

**NUTRI-SPEC**



THROUGH  
SPECIFIC NUTRITION  
89 Swamp Road  
Mifflintown, PA 17059  
800-736-4320  
717-436-8988  
Fax: 717-436-8551  
nutrispec@embarqmail.com  
www.nutri-spec.net

**THE NUTRI-SPEC LETTER**

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

**SHELTER IN PLACE ?**

**NO !!!**

**--- PLACE IN SHELTER !!!**

And ....

**A "Strong Immune System" ???**

**BE CAREFUL WHAT YOU WISH FOR!**

----- Many of you who followed our COVID-19 commentary from mid-March through mid-May wondered why I stopped giving you regular updates. The simple reason? More and more of the general public, and certainly far more of the rational-thinking Nutri-Spec practitioners, finally saw the crisis as a tragic case of fraud.

----- The crisis was not caused by the virus per se --- but rather by the inappropriate (and self-serving) reaction of the political bureaucracy ---

eagerly abetted by the (equally self-serving) media. The American sheeple (predictably) were led astray by blindly following their political shepherds and their media “prodders”.

What SHOULD have been done in reaction to the Corona Virus threat?

First: ERR ON THE SIDE OF CAUTION. This COULD have been cataclysmic. It could have been the Spanish Flu of 1918 --- killing millions and millions of people all over the world. There was no way to know at first. This was a new virus, having just jumped from animals to humans --- so, no human immune system even had prior exposure. ----- Until the virulence of this virus was clearly defined by reliable data, American borders should have been shut down to all immigration. Any Americans overseas wanting to come home needed to be put into quarantine until enough data had been collected so that the risks were clearly defined.

Second: Data from countries all over the world should have been analyzed. We needed two critical findings --- how contagious is the virus? --- and --- how virulent is the virus?

It was immediately clear just from the data collected in Singapore and especially in Iceland --- that over 50% of cases have no symptoms, over 40% have mild symptoms, and of the very small percentage who require hospitalization, over 90% of those have preexisting conditions. The data showed unequivocally that the virus was extremely contagious, but of low virulence --- except to those with certain pre-existing conditions.

Third: Shelter in place? No!!! Place in shelter all those with severe pre-existing conditions, as well as all individuals over age 70 with any pre-existing conditions.

The only people who should have been specifically targeted for special quarantine and special attention were the elderly and those with pre-existing conditions that put them in jeopardy --- COPD, congestive heart failure, and others with compromised immune systems. --- Instead --- we have all the asymptomatic young people who are unknowingly carrying the virus being forced to stay at home with their families --- infecting their parents and grandparents --- exposing excessively and unnecessarily those who are at genuine risk.

Fourth: An education campaign should have been sponsored by the Medical Community --- with continuous updates on the risks of the virus. Based on that information, all individuals in this “Land of the

Free” could have made their own choice as to whether to voluntarily quarantine themselves, or, to participate in social and economic activity.

----- The smart thing for the “authorities” (I choke on the word) to do would NOT be to paralyze the economy and make all the young healthy people who have the virus stay home from school and work. Since so many of those younger people have the disease with no consequences whatsoever --- the best strategy would have been to allow life to go on as usual, and let us all spread the low-virulence disease among ourselves --- thus creating HERD IMMUNITY. That would assure that the virus never makes a big comeback at the beginning of next flu season, beginning in October.

--- So --- if you are 74 years old and in less than good health --- you voluntarily stay in the house, and have friends or family look after you. The rest of us should have gone on with life as usual. Individuals silly/ignorant enough to think that a mask is going to protect them could voluntarily wear one. Those of us who can think logically/quantitatively will take every opportunity to lick door knobs and shake hands with everyone we see who coughs --- in the expectation that we will contract the virus, have few or no symptoms, and be immune for life --- all the while contributing to herd immunity.

Here are remarks from an analyst who appreciates that this folly is a fraud perpetrated by those who gain politically and financially ...

“With the daily death count during the last 10 days of May at the **lowest level since the crisis began**, it is obvious why we are suddenly getting all this brouhaha about a huge new COVID breakout: Namely, that’s what the virus patrol and its MSM shills do when the Black Plague narrative begins to visibly fail.

“Just recall that infamous New York Times story on May 4 allegedly based on a leaked study from FEMA, which made huge projections for soaring June death and case counts:

“As President Trump presses for states to reopen their economies, his administration is privately projecting a steady rise in the number of coronavirus cases and deaths over the next several weeks. They projected the daily death toll will reach about 3,000 on June 1,

according to an internal document obtained by The New York Times, a 70% increase.

“The projections, based on government modeling pulled together by the Federal Emergency Management Agency, forecast about 200,000 new cases each day by the end of the month, up from about 25,000 cases a day currently. To quote the New York Times, ‘The numbers underscore a sobering reality: The United States has been hunkered down for the past seven weeks to try slowing the spread of the virus, but reopening the economy will make matters worse.’

“Of course, the actual daily average numbers for the last 10 days of May were 82% and 87% lower, respectively:

- 547 deaths per day, not 3,000
- 26,510 new cases per day, not 200,000

“The authors of this NYT bunkum of May 4 left no doubt as to the purpose of their scary “leaked” projections — which is exactly what the current “second wave” hysteria is about, as well. To wit, to keep the American people quarantined at home and fearing for their lives: ‘The projections confirm the primary fear of public health experts: that a reopening of the economy will put the nation back where it was in mid-March, when cases were rising so rapidly in some parts of the country that patients were dying on gurneys in hospital hallways.’”

Do you see? The political and media manipulators are assertively pursuing their agenda --- while their sheeple are panic-driven --- stampeding over the cliff of emotional and financial ruin.

The truth?

As early as late-February it was clear that 80%+ of COVID-19 cases were mild and required no medical treatment. I also noted that Walmart didn't close a single one of its 430 stores in China during the pandemic there. American-owned Starbucks and Apple stores in China closed for only a few weeks.

Some 80% of all COVID-19 deaths in the US are for those over the age of 65. Moreover, the median age is 85!

What's more, we now know that the risk of death from COVID-19 for anyone under the age of 60 is less than 0.25%. Put another way, if you are under 60 and healthy, you have a 99.85% survival rate if you “catch” this virus.

That means that the actual death rate for COVID-19 is 0.1-0.2% --- which is right in line with the common flu,.

And finally, and this point is key ... tens of thousands of the deaths from COVID-19 are 100% the fault of Governors sending infected seniors back to nursing homes.

Of the 107,000 people who have died from COVID-19 in the US, over 50% are in the four states that embraced that policy: New York, New Jersey, Massachusetts, and Pennsylvania.

Tragic.

Now --- what about that “strong immune system” you want for yourself, your family, and your patients?

Is there something you should be doing with NUTRI-SPEC to increase resistance to the virus? Will strengthening your immune system give protection?

It is an excessively “strong” immune system reaction that is the killer. It is not the virus eating holes in the lungs. It is the catabolic inflammatory reaction called ...

### **A CYTOKINE STORM.**

Those dying of the Corona virus are not dying from the virus per se --- they are dying from an exaggerated immune system response. It is the extreme pro-inflammatory response of the immune system that is causing the acute and deadly damage to the lungs (and in some cases to the liver).

In some individuals the immune response involves excess Mast Cell Activation, and in some the immune reactivity is mediated via Macrophage Activation, and in some cases both occur.

Mast Cell Activation releases Leukotrienes and Prostaglandin D2 --- which sets off a chain reaction of inflammatory cytokines --- most particularly Interleukin-6.

From Macrophage Activation there is a dualistic immune system response. In some individuals, TNF-Alpha and Interleukin-6 and Interleukin-10 predominate, while in others the TH-1 inflammatory cytokines dominate --- Interferon-gamma, Interleukin-1, Interleukin-2, Interleukin-8, and Interleukin-18, along with TNF-Alpha.

When Interleukin-6 is a major factor, blood tests will reveal an elevated C-Reactive Protein.

If the Serum Ferritin is elevated, then the inflammation is mediated via Interleukin-6, along with TNF-Alpha, Interleukin-10, and Interleukin-1.

When TNF-Alpha is a major factor, there will tend to be low Triglycerides accompanied by low Platelets.

Your NUTRI-SPEC Dermographics Test showing a RED response is an indication of Mast Cell Activation. A RED skin reaction to topical niacin is an indication of Macrophage Activation, as is an extreme flushing to orally administered niacin.

Mast Cell Activation requires supplementation with Adapto-Max, Oxy-Max, I-S Immune Power and Vitamin D (and in many cases Oxy Tonic and Oxygenic A).

Macrophage Activation requires supplementation with Adapto-Max, Oxy-Max, I-S Immune X-Flam and Vitamin D (often with Oxy D-Plus, Oxygenic D, or Complex S).

We will have much more to say about “strong” immune systems, “weak” immune systems, and ....

### **POWERFUL IMMUNE SYSTEMS ....**

in future letters.

----- Meanwhile --- we must feel painful sorrow for those who have died from the politicalization of science --- and from bureaucratic incompetence.

As for you and yours --- be at power.