



# Causes of All Illnesses and Diseases

By Dr. Donna F. Smith

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## WHAT DO MEDICAL REPORTS SAY ABOUT CAUSES?

Read any medical report, text book, article, or media announcement or advertisement about any medical condition, disorder or disease, and you will read statements like,

- "the exact causes are not known.
- "no known cause"
- "no cure."

Next, what you will read are statements like: "However, there are several factors and conditions that play a role in its development, such as ....." Then follows a list of dietary and lifestyle factors, like the list in the next section of this newsletter below regarding the Causes of High Blood Pressure.

**I mean, really, THESE lifestyle factors or conditions ARE the CAUSES!!!**

## THE LAWS OF PHYSICS - CAUSE AND EFFECT

One of the Laws of Physics is "cause and effect." The laws of physics cannot be changed or altered. It is not subject to or influenced by the beliefs, attitudes, thoughts, actions or manipulations of any person or organization. Laws are fixed and in operation in spite of human beings. So what does this law of physics mean? - that for every cause there is an effect. In other words, whatever happens (cause) results in another happening (effect). You cannot have an effect (i.e., a symptom) without a cause. It is just not "physically" possible.

Therefore, it follows, that there is also a cure or reason (cause) for every symptom (effect) of an illness, disease, disorder, syndrome, condition, whatever the medical industry wants to label it (diagnosis). This includes the symptoms

(effects) of every nutrient deficiency, biochemical imbalance and organ, gland and body system dysfunction that precedes illness, disease, etc. No one goes from perfect biochemical balance (health) to disease overnight.

Disease is long-term degenerative process and every diseased organ or gland started with nutrient deficiencies that in time adversely affected biochemical balance, which then interfered with the healthy function of organs and glands. Then in time progressed to the disease stage in those dysfunctional organ/glands, until death ensues. That is, unless you proactively reverse this process by raising nutrient levels, balancing biochemistry and restore organ/gland function.

Unfortunately, medical information is not written so that you can clearly understand that there is a cure (correction) for your illness and disease.

### **WHY MEDICAL REPORTS AND TEXTS DO NOT INCLUDE THE REAL CAUSES?**

Why do medical texts, articles, media announcements and advertisements not state out flatly that lifestyle practices/exposures are the causes? Do you think it might be because lifestyle practices and exposures cannot be cured with drugs or surgery and drugs and surgery has been the primary treatment since the the early 20th Century?

### **WHAT IS THE EFFECT OF A LACK OF CLARITY ABOUT THE CAUSE OF DISEASE.....**

Because adults alive today were born in the 20th Century, this false belief that there are no cures or causes has been perpetuated long enough that it has been accepted as truth and is at the core of why **American are so unhealthy today (U.S. Statistical Abstract of 1992, 98.5% of the U.S. Population is unhealthy) and why America rated #37 out of 191 countries on the World Health Organization (WHO) report on health care performance.**

It is important for our subscribers and clients, as well as the general public, to understand the medical perspective, otherwise, they read these texts, articles, news media announcements and advertisements, believing there is no cure or known cause for their symptoms, illnesses, conditions, disorders and diseases.

When people are not clear about their lifestyle practices and exposures being the cause, they ...

1. totally overlook their role in the cause of their illnesses and diseases (i.e., their daily lifestyle practices and exposures)
2. which then alleviates the necessity of educating themselves to learn what in their lifestyle must be corrected to actually cure their mind and body.
3. delays or prevents their getting the professional help they really need from healthcare providers trained in helping them correct their lifestyle causes and effects health challenges. Making positive changes is the place to start, however, it is not enough. Though lifestyle and dietary changes prevent making their current health challenges worse and creating new ones, which is great and is foundational to maintaining health once attained, it is not enough to help their current health challenges because of the complexity of correcting the nutrient deficiencies, balancing body chemistry and restoring organ/gland function.

Below I have provided information to assist you in understanding how Lifestyle Practices and Exposures (the cause) leads to the effects that produce the symptoms of illness and disease.

## **CAUSES OF ALL ILLNESSES AND DISEASES.**

By Dr. Donna F. Smith

### **INTRODUCTION: A Word From Dr. Smith**

Have you had an intuitive thought that, perhaps, you have known all along that that all illnesses and diseases are caused by our own lifestyle practices and exposures, except for injuries from accidents, war or abuse, and hereditary factors, with some exception regarding the latter?

As simple as that sounds, the FACT IS correcting the adverse "effects" on nutritional biochemistry, human biology, and the bio-electrical system from lifestyle "causes" is VERY complicated.

### **THE "EFFECTS" OF LIFESTYLE "CAUSES" PRODUCES YOUR SYMPTOMS**

Lifestyle practices and exposures (the cause) has the effect of malnutrition, toxicity or injury, which then produced the symptoms of illness, disease, etc.

In other words, all symptoms, illnesses, diseases, conditions, disorders, syndromes, whatever you want to label it, exist because of one or more of the following four effects have been caused by the person's lifestyle practices and exposures.

**Lifestyle practices** include consumption, detoxification and exercise. If these three are sufficient, health is attained and maintained. If they are deficient or excessive, illnesses, diseases and/or accidents ensue, which will also affect the health of your unborn future children and those living presently, so it also affects your future generations in your bloodline. In future generations, you will be their hereditary factors.

Lifestyle also relates to the mind and body's ability to adapt or handle exposures without adversely affecting homeostasis (i.e., biochemical balance, which is the true definition of health).

Adaptation is the ability to detoxify toxic substances exposed to and recover from a stressor to return to homeostasis as quickly as possible. Homeostasis is balance, whether it is biochemical, bioelectrical, mental, emotional, etc.

## **LIFESTYLE PRACTICES**

1. **Consumption** - what is consumed through all body openings (mouth, nose, ears, skin, rectal, etc. This includes what is eaten, drank, injected, or applied.

a. Eat and Drink: What you eat and drink (beverages and water) needs no explanation. You know what food is and non-food is. Non-food is what we all junk food (i.e., refined, processed, chemically-additive). Your daily choices determine whether you are building health or breaking it down over time.

b. Injected and Applied: Examples of injected or applied includes are sinus inhalers injected into the nose or personal care products applied to the skin, hair, nails. Chemicals in the fabrics you were in a sense is applying those chemicals that come through your skin that touches the fabric. This also includes drugs that are injected or applied, such as through ointments.

c. Sunlight - consumption also includes sufficient, deficient or excessive sunlight. This could be categorized under "exposure," however, I have

included it here because of it is from sunlight the human body derives the greatest percentage of Vitamin D.

## 2. Exposures:

- a. Chemicals and metals (pollutants) in air, food, water
- b. Environmental exposures (plants, weather, etc.). Example: poison oak/ivy, frost bite, etc.
- c. Industrial exposure (metals, glass, etc.)
- d. Stressors - [click here](#) to go to my web page for information on the different types of stressors.

3. **Detoxification** - the body has an innate system of detoxifying (removal) waste. However, due to consumption and exposures today, there is much waste that is not being detoxified. Waste that stays in the body, rots or ferments, causes infection and inflammation, which is experienced as pain. Therefore, today, the human being must assist its body in providing bi-annual full body detoxification to maintain health. When you are ready for more information on this, please call. [Click here](#) to view my website Slide Show Presentation, titled, "We Live In A Toxic Environment," which provides the statistics on the amount of pollution we are exposed to in our air, food and water.

4. **Exercise (Body Movement)** - the lack of or excessive exercise, or sports training, is a lifestyle practice that promotes health or can cause accidents, and contribute to illness and diseases. Sufficient exercise strengthens muscles, improves circulation and assists in detoxification (sufficient body movement removes waste through skin and the lymphatic system). Whereas, a lack of exercise promotes waste accumulation, which rots/ferments and causes infection/inflammation (pain) and excessive exercise/training depletes nutrients (burns up, metabolizes too quickly), exhausts nutrient reserves, so the body does not have sufficient time to utilize nutrients sufficiently to operate and maintain function. Nutrients coming in must match exercise burning of nutrients (nutrients out).

To identify and correct the Causes #1-#3 as it relates to your symptoms and health challenges requires the professional guidance of a Clinical Nutritionist,

Naturopathic Doctor, and/or Herbalists (like Dr. Smith) and regarding #4 Exercise, the following may meet your needs (Personal Trainer, Physical Therapist, Yoga Instruction, home gym, private gyms, or get a walking buddy to make rounds with you at school tracks, nearby park or lake walks, etc.

**TO IMPROVE AND MAINTAIN HEALTH,  
EACH PERSON MUST CORRECT THE CAUSE AND THE EFFECT.**

Lifestyle practices and exposures (the causes) then lead to the following effects on the human mind and body. These effects, then, are what produce the symptoms for which people are suffering.

All symptoms of illness and disease, no matter what they are labeled (diagnosis) by the medical industry, are produced by the following:

**EFFECTS (PHYSICAL EFFECTS):**

**Note:** Because the mind (housed in the brain) is part of the human body, these physical effects can also produce mental and emotional symptoms.

1. **Malnutrition** - To be healthy, cells must be in a state of homeostasis, which is nutrient sufficiency to maintain biological, biochemically and bioelectrical balance and organ/gland function. Malnutrition is in America, not just 3rd World Countries. Malnutrition is.....

- is either a clinical (severe) deficiency, like a severe Vitamin C deficiency that produces the effect, called "scurvy" or
- a sub-clinical (insufficiency), like not enough Vitamin C for the healthy function of the human mind and body.
- Symptoms may, also, be due to moderate levels of deficiency.
- Malnutrition is also caused by the depletion of nutrients from chemicals in drugs, food, water and air and excess stressors and exercise.
- Note: though not a deficiency, excessive nutrients can also produce symptoms of biochemistry and organ/glands under stress of trying to metabolize excessive nutrients. This is like putting five quarts instead of four quarts of oil in your car. Five quarts does not cause the body to

immediately breakdown, but doing this at every oil change, in time, will due to too much stress on engine parts to deal with the excess.

## 2. **Toxicity** - is poisoning, whether this is

- as severe as poisonous accidents or events recorded by the agency "Center for Disease Control and Prevention" or
- accumulative poisoning of our cells and tissues from chemicals and metals ingested or exposed to in food, water and air.
- This includes the waste from parasitic infestations and the chemicals in all pharmaceutical drugs.

## 3. **Injury (Accidental or War-time)** -

- Examples, such as breaking a bone from falling off a ladder, having the spleen removed from a car accident, or an arm amputated in war.
- Note: As the body becomes weaker due to malnutrition and toxicity, people incur more injuries as they become more accident prone, such as their knees buckle underneath them and they fall.
- Therefore, injuries can, also, relate back to Lifestyle as the cause vs. some outside force causing the injury, like war or when another driver hits your car and causes an accident where you were injured.

## 4. **Hereditary/Genetic Factors** - you are born with an inherent biological weakness. However, the cause is still lifestyle, only this is the lifestyle of your ancestors.

- Though cause from hereditary and genetic factors are true medical and scientific facts in relationship to some symptoms of illness, disease, or biological dysfunction), my clinical observations since 1981 in assisting my clients in improving their health, is as follows:
- I have been informed by a number of clients that the a specific health challenge they have was medically diagnosed as being caused by hereditary or genetic factors, and they would have to live with it or take a specific drug(s) for it for the rest of their life. Yet, as early as 3-6 weeks, each of these clients, have improved in their symptoms, i.e., areas of the

body producing the symptoms. In time, these areas attained optimal healing.

- This has led me to conclude that sometimes patients are diagnosed with hereditary or genetics as the cause when the physician's drug treatment failed to suppress their symptoms. Physicians, who are unaware of the benefits of clinical nutrition and naturopathy, would logically assume the cause is hereditary when the patient does not response to drug treatment.

## **DRUGS CAUSE MALNUTRITION AND TOXICITY**

Today, it is medical practice to prescribe drugs for the symptoms of malnutrition and toxicity, because the purpose of drugs is to suppression of symptoms by manipulating the biochemistry and nervous system, not to cure the cause of the symptoms. Chemicals in drugs deplete the body of nutrients and are poisonous to the human body, so taking drugs lead to making the areas of the body for which the drugs are taken, more malnourished and toxic.

Not only is taking drugs not getting to true cause (lifestyle) and effect (malnutrition and toxicity) that produced the symptoms, drugs, in time, make the symptoms worse by making malnutrition and toxicity worse AND creating more symptoms (Drug Side Effects). Then more drugs are prescribed for the more intense symptoms for which the original drug was taken or to manipulate the biochemistry to suppress the new symptoms created by the side effects from the drug taken.

**Drug Side Effects** are the symptoms of nutritional deficiencies (malnutrition) and toxicity (poisoning) in the areas of the body that has been adversely affected by the chemicals in the drugs the person is taking.

## **WHAT ABOUT PARASITES AND STRESS?**

Parasites (germs and worms) infestation occurs only iwhen the body is significantly malnourished and toxic. So the real effect here is malnutrition and toxicity. Louis Pasteur admitted on his death bed that his theory was wrong, that germs do not cause disease. To fully understand parasites, [click here](#) to read my article on "**What are Parasites (Germs and Worms)?**"

## **STRESS (OR STRESSORS)**

**Stressors**, no matter what type of stressor, depletes the body of nutrients and if the stressor is a chemical or metal, then it is classified under Toxicity, so "stress" is not the cause, it is either the effect of Malnutrition or Toxicity. For information on each type of stressor, [click here](#)

## **WHAT ABOUT MENTAL, EMOTIONAL OR SPIRITUAL STRESS?**

You may say, "Well, what about "Mental, Emotional or Spiritual Stress?" Why is not listed above under "**Effects (Physical Effects)**."

**First**, this article is about "physical" symptoms and their causes, not psychological symptoms. However, I am sure you will agree that lifestyle practices and exposures are still the cause of all psychological symptoms, illnesses, etc. The effects, however, that produce the psychological symptoms can be related to:

- **any of the above physical effects.** For example, a hormone imbalance caused by a deficiency in the nutrients that produce hormones or affect biochemical balance or organ/gland function, can cause a woman or a man to be irritable, have mood swings, even become violent and abusive - verbally and/or physically abusive.
- **mental** (thoughts/beliefs) - the thoughts a person thinks and the beliefs accepted as truth (even if the belief is not true) controls their behavior (actions). Symptoms of abnormal mental behavior can be a direct or indirect physical effect (above) and/or the effect of a traumatic or mentally stressful event. The latter will also lead to the physical effects above and correcting one's erroneous thoughts and beliefs and accepting truth is required when one's thoughts and beliefs alone are the effects producing the person's symptoms.
- **emotional** (anger, love, fear) states - symptoms of emotional illness or states can, also, be produced by the physical effects above and are the effects of the person's mental health (thoughts/beliefs).

What an article I could write on mental and emotional health!!!

**Secondly**, the reason I do not include Mental, Emotional and Spiritual Stress (or any stressor) in the list of "**Effects - Physical Effects**) above is because these types of stressor can also relate to "malnutrition." Why? Because the body is designed to adapt to mental, emotional and spiritual stress, and becomes physically

symptomatic or leads to illness when the body does not have the nutrient reserves required to adapt.

Mental, Emotional and Spiritual Stress can also be from thoughts and beliefs, whether they are erroneous thoughts and beliefs of your own, or the erroneous thoughts and beliefs of another person that has adversely affected you. However, this is not the topic for which this article has been written.

### **THE TERM "CAUSE" OFTEN USED INSTEAD OF THE TERM "EFFECT"**

There are times I may use the word "cause" instead of the proper term "effect." However, this is because unless my article, newsletter or video includes the information above about cause (lifestyle practices/exposures) and effect (malnutrition, toxicity, accidents, hereditary) people would not understand what I meant by "effect." So, anytime you see the word "cause" you must take a minute and recall this information and then you will be able to discern if I (or anyone) am referring to a true cause or its effect.

### **NOW YOU ARE EQUIPPED WITH THE TRUE PERSPECTIVE**

Equipped with the above true perspective on the **cause and effect** of all symptoms (illnesses, diseases, etc.), when you read or view any information on health care (non-invasive, drug-free, natural methods that promote health, such as clinical nutrition and naturopathy) or disease care (medicine drugs/surgery), you will have a more clear understanding of what you are reading or viewing and can **protect yourself from misleading and false information circulating as medical and nutritional facts.**

## ABOUT THE AUTHOR:

**Donna F. Smith, Ph.D., N.D., C.D.N., C.C.N.**, has a Ph.D. in Clinical Nutrition, is a Licensed Certified Dietitian-Nutritionist (C.D.N.), Board Certified Clinical Nutritionist (C.C.N.), and a Canadian Chartered Herbalist. 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**.

She 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** in Wichita Falls, Texas, where she provides a clinical nutrition analysis or nutritional interpretations of laboratory tests (blood, urine, saliva, stool and hair) to identify and correct the dietary and vitamin deficiencies affecting the healthy function of the human body. Dr. Smith, also, provides clinical nutrition services to Healthcare and Fitness Providers, who want to provide clinical nutrition services to their patients/clients, yet do not have the time to do so.

The vitamin deficiency testing and dietary, lifestyle and food supplement consulting services of **Advanced Clinical Nutrition** are provided by U.S. and U.P.S. mail, e-mail and telephone. 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 off work for nutritional services.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 35 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 and/or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse our website at [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to our FREE newsletter, HealthQuest e-News, read more articles by Dr. Smith (Articles Library), to view **Dr. Smith's Secrets To Healing** TV shows and more. 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.