

## History and Development of the *Nutrient Scent Test*

The 1990s discovery by Drs. Lendon Smith and John Kitkosky of the olfactory test for nutrient status was both serendipitous and prescient.

For example, in his recent book, *The Gene*, Siddhartha Mukherjee tells us that the first, and longest part of the Human Genome is devoted to the olfactory sense, with over ten thousand receptors.

Our Health Pursuits chronic illness study group had (collectively) spent a quarter of a million dollars on supplements over the first six years, without improving our health nearly as much as expected. These results were frustrating, due to the time spent reading piles of books on nutrients, having blood work done when possible, having Vega machine tests, trying muscle testing and filling out questionnaires, among other attempts to improve wellness.

In 2002, I read Lendon Smith's book, *Feed Your Body Right*. At the same time, I was also reading an article in the *American Journal of Clinical Nutrition* that gathered studies where slow enzyme variations had been determined by DNA testing and then nutrient co-factors supplied. The studies showed cure or improvement of over 50 different diseases or conditions. We wanted that ... but we had no access to DNA testing in those days. What to do?

I went out and bought the range of single B vitamins, looking for brands that were as pure as possible--no or little fillers, and then took them to our monthly meeting. As the bottles were passed around for a sniff test, one member would exclaim, "This smells wonderful. I want to gobble the whole bottle." The next person would recoil from the same nutrient with disgust. A third would look to see whether there was anything in the bottle, because there was no scent whatsoever for her. We were astounded. This response was exactly what Lendon Smith had suggested would happen.

The next step for us was to see if the nutrients that smelled good would have a positive effect on symptoms--and they did! We were off and running, checking out ever more nutrients, sharing our discoveries, and improving our health.

Our first outside confirmation of success was with a medical journalist/publisher. She did the nutrient smell test (NST) and found the iodine smelled sweet, which we thought meant that she had thyroid issues. She went to her GP and had her hormones checked. Yes, they were confirmed as being low. She went home and consumed some seaweed flakes daily, until the iodine sample smelled neutral. Then she went back to her GP for another round of testing. Her thyroid hormones test came back normal. As a side effect, her depression disappeared. This caught the attention of her psychiatrist husband, who grilled us about the test, and who concluded that the smell test did, in fact, work.

Giddy with success, our group worked on trying ever more nutrients, accumulating data, applying the NST, and refining the analysis of smell test results. When a member went to an MD expert in nutrition and had extensive blood work, she came back elated that the results matched her previous NST results, except for one item. We almost fell off our chairs.

When we had reached 56 items in the NST kit, a reasonable protocol for interpreting results, and success at improving our own health, we incorporated as a non-profit and set out to help as many people as possible. In 2012, the Ontario Trillium Foundation granted us \$50 000 because we were 'doing something no one else was doing.' A grateful woman, disabled for 2 years and subsequently returned to working condition using the NST, wrote the grant application.

Today, ***The Nutrient Scent Test Kit*** has a high standard for components, a nuanced protocol for administration, an ever-evolving protocol for analyzing results, and a carefully couched report format

that has met with approval from medical professionals who receive it. Overnight success after 16 years of very intense work.

Around the world there continues to be much research around olfaction in many areas. For example, a recent study in New Zealand researched whether diabetics could distinguish between glucose and fructose.

I must say that it delights me to be able to ‘see’ with the NST, the effect of adding in a supplement or eliminating a food. It is a joy for a senior to reduce or eliminate medications with just a few nutrients (with cooperation of their healthcare professional, of course!). The most exciting event is to test families and see the nutrient profiles of mom and dad expressed variously in their children. Preventive nutrition is possible right now!

It won’t be long before someone checks out olfactory reactions on an MRI and confirms exactly what Lendon Smith surmised all those years ago. Under certain circumstances, you may trust your nose to tell you what’s good for you.

I invite any questions or inquiries on the ***Nutrient Scent Test*** from IONC members. You may reach me at: [info@healthpursuitsgroup.com](mailto:info@healthpursuitsgroup.com)