

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,

EX-PLODDERS & EX-FLINGERS BALL PLAYERS, WEIGHT LIFTERS, SWIMMERS, TRACK ATHLETES DISTANCE ATHLETES & BODY BUILDERS

What do all these diverse groups share in common?

1. A need for your HIGH INTENSITY, SHORT DURATION workout regimen.
2. A need for your NUTRI-SPEC FUNDAMENTAL DIET and your DIPHASIC NUTRITION PLAN to ensure that full benefits are derived from exercise, and to protect from catabolic stress.
3. A need for ...

THE MASTER BLASTER.

The Master Blaster, also known as the A+/EW Balancing Procedure, is the one sure way to give all patients willing to make a commitment to optimal health through nutrition and exercise ...

THE METABOLIC SPARK ...

they need. Within two weeks you will have determined the ideal ratio between Oxygenic A+ and Formula EW (or Oxygenic D+) to maximize oxidative energy production and minimize oxidative stress for every individual patient.

Truly, this Master Blaster is the most expedient and effective means to empower all the patients whom you have on the Diphasic Nutrition Plan. As I see more and more doctors running this procedure on their most challenging patients, the clinical results are even more impressive than I could have imagined. So, as of today, I am recommending that you employ this procedure for all your Diphasic Nutrition Plan patients, and begin the process with the first day of the Plan. Instead of looking at the Diphasic Plan as a set it and forget it procedure, you can put forth just a little effort in the first 2-3 weeks to give each patient a tremendous metabolic boost. Once you have determined the ideal supplement ratios, then you can set it and forget it.

With what you have learned about improving the quality of life with exercise these last few months, plus the amazing increase in adaptative capacity provided by your Diphasic Nutrition Plan, plus the power of your Master Blaster, you have everything you need to provide complete health care for patients young and old, fit or fat. Please be assertive in offering your services. Every time a patient mentions being on an exercise program, shower that patient with praise; but then go on to explain how sad it is that so few people get full benefit from the time and energy they invest in exercise. Go on to explain that most exercise schemes are not backed by scientific evidence. Assure the patient that you would be happy to do everything possible to see that exercise goals are met. Use the handouts you have from last month on Optimal Health From The Ideal Combination of Nutrition and Exercise, as well as the detailed descriptions of Grizzly Bear Intervals and Grunt and Groan Strength Training. Feel free to distribute copies of any of your past NUTRI-SPEC Letters on exercise.

I am encouraged by both the feedback and the number of questions we have received since beginning our discussion of exercise. After last month's Letter, the steady stream of questions turned into a flood. I'd like to address some of those questions that I think are of general interest.

There is definitely some confusion between weight lifting (either to compete as a weight lifter or to enhance strength for other sports) and body building. There were modifications made in the exercise plan sent to you last month for body builders because the goals of body builders are of an entirely different nature than those who use strength training to gain strength. What you must understand is that winning at body building has more to do with vascularization of muscle than with strength of muscle. The additional light weight sets recommended for body builders on your summary sheet will achieve that vascularization. Body builders must, however, be very careful not to over-train, as this higher volume type of workout digs a deep catabolic hole. No one can

rebuild from more than three of these workouts weekly, and two workouts is generally better. Now, convince your average muscle head body builder of that and he or she will achieve amazing gains without the extreme catabolic stress they all suffer from their over-training.

Some doctors expressed concern that trying to determine one's maximum single attempt lift (which must be done to determine the weight to use for strength training exercises) might be dangerous. It is not at all. I've never seen anyone (from athlete to little old lady) injured from a maximum lift in good form at the recommended speed of 25 degrees per second. Injuries in strength training tend to occur at the end of a set (after fatigue) when the lifter jerks the weight in an attempt to get one more rep. Without the "jerk" a maximum lift with a weight that is too heavy becomes merely an isometric contraction --- which cannot possibly do harm.

Several questions came up on the intensity and duration of Grizzly Bear Intervals. You were told that the key to success is putting out high intensity bursts of speed lasting 30-90 seconds. Several doctors complained that no one can maintain an all out sprint for 90 seconds. That is exactly correct, no one can. In fact, no one can maintain an all out sprint for more than about 20 seconds. The Grizzly Bear Interval Procedure is to choose the length of your interval (somewhere between 30-90 seconds) and go at the maximum pace you can maintain for that length of time. That will be a little less than an all out sprint if you are doing a 30 second burst, and considerably less than an all out sprint if you have chosen a 90 second burst. Another point needing clarification is that each burst must not only be the same number of seconds, but also cover the same distance (running, cycling, swimming, or whatever). Otherwise, if each burst is done at a slightly slower pace, this very quickly becomes a medium intensity, medium duration workout.

Need more detail on what it means to see a pulse not recovering, thus indicating the need to terminate a Grizzly Bear Interval Workout? Here is an example:

45 second run #1: 60 second pulse = 94
 45 second run #2: 60 second pulse = 96
 45 second run #3: 60 second pulse = 101
 45 second run #4: 60 second pulse = 103
 45 second run #5: 60 second pulse = 112 = stop. Enough for today.

What you are looking for is a pulse after 60 seconds that gaps up above the trend line of the previous series of pulses.

The frequency of workouts should be no more than four or five times weekly. One to three of those should be intervals and one to three of those should be strength training. Never, however, should the same type of workout (interval or strength training) be done on two consecutive days. In other words, there should always be at least 48 hours between Grunt and Growl Strength Training Workouts and 48 hours between Grizzly Bear Interval Workouts.

In the description of your Grunt and Growl Strength Training Routine, it was stated that, “each repetition is done at a rate of 25 degrees per second on the concentric contraction, and 70-100 degrees per second on the eccentric contraction.” Any confusion on this point can best be cleared up by an example: The bicep curl range of motion is an arc of about 100 degrees. 100 degrees divided by 25 degrees per second equals 4 seconds on the concentric or positive contraction. On the eccentric or negative portion of the exercise, 100 degrees divided by 70-100 degrees per second equals about 1.5 seconds to lower the weight.

Finally, let us address a phenomenon long known to coaches and fitness directors --- the plateau. These authorities in the fitness field will tell you that no matter how good is an exercise program, a person will, after achieving great gains at first, level out (some will say “get used to the program”), and the gains stop. The frustrated exerciser seeks the help of a fitness expert, and is given a totally different exercise regimen. Heavier weights, lighter weights; more reps, less reps; shorter sprints, longer slower distances; more frequent workouts, less frequent workouts --- it doesn't seem to matter what change is made, the person will begin making gains once again. The expert appears to be a genius.

Shortly, however, the gains level out, and once again the fitness expert makes some radical change (any radical change) in the work out regimen and gains resume. The conventional wisdom on this phenomenon is that no exercise regimen can be followed continuously without at some point “adapting” to the regimen and thus failing to make further progress. Is the conventional wisdom correct? Will Grizzly Bear Intervals and Grunt and Growl Strength Training eventually run you into a brick wall such that strength gains are lost, and lost weight is regained? No.

The experts' observations of the tendency for people to plateau is exactly right, and, when people plateau the way to resume progress is to completely change the exercise regimen. The question the experts cannot answer is WHY do people plateau? Despite what the ignorant believe, there is no physiological process that equates to “getting too used to the program”, or “adapting” to the regimen.

The scientific explanation of the plateauing phenomenon is quite simple ...

OVERTRAINING.

Everyone does workouts of far too much volume. Runners run too far and too often; strength trainers do far too many sets and reps, and work out too often. Initially, gains are very gratifying, but soon each workout digs a catabolic hole that cannot be filled in before the next workout. There is your plateau. The fitness director comes along and changes the workouts so that physiological stress is placed on different structural and functional systems, and progress resumes for a while, until those systems are over trained, necessitating another change ...

Meanwhile, the individual is always in or near an extreme catabolic state --- sabotaging the metabolic benefits of exercise almost entirely, and slowing the physical benefits (weight loss, heart strength, muscular tone, etc, etc,) as well.

None of the “experts” realize how little exercise volume it takes to achieve maximum benefits. With high intensity interval training and strength training ...

MORE THAN A FEW MINUTES CONSTITUTES OVER-TRAINING.

None of the experts have any objective means to measure when a person has reached the point of maximum benefit from a workout. Everyone just blindly follows everyone else. Follow the principles offered in your NUTRI-SPEC Letters and you and your patients will have no problem with over training, and will not experience the dreaded plateau.

Even some of you (particularly those of you who are regular exercisers) are having trouble accepting just how little exercise volume it takes to maximize cardiovascular fitness, fat loss, strength gain, and metabolic efficiency. A typical comment received from a NUTRI-SPEC doctor might go something like this: “I love your ideas on exercise. I’ve added Grizzly Bear Interval Training to the end of my 3 mile run, three days each week. I’ve also started your Grunt and Growl Strength Training. Your exercises give me just the right balance when combined with my bench press and dead lift workouts.” Do you see that this guy just doesn’t get it? His actions are perfectly analogous to the NUTRI-SPEC doctor who determines the exact balance of supplementation for his patients based on NUTRI-SPEC testing, then routinely gives all his patients a thousand milligrams of vitamin C daily. The interval and

strength training plan you have been given is not an add on. It stands alone as a comprehensive plan for life-time empowerment.

To keep your thinking on exercise in proper quantitative perspective, just stop to ponder how exercise works. EXERCISE IS A CATABOLIC STRESSOR! That stressor (as long as it is not over-done) motivates the body to rebuild from the catabolic damage a little extra so that adaptative capacity is increased. Strength training tears down a muscle; anabolic forces rebuild that muscle plus a little more over the next 48 hours. Interval training taxes the cardiovascular pulmonary systems, and they respond by increasing their adaptative capacity as well. What most people fail to understand about this catabolic/anabolic exercise cycle is that more is not better. If you have not completed the rebuilding process from the last workout as you begin today's workout, you are damaging your health, and that damage is compounded workout after workout if you are not recovering completely. Furthermore (and this is surprising to most people), a person's anabolic capacity does not improve with conditioning. In other words, exercising regularly for five years adds absolutely nothing to your body's capacity for rebuilding after a workout. So, in strength training, for example, after five years of working out, you can only actually handle less workout volume than you could five years previously when you were a novice. When you were a novice the weights were lighter; now, with heavier weights, you can actually do fewer exercises before reaching the limits of your anabolic capacity.

Be smart. Teach your patients to exercise intelligently, to follow the NUTRI-SPEC Fundamental Diet, and to supplement with the highest biological activity supplements available. Give them the MASTER BLASTER as well, and watch them reach a level of physical and mental personal power to match their dreams.

Sincerely,

Guy R. Schenker, D.C.