

# NUTRI-SPEC



THROUGH  
SPECIFIC NUTRITION

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## **THE NUTRI-SPEC LETTER**

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From:  
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Sometimes I get so deeply in the weeds slashing through the absurd hype from the health food industry and Nature Cure Doctors, I forget to mention the one key common sense tool we all have at your disposal:

### **IF IT SOUNDS WAY TOO GOOD TO BE TRUE --- IT'S NOT TRUE.**

A great example ----- We have delighted in poking fun at the “cinnamon is good for inflammation” mythology of the health food industry. Comically ridiculous! Countless sheeple who desperately want to believe in their health food gurus are swallowing cinnamon in the belief that is going to make their fibromyalgia pain disappear --- and in some, the faith is so strong they actually believe it helps --- at least for a little while --- before they give up --- but do not give up in despair --- but rather in the hope that some other health food miracle will do the job.

Another great example? St. John's Wort is a “natural” cure for depression. First, it is not a cure for depression, and more significantly, there is nothing the least bit “natural” about it. As we have pointed out many times --- the psychoactive drug extracted from St. John's Wort is hexahydroxyl dimethyl naphodianthrone, which antagonizes nerve function and thus has a tranquilizing effect. But --- being a “downer,” it makes many types of depression worse. St. John's Wort has also been reported to cause a sometimes fatal reaction called “serotonin syndrome”, which consists of tremors, altered consciousness, poor coordination, cardiovascular disturbances and seizures. Toxic to the mitochondria, this nasty drug damages the basic energy-producing mechanism in every cell.

So you see --- our battle in the weeds is with fraud ---

--- mythology sold to the gullible  
 --- wolves shearing the sheeple.

Our fight is with ....

- Nature Cure Medicine Men
- with uncredentialed Witch Doctors
- with well-meaning but ignorant health food store proprietors
- with bandwagon-riding pill makers.

And it is a losing battle.

Over the 40 years we have pursued our quest of developing objective means to achieve METABOLIC BALANCE + INCREASED VITAL RESERVES --- individualized for each patient --- and, over 30 years writing these Letters plus dozens of articles to ...

### **EMPOWER YOU ---**

--- fraud in the Health Food and Alternative Health Care industries has increased at an ever increasing rate. --- And the herd of blind sheeple has multiplied.

You and I can laugh at the inane claims, and cry over the injustice --- but much to our frustration, the malignancy is unstoppable. --- But ...

while on a societal scale, we are losing the battle. WE (I and ...)

### **YOU ARE A HUGE WINNER. -----** **YOU ARE GROWING RICH ....**

(in \$\$\$\$ and in satisfaction) as you 1-by-1 pluck sheeple from the herd --- rescuing them from the wolves --- and selling them (profiting immensely from a win-win relationship) the only true/honest way to ...

### **LIVE STRONGER LONGER.**

You are prospering in your battle against fraud because, as NUTRI-SPEC empowers you in your battle of truth vs. falacy, you are empowering your patients. You offer your patients substance instead of hype --- steak instead of merely sizzle --- fantastic products rather than silly fantasy. Reading recent Letters, you realize the PURE GOLD in your Treasure Chest of NUTRI-SPEC supplements. Uniquely precious are the rare, metabolically active nutrients in the products you offer. Every nutrient in every supplement is an ....

### ACTIVATOR ....

of one or more metabolic pathways. While all the health food, Medicine Man, and Witch Doctor remedies are indeed “too good to be true” --- every one of your NUTRI-SPEC supplements is based on clinically relevant scientific studies. Every nutrient in every one of your products has demonstrated its biological activity as some combination of ....

- anti-inflammatory
- anti-oxidant
- anti-reductant
- anti-catabolic
- anti-anabolic
- or pro-energetic.

Your Treasure Chest is a unique offering to your patients, so they can maintain Metabolic Balance and preserve Vital Reserves throughout **a strong, long life**.

There is one absolutely critical consideration in your Treasure Chest of pure gold that you may not be aware of, and it is this ----- supplements scientifically (clinically!!!) demonstrated to decrease ImmunoNeuroEndocrine Stress are far more effective when administered in ....

### PHYSIOLOGICAL RATHER THAN PHARMACOLOGICAL DOSES.

In that light, consider the powerful ADAPTOGENS in your Adapto-Max and Oxy-Max, as well as your Taurine, and of course, your 3 Immuno-Synbiotics. These golden nuggets of your Treasure Chest are unmatched in their capacity to empower your patients in overcoming INE Stress. Many of these nutrients have enjoyed their day in the spotlight as a health food store flavor of the month. Yet, though zillions of Nature Cure sheeple have swallowed zillions of dollars worth of these nutrients, precious few have benefited in terms of either Metabolic Balance or increased Vital Reserves. ----- Why? They gobble up large doses of an isolated nutrient for as long as a bottle, or two lasts --- then give up in exasperation when the anticipated “miracle cure” does not occur.

Here is fact of life you absolutely must understand --- and pass along to your patients .... Research shows that the way these nutrients are most effectively absorbed, assimilated, and utilized is when taken in physiological quantities over the course of weeks, months --- and a lifetime. **It takes at least 3 weeks, and in many cases as long as 3 months, to restore a pathophysiological metabolic pathway back to entirely physiological function.** The “wrong turns” in that metabolic pathway need to be blocked off --- at the same time the pipeline is filled with enzymes and raw materials facilitating the healthfully functional metabolic pathway. That is the benefit

you get from Adapto-Max, Oxy-Max, Taurine, Immuno-Synbiotic --- and all your NUTRI-SPEC tablets and capsules designed to restore Metabolic Balance.

[But wait!!! ----- That does not mean your patients need to wait for 3 weeks to 3 months to feel any better on NUTRI-SPEC. You see, you also have in your Treasure Chest what we call our ....

### **“METABOLIC SPARKS” ....**

such as Oxy Tonic, Electro Tonic, Oxy D+, Phos Drops, Proton Plus, potassium citrate, sodium glycerophosphate, and Glutamine to make IMMEDIATE changes in your patients' metabolic pathways.

One amazing and quite interesting nutrient perfectly illustrating this concept of administering supplementation in physiological quantities, rather than pharmacological doses is ....

### **QUERCETIN.**

There may not be a nutrient that has historically suffered from more confusion, hyperbole, frustration, and conflicting “scientific” research than has quercetin. There are studies showing amazing clinical benefits from quercetin --- benefits that cover all aspects of ImmunoNeuroEndocrine Stress. Yet there are also studies showing that quercetin is not even absorbed when taken orally. There are even studies implicating quercetin as a cause of cancer.

The truth about quercetin is quite evident when you look at the flaws in the studies --- flaws that relate to using inappropriate forms of quercetin for supplementation, and inaccurate and inappropriate mechanisms by which its efficacy is measured.

Recognizing the incredible potential of quercetin as a supplement, NUTRI-SPEC has followed the evolving quercetin research for several decades. All through that time, we always strove to find the most biologically active form of quercetin to put in your supplements. Guided by the most recent research --- we have changed the form of quercetin we offer you countless times over the years. ----- But at last, the dark cloud hanging over quercetin has been lifted.

There is one form of quercetin that stands alone as being the most biologically active --- meaning the most efficiently absorbed, assimilated, and utilized. And there is an abundance of research showing that this form of quercetin, and only this form of quercetin, confers all the amazing benefits that health food sheeple, health food pill peddlers, and NUTRI-SPEC alike have always known should be there.

That form of quercetin comes from only one source in the entire world --- and now you and your patients have it in your Formula ES, Formula EI, Complex P, and Oxy D. ----- Our quest for quercetin is perfectly analogous to our quest for the most biologically active probiotics in your Immuno-Synbiotics. --- By that we mean we spared no expense in going far outside North America to get the world's best.

We will give more detail on just what this quercetin source is, where it comes from, and what makes it so uniquely special in next month's Letter. But for now, let us give you some highlights on just how powerful quercetin is in reversing many aspects of INE stress --- and thus how it will benefit a broad array of your patients. Consider these choice findings from physiology and medical research on the amazing benefits of quercetin ....

- Histamine inhibitor (Red Dermographics)
- Controls excess release of Leukotrienes and Prostaglandins
- Inhibits LPS-induced PGE2 production in vitro.
- Controls excess release of Mast Cells (Red Dermographics)
- Quercetin = anti-inflammatory and Mast Cell inhibitory flavonoid
  - Inhibits the action of phospholipase A2 and release of Arachidonic Acid in activated mast cells. (Prostaglandin Imbalance)
  - As an inhibitor of mast cell secretion, quercetin causes a decrease in the release of tryptase and the pro-inflammatory Th2 cytokine Interleukin-6. Quercetin could likely benefit neurological diseases mediated by mast cell degranulation.
  - Quercetin upregulates heme oxygenase activity, thus inhibiting mast cell degranulation and reducing allergic reactivity.
  - Quercetin blocks the inflammatory IL-1 stimulation of IL-6 production
  - Quercetin inhibits IgE-mediated pro-inflammatory mediator release from mast cells. Release of IL-6, IL-8, and TNF- $\alpha$  is inhibited by 82-93%; tryptase release is inhibited by 79-96%; histamine release is inhibited by 52-77%. --- There are benefits for both allergic and inflammatory diseases.
  - Antigen-induced intestinal longitudinal muscle contractions are significantly mediated via thromboxane A2, and are reduced by quercetin (and by histamine 1 blockers) = anti-Parasympathetic.
- Improves Intestinal Barrier function (Leaky Gut Syndrome)
- Quercetin inhibits the induction and function of antigen-induced histamine release from cytotoxic T lymphocytes, and from mast cells, and from basophils from subjects with hay fever. The beneficial effects of quercetin are blocked by addition to the system of copper, and to a certain extent manganese and cobalt. (Anti-Anaerobic trace minerals at 4th the cellular level block quercetin's action --- therefore, quercetin is anti-Dysaerobic at the cellular level.)

- Protects DNA from oxidation; quercetin = 78%, vitamin C = 12%, but additive with quercetin
- Inhibits protein kinase C (carcinogenic process); inhibits tyrosine kinase (tumor spread)
- Increases efficacy and decreases toxicity of chemotherapy
- Attenuates the development of atherosclerosis by reducing the susceptibility of LDL to aggregation.
- Inhibits LPS-induced (--- IMMUNO-SYMBIOTIC) Nitric Oxide production in macrophages.
- Inhibits platelet aggregation by binding to thromboxane A2 receptors. (Electrolyte Stress & Prostaglandin)
- Inhibits both acute and chronic phases of inflammation and swelling.
- Decreases both the immediate and late-phase increase in airway resistance in asthma. Also significantly inhibits histamine production as well as recruitment of neutrophils and eosinophils during the late-phase response. Quercetin is about half as effective as the steroid drug dexamethasone.
- Photosensitized hemolysis of human RBCs is suppressed by quercetin, accompanied by inhibition of lipid peroxidation. --- This antioxidant function is a mechanism by which quercetin and rutin decrease excess permeability and fragility of capillaries. (Leg Dermographics & Edema)
- The capillary fragility group of flavonoids (including particularly hesperidin, quercetin, and rutin) improves capillary integrity, thus benefitting a broad array of pathologies, including cerebral hemorrhage, gastrointestinal hemorrhage, retinal hemorrhage, diabetic hemorrhage, telangiectasia, bleeding gums, lung hemorrhages, varicose and spider veins, bruising, hemorrhoids, and aneurysm.
- The pathology Scurvy actually consists of 27 types of collagen (elastin) breakdown. These symptoms of scurvy are not benefitted by ascorbic acid, but only by the capillary fragility group of flavonoids. ----- Leaky Gut Syndrome is actually in many cases “scurvy of the intestine”.
- Two week quercetin supplementation of trained cyclists after a 3 day period of heavy exertion resulted in increased granulocyte oxidative burst activity, and a significant decrease of C-reactive protein and Interleukin-6 and Interleukin-10.
- Decreases upper respiratory tract infections in trained cyclists during a 2 week period after intensified exercise.
- Increases exercise tolerance in mice.
- Oral administration of quercetin leads to accumulation in brain tissue and attenuates the increased oxidative stress in the hippocampus and striatum of rats exposed to chronic forced swimming.
- Quercetin reverses acute stress-induced behavioral changes and reduces brain glutathione levels in mice.

**Quercetin --- like all the gold in your Treasure Chest --- sounds good --- and is truth.**