

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:
Guy R. Schenker, D.C.
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Dear Doctor,

GO POWER and OXY POWER ... Yes ...

WITH NUTRI-SPEC YOU'VE GOT THE POWER ON ALL DAY AND ALL NIGHT.

If you are anything like me, you look over the list of ingredients in these two adaptogenic formulations, and become as excited as a kid in a candy store. Why these particular nutrients? Quite simply, these are the powerful nutrients I want for my own personal protection against pathological aging. Out of all the countless vitamins, minerals, trace minerals, enzymes, herbs and other metabolically active food concentrates, these are the ones that I have chosen (after 25 years of devoting my life to the study of nutrition) as the nutrients I want to protect my family. These are the adaptogens I can offer my patients, knowing in good conscience that I am giving them formulations they can get nowhere else, applied with metabolic specificity, and at an extremely reasonable price.

As promised in your last Letter, we are going to give you this month, and in the next few months, the complete discussion of exactly how and why and to what extent each nutrient in these two formulations will increase the adaptative capacity of your patients. Only guided by information from the scientific literature (as opposed to health food industry hype) will you appreciate the pure gold you've got in these supplements. Again, these products are guaranteed to give you ...

**THE MOST POWERFUL ANTIOXIDANTS
AVAILABLE ANYWHERE, AND THE
MOST EFFECTIVE METABOLIC BOOSTERS
AVAILABLE ANYWHERE.**

Now let's begin our "kid in a candy store" game and look at each of these sweetheart nutrients one by one. Let us begin with a little discussion of the mixed tocopherols that are found in your Oxy Power Diphasic P.M. The mixed tocopherols represent the complete vitamin E family – alpha, beta, gamma, and delta tocopherols. There is a lot of confusion among both the lay public and among doctors about vitamin E. We are not going to get into the complete discussion of all the different forms of vitamin E here, but rather concentrate on the biological activities of vitamin E that are most clinically significant.

Vitamin E is thought of, and properly so, as an antioxidant. Most people also think of Vitamin E primarily as alpha tocopherol, or, as one of the alpha tocopherol esters. As it turns out, what most people consider to be ...

**VITAMIN E (ALPHA TOCOPHEROL) IS NOT REALLY
SUCH A GREAT ANTIOXIDANT.**

Its antioxidant activity is positively dwarfed by the antioxidant activity of gamma tocopherol particularly, and the other tocopherols as well.

When you see Vitamin E on the label of a nutrition supplement, it is almost always one of the various forms of alpha tocopherol. It doesn't matter whether the label says alpha tocopherol, alpha tocopherol succinate, alpha tocopherol acetate, vitamin E, natural vitamin E, or whatever, it is certain to be an alpha derivative.

Now, when you see vitamin E on the label of foods and cosmetics, what kind of vitamin E do you have? Almost invariably you have mixed tocopherols. Why? While the label of the food or the cosmetic may be designed to imply that the vitamin E is there for your health benefit – they may have labeled it vitamin E, or even natural vitamin E – the truth is that that vitamin E is in the food or the cosmetic not for your benefit but to protect the product itself. In other words, to protect flavor and color, and to prevent the oxidative destruction of the critical components of the food or cosmetic, the manufacturer desperately needs a powerful antioxidant. Guess what's in there? Mixed tocopherols.

The point is that when you want a no holds barred antioxidant for a knock down drag out fight with oxidative stressors, you don't fool around with the form of vitamin E they put in vitamin pills.

YOU WANT MIXED TOCOPHEROLS.

And in your Oxy Power Diphasic P.M. (that is guaranteed to be the most powerful antioxidant available anywhere) what form of vitamin E do we give you? Not only do we give you mixed tocopherols, but we give you a specially prepared, high gamma form of mixed tocopherols. So now let's talk about gamma tocopherol in particular.

Gamma tocopherol has been measured in scientific research to be far more potent than alpha tocopherol in suppressing free radicals in living organisms. The mixed tocopherols in your Oxy Power are approximately 62% gamma tocopherol.

It is interesting to note that alpha tocopherol can actually displace gamma tocopherol in living tissues. So, now think about all the people who are taking 400, 800, or more international units of vitamin E each day in the belief that they are getting antioxidant protection, when actually they are destroying the most potent (and all too rare) antioxidant of all, gamma tocopherol.

This is not to say that alpha tocopherol is bad. Quite the contrary. One form of alpha tocopherol, the ester alpha tocopherol succinate (which you find in Activator and many of your other NUTRI-SPEC products) is more effective in its role as an anti-thrombic agent than any of the other tocopherols, and it is more effective in boosting immune function. Interestingly, there is research showing that the combination of gamma tocopherol plus alpha tocopherol succinate gives synergistic benefits in protection against cardiovascular disease, cancer, and many other diseases. This is particularly exciting because now you have high concentrations of gamma tocopherol in your Oxy Power, while at the same time all your patients will also be deriving the synergistic benefits just described because they are also getting alpha tocopherol succinate in their Activator. Nobody can duplicate what you are doing for your patients in terms of supporting longevity and well-being.

Let us move on now to a look at a nutrient you find in both your Diphasic A.M. and Diphasic P.M. supplements. The reason it is in both products is because it has so many protective activities in the body. It actually provides amazing defense against both pathological hyperplasia and pathological disintegration. That protection is why it is part of both the anti-anabolic booster you give your patients in the morning, and the anti-catabolic booster you give your patients in the evening.

Prepare now to be totally swept off your feet by ...

ALPHA LIPOIC ACID.

I am about to give you so much information about Alpha Lipoic Acid it will make your head spin. Perhaps it is more information than you think you want – but I strongly suggest that you read every word of what follows. I am going to give you literally dozens of beneficial metabolic effects from lipoic acid, any one of which is in itself enough reason to regard it as a critical nutrient.

IT IS ALMOST INCOMPREHENSIBLE THAT ALL THESE BENEFITS CAN COME FROM ONE ADAPTOGENIC NUTRIENT.

- Alpha lipoic acid is a di-thiol antioxidant. It is reduced to the thiol form intracellularly. The di-thiol (two sulfur) character of its molecular structure is what gives it its anti-anabolic activity in your Go Power Diphasic A.M. supplement. Because of its metabolically active sulfur, it has antioxidant activity as part of the glutathione system of antioxidants, as well as in the glutathione derivatives cysteine and n-acetyl-cysteine.
- Lipoic acid is also known as “acetate replacing factor,” and as “pyruvate oxidation factor.” As such, it is an important part of efficient oxidative energy production in the body. “GO POWER!”
- Associated with this role as a metabolic activator, it is effective in the treatment of liver disease.
- One study showed that lipoic acid combined with selenium decreased Hepatitis C, decreased cirrhosis, decreased portal hypertension and decreased esophageal varices.
- Lipoic Acid not only restores glutathione and glutathione peroxidase as part of your body’s anti-anabolic antioxidant defense system, but is also an important part of your anti-catabolic anti-oxidant system. This benefit is revealed in research showing an amazing effect at decreasing malondialdehyde, one of the principal end products of age-related lipid peroxidation. Lipoic acid also potentiates the antioxidant enzyme systems super oxide dismutase and catalase, and glutathione reductase.
- In its antioxidant role, lipoic acid has been shown to decrease diabetic neuropathy.

- Another note on diabetic neuropathy: Studies have shown that in diabetic neuropathy the nerve is ischemic and hypoxic, with increased dependence on anaerobic metabolism. Lipoic acid increases glucose uptake and efficient oxidative metabolism and thus benefits the diabetic neuropathy.
- Lipoic acid increases T-Cell function in cancer patients.
- It particularly decreases iron dependent lipid peroxidation.
- In spontaneously hypertensive rats, excess endogenous aldehydes (resulting from oxidative stress) bind sulfhydryl groups of membrane proteins, altering membrane calcium channels and increasing blood pressure. Lipoic acid binds these excess aldehydes and actually decreases elevated blood pressure. Lipoic acid particularly decreases elevated systolic blood pressure, decreases excess cellular calcium, decreases elevated serum glucose and elevated serum insulin, and decreases tissue aldehyde conjugates that are associated with tissue catabolism and premature aging. Lipoic acid also decreases adverse renal vascular changes associated with hypertension.
- Lipoic acid is a co-factor of mitochondrial dehydrogenase complexes. It activates lipid kinase, tyrosine kinase, and serine/threonine kinases, which increase the efficiency of glucose uptake for normal oxidative energy production.
- Lipoic acid attenuates the decrease in both enzymatic (e.g., SOD) and non-enzymatic (e.g., vitamin E) antioxidant levels with age.
- Lipoic acid decreases nitric oxide synthesis (which is associated with septic or endotoxic shock) in the liver by improving carbohydrate metabolism in hepatocytes. It is interesting to note that while lipoic acid decreases the damage from nitric oxide, administration of glutathione or N-acetyl cysteine by themselves actually can increase the damage from nitric oxide.
- One interesting study compared the antioxidant effects of lipoic acid with those of alpha tocopherol (Vitamin E.) The results? Lipoic acid effectively decreased LDL cholesterol oxidative susceptibility associated with atherosclerosis (but not quite as well as alpha tocopherol). Lipoic acid decreased urine FZ-isoprostanes (but not quite as well as alpha tocopherol). Lipoic acid decreased plasma protein carbonyl levels (which are a key marker for aging processes) (while alpha tocopherol had no effect whatsoever.)

- Type II diabetics have increased fasting lactate and pyruvate concentrations in their blood. Furthermore, the increased lactate and pyruvate concentrations double after glucose loading in obese patients, but not in lean patients. Lipoic acid was shown to decrease excessive lactate and pyruvate levels in the serum of Type II diabetics. (These are typically your Ketogenic Imbalance patients.)
- Lipoic Acid has been shown to decrease oxidative stress associated with lead poisoning.

The list of benefits to your patients from lipoic acid goes on and on (and will be completed in next month's Letter, where you will find an equally impressive list of benefits from tocotrienols, carnosine, carnitine, betaine, and coenzyme Q-10).

All your patients over age 32 need the metabolic boost and the protection that comes from your Diphasic A.M. and Diphasic P.M. There is nothing better you can do to boost their vital reserves.

Here's a helpful tip: You are not limited by the 3 per day dosage listed on the bottles. For your patients who are in particularly poor health, you can crank up the dosage in proportion to the severity of their condition. For patients who are in a crisis situation, don't hesitate to use as much as 10 daily until you see signs that vital reserves are rising to meet the pathology's challenge.

Put these adaptogens to work for your patients today.

Sincerely,

Guy R. Schenker, D.C.