

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,

Here is the kind of ...

HAPPY EVER AFTER STORY ...

that will be commonplace in your practice when you have made a commitment to NUTRI-SPEC as your means of delivering the very best clinical nutrition service.

Suppose a 15 year old boy is brought to your office with a severe liver problem. He has just come from a "liver specialist" who is having a difficult time making a differential diagnosis between auto-immune hepatitis and Wilson's (copper storage) Disease. A biopsy was done on the boy's liver which contained enough scar tissue to make the biopsy inconclusive. These specialists are still scrambling to put together a set of tests to either rule in or rule out Wilson's Disease. Impatient, and even alarmed over the delay, the boy's parents have brought him to your office to see if you can do anything to help.

Upon running NUTRI-SPEC tests you find a clear dysaerobic test pattern including bilirubin, ketones and urobilogen in the urine. You know from your study of NUTRI-SPEC that the two major factors predisposing to auto-immune diseases are a dysaerobic imbalance and estrogen stress. Finding the dysaerobic test pattern in this boy gives you the confidence to assure him and his parents that ...

**WHAT YOU CAN DO FOR HIM WILL DEFINITELY
HAVE A BENEFICIAL EFFECT ON HIS HEALTH ...**

**AND VERY LIKELY WILL ALSO FAVORABLY IMPACT
THE AUTO-IMMUNE HEPATITIS.**

You give the boy an anti-dysaerobic supplementation regimen that includes Oxygenic D-Plus, Histidine, Glutamine, and Diphasic P.M. You recommend the declining schedule of Diphasic P.M. antioxidant supplementation such that the boy takes 10 the first day, 9 the second day, 8 the third day and so forth until he reaches the level of 5 daily. For dietary recommendations, you insist on strict avoidance of all vegetable oils (except olive oil), as well as a good source of protein at each meal, and strict avoidance of juice or other sweetened beverages.

**SIXTEEN DAYS LATER THE BOY HAS
FOLLOW-UP BLOOD WORK DONE
AND HERE ARE THE SPECTACULAR RESULTS:**

- The liver enzyme SGOT has decreased from 1,795 down to 294
- The liver enzyme SGPT has decreased from 1,769 down to 590
- The total bilirubin has decreased from 5.9 down to 1.8
- The serum gloubin has decreased from 6.0 down to 3.5

In these past 16 days not only have you seen remarkable improvement in the blood tests, but the patient has completely lost his jaundice, regained his energy, regained his appetite, and has returned to a completely normal activity level in every way.

The parents show the blood tests to the liver specialist with the explanation that they had sought help from a nutritionist. The doctor stares at the paper for a moment then hurriedly sets it down with the comment, "Well ...

**WE STILL HAVE SOME TESTS TO DO TO RULE OUT
WILSON'S DISEASE ...” AND WALKS OUT OF THE ROOM.**

Have you ever imagined having the power to help patients with such severe conditions, and do so so quickly and so effortlessly? When you use NUTRI-SPEC, and apply it specifically according to the protocols given, (and un-diluted by “natural” remedies to treat symptoms) these “miracle cures” become almost routine.

We began last month a discussion of auto-immune diseases, with particular emphasis on rheumatoid arthritis and lupus. It was a happy coincidence that this boy with auto immune hepatitis came into my office just in time to help drive home the point that ...

**YOU REALLY DO HAVE THE MEANS TO POWERFULLY IMPACT
THE SEVERE AUTO-IMMUNE DISEASE PROCESSES ...**

with your NUTRI-SPEC supplements.

How happy do you think that boy and his parents are? To how many people do you think they will tell their story? How many referrals will be sent to my office as a result? Such success stories are easily yours.

**I DID NOT APPLY ANY SPECIAL
SECRET KNOWLEDGE IN THIS CASE ...**

nor did I do anything outside the standard NUTRI-SPEC protocol that you have as easily available to offer your patients as I do mine.

In last month's Letter, we began to relate the story of a 58 year old woman with totally disabling rheumatoid arthritis. We explained how she was simply put on the Diphasic Nutrition Plan (DNP) with the special DNP recommendations that apply to patients with rheumatoid arthritis. Her initial supplement regimen included, in the morning:

- Oxy B
- Oxy A+
- Diphasic A.M.
- Complex P
- Histidine

And in the evening:

- Oxy B
- Oxy D+
- Diphasic P.M.
- Complex S
- Histidine

Her dietary recommendations included particular emphasis on strict avoidance of any omega 6 fatty acids. Her "totally forbidden" list consisted of: margarine, mayonnaise, salad dressings, cooking oil, chips, fried chicken, French fries, etc, etc.

On her first follow-up visit a little over two weeks later, the Oxygenic A-Plus and Oxygenic D-Plus balancing procedure was applied. Following those directions over the next several days at home, she was able to settle on her permanent recommendation for Oxygenic D-Plus (50 drops daily) and of Oxygenic A-Plus (none).

[As I look back over this patient's records in preparation for writing this Letter, I see that I did use as an adjunct to NUTRI-SPEC a little extra glucosamine for this patient. Even though there is some glucosamine in the Diphasic A.M. supplement, more than that amount is beneficial for rheumatoid arthritis patients. Glucosamine is beneficial for these patients because of the well-known role glucosamine plays in regenerating connective tissue, but just as importantly, for the fact that glucosamine is powerfully anti-dysaerobic.]

How did this patient respond to NUTRI-SPEC?

First the bad news: this patient has pain every day, and will continue to have pain every day for the rest of her life.

The good news?

- The patient has less pain than she has had for several years.
- The patient is completely off prednisone.
- She no longer walks with a walker.
- The patient is living again. In other words, she is functional. That is to say she is (in moderation) participating in just about all the activities of daily living she has ever enjoyed. She will never return to her job as a school teacher, but she wasn't that far from retirement anyway. She is able to walk reasonably well with a cane just about anywhere she chooses to go. She not long ago returned from an entire weekend shopping trip with her daughter, and had the time of her life -- exploring all the malls and outlets stores and whatever else women do on those (silly) trips.

The success achieved in this case is lasting, as it has been more than two years now since she started on NUTRI-SPEC. Her supplement regimen has stayed about the same, although we dropped the Complex S along the way since NUTRI-SPEC testing showed her to have more parasympathetic tendencies than sympathetic. Other than that, everything is essentially unchanged.

[One important note coming from this patient is that on two occasions she ran out of histidine before coming back for a scheduled appointment to replenish her supply. She discovered that after several days without histidine she experiences a very obvious exacerbation of her symptoms.]

Before we go on to another case history, let us be reminded once again that the factor common to all rheumatoid arthritis patients, lupus patients, auto-immune thyroid patients, auto-immune hepatitis, and all other auto-immune diseases is ...

**EXCESS DAMAGE FROM OMEGA 6 FATTY ACIDS
(VEGETABLE OILS).**

For that reason, you must consider that all these patients have a Prostaglandin Imbalance, and require from them unfailing devotion to an oil-free diet. Almost all of them will either test as having a Dysaerobic Imbalance if you do NUTRI-SPEC testing, or will resolve into a Diphasic Nutrition Plan patient with a particular emphasis on the anti-dysaerobic supplements: Oxy D-Plus, Diphasic P.M., and Histidine.

There is one other factor essential to consider in these patients, and that is the presence of estrogen stress. The incidence of these auto-immune diseases is far, far higher in women than it is in men, and estrogen stress is the reason why. When estrogen stress is the major primary causative factor, the patients will test anaerobic instead of dysaerobic. This is not common but you must be alert to that possibility.

Consider now another interesting case, a young woman in her 20's who had been diagnosed with rheumatoid arthritis when she was only 23 years old. A careful history uncovered the fact (that no one else had even thought to consider) that her rheumatoid arthritis started several months after beginning birth control pills (estrogen stress).

The young woman tested clearly dysaerobic and was placed on an anti-dysaerobic regimen with Oxy B, Oxy D, Oxy D-Plus, Histidine, and Glucosamine (this was before we had Diphasic A.M. and Diphasic P.M. available.) Since the young woman had been off birth control pills for more than two years (the PMS and weight gain had been intolerable), and since she followed diligently the dietary recommendations to strictly avoid all foods containing omega 6 fatty acids ...

SHE WAS PLAYING THE VIOLIN AGAIN ...

within three weeks after starting NUTRI-SPEC – something she had been almost completely unable to do since the rheumatoid arthritis began.

What about lupus? Again, we have a condition far more prevalent among women than men. (90% of lupus patients are women.) Why? Estrogen stress.

Like rheumatoid arthritis, lupus is an auto-immune condition affecting connective tissue. However, the damage from lupus is not limited to the connective tissue of the joints. Kidney lesions, skin lesions, pericarditis, recurrent pleurisy, adenopathy, splenomegaly, purpura, and CNS involvement are all common. This is a monster disease, and can even result in death.

The standard medical treatment is prednisone plus immunosuppressive agents plus, countless other drugs to control the many and varied symptoms. Picture a woman in her early thirties being put on this intensive drug regimen -- for life. Clearly, the "cure" is as bad as the disease.

Can you be so presumptuous as to think you can offer a better alternative with NUTRI-SPEC? Yes!

These patients will need prednisone initially (but then they are already on it when they come to your office) as a potentially life-saving measure. Then, it is your turn to intervene with NUTRI-SPEC. Your success will often exceed your grandest expectations. Sometimes as quickly as was achieved on behalf of the boy with auto-immune hepatitis ...

**YOUR NUTRI-SPEC REGIMEN WILL BRING
THE DISEASE PROCESS TO ITS KNEES.**

An illustrative case from my own practice: Twenty years ago a woman came to me with severe lupus already of several years duration --- Some combination of joint pain, pericarditis, pleurisy, proteinurea, skin lesions and visual disturbances plagued her continually.

With NUTRI-SPEC, her symptoms abated and she was able to begin decreasing medication within two months. You'll read in next month's Letter the whole story of how your NUTRI-SPEC System rescued this fine lady, and how her own NUTRI-SPEC "happy ever after story" has played out over the last twenty years.

Meanwhile, create a few "miracles" of your own. Remember -- we are here to help you with these seemingly complex cases. Just give us a call.

Sincerely,

Guy R. Schenker, D.C.