

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:

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Dear Doctor,

WARNING!!!

**DON'T BELIEVE WHAT THE
NUTRITION AUTHORITIES TELL YOU
ABOUT SUGAR.**

If you were asked to single out the biggest killer in modern diets, which would you chose -- sugar or polyunsaturated oils? Which of these contributes the most to cardiovascular disease, our leading cause of death? Which contributes the most to cancer? To accelerated aging? To tissue degeneration? To fatigue? To depression, anxiety, and loss of mental acuity? Which would you choose as the number one “food” we must avoid to remain physically and mentally powerful through a long joyous life?

You could easily put together a compelling case against either polyunsaturates or sugar. The truth is that scientific evidence points to these metabolic poisons as about equal in the havoc they wreak upon their unsuspecting victims. This is why the NUTRI-SPEC Fundamental Diet (which totally avoids PUFA oils and minimizes sugar) that you and your family follow and that you advise for all your patients, is 90% of what you need to know to prevent health problems.

The story you must learn about sugar is perfectly analogous to the story on PUFA oils. Consider these six parallels:

1. There are two types of dietary fats -- saturated and polyunsaturated. Similarly, there are two dietary sugars (excluding the galactose in milk), glucose and fructose.
2. The authorities have been telling us for years that the PUFA fats are good for us and that the saturated fats are harmful. Similarly, we have been told by the nutrition authorities that sugar is OK "in moderation," but that glucose in excess is harmful, while fructose is the "good sugar."
3. In both cases, the common wisdom of our day (which we have obtained through brain washing since childhood) is not only not true, but is the exact opposite of the truth. We have given you plenty of objective evidence in these Letters over the years supporting saturated fats as preservers of health and youth, while it is the polyunsaturates that are causative to some degree in virtually every pathology you can name. In this Letter we will be giving you the same sort of evidence supporting the devastating effects of fructose.
4. The profits that Agri-Business realizes from manufactured foods are a zillion times higher than those derived from the whole, unadulterated foods -- meat, fish, poultry, vegetables, eggs and milk. Beginning in the 1940's, and accelerating at an accelerated rate throughout the ensuing decades, Agri-Business has engaged in a major propaganda blitz in promotion of using soy oil, corn oil (and more recently canola oil) as fundamental ingredients in all processed foods. (All this as part of a more generalized brain washing in support of a lifestyle that relies on convenient and fashionable processed foods.)

In perfect parallel with this PUFA propaganda machine has been the injection of sugar into an increasingly overwhelming number of processed foods over the past five decades. Now, the average American consumes between 100 and 120 pounds of sugar in a year -- most of which is totally invisible -- it is just there in virtually anything you buy in a package. This reckless use of sugar is, of course, a real boon to the promotion of processed packaged foods. After all -- if you throw enough sugar in there almost any devitalized trash is palatable (and ultimately addictive).

As cheap and profitable as processed foods are to make and to sell, they still depend for their profitability on a reliable and inexpensive source of cane or beet sugar. Technology obviated this need a few years ago when the manufacturing process for fructose and high fructose corn syrup was perfected.

5. To legitimize its promotional campaign in favor of PUFA oils, Agri-Business enlisted "scientists" in its behalf. Countless studies were

funded purporting to show the health benefits of PUFA oils and the devastating effects of saturated fats. The "research" went so far as to "prove" that the PUFA anti-metabolites are dietary requirements -- and named them "essential fatty acids." Honest science (that not funded by Agri-Business) repeatedly disproved both contentions of the propagandists -- showing both that saturated fats are essential for health and youth, and, that polyunsaturated oils are essential only if you want to create as much disease and suffering as possible.

The propaganda machine revved up into high gear once again in enlisting "scientific evidence" to support the notion that fructose is the "good sugar." Studies were financed purporting to show that glycemic control, which is devastated in diabetics and hypoglycemics by ordinary sugar, is actually benefited by ingestion of fructose. Legitimate research proves just the opposite (as we will describe below). But which voice do you hear? Do you hear the multi-billion dollar voice the food industry trumpets throughout the media? Or, do you hear the voice of a poorly funded researcher whose excellent work gets no further than publication in a scholarly journal?

6. The damage inflicted by vegetable oils is all directly or indirectly associated with free radical oxidation. The various forms of damage to your health from eating fructose are also associated with free radical damage. The pathological aging process associated with fructose is called **GLYCATION**.

Now that you have seen the historical development of the fructose propaganda machine and how it mimics exactly the PUFA propaganda machine, you are primed to learn why you and your patients should reject any food with fructose on its label.

When people use the word "sugar" in conversation what are they generally referring to? They mean sucrose. What is sucrose? Sucrose is a disaccharide -- in other words, it consists of two smaller sugars hooked together. What are the two sugars that combine to make sucrose? Glucose and fructose. The common dietary sugars are glucose, fructose, sucrose (which is glucose plus fructose), and lactose (milk sugar, which is glucose plus galactose).

Where do these various sugars fit into our dietary and metabolic needs? Glucose is the at the foundation of all carbohydrate metabolism. Glucose is, of course, the sugar that circulates in our blood -- that feeds our body and brain carbohydrate fuel. Glucose is also the sole constituent of all complex carbohydrates. Your grains and starchy vegetables consist almost entirely of carbohydrates formed from long

chains of glucose molecules hooked together. You can see, then, that glucose is a basic constituent of our diet and a primary metabolite.

Galactose is a sugar that meets many of the needs of the rapidly developing body and brain of young animals. In humans, the need for galactose steadily diminishes and is probably gone by age 6. Many people can continue to digest and metabolize lactose (glucose plus galactose) through adulthood. Many people cannot. (Lactose intolerance is not actually a metabolic problem, but a digestive problem. Some people lose the digestive enzyme that splits the lactose into glucose and galactose. The lactose sugar therefore feeds only intestinal bacteria and can cause irritation, inflammation and diarrhea.)

Where does fructose fit into the picture? It almost doesn't. From a dietary standpoint fructose appears in only small concentrations in natural foods. When fructose is ingested it cannot be absorbed and utilized immediately as glucose and galactose can -- it must first be taken to the liver and processed there.

Now, let us clear up one important point about fructose. The Agri-Business propaganda mill seized upon the fact that fructose is the major sugar in fruit and capitalized on the "fruit is good for us" myth. Since everyone "knows" that fruit is "natural," the fructose content of fruits was offered as one piece of evidence that fructose is "the good sugar." Nothing could be further from the truth.

The story on fruit is a difficult one, I know, for many NUTRI-SPEC practitioners to swallow. It is also particularly difficult to convey this story to your patients. But, believe it or not, fruit is not natural. Nothing even close to the sugar (fructose) content of peaches, oranges, and grapes ever existed in nature. All the fruits you see displayed in the supermarket are man-made hybrids derived from the small tart seed fruits of natural trees and shrubs. Have you ever taken a bite out of a crab apple? That is the closest thing to an apple ever produced in nature. Most of the sugar-saturated delicacies we devour have been hybridized over the last few centuries. Humankind in its natural state had no prior experience with these foods, nor with anything else so high in sugar -- and certainly never encountered fructose in such concentrations.

Consider now just how and to what degree sugar hurts you. What is the most immediate damaging impact of eating sugar? As you know from your study of NUTRI-SPEC, one of the primary distinctions between those who are healthy and those who are not relates to glycemic control. In other words, in the hours following a meal, are the rise and fall of blood sugar and insulin normal or pathological? A person's glycemic

control is best measured with a 5-hour glucose tolerance test (GTT). In a GTT, a fasting person drinks a glucose solution, after which the blood glucose and blood insulin are monitored periodically for 5 hours.

In a Type I diabetic the glucose goes sky high while the insulin remains rock bottom low (Sympathetic Imbalance). In a Type II diabetic the glucose goes sky high and the insulin goes sky high and they both stay there (Ketogenic Imbalance). In some hypoglycemics the sugar only goes up a little while the insulin only goes up a little as so much insulin is produced so quickly and works so efficiently that the sugar levels come crashing down to ultra low levels (Parasympathetic Imbalance). In other reactive hypo-glycemics the sugar goes somewhat high while the insulin goes somewhat high, then at some variable point during the next few hours the sugar drops very rapidly, though it may or may not reach ultra low levels (Glucogenic Imbalance).

These nasty potential effects of sugar were known by everyone -- even the executives in Agri-Business. What the clever promoters in Agri-Business did was to pay their stooges to do research showing that if you drink a fructose solution instead of a glucose solution that the insulin and glucose reactions are not as extreme.

"See that? Fructose is natural sugar; fructose is fruit sugar; fructose is the good sugar because it doesn't affect glycemic control as adversely as glucose does!"

Meanwhile, all the legitimate physiologists were saying, "Well of course not -- fructose has to wrestle with the liver for a while before it gets released as an energy substrate. So naturally the reaction to fructose would not be as quick."

The legitimate scientists then did research testing glycemic control in an actual meal in which the source of carbohydrate was either glucose or fructose. In these studies (which simulate normal living conditions), fructose caused a far more severe stimulation of excess insulin response, and triggered the entire chain reaction that leads to all the degenerative diseases associated with poor glycemic control. These include cardiovascular disease, hypoglycemia (and all its physical and emotional ramifications), diabetes (and all its associated pathologies), and chronic fatigue. How many of those studies did you see on TV or in the magazines?

Wait -- we haven't even discussed glycation yet. Yes, the loss of glycemic control associated with fructose can cause all our most devastating physical and emotional pathologies, but that is only one aspect of the negative story on fructose. The big story is glycation.

What is glycation?

Glycation is a catabolic aging process in which there is a reaction of sugar with protein, then, the subsequent oxidative damage of the sugar-protein complex. This oxidative damage is perfectly analogous to the oxidative damage resulting from free radical oxidation of vegetable oils. The oxidative damage of glycation is particularly evident as the non-enzymatic cross-linking of collagen.

Collagen? Where is collagen found in the body? Only everywhere. How does this premature aging of collagen show up in terms of clinical conditions? The tissues most affected by sugar-induced oxidation stress are the vascular system (cardio-vascular disease), the renal capillaries (hypertension and kidney failure), the skin (wrinkles), the joints (degenerative arthritis), and the retinal capillaries (retinopathy). How's that for a pleasant accompaniment to your sweet tooth?

Now brace yourself for a strong dose of the honest truth ...

**FRUCTOSE (FRUIT SUGAR) CAUSES TEN TIMES
AS MUCH GLYCATION DAMAGE AS GLUCOSE.**

Now that you are an authority on dietary sugar you can better appreciate the last two issues of your NUTRI-SPEC Letter. You have learned in these three months the physiological and pathological mechanisms behind all forms of diabetes. Your NUTRI-SPEC Fundamental Diet plus NUTRI-SPEC Metabolic Balancing and/or the Diphasic Nutrition Plan will allow your patients to maintain perfect glycemic control, while preventing the premature aging and catabolic tissue destruction of omega 6 and omega 3 PUFA oxidation and of glycation. For patients who are already diabetic you can stop, and often reverse, the degenerative pathologies associated with glycation. Now, you know how and why ...

**YOU MUST MAKE DIABETES PATIENTS
YOUR GREATEST SUCCESSES.**

In celebration of health,

Guy R. Schenker, D.C.