

NUTRI-SPEC



THROUGH
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THE NUTRI-SPEC LETTER

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

OXIDATION? OR ADAPTATION?

OXIDANT? OR PROTECTANT?

The choice is yours, Doctor.

Will you jump on the omega 3 band wagon, and do long-term lipid peroxidative damage to your patients, or, will you protect them from lipid peroxidation with the most powerful antioxidant available anywhere ---

YOUR OXY POWER.

Will you cause lipofuscin age pigment to form on the skin of your patients whom you supplement with fish oil, or, will you help your patients maintain a youthful appearance for years with the delta tocotrienol and other antioxidants in your Oxy Power? Remember, any time you see lipofuscin on the skin, there is lipofuscin in the brain. --- Will you contribute to the development of senile dementia in your patients, giving them EPA, DHA, and ALA, or, will you prevent brain damage in your patients with the mixed tocopherols and other antioxidants in your Oxy Power?

Will you depress aerobic energy production in your patients with the oils of fish and flax, or, will you enhance aerobic energy production with the coenzyme Q10 in your Oxy Power?

Will you destroy macrophages and T cells in your patients with Omega 3s, thus paralyzing their immune system, or, will you empower the immune system with alpha lipoic acid and the other antioxidants in your Oxy Power?

Will you increase the incidence of cancer and the rate of tumor metastasis with rancid fish oil, or, will you protect your patients from cancer with the most comprehensive antioxidant --- Oxy Power ---

**THE INCOMPARABLE COMBINATION
OF MIXED TOCOTRIENOLS,
MIXED TOCOPHEROLS, ALPHA LIPOIC ACID,
AND CO-ENZYME Q10?**

We are not playing games here. The omega 3 charlatans have the potential to cause more death and destruction over the next 4-5 decades than the omega 6 peddlers did in the previous several decades. Please re-read the last 7 issues of this Letter revealing the frightening truth about EPA, DHA, and ALA. I am not some nut screaming from the lunatic fringe --- you were given many, many references from the scientific literature supporting you as you take a stand for truth on behalf of your patients. Please use those Letters any way you see fit to educate your patients --- you are probably their only chance to avoid being sucked in by the omega 3 propaganda machine.

The intent of this Letter is to emphasize your potential to ...

PROTECT YOUR PATIENTS TWICE ---

first by getting them off all PUFAs, and second by providing them an impregnable fortress against pathological aging. Your Diphasic Nutrition Plan gives patients the most powerful combination of adaptogens ever formulated; but in this Letter we want to emphasize the protection against both catabolic and anabolic aging processes offered specifically by your Oxy Power.

Perhaps the most interesting component of your Oxy Power is the tocotrienol group. It is positively astounding that this group of nutrients has so much research supporting it as perhaps the single most important antioxidant available to us, yet no one uses it. Why is that? The highest antioxidant activity and free radical scavenging capacity of the tocotrienol isomers comes from delta tocotrienol. This most biologically active antioxidant of the tocotrienol family is available only from palm. The problem is that this nutrient is extremely expensive. So much so, that it is a hard sell to the poorly informed public. The few companies that dabble in selling tocotrienols supply a product derived

from rice bran, which is very inexpensive, but which is almost totally lacking in the delta fraction of the tocotrienols. So --- think of the tocotrienols as ...

THE BEST KEPT SECRET IN CLINICAL NUTRITION.

Just how powerful are the tocotrienols? A recent study published in Biochemical and Biophysical Research Communication, 2006 (339), 949-955 shows that tocotrienols may act as potent anti-cancer agents by inhibiting cancer in two ways. First, tocotrienols inhibit angio-genesis, with delta tocotrienol having the greatest effect. Second, tocotrienols selectively inhibit the activity of mammalian DNA polymerase lambda, which is involved in cellular DNA synthesis during cell replication. The researchers note that ordinary tocopherols (vitamin E) do not influence the activities of mammalian polymerase and angio-genesis at all.

Another recent report (Life Sci, 2006 Mar 27; 78(18):2088-98) states that tocotrienols possess powerful neuro-protective, anti-cancer, and cholesterol-lowering properties that are not exhibited by tocopherols. It goes on to state that at nano molar concentration, alpha tocotrienol, but not alpha tocopherol, prevents neuro-degeneration. On a concentration basis, this finding shows that tocotrienols represent the most potent of all biological functions exhibited by any molecule in the natural vitamin E family.

In a study published in Malays J Pathol, 2001 Jun;23(1):17-25, It is shown that tocotrienols inhibit experimentally induced atherosclerosis in the aorta of rabbits. I love this one because it is almost an exact duplication of the ridiculous experiment done decades ago "proving" that a high cholesterol diet causes atherosclerosis. Feeding high concentrations of cholesterol to rabbits, a species whose natural diet includes zero cholesterol, caused atherosclerotic plaques to form. That was the beginning of the low cholesterol diet myth. Now, the same experiment is repeated, but with tocotrienols administered along with the high cholesterol diet. Compared to those who are given cholesterol without the tocotrienol supplementation, the malondialdehyde (a measure of lipid peroxidation) is much lower, and the normal elastic lamina with no intimal thickening is preserved, in the cholesterol fed rabbits who are also supplemented with tocotrienols.

Other studies of interest:

The protection of the heart against ischemia is demonstrated in a study published in Asia Pac J Clin Nutr 2005; 14(4):340-7.

Tocotrienol offers better protection than tocopherol from free radical-induced damage of rat bone. Clin Exp Pharmacol Physiol. 2005 Sep;32(9):761-70.

The therapeutic impacts of tocotrienols in Type II diabetic patients with hyper-lipidemia. Atherosclerosis 2005 Oct;182(2):367-74. This study shows that tocotrienols are useful in both the prevention and treatment of hyper-lipidemia and atherogenesis in Type II diabetics.

Tumor suppressive effects of tocotrienol in vivo and in vitro. Cancer Lett 2005 Nov 18;229(2):181-91.

Evidence for the preventive effect of the polyunsaturated phytol side-chain in tocotrienols on 17 beta-estradiol epoxidation. Cancer Detect Prev 2005;29(4):383-8. Oxidation of estrogen increases its capacity to induce breast cancer. This oxidized estrogen inhibits nuclear RNA synthesis as well. It is shown in this study that the anti-oxidative activity of tocotrienols prevents estrogen epoxide formation and therefore may reduce the incidence of breast cancer.

I could go on giving you dozens of studies showing the protective effect of tocotrienols against cancer, against brain degeneration, against cardiovascular disease, and against all forms of pathological aging. It is essential to realize that all the vitality-enhancing, youth-protecting benefits of tocotrienols derive from one and only one biochemical action:

**TOCOTRIENOLS PROTECT AGAINST THE OXIDATIVE
DAMAGE OF FISH OIL AND VEGETABLE OILS.**

Doctor, the choice is yours:

**ACCELERATE TISSUE DESTRUCTION AND AGING
WITH EPA, DHA, AND ALA,**

or,

**MAXIMIZE AND PROLONG YOUTH BY
GIVING YOUR PATIENTS OXY POWER.**

TWO IMPORTANT ANNOUNCEMENTS:

Our first announcement is accompanied by an apology, and is in reference to a mistake on your Quick Reference Guide. If you look at your QRG on the Analysis of Five Fundamental Balance Systems, in the section under Acid/Alkaline imbalance you will find under the Potassium Depletion Alkalosis column a criterion of Adjusted Saliva pH 6.8+. This is the error. The adjusted saliva pH for a patient with a potassium depletion alkalosis imbalance tends to be low, and your QRG page should read 6.6-. An explanation of the biochemistry of a potassium depletion alkalosis is explained on pages 135 and 136 of your NUTRI-SPEC manual. The reason for the typically low saliva pH in these patients is explained in the second paragraph on page 136 --- "the saliva pH in a potassium depletion alkalosis is decreased for the same reason it was in the metabolic alkalosis pattern, i.e., increased carbonic acid." I can offer no legitimate explanation why it took so long to discover this typographical error; my slothful negligence is inexcusable.

YOUR DISSOLUTION RESOLUTION;

THE OXY K FIASCO.

After several months of unavailability, Oxy K is in good supply and serving the needs of your Ketogenic patients and Type II diabetics. What went wrong? Quite simply, it was a case of a little too much of a good thing. You see, our NUTRI-SPEC products have the best dissolution characteristics of any supplements available anywhere. In other words, we use an absolute minimum of excipients as an outer covering to assure that the tablets dissolve high in the GI tract for maximum nutrient absorption. Those of you who are relatively new to NUTRI-SPEC are probably not aware of the major importance played by the dissolution of nutrition supplements. Most vitamins and minerals have a very narrow window of absorption in the upper GI tract --- for most of them it is just a few feet of the upper jejunum. In other words, if a tablet reaches that point of the intestine without being completely dissolved, the vitamins and minerals it contains will pass right on through, unabsorbed, and totally wasted. The tragically comical truth about most nutrition supplements is that they are totally worthless, regardless of what beneficial nutrients they contain, simply because the tablets have such a substantial coating that the product does not dissolve nearly in time for nutrient absorption.

Why do other supplement manufacturers use such a heavy protective coating? Shelf life. They need a product that can be stored in a

warehouse, then shipped across the country to another warehouse, then shipped to the retailer, where the bottle of tablets sits on a health food store or drug store shelf for many months before being sold, then must sit in the consumer's kitchen for who knows how long after being opened. Since, as we have revealed to you many times and many ways, the natural food industry is perhaps the dirtiest in the world, the manufacturers and distributors don't give a hoot about the efficacy of their products --- \$\$\$\$ is all that matters.

As a NUTRI-SPEC practitioner you are offering your patients quality; you are offering your patients truth in clinical nutrition. But to achieve maximum absorption of nutrients, we have to take a calculated risk in the manufacture of our tablets. In minimizing the coating for maximum absorption, we know that there is a chance of some discoloration of the products, especially when exposed to high temperatures. The risk of discoloration in our products is compounded by our use of the most biologically active form of all the nutrients we use. This is a problem in that many of these forms of nutrients attract moisture from the air. And, of course, that "sponging" of moisture from the air is accelerated any time the temperature is elevated.

Generally, our products are stable enough to withstand several days exposure to (warm) UPS trucks. In the case of Oxy K last Summer, however, the production run was done on a humid day, which made the product a little more vulnerable. It simply did not hold up. Many of you had bottles of product that was discolored even on first opening; many of the rest of you had products that discolored very quickly once the patient opened the bottle. The resolution of the problem with Oxy K came down to eliminating magnesium chloride (which is extremely hygroscopic from the formula. We have substituted other forms of magnesium. The solution for all our NUTRI-SPEC products is to routinely tell all your patients to refrigerate their supplements.

Now, reiterating the main topic of this Letter --- over the long-term there is nothing you can do for your patients more important than increasing their vital reserves with antioxidant protection. While other doctors are polluting their patients with toxic, catabolic, oxidative free radical damage-causing PUFAs, you are offering maximum adaptation and protection to your patients --- with OXY POWER. To celebrate your power over pathological aging, let us enjoy a special this month on Oxy POWER --- 2 FREE for every 10 you buy.

Sincerely,
Guy R. Schenker, D.C.