

# Correspondence

## The Olfactory Sense and Supplement Need

After reading the *AMJ of C Nut*, Vol.75, p.616-658, our group realized that we had to target our nutrients very specifically for better success. We did not have access to DNA testing for enzyme polymorphisms but we did remember Dr. Lendon Smith's discovery of testing by smell (*Feed Your Body Right*, M.Evans,1994.) We assembled as complete a selection of individual vitamins and, later, minerals and a few other nutrients, in as pure a form as we could get commercially, and then experimented, in as scientific a manner as possible, with the smell test, keeping track of symptoms and changes.

Four years later, we have several hundred experiences and reported successes. For example, J.B. has had Chronic Fatigue Syndrome for 18 years and has seen multiple M.D. specialists of many stripes, 2 clinical ecologists, 3 D.Os, 2 N.D.s, 1 TCM practitioner, several D.C.s, R.P.T.s, R.M.T.s, etc. Many diets, nutrients, tests, probiotics, improvements in air and water quality and so on were tried. Antibiotic therapy for mycoplasma helped for some years. On the smell test, the B<sub>1</sub> smelled extremely good to her which the protocol says indicates a definite need for the nutrient as opposed to an unpleasant smell which would indicate no need. We're not sure if this B<sub>1</sub> deficiency preceded, as a genetic factor, or followed the antibiotics since some deplete B<sub>1</sub>. Increasing her B<sub>1</sub> intake to 400 mg/day and then 600 mg/day caused unpleasant symptoms from adhesion releases along old surgical scars which were previously intractable. She was able to modulate symptoms by monitoring, with the kit, what other nutrients were either called into play or no longer needed. When the 'smell' becomes neutral, she will be able to find her maintenance dose. Already she has experienced a remission of her debilitating fatigue.

We have recorded useful, careful

observations about smell testing the different nutrients in the kit, including chemical variants of the same nutrient, which often elicit different reactions in people. As well we have a great many questions and see many possibilities for this relatively cheap, quick, easy way to deal with our biochemical individuality.

–Respectfully,

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Reading/Study Groups

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