

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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THE BIGGER YOUR BELLY --- THE SMALLER YOUR BRAIN!!!

Dear Doctor,

THE TUBBIER YOUR TUMMY --- THE GREATER YOUR RISK FROM COVID-19

We are going to give you a little golden nugget of metabolic truth. As you read it, ask yourself how this truth applies to your life, and the lives of your family and patients. How does this truth relate to our **Live Stronger Longer** theme --- and --- how does it relate to the immediate need for Covid-19 protection?

We will throw this truth at you in three concise statements designed to help you form a very clear mental picture ...

THE BIGGER YOUR BELLY, THE SMALLER YOUR BRAIN.

Picture that? How about this ...

WHEN YOUR BELLY TURNS TO JELLY, YOUR BRAIN TURNS TO MUSH.

Is that graphic enough for you? Consider this ...

WHEN THE TUBBY TUMMY PHYSIQUE EXPANDS INTO THE SHAPE OF A PEAR, YOU KNOW THAT THE BRAIN IS SHRIVELING INTO THE SHAPE OF A RAISIN.

What is our topic? --- The condition underlying all the ills that afflict our modern “civilization” ----- high blood pressure, high cholesterol, high triglycerides, cardiovascular disease, obesity, fatigue, depression, diabetes, and increased risk of cancer, as well as early death from any and all causes. ----- The condition whose complex ImmunoNeuroEndocrine stresses are understood only by a select group of alternative health care providers serving their patients with the NUTRI-SPEC Metabolic Therapy. Our topic is, of course ...

METABOLIC SYNDROME.

By this Letter you are informed of the many new research studies linking Metabolic Syndrome to yet another life-destroying pathology ...

DEMENTIA.

The statistics from the latest research are absolutely horrifying. --- All your patients with a tubby tummy (the 100% infallible indicator of insulin resistance leading to Metabolic Syndrome) have increased their risk of cognitive impairment by 50%. Keep in mind that we are not talking about merely a correlation here --- but rather a pure cause and effect relationship.

----- Joe and John are identical twins age 33+, with Joe being reasonably lean, and John having a bit of a jelly belly. John is 50% more likely to develop cognitive impairment at an early age than his twin Joe, and that risk of cognitive impairment is directly caused by Metabolic Syndrome --- and the Metabolic Syndrome is directly caused by ...

CAUSED BY WHAT?

Caused by the ImmunoNeuroEndocrine stress from inadequate ADAPTOGENS to protect from unrelenting stresses of living in this crazy world.

Most particularly, you will see Metabolic Syndrome developing with just the slightest bit of excessive sugar and starch intake. And those most vulnerable to “Tubby Tummy Syndrome” are those who are ---

INSULIN REACTORS.

Excessive carbs (plus inadequate protein & saturated fats) provokes a chronic excess stimulation of insulin release --- then, insulin resistance, --- then, Metabolic Syndrome.

Metabolic Syndrome = INFLAM-AGING

Once cognitive impairment becomes apparent, those with Metabolic Syndrome lose cognitive ability, and the risk of dementia quadruples in those with Tubby Tummy Syndrome. --- Quadruples!!!

Data from the National Health and Nutrition Examination Survey shows that 35% of American adults have progressed from insulin resistance into Metabolic Syndrome. Think about that. That means more than 1/3 of your patients have sentenced themselves to lifelong misery and premature death. And even more alarming is that almost 50% of all your patients age 60+ have Metabolic Syndrome. (--- And --- the percentage of your patients from that rapidly aging Baby Boomer Generation is probably increasing exponentially in your practice.)

You must understand that the brain continuously manifests extraordinary metabolic activity. It needs fuel. It needs fuel from the perfect blend of both Glucogenic and Ketogenic substrates. Furthermore, the turnover of enzymes and neuro-active chemicals is rapid, and they must be continuously replenished. The brain is just plain hungry. And when the brain is not satisfied, the brain swings quickly into adaptive mode, or, failing adaptation, into defensive mode.

Now, as the research mentioned above makes clear, a lifetime of tormenting the brain with poor glycemic control leads to dementia.

One (of many) representative studies from the literature is ...

Ng. Feng. Nyunt, et al. Metabolic Syndrome and the risk of mild cognitive impairment and progression to dementia: Follow-up of the Singapore Longitudinal Aging Study Cohort. JAMA Neurol 2016.

Intertwined with glycemic influences on the brain are the effects of unhealthy microbiota. Only you as a NUTRI-SPEC practitioner understand the ...

GUT-BRAIN AXIS ...

and how it influences the brain two ways.

First, endotoxin, and the ImmunoNeuroEndocrine stress factors released in response to endotoxin, have a direct damaging effect on the brain. Second, as you are surely by now aware, abnormal microbiota is a major contributor to Metabolic Syndrome, and as you are learning in this Letter, Metabolic Syndrome is yet a second way that the need for IMMUNO-SYMBIOTIC can lead to dementia.

Regarding the critical connection between the gut and both the neurological and endocrine influences of the brain is this representative study from the literature ...

Geurts, et al. Gut microbiota controls adipose tissue expansion, gut barrier and glucose metabolism: Novel insights into molecular targets and interventions using prebiotics. Benef Microbes, 2014.

**COVID-19: Its connection to
A JELLY BELLY, ROTTEN MICROBIOTA,
METABOLIC SYNDROME, and INFLAM-AGING**

We have emphasized over and over again that the individuals suffering severe reactions or even death from COVID-19 are not dying of the virus itself, but rather from an extreme inflammatory response ---

A CYTOKINE STORM.

And that storm involves many of the pro-inflammatory cytokines as well as several prostaglandins and leukotrienes.

In view of this pre-existing inflammatory state as a COVID-19 risk factor --- there is one inflammatory condition that is not being adequately considered, and that is

OBESITY. (= TUBBY TUMMY SYNDROME)

In our presentations on ImmunoNeuroEndocrine Stress and INFLAM-AGING, we repeatedly make the point that the intestinal microbiota is perhaps the key factor in minimizing systemic inflammation. We have also made the point that, via the Gut-Adipose Axis and Gut-Brain Axis

OBESITY IS AN INFLAMMATORY DISEASE.

We have a positive feedback loop or vicious cycle here --- inflammation is a cause of obesity, and obesity is a cause of inflammation.

The data now shows that ---

**OBESITY INCREASES THE RISK OF SEVERE COVID-19
BY A FACTOR OF FOUR!**

Obviously, the corollary to that finding is that weight loss in those with obesity (particularly abdominal (jelly belly) obesity) will decrease the chance of severe COVID-19 by a factor of four.

----- Getting rid of that Tubby Tummy? --- Simple? Yes, simply follow Eat Well – Be Well, take your Immuno-Synbiotic daily; take at least one or two Diphasic AM (ADAPTO-MAX) and Diphasic PM (OXY-MAX) daily; take Taurine where appropriate; and maintain Metabolic Balance (via the BALANCING PROCEDURE of your Diphasic Nutrition Plan) with the proper proportions of:

- Oxy Tonic
- Electro Tonic
- Oxygenic D-Plus

Doing so will reduce the inflammatory state, and thus the risk of COVID-19 consequences, from two directions --- both by reducing the inflammation, and by reducing the obesity --- thus breaking the vicious cycle.

If you become infected with COVID-19, it means the virus came through one of your lung cells, and then the virus reproduced --- and reproduced wildly. ----- As the virus replicates within a lung cell, it subsequently bursts out of the cell as a thousand new viruses. [I have seen a photograph of a virus breaking out of a cell --- truly an awesome sight to behold.]

If this were merely a flu virus, the additional viruses would spread throughout the body, eliciting the appropriate Diphasic Immune Response (--- a Dysaerobic/Catabolic Phase, followed by an Anaerobic/Anabolic Phase). The two phases of the Immune System alternate until the virus is neutralized. Then, the final phase of Immune Reaction occurs, building immunoglobulins and permanent cellular immunity.

But if this is a COVID Virus (SARS-2 Virus) it enters other cells by a different means --- via the human ACE-2 Receptor. Via those ACE-2 Receptors, the SARS-2 Virus can penetrate much more deeply --- into the actual walls of blood vessels and into the walls of the intestinal lumen

And guess where 2/3 of your immune system resides? --- Yes, in your endothelial cells of your gut and your blood vessels. This explains the extreme CYTOKINE STORM elicited by COVID-19.

The involvement of the blood vessel walls also explains why those with Cardiovascular-Renal Disease are at much greater risk of death from COVID-19. In the pro-inflammatory reaction within the vascular endothelium, blood clots (embolisms) are more easily formed --- and those blood clots can go to either the lungs, the heart, or the brain. This phenomenon explains why, along with anti-inflammatories, blood-thinning drugs are an important therapy for COVID-19 in patients with high blood pressure or other signs of Cardiovascular-Renal Disease.

[Note: A good indication of arterial endothelial inflammation is elevated C-reactive protein = the #1 sign of excess Interleukin-6, one of the nastier inflammatory cytokines.]

----- Point of Emphasis = Many of the ADAPTOGENS in your Adapto-Max and Oxy-Max, plus Taurine, and Immuno-Synbiotic, are the best way to bring elevated c-reactive protein under control, NUTRI-SPEC practitioners have seen MANY cases of high CRP brought down to normal. The power you have over the INFLAM-AGING associated with CRP elevation --- which is the same as saying the INFLAM-AGING associated with cardiovascular disease --- is truly remarkable.

Immuno-Synbiotic

+

Adapto-Max

+

Oxy Max

+

Taurine

+

Eat Well – Be Well

= gives you, your family and your patients

- protection against Metabolic Syndrome,
- protection against Tubby Tummy Syndrome,
- protection against INFLAM-AGING,
- protection against Dementia,
- protection against COVID-19