

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:
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Dear Doctor,

COULD THIS BE YOUR PATIENT?

Early one morning Jake sat in a nice little country restaurant comfortably sipping his decaf coffee when the waitress asked if she could take his breakfast order. "I'll have a dozen poached eggs and two pieces of toast with butter, not margarine," he said.

The waitress, of course, thought he was kidding. She smiled cutely and asked, "Now, how many eggs do you really want?"

"A dozen poached – and make sure the yolks are nice and runny."

The waitress was getting just a bit nervous, concerned perhaps that she might be the butt of a joke here. But in only a moment Jake was able to reassure her that everything was just fine – he was not stark raving mad, and really did intend to eat a dozen high-fat high-cholesterol eggs for breakfast.

The next morning Jake found himself in another little restaurant a few miles away, again searching for a good breakfast.

"May I take your order sir?"

"I'll have a dozen poached eggs, two pieces of toast with butter, not margarine."

Again, the waitress looked at him as if he were crazy. This scene is replayed five days a week, week in and week out. Just who is Jake, and why is he behaving so strangely?

Jake happens to be a NUTRI-SPEC patient. Jake will happily explain to you, to the waitress he meets every morning, or to anyone who asks, that ...

**THE NUTRI-SPEC FUNDAMENTAL DIET ALONE
HAS COMPLETELY TURNED HIS LIFE AROUND.**

The medical history on Jake includes:

- Type II diabetes
- Extreme hypertension
- Elevated triglycerides (2000 +)
- Elevated cholesterol (300 +)

But that medical history is just that – history. Except for a blood pressure that's stubbornly resistant to dropping as far as we'd like, none of those other conditions any longer exist.

Jake had gone through several years of conventional medical treatment for these conditions. He was given one medication for his diabetes, and when that did not lower his blood sugar he was given a second. That didn't work either. He was also put on the standard medical diet for diabetes, which included lots of complex carbohydrates, and one or two servings of fruit each day.

Because of his cholesterol and triglycerides and hypertension, his diet also included strict avoidance of fat, especially saturated fat and cholesterol. He had reached the point where he was on four different medications for his blood pressure and yet was still punching out numbers as high as 200/110. He was also taking medication to lower cholesterol and triglycerides, and had seen almost no improvement, even though he followed his diet religiously.

At that time he became a NUTRI-SPEC patient, and was convinced not only to stray from the standard medical treatment of his conditions, but to do exactly the opposite of everything that had been recommended previously.

He was told to cut back considerably on the carbohydrates; cut out the fruit; get a decent size serving of protein three times a day, and make sure that protein was accompanied by good saturated fat (including cholesterol). He was, of course, told to avoid sugar in other forms, not

just the fruit sugar. His other restriction was to strictly avoid polyunsaturated vegetable oils (-- you know, the ones that are supposed to be “good for” your health, and particularly your heart).

Within a few short months Jake was completely off diabetes medication, and has not seen a trace of a sugar problem since. His four blood pressure medications have been reduced to just one. His triglycerides and cholesterol have come tumbling down to 200 despite having quit the cholesterol medications.

Why is Jake providing morning entertainment for waitresses in restaurants far and wide? Jake has his own housing construction business. He is up before dawn every morning hustling around his various jobs, making sure the materials are in place and his workers are set with their instructions to start the day. Once his jobs are all lined up and ready to go at 7:00, he heads for the closest restaurant for breakfast, after which he returns to one of the job sites and puts in a hard day of physical labor, very often in nasty, chilly weather. Clearly, the man needs a good solid breakfast.

Twelve lightly poached eggs accompanied by two pieces of buttered toast is enough to hold him until his midday meal. (Note that the two pieces of toast may seem like more than should be ideal as per the NUTRI-SPEC FUNDAMENTAL DIET, but remember we’re talking about proportions. Relative to the amount of protein and fat he is eating at this meal, the number of calories that are coming from carbohydrate is really quite small – which is precisely why this diet has him in the peak of good health, even after years of life-threatening pathology.)

Jake is only in his early forties. Can you imagine what his future would have been without NUTRI-SPEC? How many times have I said in these Letters over the years, “If you do nothing else with NUTRI-SPEC, take care of patients who have cardiovascular disease!”

While that statement has always been true, it is now more pressing than ever that you understand just what power you have to favorably impact the lives of people with hypertension, high serum lipids, congestive heart failure, arrhythmias, and atherosclerosis. The reason I say this is because of the incredible additional power given to you by the Diphasic supplements GO POWER and OXY POWER. Your Diphasic AM and Diphasic PM supplements give you:

- Carnosine, which strengthens and protects the heart and improves circulation.

- Betaine, which lowers homocysteine, the number one risk factor for heart attacks and strokes.
- Carnitine, which strengthens the heart muscle, while lowering both elevated cholesterol and triglycerides.
- Acetyl-l-carnitine, which protects the heart and arteries (and brain) from oxidative damage
- Coenzyme Q-10, which energizes and protects the heart, while protecting against atherosclerosis.
- Palm tocotrienols, which clear serum lipids and protect the vascular system.
- Gamma tocopherol, which protects and strengthens the heart and preserves the integrity of the vascular system.
- Chondroitin Sulfate, which reverses atherosclerosis, protects against thrombus formation, strengthens the heart, and lowers cholesterol and triglycerides.
- Alpha Lipoic Acid, which prevents atherosclerosis, and particularly lowers triglycerides.

Adding these nutrients to your old standbys for your cardiovascular disease patients (Formula ES, Taurine, and your dispersing agents), you have an arsenal of weapons to protect your CVD patients that no other nutritionist or physician can begin to match.

The story of Jake brings up not only the power you have against cardiovascular disease and diabetes , but also an important point about the NUTRI-SPEC FUNDAMENTAL DIET.

For many months now we have devoted this Letter to the phenomenal anti-aging benefits your Diphasic Nutrition Plan gives you. But, please understand there is one thing that your Diphasic Nutrition Plan is not – and that is a substitute for a healthy eating plan. The incredible nutrients of your Diphasic Nutrition Plan will be rendered practically impotent in patients who:

- eat nothing, or worse than nothing for breakfast;
- eat meals devoid of protein;
- eat excessively of fructose (sugar);
- eat polyunsaturated vegetable oils.

But – accompany these powerful supplements with even the rudiments of the NUTRI-SPEC FUNDAMENTAL DIET and seemingly miraculous clinical changes will be commonplace in your practice.

All the dietary recommendations you need to give your Diphasic Nutrition Plan patients are included on the one-page summary of Diphasic Nutrition Plan administration that you were given several months ago. You present these dietary recommendations to your patients on Eat Well – Be Well, and in the DNP brochure, “You Can Be Healthy and Strong for a Long, Long Life,” describing how the Diphasic Nutrition Plan will help maintain their potential for youthful vitality. The dietary recommendations you must give to all your patients include simply these:

- three meals (and only three meals) daily, each of which includes a serving of meat, fish, poultry, eggs or cheese
- very limited intake of sugar, including fruit
- strictly avoid juice and other sweetened beverages
- strictly avoid polyunsaturated oils (salad dressing, mayonnaise, margarine, foods containing vegetable oils or cooked in vegetable oil).

If you get compliance on those four rules,

**THERE WILL BE NO LIMIT TO THE WONDERS
YOU CAN WORK FOR YOUR PATIENTS.**

Fail to secure this degree of dietary compliance, however, and you and your patients will be faced with endless frustration, as each patient’s inadequate diet will create an insurmountable barrier to even your most powerful NUTRI-SPEC supplements.

Write that list of four rules at the top of every set of patient instructions you hand out. All reasonably conscientious patients can easily rebuild their eating plans on this four-rule foundation. Making allowances for holiday treats and other special occasions is no real problem. As long as the day-to-day eating plan follows these four rules, your patients are all set.

Butter, olive oil, and coconut oil, are perfectly delightful concentrated fats that can be substituted for all the toxic catabolic vegetable oils. Eating adequate protein and good fat will suppress the abnormal cravings for sweets that most people experience between meals. Deleting

the sweetened beverages will create the opportunity to even somewhat routinely indulge in a small serving of dessert (after a meal containing adequate protein) without rocking the boat too severely. Truly, there is a lot of freedom and flexibility here, such that your patients can thoroughly enjoy a scrumptious diet without indulging in damaging dietary practices.

The only additional restriction that sometimes needs to be placed on your patients is in those for whom weight loss is a primary concern. For those patients, of course, you will need to further restrict the sugar and carbohydrate intake – but that is a subject for another day.

If you like the story of Jake, then please realize that you have the tools at your disposal to create many, many Jake's in your own practice. Merely offer these simple but essential dietary recommendations, plus ...

**THE MOST POWERFUL COMBINATION
OF ANTIOXIDANTS AND METABOLIC ACTIVATORS
AVAILABLE ANYWHERE –**

your Diphasic Nutrition Plan.

Sincerely,

Guy R. Schenker, D.C.