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*Feed Your Body Right*  
Lendon H. Smith, M.D.  
M. Evans and Company, Inc.  
New York, 1994

I. Key Points of the Book

- A. Why Do I Get Sick - At Least Two Factors ( p. 15-18)
  - 1. Your Unique Chemistry - one size does not fit all
  - 2. Genetics Explains Some Diseases - only one factor
- B. How I Got From There to Here - Dr. Smith's story (p. 19-22)
  - 1. His and most doctor's training - Drugs, Drugs, Drugs is the answer
  - 2. John Kitkoski Appears - John contacted Dr. Smith
    - a. John had studied animals and plants and was now ready for humans
    - b. Sense of smell and taste are hooked up with the brain.
- C. A Very Brief History of Mankind's Efforts to Improve Health (p. 23-28)
  - 1. Hippocrates - (born 460 BC) Accurate observations; "he believed that diseases were the result of natural causes. Let your medicine be your food, and your food be your medicine." P. 23
  - 2. Acupuncture and Ayurvedic Medicines - (4,000 BC) "Most of the world's populations used local plants, teas, extracts, and poultices, but the knowledge was transferred orally and some medical methods have been lost." P. 23
  - 3. Galen - (born 130 AD) Born Greek and moved to Rome. He washed gladiators' wounds with red wine, saving them from fatal wounds. "He did believe, however, that some weakness of the patient allowed sickness to invade." P. 24
  - 4. Paracelsus - (born Switzerland in 1493) Broke from Galen's dogma; he gathered empirical information by traveling and visiting many practitioners; "He felt nature should heal wounds, but he did introduce mercury, sulfur, lead, gold, and even arsenic to the therapeutic armamentarium. Some of his treatments ended up as cures." In those days cures were few as average life span was 20-30 years. P. 24
  - 5. James Lind - (18<sup>th</sup> century) convinced British government that citrus fruits prevented scurvy in sailors; took 50 years to convince.
  - 6. Pasteur - (born 1822) discovered the bacteria that were associated with disease; "finally admitted on his deathbed that it was the territory (the body) that, when weakened, allowed the germs to invade." P. 25
  - 7. Efforts in healing included: bloodletting, mercury salts, arsenic, herbs... aspirin, purges, baths, mercury treatments... p. 25

8. Death was the result: pneumonia, TB, typhoid fever, abscesses, osteomyelitis, meningitis, scarlet fever, peritonitis, erysipelas, childbed fever --- all bacterial infections. P. 25
9. Addiction - "In 1912 a higher percentage of people were addicted to morphine than at any time in American history." (in cough syrup) P. 25 - "The Harrison Narcotic Act of 1912 put a damper on morphine's use." P. 26
10. In 1918-19 Typhoid Mary (influenza epidemic) and streptococcus passed on to public by milk handlers. P. 26
11. Early 20<sup>th</sup> Century "Cures" - sleep with window open, drink three glasses of pure spring water daily, walk in fresh air 30 minutes daily, keep the bowels open, have no negative thoughts, "(Dancing, however, was thought to produce pelvic congestion and increase the risk of sterility for both male and female!) p. 26
12. "In the second decade of (the 20<sup>th</sup>) century the members of the American Medical Association decided that they alone were privy to the scientific basis of medical practice. ...they eliminated some medical diploma mills of the time and laid down a rigorous curriculum aimed at teaching medical aspirants the "science" of medicine." "It seemed a natural progression of logic to blame bacteria for disease; the 'territory' was not important. It was the pathogen. They could now see the little bugs." (with better microscopes) p. 26
13. Antibiotics - arrived in 1930s and 1940s; allopaths put all their stock in the antibiotics. 50 years later...they would see the damage by failing "to address the problem of why the person (territory) got sick in the first place." P. 26-27
14. The medicine that Dr. Smith's Dad practiced in the 1920s and 1930s. Dr. Smith lived to see the folly of many of the treatments his Dad, a well respect physician, used.
15. "Allopathic medicine is 'modern' medicine. Make a diagnosis, and cure the disease with drugs. One definition is 'produce a condition in the body incompatible with the disease.' If you have enough penicillin in you, you will not have a strep throat. By the same token, if you can improve the power of the immune system, the body can do the job itself without the drugs that have their toxic effects." P. 28

D. Nutritional Research - Dr. Smith switched his practice to a more nutritional-oriented approach after 20 years of practice.

1. Smith observed that students who were hyperactive or had academic failure were almost always blue-eyed blonds or green-eyed redheads; and that they were very ticklish; Hair and blood tests indicated they were low in magnesium. P. 29 & 30
2. "Stephen Schoenthaler, a professor of criminal justice in Turlock, California, has done much research to show diet is key in maladaptive behavior in children." By stopping sugar, colors, flavors and additives in breakfasts and lunches for New York children achievement test scores rose from 38 to 53 over 5 years. P. 30
3. Schoenthaler conducted a double-blind, crossover, placebo-controlled study on seventy-one rough, surly male adolescents in a detention home in Oklahoma. Half received a multiple vitamin capsule and the other half a

placebo. Within two weeks - those who had taken the vitamin/mineral supplement "became more compliant, escape attempts and fights dropped 75 percent, and surliness almost disappeared. There was a 5 percent change in the placebo group, but nothing significant. In six weeks, the placebo group got the vitamin capsule, and the incidence of antisocial got better to the 75 percent as the other group had. But the group now on the placebo began to go back to their old antisocial behavior." P. 30-31

4. Archie Kalokerinos and the Aborigines - wrote *Every Second Child*; 1/2 of the children receiving government DTP immunization shots died; their impoverished diets had depleted the immune systems; he gave children in his district Vitamin C and during that time *nobody died*--p. 32-33
5. Frederick Klenner - published his research in 1930s and his papers in a book *Clinical Guide to the Use of Vitamin C.*, (Tacoma, WA: Life Sciences Press, 1988) "While you are pondering the diagnosis, give vitamin C." Safe and cheap...but why aren't the doctors rushing for Vitamin C? p. 33, 34.
6. Norman Cousins - "He used to get a disease every ten years and then write a book about it." First, *An Anatomy of An Illness*. P. 34
7. "Nutritional therapy was useful, but it did not work for everyone, and when it did, its benefits were short-lived. But it did open the door to alternative methods of controlling the physiology. Naturopathic medical methods help many people, and there are no side effects, such as drugs often produce. Chiropractic adjustments are a miracle for others. Homeopathic remedies can work wonders. Acupuncture has great benefits and has been working for over four thousand years. Herbal remedies improve most who try them. These are all safe, nontoxic, and natural. I found I had *not been taught* everything in medical school I needed to know to help people feel good and remain disease free. But, as in the case of drug (or orthodox) therapy, many of these methods provided limited improvement or control. There was still something missing." p. 35

E. What is your body trying to tell you?

1. We have "biochemical individuality"...our bodies are susceptible to different diseases. Dr. Roger Williams coined this phrase.
2. "Diseases are opportunities for victims to discover what went wrong. If people make basic, safe adjustments in their nutrient intake, they can start function normally, usually without the use of medications." P. 37
3. "Doctor means teacher. Some doctors have forgotten that their chief job is to educate. Without this exchange of information, people will not assume the responsibility for their own health." P. 38
4. "Can you trust yourself more than your doctor's judgment? You live right inside your body, and you are the best judge if something is amiss." P. 38
5. Pages 39-41 provides a list of "Solving Some Symptoms and Signs with Supplements."

6. Paleolithic Diets -- Dr. Smith's evolutionary belief shows through as he discusses evidence of what people ate millions of years ago. No doubt people did eat mostly raw food that was at hand, I only disagree with the time frame.
  7. Dr. Weston Price found modern day hunters and gatherers (eg. Tasada in Phillipines). In the 1930s he found them to be very healthy with little tooth decay. P. 42
  8. Modern diseases that our ancestor did not suffer: cancer, heart attacks, arthritis, strokes, appendicitis, hiatal hernia, varicosities, diverticulitis, and osteoporosis. P. 43
  9. On the other hand we have controlled thyroid, cholera, TB, and many parasite diseases. He also tauts the accomplishments of immunizations. P. 43
- F. The Pitfalls of Nutritional Guesswork
1. "Optimal health is not just being free from symptoms and diseases, but having a *zest for life*. If you are perfectly normal and healthy, then you are *cheerful* (without being a pest about it), *energetic* (without being hyperactive), *optimistic* (without being a Pollyanna fool.) p. 45
  2. "The Perfect Person" - 7 hours of sleep awakening refreshed, 3 - 5 well balanced meals, maintain weight consistent with genetic inheritance, fairly constant energy level, reasonably happy with job and pay, able to handle normal stress of life, etc.. p. 45
  3. Chemical Imbalances - "The more we investigate the origin of symptoms, signs, and diseases, the more we find that nutrition -- and specifically, the chemical imbalances in the blood and tissues -- is at the bottom of what ails us. The triggering event that precipitates and an actual disease may be an emotional upset or a physical injury. Something has stressed our body chemistry beyond its ability to compensate; our ability to buffer the changes accompanying stressors has been compromised by our lifestyle, which includes our diet. We are all at risk -- some more, some less." P. 46
  4. Symptoms indicate deficiencies(examples):
    - a. Mood Swings - food insensitivities (milk, wheat, eggs, corn, soy, nuts, anything) p. 47
    - b. Ticklish and Distractible; hypersensitivity to sound, chocolate craving, insomnia - deficient in magnesium and often calcium p. 47, 51
    - c. Craving for Milk - body looking for calcium p. 47
    - d. Gas, lack of energy, bad dreams, many infections, sadness, irregularity -- Vitamin B Complex shot p. 48
    - e. Rough, dry skin, dull hair, dandruff, brittle nails, night blindness, infections, fatigue - Vitamin A p. 49
  5. Dr. Smith read these people: Adelle Davis, Roger Williams, Earl Mandell, Richard Passwater, Abram Hoffer, Linus Pauling, Fredreich Klenner p. 49
  6. Food Sensitivities - " I went to allergy conferences and found out that food sensitivities can *not* do everything, but they *can* do anything." Eg. migraines, ear infections, arthritis, bedwetting, weight gain, poor immune system P. 50
  7. Intravenous Vitamins - Vitamin C and B (Dr. Smith was guessing on how much and how long)

8. Biochemical Individuality - "I covered that query using Williams's concept of individual biochemistry to explain that because of their unique, genetic makeup, they needed more than the Recommended Daily Allowances (RDA). Since both mother and daughter have the same symptoms, the need is genetic. They both share some chemical imbalance in their systems that makes the magnesium unavailable to the magnesium-dependent enzymes. The lesson I was learning from patients was that many people have sicknesses because they have nutritional dependency --not a deficiency." P. 52
  9. Applied Kinesiology - "The basic idea behind AK is that we all have an electrical field of force around us, much like the earth with its north and south poles, and the magnetic field. Because every cell in our body carries an electrical charge, the sum of all those little batteries creates an electromagnetic force around our whole body. ...The kinesiologist can test the muscle to find these changes." P. 54
  10. Dr. Smith developed a system of "reading the body." P. 54 (examples on p. 54 - 56 Then John Kitkoski called. P. 55
- G. Chemistry, the Key to a Healthy Life - If a person has a nutritional deficiency that supplement will smell good to him. P. 57-58
1. "Doctors know, but Kitkoski had to remind me that, if someone breathes deeply and rapidly, he is trying to get rid of the CO<sub>2</sub> (acidic) so he will become more neutral. He may become acidic from running and burning calories, which make CO<sub>2</sub> and lactic acid, or he swallowed a large dose of aspirin (acidic) and the body is trying to compensate by exhaling the CO<sub>2</sub>. (A person in acidosis cannot hold his breath longer than a minute. An alkaline person can hold his breath longer than a minute.) p. 58 Kikoski demonstrated with an aging dog.
  2. "... the majority of us, black, white, yellow, red, brown, so-called normal people in North America are alkaline to some degree. Alkalinity tends to encourage the onset of diseases characterized by muscle tension: high blood pressure, asthma, migraine, backaches and spastic colon." P. 59
  3. You can check acid/alkaline by using litmus papers in saliva or urine. The lower the number on the pH scale the more acidic, the higher the number, the more alkaline. Smell is more accurate P. 60
  4. Smell your way to health - use a scale from 1-10; one is sweet, really good and ten is a real stink, pukey, nauseating (See full scale on p. 60-61)
  5. With the "Life Balances" program a person smells vitamins and minerals from the kits. If the supplement smells very bad, the person doesn't take it that day because he got enough of that from food that day. P. 60-63
- H. Your Senses Tell Your Needs - Life Balances uses only the purest of supplements. P. 65
1. "Kitkoski believes that an illness is not a particular vitamin or mineral deficiency but a complex relationship between ratios." P. 65
  2. Deficiency Symptoms and Signs
    - a. Vitamin A - stress, asthma, fevers, frequent colds, bronchitis, inner ear disease, diabetes, cortisone use, smoking or exposure to pollutants, trauma, cancer, digestive disturbances, alcohol ingestion, pregnancy, liver problems, dermatitis, rough dry skin, warts, acne, ulcers, dull hair, dandruff, brittle nails, etc. p. 66

- b. Vitamin B<sub>1</sub> (Thiamine) - excessive sugar, poor diet, smoking, alcohol, fever, stress, trauma, diarrhea, , fatigue, weakness, depression, paranoia, etc. p. 66-67
  - c. Vitamin B<sub>2</sub> (Riboflavin)- p. 67
  - d. Vitamin B<sub>6</sub> (Pyridoxine) - p. 67
  - e. Vitamin B<sub>12</sub> (Cyanocobalamin) p. 67
  - f. Vitamin C (Ascorbic acid) p. 67
  - g. Vitamin D (from fish oil) p. 68
  - h. Vitamin E (Tocopherol) p. 68
  - i. Biotin - p. 68
  - j. Choline- p. 68
  - k. Calcium- p. 69
  - l. Folic Acid - p. 69
  - m. Betaine Hydrochloride - p. 69
  - n. Iron - p. 69
  - o. Magnesium- p. 70
  - p. Vitamin B<sub>3</sub> - p. 70
  - q. Paraaminobenzoic Acid - p. 70
  - r. Pantothenic Acid - p. 70
  - s. Ammonium Chloride - p. 71
  - t. Potassium - p. 71
  - u. Zinc - p. 72
  - v. Copper - p. 72
  - w. Chromium - p. 72
  - x. Manganese - p. 72
3. What you can do for yourself- launch your own program; read directions and cautions. P. 73-74
- I. A Trace of Science for the Chemically Naïve -
- 1. Chemistry is the study of matter - Chemistry is the framework that provides truisms or laws for medical clinicians. It gives structure to the vagaries of human metabolism that defy classification. P. 75
  - 2. "Chemistry is basically electricity. There are ninety-two elements that have been identified. Each atom is unique because each has a different number of protons and neutrons in the nucleus at its center, and a balancing number of electrons whizzing around that center in different orbits. We know that the smallest particles of matter, the atoms, can neither be formed nor destroyed; the numbers of atoms of any kind are the same in the reactants as in the products. " The basic chemistry explanation continues...p. 76-81
  - 3. A Close Look at a Balanced Diet - "Changing your chemistry takes time." Charts on p. 82-87 show that even with a "balanced diet,' it will be easy to see how quickly patterns develop. Even when following a balanced diet patterns of nutritional deficiency emerge." P. 81
  - 4. Who Needs Vitamins and Minerals?
    - a. "Just a decade ago, Arthur Sackler, M.D. columnist of the *Medical Tribune*, pointed out that about half of the population in the U.S. had diagnosable illnesses: there are ten million alcoholics, thirty-five million

with allergies, thirty million with arthritis, twelve million diabetics, and twenty five million hypertensives. These were the diagnosed ones and did not include those with... He did not even include the geriatric group...Without stretching credulity too much we can find chemical deviations and nutritional deficiencies in all these conditions --some more, some less -- that either allowed the disease to become manifest or showed up after the disease was established." P. 88,89

- b. "We have discovered that the diets of primitive people led to healthy lives free of heart attacks, high blood pressure, strokes, constipation, diverticulosis, hiatal hernia and diabetes." P. 89
- c. "Kitoski has been able to determine how farming has altered the levels of nitrogen elements in the blood and pushed chemistry to the alkaline side. Farmers to the west and southwest of Spokane use nitrogen fertilizer to grow wheat... If there is not enough ventilation, normal aeration for animals, plants, and humans will cause sickness." P. 90
- d. "Linus Pauling has this to say: 'Life is the cumulative product of interaction among the many kinds of chemical substances that make up the cells of an organism.'" P. 91

J. Normal Human Chemistry: Analysis of the Blood Tests

- 1. "You don't have to be a rocket scientist to figure out what your blood tests mean. The tests establish the scientific credibility of the theme of this book: Your blood chemistry proves that you may trust your senses of taste and smell to determine your nutritional needs." P. 93
- 2. There is a list of blood tests to be ordered on p. 93; don't do it with a fist, will give too high reading on potassium. P. 93
- 3. "Normal range" is determined by taking the top and bottom 5 percent off and the remaining 90% is considered normal. This 90% includes sick and well clients. P. 93
- 4. Life Balances defines "normal" differently: "halfway between the high and low inside that normal range." P. 94
- 5. "The following is true for all the values: If only one test is off from the mean by a small percent, it is not a serious problem of and by itself. If in many tests the values are slightly above or below the mean, there might be a serious overload or a major deficiency...The *optimal* range is closer to health and the *mean* would be as close to perfect as one can get." P. 93
- 6. On pages 94-112 the usual, optimum and mean for each test is given. (Fasting Glucose, Bun, Creatinine, Bun/Creatinine Ratio, Sodium, Potassium, Chloride, Carbon Dioxide, Uric Acid, Phosphorus, Calcium, Total Protein, Albumin, Globulin, Albumin/Globulin Ratio, Cholesterol, Triglyceride, Total Bilirubin, Direct Bilirubin, Alkaline Phosphatase, GGT, SGOT, SGPT, Iron, TIBC, Percent Saturation, Blood, RBC, HGB, HCT, MCV, MCH, MCHC, The Platelet Count, Lymphocytes, the Mononuclear Cells, Granulocytes, Bands, Monocytes, Eosinophils, Basophils, Anion/Cation,)
- 7. "If most of your blood tests are within the normal range the laboratory considers normal, your doctor will reassure you that 'Your tests all seem to be normal. The exam I performed shows that you are fairly healthy for a person

of your age. Your aches, pains, and fatigue are a part of growing old.' Before he suggests a prescription for a sleeping pill, a tranquilizer, a muscle relaxant, or atonic, you should ask for a copy of the blood test, saying, 'For my own records.' When you get home, you can sort out the values depending on their value above or below the mean." P. 111, 112

K. How to Read and Interpret the Blood Tests- One can determine nutritional needs from blood tests but should never stop prescribed medicines as the nutritional way does not solve disease problems overnight. P. 113

1. Compare the positive and negative values- "If there are more negative values than positive values, the subject is nutrient-deficient, like balsa wood and needs supplements, especially the minerals." P. 113-114
2. "If the percent deviation is greater than +2, the client is nutrient-dense; the higher the percent, the higher the density, like teak wood. In this case extra water and the electrolytes are needed to move water into the tissues and make the vitamins and minerals more soluble." P. 114
3. "The Anion/Cation Ratio indicates the degree of acidity or alkalinity present at the time of the blood-draw. Most people in North America are in some alkalosis, i.e. the value is above 12.' P. 114, 115
4. "Alkalosis is usually associated with allergies, asthma, muscles aches and spasms, migraines, spastic colon, insomnia, bed-wetting, and even bad breath. Most people who have this elevated anion/cation ratio can be helped with either vinegar if the sodium is up and their blood pressure is elevated, or the ammonium chloride if they are not." P. 118
5. "If uric acid, the BUN, and the creatinine are low, it suggests that nitrogen is not getting into the body or being utilized properly. Ammonium chloride may be helpful in providing more nitrogen." P. 118
6. "Calcium regulates the osmolarity of the tissues and regulates the sodium/potassium ration (Na/K)." "Calcium thins the blood. Low calcium is associated with hypothermia." P. 119
7. "Sodium tightens the muscles." "Sodium is needed to carry the calcium to the bones. Low sodium, acidic people have low blood pressure in the P.M., as some calcium and the sodium leave the tissues during the night." P. 119
8. "Postassium (K) levels drop during emotional stresses; affects the backside muscles." p. 119, 120
9. "The relative amount of magnesium can be inferred by the amount of GGT...Magnesium helps control allergies." P. 120

L. Choosing the Life Balances Therapy - this can work alongside other health care professionals - MD, ND, Chiropractic, herbal, etc. p. 123, 124

1. On pages 124 - 141 a number of illnesses or conditions are listed contrasting/comparing the "allopathic" with the "natural" controls.
2. As inserts, on pages 125-128 two case studies are given.
3. "These various therapies are compatible with the Life Balances program. They can be used simultaneously. It is expected that the

L.B. program will allow clients to reduce their reliance on other therapies." P. 141

4. "The electrolyte solution that has been formulated by Mr. Kitkosis is worth using daily and especially in how weather and if stressed more than that." P. 141

M. Electrolytes: Another Sine Qua Non of Life - "Blood is more than just water carrying red cells and oxygen to all the cells of the body. ... In order for us to live and function that blood must carry dissolved minerals. These are called electrolytes..." p. 143

1. "Electrolytes in the blood serve to maintain the acid/base balance by buffering the acidic and alkaline elements. They help to maintain the proper volume of blood so the blood pressure is adequate to circulate the blood to all parts... These elements in the body need to be in balance for the systems to function at full capacity" P. 144

2. Intracellular and Extracellular - "The cellular membrane separates the intracellular and extracellular compartments and has many functions, one of which is to permit the free movement of water molecules... If we eat properly with plenty of fruits and vegetables, shouldn't we get enough electrolytes? How are we losing them?" We do not store them and we can lose them rapidly...in hot weather, with exercise, with a fever, with diarrhea and vomiting. P.145

3. Dehydration/Overhydration - A person who is dehydrated with elevated concentrations of all the electrolytes must not be overhydrated too fast. "If a person drinks more plain water than his body needs, he may experience water intoxication. The water is absorbed into the plasma of the blood, increasing the blood volume and the blood pressure" p. 145

4. Fluid Intake - "Water is critical. The amount of water taken in during an average day should be about two to three liters. Imbibed water amounts to about one to 1 1/2 liters, and the rest comes from the water contained in food. (Vegetables are about 90 percent water.)" p. 146

5. "Without water, there is no life. Blood, lymph, digestive juices, urine, sweat, and tears use water as a solvent to transport nutrients. Water is needed to carry wastes out of the body. Embryos and the brain are cushioned in a watery environment. Sound and light waves are transmitted to eyes and ears via watery media." P. 147

6. Fluid level can be tested - see p. 148

N. Hypertension: The Silent Killer- "...the patient *and* the doctor should work together - the doctor monitoring the blood pressure -- the patient eating properly and taking the necessary supplements." P. 153

1. The standard medical therapy is medication...p. 154

2. Cause of hypertension - factors that affect the pressure

- a. Age - older people tend to high blood pressure

- b. Race- African Americans higher tendency

- c. Sex- Males more likely

3. Caution when systolic pressure is 140 or higher and diastolic 90 or higher.

4. "Blood pressure is a function of the total systemic blood flow pushing against the resistance offered by the blood vessels, mainly the arterioles.

The kidneys participate as they affect peripheral resistance and blood volume.

5. "So with blood pressure, the ratio of the sodium to the potassium is the determining factor: The proportion of each element balances the blood pressure. One can have high blood pressure with normal sodium and low potassium." P. 156
6. "Thus high blood pressure does run in families, but it is difficult to separate shared genetic factors from shared lifestyles, as families continue to eat the same diet through the generations. Families repeat the same meals every ten days or so and recipes are passed on from generation to another. It's true that what we eat is we are." P. 156-157
7. Vegans and Vegetarians tend to have low blood pressure because "they tend to have low blood pressure because the diet is high in the foods that turn to acetic acid, as we have seen, acetic acid pulls sodium out of the tissues and when the sodium falls, so does the blood pressure." P. p158-159
8. "If the above diet and lifestyle changes are ineffective, doctors reach for the prescription pad." (Diuretics and beta-blocker) p. 159
9. Safe experiments on p. 160-162.
10. Case Study of a client with high blood pressure; p. 162-165
11. Case Study of a client with low blood pressure; p. 166-170
12. Life Balances, Inc. Checklist p. 171

O. The Chemistry of Mental and Emotional Dysfunction

1. "...the brain has not storage capacity for energy as the liver does. The brain is completely dependent upon the glucose floating in the bloodstream for its energy. The liver and muscles store glycogen ready to be converted to glucose during fasting or exercise. The brain must rely on what is available at any one time." P. 173
  2. "Anxiety, phobias, and fears are usually experienced by people who are nutrient-deficient... The natural control of anxiety would proscribe sugar, alcohol, caffeine, aspartame. The naturopathic doctor would add the B-complex, calcium, magnesium, typtophan, bach flowers..." Herbalists would use a number of herbs. p. 174-175
  3. Much hyperactivity can be linked to nutritional causes. Case history of a child with hyperactivity... P. 175-178
  4. Life Balances, Inc Checklist p. 179
  5. See table: Creating Neurotransmitters on p. 181
  6. Dr. Smith discusses causes and nutritional treatments for the following conditions: schizophrenia, , aggressive behavior, alzheimer's disease, central nervous system damage, depression, epilepsy and seizures, fatigue and chronic fatigue syndrome. P. 182-199
- P. The Immune System: Allergies and Sensitivities - "Many have limited the amounts and varieties of their foods because of reactions, discomfort, allergies, or sensitivities -- real or imagined. If the body chemistry if properly balanced, however, one can eat, smell, and touch almost anything with impunity." P. 201

1. 'Usually one can overcome these allergies if the culprit foods are eliminated for three to six months, and the body chemistry has been brought into balance. After that period of abstinence period one would be a prudent to consume those foods no more frequently than every four to five days.' P. 201
  2. "Food sensitivities also can be controlled if the body's acidity / alkalinity is controlled. Extra electrolytes act as buffers, and the expected reaction does not occur or it is mild and tolerable." P. 201
  3. Allergies are indications that the victim must change something in his diet or lifestyle. P. 202
  4. "It is the *territory* that determines the type and extent of the allergy. Sure, most people with allergies can point to a relative with a similar response to the environment or some food. Allergists tell me that the majority of the people filing through their offices for periodic testing and desensitizing short are fair -- blue-eyed or green-eyed, freckle--faced, ginger haired." But other "races" have allergies as well. "No one seems to be immune." P. 202
  5. Hans Selye - 1930s "A stressor, specific or nonspecific, has the capacity of 1) stimulating the adrenal glands to the point of exhaustion; 2) making the thymus and the lymph nodes discharge their white cells; and 3) producing stomach ulcers and hemorrhages. (He called this the General Adaptive Syndrome: 'the nonspecific response of the body to any demand.') If we can eliminate stress, calm down the symptoms that have already told us the child is vulnerable, and build up these tired tissues, she should be her old happy, healthy, vigorous, nonallergic self in a couple of months...." P. 203
  6. Antihistamines do nothing to build up the weakened immune system, only control symptoms. P. 203
  7. Supplements that frequently help: Vitamins C, A, pantothenic acid, B6 and B3. P. 204
  8. Aids- Allopathic Control: AZT and DDI; Alternative Control: IV Vitamin C; no street drugs or smoking; eat nourishing diet and supplements (listed on p. 205); Two Case Studies appear on p. 205-208.
  9. Allergies - Allopathic Control- avoidance of allergens and shots; Naturopathic Control- diet; Homeopathic- Vitamins C, B6, B12, pantothenic acid, biofavinoids, and E; Herbalists- see list on page 209.
  10. Asthma - Allergist: allergy tests, cortizone, cromolyn, inhalants. P. 209
  11. Bacterial Infections - Allopathic: antibiotics; Natural: Vitamin C, Echinacacea, herbs, Vitamin A and zinc. P. 209
  12. Cancer - Allopathic: surgery, chemotherapy, X-radiation; Natural: boost immune system once tumor has been excised; Vitamins C and A, Hoxey formula, Essiac formula and other herbs. p. 209- 210
  13. Candidiasis (Yeast Infection) - Allopathic: antiyeast drugs (Nystatin, Nizoral); Natural: no sugar, antibiotics and birth control pills; with Vitamins C, A, Echnacea, lactobacillus acidophilis and other herbs. P. 210
  14. Other conditions: Ear Infections, Eczema, Lupus Erythmatosis, Urinary Tract Infections, Viral Infections p. 210-211
- Q. Amino and Fatty Acid Supplements -"Vitamin and minerals cannot do their various jobs unless the amino acids are available to make the enzymes, the catalysts of all

body functions. About twenty times the quantity of the amino acids are needed for each unit of the vitamins and minerals just to maintain these enzymes." P. 213

1. "Amino acids are the basic protein building blocks. They are needed to make the brain's neurotransmitters, the liver and intestinal enzymes, and all the other enzyme systems of the different cells." P. 213
  2. Amino Acids: Threonine, L-Glutamic Acid, L-Carnitine, L-Phenylalanine, Taurine, Tryptophan. P. 214-216
  3. Supplemental Fatty Acids: "Some fat is important in the diet as a source of energy. Furthermore, it satisfies hunger better than other foods." P. 216
  4. "Fats are extremely important for the proper absorption of minerals, and fatty acids and their products are crucial ingredients of all membranes, like cell walls." P. 216
  5. "'Good' or 'essential' fatty acids (EFA) cannot be manufactured by the body." P. 217
  6. Good sources and problems that occur as a result of a lack in this area are on p. 217-218
- R. Summary- "Your body is wonderfully made. However, it requires constant, intelligent care: optimal fuel, safe fluids, positive social interaction, adequate rest, and appropriate exercise." P. 221
- S. An Invitation to Health Care Providers - Dr. Smith encourages health care providers to add Life Balances to their own methods of treating their patients. P. 225-229
- T. A Final Note for Those Starting the Program - Dr. Smith gives the readers John Kitkoski's information and other information regarding beginning. p 231-233
- U. Appendix - Comprehensive Medical History p. 235-260
- V. Appendix - Instructions on taking Blood Pressure p. 261-264

## II. Comments

ICAN neurodevelopmentalists have found Karen Nielsen, trained by John Kitkoski to be very helpful to their clients. [www.chembalance.com](http://www.chembalance.com) The solution may not be the same for everyone, but what we are looking for is a nutritional approach that is consistent with our neurodevelopmental approach—searching for the underlying cause to the symptom and addressing it on the lowest possible level.