



Sports Drink & Supplements

Electrolytes ♦ Muscles ♦ Nerves

By Dr. Donna Smith

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Important Note:

The Sports Nutrition supplements and ingredients in the Sports Drink are the very basics required for the most common exercise-related health concerns or challenges.

If the information included does not address your particular concern or challenge, contact me for a telephone consultation to determine what you require “specifically” for your needs.



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If you follow the instructions in this document and they do not provide the results indicated, contact me. In each case, what has been observed is that it was not the supplement or product that did not work, but something going on in the client's body or some outside factor interfering with the results.

Sports Nutrition Based on Clinical Nutrition Definitely Works!

ELECTROLYTES

1. Do an internet search on the word "electrolytes" and you will learn all you need to know about the importance of maintaining electrolyte balance in daily life, as well as before, during and after exercise/training regime.
2. However, you may ignore the recommendations provided to the general public online or in any medical, dietary, health, physical training or sports nutrition text book regarding the brands of "Sports Nutrition Drinks" to purchase for this purpose. They are too high in refined sugar, sodium chloride, include chemical additives and preservatives and/or synthetic or isolated vitamins and minerals. If you find any that do not provide these, let us know. So far we haven't found any even from the best of companies.
3. Instead, use the recipe above to make your own. Dr. Smith's Sports Drink Recipe will provide a whole food source electrolyte balance and at the same time enhance your over-all health and well-being.



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HOW TO MAKE DR. SMITH'S SPORTS DRINK

Purchase products from Dr. Smith

Dr. Smith's Sports Drink Recipe

Makes Eight Ounces of Sports Drink.

Double Recipe for 16 ounces, etc.

1. Pink Salt (pure Sodium) – 1 teaspoon.
2. Tomato Concentrate Powder (pure potassium and chloride) – 1 teaspoon
3. Liquid Chlorophyll (chlorophyll, blood builder, attracts iron) – 1 Tablespoon
4. Reverse Osmosis Purified Water - 7 ounces (room temperature)

Note: Dr. Smith may adjust the above measurements for each ingredient after analyzing blood and hair mineral tests, in relationship to your diet and exercise regime.



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RECIPE INGREDIENT EDUCATION

SODIUM

1. **Sodium** - The human body requires pure sodium in specific amounts in ratio to other synergetic minerals for healthy biological function. In respect to electrolyte balance, the body requires the right ratio of sodium to potassium to chloride. Water follows salt (sodium). Therefore, for your daily water intake to be directed to, permeate and hydrate (nourish) the cells and tissue, sodium is their guide.
2. **Salt** or its proper nutritional term “Sodium.”
 - a. **Bad Salt is Sodium Chloride**, like Morton’s Table Salt, has been used as salt for human consumptions only since the early 20th Century (less than 100 years). When sodium is isolated (or extracted) from its food source and chloride is isolated from its food source and then they are added together, these isolated minerals no longer act as food in the human body, instead their combination makes a chemical that is toxic to the body. Thus Sodium Chloride adversely affects blood pressure, causes fluid retention, interferes with osmosis (transfer of water and foods to/from cells), etc.
 - b. **Good Salt is Sea Salt**. Pure Sea Salt does not adversely affect the human body in any way. There are a variety of brands or sources for sea salt and some are better (i.e., more mineral rich and pure) than others. Celtic Salt is a good salt sold to the public. However, our “Pink Salt” is far more mineral rich than any sold to the public.
 - i. Pink Salt is a blend of two untreated, unheated, solar-dried sea salts from the Mediterranean and Alaea Hawaiian Islands. It is natural sodium (salt) so it contains its synergetic minerals and delivers critical trace elements with piezoelectric and quantum nutrient effects. Your body requires 1-3 teaspoons daily just to maintain adequate sodium intake, whether you exercise or not. More is required in the summer months or when perspiring. To understand piezoelectric effects, go to: <http://en.wikipedia.org/wiki/Piezoelectricity>



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POTASSIUM AND CHLORIDE

3. **Tomato Concentrate** – This is not the same as the Tomato Concentrate commercially sold to make spaghetti sauce. Our Tomato Concentrate is
 - a. a pure, whole tomato powder, which means the tomatoes have only had the water removed,
 - b. organically-grown,
 - c. excellent whole food source of potassium and chloride, which means the amount of potassium and chloride on the label is what is naturally produces in the whole tomatoes.
 - d. rich in many other minerals and vitamins.

CHLOROPHYLL

4. **Chlorophyll Benefits and Other Uses–**
 - a. Chlorophyll (the green color in all plants, vegetables and fruits) has the same molecular structure as human blood with one different. When Human blood has a iron molecule and Chlorophyll has a Magnesium molecule. However, chlorophyll is able to attract Iron from its environment and provide a food source iron too.
 - b. **Chlorophyll is a blood builder.** The healthier and more nutrient rich you blood is when exercising the more nourished the cells become because exercise helps transport nutrients to the cells and tissue.
 - c. **Make a Chlorophyll Drink** for daily use, whether you are exercising or not by stirring 1-2 Tablespoons in 8-16 ounces of Reverse Osmosis water. This provides a refreshing minty drink for you (and the family) to receive all the benefits below.
 - i. If you **do not like the taste, add more water** to dilute the chlorophyll until you have a pleasant minty taste.
 - ii. For **daily non-exercise intake**, you can also take 3 capsules of Dr. Smith's therapeutic Chlorophyll when you do not want to make the Chlorophyll Drink.
 - iii. Using the **liquid works faster** as its nutrient value is not diminished through the digestive system and it can be used faster because it does not have be digested



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through stomach first. So Liquid Chlorophyll is best for exercise and sports event purposes.

d. Chlorophyll has many benefits, such as:

- i. Builds a High Blood Count
- ii. Provides Iron To Organs
- iii. Counteracts Toxins Eaten
- iv. Revitalizes Vascular System in the Legs
- v. Improves Varicose Veins
- vi. Improves Anemic Conditions
- vii. Cleans and Deodorizes Bowel Tissues
- viii. Helps Purify the Liver
- ix. Aids Hepatitis Improvement
- x. Feeds Iron to Heart Tissues
- xi. Regulates Menstruation
- xii. Aids Hemophilia condition
- xiii. Improves Blood Sugar Problems (ex. Diabetes and Hypoglycemia)
- xiv. Aids in Asthma Improvement
- xv. Improves Lung Function
- xvi. Increases Iron Content in Mother's Milk
- xvii. Improves Mother's Milk Production
- xviii. Helps Sores Heal Faster
- xix. Eliminates Body Odors and Lessens Need for Underarm Deodorizers.
- xx. Resists Bacteria in Wounds
- xxi. Cleans Tooth and Gum Structure in Pyorrhea
- xxii. Improves Nasal Drainage, Slows Nasal Drainage and Drip
- xxiii. Use internally and externally (foot/hand soak) for nail fungus (Contact Dr. Smith for amount to use in a foot soak, frequency and duration.)
- xxiv. Eliminates Bad Breath when used internally and externally as a gargle, then swallow.
- xxv. Makes an Excellent Tooth Surgery Gargle, too.
- xxvi. Benefits Inflamed Tonsils.
- xxvii. Relieves Sore Throat
- xxviii. Soothes Ulcer Tissues
- xxix. Soothes Painful Hemorrhoids and Piles
- xxx. Aids in Catarrhal Discharges
- xxxi. Reduces Pain Caused by Inflammation
- xxxii. To name a few (smiles).



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WATER - REVERSE OSMOSIS (R.O.) PURIFIED

5. Reverse Osmosis Purified Water.

- a. Refer to the Personal Education Program (PEP) Educational PDF document titled, “Sports Nutrition - Basic Education” for information on Reverse Osmosis Water and for a formula to calculate your personal daily water requirements.
- b. You may purchase an R. O. purifier from us at a considerable client discount.
- c. Until you have your own R. O. purifier, buy only Penta or Fiji bottle water. I have tested many bottled waters on the market and these two consistently test pure.
- d. Use only R. O. purified water for cooking, drinking and making sports drinks.



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PAIN OR DISCOMFORT AFTER EXERCISE

The physical activity of exercise releases Lactic Acid, which is just one of a variety of causes for Muscle or Nerve pain after exercise and sports training. Keep in mind that the following is for general muscle and nerve pain after exercise or sports training and thus should be kept on hand and used as needed. If at any time you use these products and they do not “seem” to work, contact me immediately as other factors are occurring that are inhibiting their effectiveness or you need specific, not general, therapy to obtain results.

To reduce or eliminate muscle and/or nerve pain/discomfort after exercise, do the following.

MUSCLE PAIN AFTER EXERCISE

1. General Help:

- a. **Order Safflower Capsules** from us and take 6 immediately after exercise.
- b. **For faster results, open capsules** and add the herb to your Sports Drink, mix or blend and drink. Because the digestive system will not need to digest the capsule to get to the herbs, the herbs will be digested, metabolized and utilized faster.
- c. **Can take up to 10 daily or more**, as needed. Experiment with the dosage so you know how many provides your best results after exercise.

2. Therapeutic / Sports Nutrition Supplements are:

- a. Rubbing **pure Safflower Oil into the skin** over areas where muscles are sore. Be sure you order Oils from us. Read in section #4 of your PEP Binder the Fats/Oils education sheet on the three factors that must be present to purchase healthy oils.
- b. Contact me for **Magnesium Lactate** as this is a natural muscle relaxer when muscles are tense or in pain. Remember that you require “whole food” therapeutic supplement formulas not isolated or synthetic forms of Magnesium as these will deteriorate your muscles. When you order your first bottle, we will discuss your specific dosages.



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NERVE PAIN AFTER EXERCISE (Ex. Sciatic Nerve Pain)

1. Contact Dr. Smith for **Inositol** for nerve pain – short term use (2 months or less); if taking for longer period of time you will require **Cataplex B** also.
2. Remember that you require “whole food” therapeutic supplement formulas not isolated or synthetic forms of Inositol as these will deteriorate your nerves. When you order your first bottle, we will discuss your specific dosages.
3. If you have Sciatic Nerve Pain, take Inositol, 10 every 1-2 hours while awake for 1-3 days. All but two clients to date have indicated that their pain abated within 24 hours.
4. Also consider that Nerve pain after exercise may be due to pinching a nerve when in motion and thus the vertebrae or whatever part of the body is putting pressure on the nerve needs to be realigned. Therefore, seek Chiropractic treatment.
 - a. Note: only 1-3 Chiropractic treatments is all that is required to correct realignment when the body is nutrient sufficient. More than three treatments are required to correct misalignments when their Subluxation (or Misalignment) is due to physical injury, like whiplash or a head injury, etc.
 - b. If your Chiropractor recommends more than three adjustments at your first visit, you are nutrient deficient in your musculo-skeletal system and will not hold adjustments no matter how many chiropractic treatments you receive.
 - c. So contact me for therapeutic whole food supplements to replenish nutrients in this system for three weeks so you will be able to hold your adjustments, and then three weeks later, have your second, and more than likely your last Chiropractic adjustment to resolve this cause for nerve pain.
 - d. For the two clients mentioned above,
 - i. Client #1 - One required Inositol as directed and one adjustment from her Chiropractor and then she was pain free. Therefore, if you are not pain free within 24 hours by taking our specific Inositol alone, then you will need an Emergency adjustment on the second day.
 - ii. Client #2 - The second client suffered for weeks before contacting me, and though she felt better in 24 hours on Inositol, it was obvious on Day 2 she



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needed a chiropractic adjustment also. However, she waited two weeks before doing this, so her outcome was -- it took almost three months for her sciatic pain to go away completely because she did not take immediate action as instructed in this document, i.e., Day 1 – Inositol, Day 2 Inositol and Chiropractic Adjustment, if still in pain.

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.