

NUTRI-SPEC



THROUGH
SPECIFIC NUTRITION

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THE NUTRI-SPEC LETTER

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From:
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3 IN ONE WEEK !!!

Dear Doctor,

Your patients' minds are possessed by Mythology. Your patients' hearts are devoted to the Health food "Fairy Tree."

On NUTRI-SPEC practitioner's patient's Test Results I analyzed last week, 3 patients were tough cases (with multiple pathologies and taking a truckload of drugs --- the patients on whom I love to work with you --- knowing that NUTRI-SPEC is the only hope if these poor souls are going to **Live Stronger Longer**) --- and --- all 3 patients had one common element to their history. All 3 presented as new patients --- doing

"SELFIE"

herbal drug prescriptions with

BOTH Turmeric and Cinnamon.

Yes, all 3 true believers were

FEASTING ON THE FRUIT OF THEIR FAVORITE FAIRY TREE.

Turmeric? Cinnamon? We have repeatedly poked fun at the cinnamon devotees especially --- including in your February 2019 Letter --- in which we did an extensive feature on it. Truly, taking cinnamon for "inflammation" is the equivalent of ...

FAIRY DUST.

There is absolutely nothing of substance there.

And turmeric? --- Same story. How ridiculous is it that turmeric is among the McCormick brand spices on the spice rack in your patients' kitchens, yet they pay for the expense of that tasty powder being polluted with excipients, compressed into tablets, dumped into a bottle, the bottle sealed and shipped, and then marked up for display at the health food store Fairy Tree? --- One bottle of very expensive fairy dust.

[Side Note: Curcumin, the active extract from turmeric, very definitely has clinically significant anti-inflammatory effects --- though nowhere near as powerful as your NUTRI-SPEC anti-inflammatories --- Adapto-Max, Oxy-Max, Taurine, Oxy Tonic, Electro Tonic, Oxy D+ and all 3 Immuno-Synbiotics. But, the quantity of curcumin in whole turmeric is clinically insignificant.]

The irony here --- the tragedy --- is that your patients are driven to their mythological belief system by pursuit of a legitimate truth. The health food charlatans and alternative medicine witch doctors have been pumping peoples' hearts full of anti-inflammatory propaganda for close to a decade now. As we NUTRI-SPEC practitioners know, inflammation is a ubiquitous result of ImmunoNeuroEndocrine Stress --- and --- INE Stress resulting in inflammation pushes a person down the road to INFLAM-AGING. --- But there are 2 major problems with the health food and alternative healthcare anti-inflammation propaganda

First, and most obviously, is that they present their patients with The Fruit of the Fairy Tree --- turmeric, cinnamon, resveratrol, fish oil, and whatever else happens to be the Fairy Tree Fruit of the Month. All that is

ROTTEN FRUIT.

Most of it is useless, and much of it is actually counterproductive --- in the sense that these Nature Cures can actually increase certain types of inflammation, increase certain types of immune system stress, and exacerbate the Fundamental Metabolic Imbalances that we at NUTRI-SPEC uniquely understand.

The second problem with the Fairy Tree fruit peddlers is that all they are offering is remedies --- "magical fruit" that (they pretend and their victims hope) will ease whatever (generally self-inflicted) symptoms their believers suffer --- or --- will instill (false) hope that these remedies will minimize or postpone the inflammatory diseases of aging. Our key point here is that ...

**NOWHERE DO THE CULVITATORS OF THE FAIRY TREE
EVEN ADDRESS THE UNDERLYING CAUSES OF ...
INE STRESS → INFLAMMATION → INFLAM-AGING**

We NUTRI-SPEC practitioners take exactly the opposite approach. We do not offer fruit from a fairy tree; we do not promote mythology. --- ALL we are concerned with is ...

THE UNDERLYING CAUSES OF THE INE STRESS ...

that is responsible for the broad array of symptoms that bring our patients to our office. Our concern extends even to the signs and symptoms beyond those complaints that bring patients to our office. For instance

You are a chiropractic doctor and a patient comes to you hoping you can help with migraine headaches. Can you? Absolutely yes. Some combination of effective chiropractic adjusting (if there is such a thing anymore) plus NUTRI-SPEC will do the trick. But at the same time you are addressing this patient's migraine headaches, you learn from both observation and history that the patient clearly suffers also from abdominal obesity, chronic fatigue, and the dangers of a statin drug for high cholesterol. With your knowledge of Metabolic Imbalances, you realize the likelihood that the migraine headaches for which the patient seeks help --- along with the protruding gut, fatigue and high cholesterol are all the result of the same Metabolic Imbalance or Imbalances. Will you offer 4 remedies to "cure" 4 conditions? Or, "alternatively," one shot at the one cause?

Or, you are a medical doctor and a patient comes to you with severe allergies that do not respond adequately to over-the-counter antihistamines. But in the patient history you find that there is also hypertension for which the patient is being medicated with a beta blocker, chronic fatigue, as well as depression --- for which the patient is being medicated with an SSRI. As a NUTRI-SPEC practitioner, you automatically integrate all the elements of this history with something as simple and quick as your NUTRI-SPEC Sympathetic/Parasympathetic Support System Analysis --- and you realize that all these clinical conditions from which the patient suffers derive from 1 or 2 Fundamental Metabolic Imbalances. Furthermore, you realize that the patient is being inappropriately medicated --- and that the medications are actually exacerbating the underlying causes.

----- The first thing you do is get this allergy sufferer off the beta blocker (which has slowed his Heart Rate to 52 and drives it all the way down to 45 when he lies supine --- and, which is increasing his fatigue and depression --- and, which is driving him Parasympathetic, thus increasing his allergies), replacing it with an angiotensin blocker (--- knowing that even that will not be necessary once you get the patient on NUTRI-SPEC). Immediately, the patient

experiences improvement in the depression and the allergies --- even without your offering any “natural remedies” --- either in the form of fairy tree fruit or additional drugs piled upon what the patient is already taking.

So now --- consider those 3 rather complex patients who had put their faith in --- and wasted their money on --- turmeric and cinnamon. What did these 3 patients really need? ----- To be sure, all 3 had pathologies that involved inflammation. All 3 suffered pathologies that included pain &/or vertigo &/or insomnia or somnolence &/or high cholesterol. --- **Here is a test of your NUTRI-SPEC understanding:** --- What do all these symptoms have in common? ----- The answer to this test question is simply that all these symptoms are ...

DUALISTIC IN NATURE.

What does dualistic mean? It means that the symptoms are associated with an Acid/Alkaline Imbalance at the tissue level of biological organization. In other words, pain --- whether joint pain, (fibro)myalgia pain, nerve pain, or visceral pain --- is exacerbated by either a Tissue Acidosis or a Tissue Alkalosis. Correct the Tissue Acidosis or Tissue Alkalosis, and the pain is significantly controlled --- often better than, and certainly more permanently than, with prescription pain relievers.

The same reasoning applies to all the other dualistic symptoms. Only you as a NUTRI-SPEC practitioner can control these symptoms --- not by giving “remedies” --- but by correcting the underlying cause. ----- But, if the underlying cause is a tissue acidity or tissue alkalinity

WHAT CAUSES THE UNDERLYING CAUSE?

--- Tissue acidity can come from an Anaerobic Imbalance, or any of the Acidosis Imbalances (--- Hyperchloremic Acidosis, Low Bicarbonate Acidosis, Potassium Excess Acidosis, Respiratory Acidosis).

--- Tissue alkalinity can come from a Dysaerobic Imbalance, or any of the Alkalosis Imbalances (--- Hypochloremic Alkalosis, Excess Bicarbonate Alkalosis, Potassium Depletion Alkalosis, Respiratory Alkalosis).

Furthermore

--- a Respiratory Alkalosis can be driven by a Sympathetic Imbalance or a Glucogenic Imbalance, or by Thyroid Insufficiency.

--- a Respiratory Acidosis can be driven by an Electrolyte Stress Imbalance with extreme hypertension, or by a respiratory pathology such as COPD, or by compensation for a Metabolic Alkalosis.

Now imagine yourself in a clinical setting with one of these 3 patients who believe strongly in the fairy tale of turmeric and cinnamon. How must you address the needs of this patient? The very first thing you do is commend the patient for being so aware of the importance of inflammation as a component of many, many patho-physiological processes.

Then go on to explain (briefly) how the turmeric and cinnamon are a fraud, and that there are much more effective and cost-effective ways to address the inflammatory component of dis-ease. You explain the difference between offering “remedies” as anti-inflammatories (which are offered in the same disease-consciousness paradigm as any anti-inflammatory drug such as Advil, Aleve, aspirin, etc.) --- and then --- discuss the uniqueness of your offering --- objective test procedures to identify the underlying Imbalances causing the inflammation --- and restoring balance to those.

Emphasize that your recommendations will be based, not on chasing symptoms with one trial-and-error remedy after another --- (the approach of all the Alternative Medicine practitioners, not to mention the health food industry Nature Cure peddlers) --- but rather entirely on science-based clinical tests integrated with the patient’s history.

--- “Recommendations (as you explain to the patient) ... will be INDIVIDUALIZED --- for your unique needs. The inflammation associated with your symptoms will be thoroughly addressed by strengthening and balancing all the stresses that are overwhelming your Immune System, your Nervous System, and your Hormone System. The result will be symptom improvement, but just as important, you will

LIVE STRONGER LONGER.”

From that point on, you can go any direction you like with NUTRI-SPEC Testing:

- full Metabolic Testing
- Sympathetic/Parasympathetic Support System Analysis
- Tissue Acid/Alkaline Balancing Analysis
- An individualized Diphasic Nutrition Plan (either as a stand-alone, or integrated with any of the above) --- initiated by the BALANCING PROCEDURE.

But, suppose you want to get most quickly and most directly to the immediate cause of the patient's suffering. ----- Your key, both to immediate symptomatic improvement and to long-term restoration of Metabolic Balance --- is to cut right to the core of what ails your patient. That means addressing the dualistic phenomena described above as relates to the dualistic symptoms. But this dualistic concept applies not just to acute symptoms, but to all the symptoms that "come and go" seemingly randomly in your patients. In other words, we are talking about controlling the

TRIGGERS

that light up your patients' symptoms.

Triggers? ----- Ask yourself why your patient's depression is particularly bad today --- much worse than it was yesterday, even though there has been no additional emotional stressor. The reason is because the patient's body chemistry shifted at the tissue level into either a Tissue Acidity or Tissue Alkalinity such that the Metabolic Imbalance underlying the depression (whether it was an Anaerobic Imbalance, or a Parasympathetic Imbalance, or a cyclic AMP deficiency, or excess adenosine, or whatever) will "light up" on this particular day.

Or --- why did your patient's migraine activate this morning, and not yesterday morning, nor wait until tomorrow afternoon? The reason is because, regardless of whether the Fundamental Imbalance underlying the migraine is a Dyaerobic Imbalance, or a Prostaglandin E2 Excess, or whatever --- the actual symptom was triggered this morning by some environmental stressor that pushed the tissue level chemistry into an Acid or Alkaline Imbalance.

How do you eliminate these triggers while you simultaneously address your patient's overall metabolic needs? You eliminate or at least minimize these triggers by setting up your patients from Day 1 with your

BALANCING PROCEDURE.

Turmeric and cinnamon? Rotten fruit from the Fairy Tree? Alternative Medicine Witch Doctors? Health food Fairy Dust? Four Nature Cures as remedies for four symptoms? Trial and error Clinical Nutrition? ----- Silly mythology!!! --- Only you can offer a true ALTERNATIVE to "Alternative Medicine."

Your four NUTRI-SPEC protocols listed at the bottom of the last page will immediately begin to increase your patients' ADAPTATIVE CAPACITY, allowing them to **Live Stronger Longer** --- and if you initiate those protocols with your BALANCING PROCEDURE you will immediately put a lock on the triggers of those devastating dualistic symptoms that torment your patients.