, read my website article titled, ***"What is Inside Our Cells Proves What Heals Our Body!"***

She asked me if I knew about bio-identical hormones and I said, "Yes, of course." Then proceeded to tell her about how plant-derived hormones are isolated hormones extracted from a plant and that the creams contain toxic binders. We then continued with her Progress Reporting and I asked if she had any new symptoms, and she said, "Yes, her wrists were hurting her" and she could not figure out why, because she had no past experience of injury or pain in her wrists.



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I asked her where she was applying her plant-derived, bio-identical hormones. She replied, "On my wrists." She looked at me with that "light bulb of enlightenment" in her eyes, that I so love to see in clients, and asked me what I recommended to balance hormones. I asked her to request a copy of her hormone tests from her physician that way she could save money as I would not need to run the tests for her, but then she told me that it was a blood hormone test. Saliva hormone testing is a cellular test; blood is not, so I gave her a Female Saliva Hormone Kit to take home with her. If you want to balance hormones it requires a saliva and hair test. Blood alone is not sufficient to make an assessment of hormone imbalance.

Then I informed her that after I analyzed her saliva test (we already had a recent hair analysis in her chart), I would be able to answer her question specific to what she needed. Bio-identical hormones are truly not identical to the hormones that the human body makes, so again, we have the problem with manipulating biochemistry and giving women a false positive symptomatic response.

Any Hormone Cream Can Cause Hormone Imbalance

Prior to bio-identical hormones, progesterone creams were the "in" thing. However, I do not recommend hormones in any cream or ointment form for three reasons:

1. Not whole foods.
2. Toxic binders
3. Inability to control the dosage.

By now, you understand the science behind #1 and #2 above. Regarding #3, though the patients are instructed in the amount to apply by those who sell the creams/ointment to them, at one of my Clinical Nutrition Conferences, it was reported that about eight months after using progesterone creams topically, women experience severe depression and a number of pre-existing symptoms resurface.

Women, who are not aware that this will happen, never associate symptoms eight months later as being caused by the progesterone cream they are applying because when they first started using the cream, their symptoms went away so successfully, many thought the creams were a lifesaver in regard to ending their long-suffering hot flashes, hot sweats, depression, mood swings, etc.

Additionally, women often applied more than the recommended dosage, and even those who applied the amount accurately, some reported using their fingertips to apply the cream, which caused them to absorb more. Creams make it impossible to assess accurate dosage, so the professional is unable to provide timely monitoring and dosage changes, and women who self-treat by buying progesterone cream over-the-counter, by mail or online and not trained to self-treat or self-evaluate.



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FEMALE/MALE HORMONE TESTING AND SUPPLEMENTS

If you are interested in female or male hormone balance, what you need after a hair and saliva test analyzed, and then retesting will provide timely monitoring to change dosages and supplements, which are provided in a pill, capsule or pellet form for accurate dosage monitoring.

Why Hormone Testing Requires A Hair Analysis!

Physicians diagnosis and prescribe from serum (blood) hormone testing and most non-medical health care providers assess from saliva hormone testing. Why saliva? Because saliva is the only specimen that tests accurate hormones at a cellular level, and it is the hormone imbalance in the cells that produces the symptoms of hormone imbalance. High (elevated) or low hormones blood levels can be caused by other factors than deficient or excessive glandular hormone production.

I assess from saliva hormone (male or female) testing and a Tissue Mineral Hair Analysis. Why hair? Your hormone saliva tests can be perfectly normal and yet you can still have a hormone imbalance if the hormones are not being transported to the cells.

Role of Minerals In Hormone Balance

Minerals are required to transport insulin, hormones and other biological secretions and substances to the cells. I do not assess female hormones in blood for the same reason, i.e., if minerals do not transport the hormones to the cells, hormones can appear excessive (elevated) they pass through the blood to the liver, so the liver can change them into a water-soluble substance and to send them to the kidneys to be detoxified (removed from the body). When some blood hormone tests appear elevated, the others will appear low, so blood alone is not a complete assessment of hormone levels. I would never take a hormone drug or supplement based on blood testing alone. This biochemical process applies to Vitamin D blood testing also. At the time of this writing, many physicians are diagnosis Vitamin D from blood tests and recommended Vitamin D supplements, which will manipulate the biochemistry and suppress symptoms as the Vitamin D supplements, sold to the public, are isolates.



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NOT ALL NUTRITIONAL PROFESSIONALS ARE THE SAME

Professional Differences In Therapeutic Supplement Knowledge

When new clients contact me after having solicited the services from other professionals in my industry, like other Nutritionists, Clinical Nutritionists, Naturopathic Doctors, Chiropractors, etc., having not achieved the results they expected from the guidance of these professionals, one of the obvious reasons why becomes evident when the client presents a list of synthetic and isolated supplements in their **History and Symptom Questionnaires** that they have, not only purchased over-the-counter, on-line, and by direct-mail, but, also, from other professionals.

What concerns me most? “These are supposed to be “professionals.” Yet, they do not know, or I am giving them the benefit of the doubt, that they do not know the differences in synthetic, isolated and whole food supplements, in addition to, those who are not even aware that they are being sold OTC, OL and DM, low-potent, synthetic and isolated supplements labeled as a professional line of products, and often at higher prices. However, they are professionals and they should know. This is another reason for writing this article for my clients, to help them understand why previous professional services did not work.

Differences In Knowledge of Test Interpretation

Most of my new clients receive a **Hair Tissue Mineral Analysis (HTMA or TMA)**, as one of their Initial Assessment Laboratory Tests, because this is the only specimen that identifies cellular minerals and toxic metals levels. At their Report of Findings, I share how to read the HTMA Report. For example, why an iron supplement would not be recommended when a HTMA Lab Reports indicates an iron deficiency and would be recommended when there is an iron deficiency in a blood chemistry lab report.

However, in interviewing new clients and previous protocols, I have learned that this is another example of how not all professionals in my industry know what they should know in analyzing nutritional test results.

This is why I am committed to share the truth about my industry to protect my clients and their families, who benefit from what they learn as a client of **Advanced Clinical Nutrition**.

Beware of Vitamin D2 (Isolate) & Those Who Recommend It!

Additionally, many physicians, even some nutritional professionals, who are not aware of the latest clinical nutrition research, are recommending Vitamin D2 (Ergocalciferol). ***The American Journal of Clinical Nutrition**, Vol. 84, No. 4, 694-697, October 2006*, “published a clinical study titled, “**The Case Against Ergocalciferol (Vitamin D2) As A Vitamin Supplement**,” which reported, vitamin D2 does not raise serum 25-hydroxyvitamin D (low blood levels), and it has a diminished binding of Vitamin D2 metabolites to vitamin D binding protein in plasma, and a nonphysiologic metabolism (cannot be metabolized). Therefore,



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Vitamin D2, or ergocalciferol, should not be regarded as a nutrient suitable for supplementation or fortification (such as included in packaged, processed foods).” Not that we want to eat any food that has been fortified with an isolated vitamin or mineral.

CONSEQUENCES OF NUTRITIONAL SELF-DIAGNOSIS GUESSING AND SELF-TREATMENT

Nutritional Self-Diagnosis and Self-Treatment Does Not Lead To Cellular Healing and Regeneration, Which Is Foundation to Lasting Health Improvement.

No professional knows everything. New discoveries are a natural evolution of the application of the knowledge we currently have. However, the information I am sharing in this article, regarding how supplements are manufactured and nutritional test interpretation, is foundational and should be known by all professionals providing nutritional services on any level of expertise.

Because of so many factors, from soil depletion, chemical additives and environmental pollutants in our air, food and water, and nutrient depletion from drug intake, stress and electro-magnetic fields, **people are experiencing mild to severe symptoms of “clinical” and “subclinical” nutritional deficiencies and their adverse effect on human biochemistry and organ/gland function, more than they are the progressive stages of this process**, which is called degenerative diseases. Though, their numbers are increasing, too.

Because of this, it is very important that nutritional health care professionals know what they are doing because Nutritional biochemistry, in itself, is a complicated science, in addition to, other related science affecting human biochemistry, so there is simply no way that an individual can self-diagnosis and/or self-treat to improve their health at a cellular level and stay healthy, without professional testing, guidance and whole food therapeutic supplements.

What Is Required To Make Right Supplement Choices, Without Professional Guidance

Let's take a survey of what an individual must know to determine, if their supplement choices, in the past and currently, are right for them:

1. Clinical and subclinical knowledge and application in their own nutritional biochemistry, biology, physiology, anatomy, psychology and quantum physics.
2. Clinical and subclinical nutritional interpretation of their Laboratory Testing (blood, urine, saliva, hair, stool), etc., and be able to prioritize findings to plan order of treatment.
3. The educational degrees to order Laboratory testing themselves.



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4. Clinical and subclinical knowledge of the complementary, synergistic and adverse reactions of vitamins, minerals, amino acids, enzymes, co-factors, neuro-transmitters, etc., in nutritional supplementation, herbs and homeopathics, as well as pharmaceutical drug interactions and contraindications.
5. Clinical and subclinical nutritional knowledge to utilize the nutrient knowledge in #4 in selecting therapeutic supplements for the design of protocols, treatments and programs to correct the abnormal nutritional findings on the nutritional interpretation.
6. The educational degrees to order therapeutic supplements for themselves.
7. Knowledge in the way supplements are manufactured and formulated to evaluate professional supplement company actually providing whole food therapeutic supplements that will nourish at cellular level to assist the body in growing new, healthy cells and tissue, balance biochemistry, restore organ, gland and body system function, reverse disease patterns and prevent future diseases.

After reading this list, clients should be able to understand why it is a waste of time, energy and money to try to do this on their own. It is also important to note that just as not all vitamins are the same and not every professional is the same either. So when I say professional guidance is required, there is a criteria in which to determine if a professional health care provider can help you, also.

WHAT CLIENTS SAY ABOUT OUR SERVICES

The most frequent comment I receive from clients is, "I wish I had come to you first!" In fact, the most recent was a few days into revising this article. This new client had seen eight different nutritional care professionals (from two different types of Nutritionists, three Naturopathic Doctors, a couple of Chiropractors, who sold supplements, and an Acupuncturists), as well as a long list of medical professionals from the Veterans Hospital, Mayo Clinic and a number of local physicians, over the past 16 years.

After just 3-6 weeks on the program I designed for him, based on a clinical nutrition analysis of his blood tests, he shared that he was feeling better than he had in over 16 years.

Additionally, his blood tests were from his latest medical doctor, who specialized in functional (nutritional) medicine, had prescribed supplements for him few weeks before finding my website. After talking to me at his **Free Inquiry Telephone Consultation**, he said he understood more about what he had been experiencing for almost two decades than anyone else had ever explained to him before about his health challenges. He also shared that this medical doctor had run \$5,000 worth of blood tests (paid out of pocket) and had put him on \$500 worth of supplements. When he emailed his list of supplements and website links to



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them, they were isolates. He shared he had felt symptomatic relief for about two weeks on them, then, his symptoms came back.

Taking \$500 worth of whole food supplements which I would classify as a Horse Financial Plan would bring some fast healing, however, what was happening to him was this: taking less isolates, his symptoms would have not have returned so quickly while on them or even so quickly after stopping them. However, because his biochemistry could not manage producing the energy required to 1) “attempt” to metabolize \$500 worth of incomplete (isolated) vitamins and minerals AND at the same time, 2) continue to “try” to heal his health challenges as they body is always trying to do even if it does not have the nutrients it requires to do so, after two weeks, his body just could not manage to do both, so his symptoms returned.

And I just charged him our regular fee of \$410 (for 44 blood tests) to analyze his \$5,000 worth of blood tests to design his whole food supplement program. (LOL)

Naturopathic Health Care

Naturopathy is the origin of all health care practices today. All physicians were originally a combination of naturopathic doctors and emergency medical technicians. Chiropractics originated in naturopathy, having chosen to branch out, or specialize, one aspect of naturopathy that related to mechanics or manipulation of the skeletal system.

Due to the monetary gain of pharmaceutical drugs, once organized in the early 1900's, aggressive steps were taken to suppress the knowledge and practice of naturopathy in the United States, such as removing its curriculum from medical schools. Though their attempts were unsuccessful as naturopathy has continued to exist paralleling the establishment of the medical system we have today, the suppression of public knowledge about naturopathy and the promotion of drugs and surgery has succeeded in our having several generations of Americans being raised unaware of this health care system until its resurgence in media spotlight in the 1970's, when Americans became intolerant of drug side effects and unnecessary surgeries, like hysterectomies, gall bladder removal, tonsillectomies, etc.

Clinical Nutrition Health Care

The profession of **Clinical Nutrition** in the field of nutritional science was established in the early 1980's to meet the rapidly growing state of malnutrition and toxicity (chemical/metal) adversely affecting the health of Americans. This profession is currently where physicians were in the early years of their both their naturopathic and then termed “medical” practice when physicians diagnosed and dispensed their medicine for treatment, i.e., before pharmacies were established. Thus, we must dispense clinically-formulated, therapeutic supplements to our clients/patients.

Advanced Clinical Nutrition is not a pharmacy or a health food store, we are a virtual nutritional clinic, that operates under the legal and clinical nutrition ethical codes of practice and can only dispense therapeutic supplements, after providing clinical nutrition testing and evaluations of the individual's biochemistry, which identities the specific therapeutic supplements each client require and we are required to monitor our clients progress on their



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therapeutic program, which includes updated testing. Therefore, therapeutic supplements would not be available to the public (i.e., our clients) today, if they were not dispensed through nutritional health care professionals.

MAINTENANCE SUPPLEMENT PROGRAM

Once our clients have attained optimal health, a Maintenance Whole Food Supplement Program is provided, without the requirement of testing and maintenance supplements can be taken as needed or desired, indefinitely. Due to factors outside our control and those times when each client may deviate from healthy dietary practices, etc., supplementing one's diet today is essential to health maintenance. Additionally, just as the medical industry has established annual medical check-ups for 'early disease detection,' we provide an annual assessment of our client's biochemistry to monitor their nutritional health to maintain wellness and prevent disease.

Annual nutritional biochemical testing monitors our clients health to address any new deficiencies that occur over time, due to factors outside their control and when they deviate from maintaining consistent healthy lifestyle practices according to the principles (laws) of health (biochemistry, etc.).

We also provide maintenance, whole food supplements for the family members and friends of our clients, who are not current clients, so they too may have access to "whole food" multiple vitamins. Upon request, we provide a General Maintenance Supplement Program of Care, with guidelines on how to design a maintenance supplement program, along with a list of the whole food supplements that do not require testing.

ARTICLE SUMMARY OR KEY POINTS

After reading this article, our clients should have a better understanding about the three ways supplements are manufactured. Only whole food supplements (vitamins, minerals, enzymes, co-factors, etc.) can be metabolized by the human body as concentrated foods to nourish, repair, heal and grow (regenerate) new healthy cells to balance human (and animal) biochemistry, restore organ, gland and body system function, reverse disease patterns and prevent diseases.

Synthetic and isolated supplements are not whole food supplements. They are nutritional drugs, which like chemical drugs (medicines) manipulate the metabolism and human (and animal) biochemistry, suppress symptoms (which return once these types of supplements are discontinued), and long-term use (i.e., over two consecutive months) causes more deficiencies, biochemical imbalances and organ, gland and body system dysfunctions. They, also, cause deeper deficiencies in the vitamin for which the supplement is supposed to be supplying and interfere with the metabolism of that vitamin, as well as all other nutrients that rely upon that vitamin. For example Ascorbic Acid (labeled as Vitamin C) causes Vitamin C Complex deficiencies and interferes in the metabolism of the Vitamin C Complex within the



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body at the time and all other nutrients relying upon the whole food Vitamin C Complex. Ascorbic Acid is the outer coating and only one of six nutrients that comprise Vitamin C Complex as nature made it.

Some supplement companies, unfortunately, sell the same vitamin formulations to both the public and nutritional health care professionals, only the label is changed. In other words, they have a label for the public and another design label for nutritional health care professionals, but the ingredients are the same. So the professional line products the client is purchasing from these health care providers are low potency, whether they are whole foods (like herbs), synthetically-made or isolated vitamins supplements.

Because Public Health Education funded by the medical industry does not keep pace with the rapid increase in the production of synthetic and isolated supplements by the nutrition industry today, the public has “**False Assumptions**” that are causing them to make erroneous choices in their nutritional health care, such as not being aware that it is best to “test” before “buying” supplements, not all supplements are the same, more is not better, and assuming that no matter what “vitamin” supplement they take, the body will use it as food to repair, heal and improve health, to name a few. You may request a copy of this article for more information.

Two primary False Assumptions and 1 Fact that motivates the public to self-treat are:

- **False** - it costs more to seek testing, consultations, education and guidance from the right nutritional health care professional. Actually, look in any cupboard and you can see wasted money on buying supplements you did not need or did not work because you had not testing to guide you in what to purchase.
- **False** - therapeutic, whole foods supplements are priced higher than over-the-counter or direct mail supplements,
- **True** - there are so many vitamin supplements available to the public for purchasing without professional prescription. However, you do get what you pay for.

This article provides seven examples of why nutritional self-diagnosis and self-treatment costs more in time, energy and money, as well as additional time, energy and money to correct the additional deficiencies and health challenges that result, in addition to delaying addressing the cause and actually healing the body.

After reading this article, the public and our clients should have a greater understanding and value of the services we provide from testing to consultations to whole food supplementation. This article, the False Public Assumptions article, our website, newsletter, blog and therapeutic and educational consultations that will be provided to new clients, will equip our clients in discerning false and erroneous nutritional information from the media and disease care professionals, who not trained in clinical nutrition or naturopathy, whether false information is being distributed, unknowingly and/or purposely. Unfortunately, just as our medical system today is profit-driven, so is the nutritional and food industry. So, keeping the



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public in the dark about the adverse side effects of synthetic and isolated supplements as long as possible is money in the bank for these manufacturers and their distributors.

In conclusion, though prices of therapeutic supplements are comparable to the supplements sold to the public, i.e., they do not cost more, and sometimes even less, there is no comparison to therapeutic, whole food supplements in regard to their ingredients, formulations, potency and positive healing effects on human (and animal) biochemistry, restoration of health and prevention of disease.

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 bestselling e-books have been listed below and are available for purchase on her website..

Dr. Smith 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 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 Therapeutic Dietary Plan. Foods in each plan are selected for their food chemistry, i.e., their effect on the individual's biochemistry as identified through their own laboratory testing. .



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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 six 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. You may also call this number to schedule your FREE Inquiry Telephone Consultation with Dr. Smith. To save time at this consultation, please complete the Inquiry Questionnaire on her website.

Meanwhile, please feel free to browse www.AdvancedClinicalNutrition.com, subscribe to Dr. Smith's FREE Newsletter and increase your education through reading Free Articles by Dr. Smith. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

E-BOOKS BY DR. SMITH

Below is a list of a few e-Books by Dr. Smith. Go to our website for a complete list of Dr. Smith's e-Books .and you may order online or by phone at (940) 761-4045.

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – Over 250 pages
- 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



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(abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).

- False Assumptions People Make About Nutrition and Nutritional Supplements (Over 30 pages)
- Fibromyalgia – A Clinical Nutrition Syndrome” (68 Pages).
- Dr. Smith’s Hair Restoration Program – Anti-Grey Solutions (59 Pages).
- Health Chest - How To Update Your Medicine Chest To a Health Chest (Over 250 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.