

# *How Deficiency Becomes Disease*

## **1. Eating the Standard American Diet (SAD)**

Fast foods, cooked & highly processed & refined foods, chemicals (artificial colors, sweeteners, flavorings), high in calories, sugar, salt, fat, & unhealthy oils; low in fiber and nutrition, leads to:

### Measurable Nutritional Deficiencies:

- **Vitamins**
- **Minerals**
- **Enzymes**
- **Amino acids**
- **Essential Fatty Acids**

## **2. Measurable Nutritional Deficiencies**

If present in the body long enough, leads to:

### Measurable Body Chemistry Imbalances, for example:

- **pH (acid/base)**
- **Blood sugar**
- **Hormones**
- **Digestive (Enzyme deficiency)**

## **3. Body Chemistry Imbalances & Resulting Symptoms**

If present in the body long enough, leads to:

### Symptoms of Dis-Ease & Eventual Disease (Related to Chemistry Imbalances):

- **Acid pH = Inflammation, DJD, Arthritis**
- **Blood Sugar = Hypoglycemia & Diabetes**
- **Hormones = PMS, Acne**
- **Digestive = Indigestion (heartburn) or Incomplete Digestion**

### Summary: Deficiency to Disease

- **Dietary Deficiency 15%**
- **Nutritional Deficiency 30%**
- **Body Chemistry Imbalance 45%**
- **Organ/Gland Dysfunction 60%**
- **Symptoms of Dis-Ease 80%**
- **Diagnosis of Disease 100%**

**The numbers 15%-100% are arbitrary- the point is to show that symptoms don't usually show up until ~80% of the process has occurred. This illustrates why you should not use symptoms as a gauge of your health. In 40-50% of all heart attacks the first and only symptom is death.**

