

# NUTRI-SPEC



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## THE NUTRI-SPEC LETTER

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From:  
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Dear Doctor,

The destructive hysteria regarding COVID-19 continues unabated! Your life and mine are being impoverished by the propaganda blitz. I trust you are not among the sheeple who are being led totally astray. ----- And, I hope you and your family are not among those who have suffered extreme hardship or even death as a victim of the American Power Elite (--- The APEs).

In last month's Letter we introduced you to one COVID-19 risk factor that you are now among the very few to understand ---

### **THE TUBBIER YOUR TUMMY --- THE GREATER YOUR RISK FROM COVID-19.**

We showed you the direct connection between COVID-19 risk and what we at NUTRI-SPEC have termed ....

### **TUBBY TUMMY SYNDROME.**

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 Immuno-Neuro-Endocrine 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!!!**

COVID-19 is an extremely contagious virus, but of very low virulence. I just had four more patients yesterday who recently tested positive, yet had absolutely zero symptoms. Yet, there are those who become extremely ill, some who become critically ill, and some who even die --- either of COVID-19 infection, or of some other condition that is extremely exacerbated by the inflammatory state in reaction to the virus.

----- So --- you must control risk factors. What is the one risk factor you can control? Is there a little pot gut hanging over your beltline? What about family members and patients? Yes, among you, your family, and your patients more than 40% show at least a bit of TUBBY TUMMY SYNDROME. With NUTRI-SPEC, you do have the power to control that risk factor.

A **JELLY BELLY** is the first sign. ----- The first sign of what? --- You can answer that question without hesitation. Insulin resistance. That you or your patient has taken the perilous step from insulin reactor to dysinsulinism to insulin resistance --- a step down the path fraught with such dangers as ....

- |                       |  |
|-----------------------|--|
| – high triglycerides  | – fatty liver                          |
| – high cholesterol    | – diabetes                             |
| – high blood pressure | – cardiovascular disease               |
| – obesity             | – and an increased risk of cancer .... |

--- is first signaled by that squishy little pinch of fat that hangs over the beltline.

Carboholic/Sugar-Baby → Insulin Reactor → Dysinsulinism → Insulin Resistance ⇒ METABOLIC SYNDROME. That sequence is the topic of countless NUTRI-SPEC Letters and articles. --- How many times in those Letters will you find the words “abdominal obesity?” At least a zillion times, and for good reason. Metabolic Syndrome is the major factor in the INFLAM-AGING suffered by nearly all your patients.

And that suffering is a sure sign patients’ physiological age is outpacing their chronological age. --- And --- you will find the jelly belly ubiquitous among all who are aging prematurely (whether they are age 53+ or only age 19).

--- But wait. --- There is much more to the TUBBY TUMMY story ...

We have shown you how a person’s MICROBIOTA dominates the health vs. disease ratio. Apropos of this jelly belly discussion, you know that obesity is an inflammatory disease. Increased fat deposition is a form of INFLAM-AGING that is always associated to some degree with deranged function of ...

### **THE GUT-ADIPOSE AXIS.**

Furthermore, this tendency to gain weight is a positive feedback loop --- a “vicious cycle” --- in which inflammation causes fat deposition --- then --- excess adipose causes increased inflammation --- which causes increased fat deposition.

Once that vicious cycle is initiated, it is tough to break. And more and more studies are showing that cultivating a healthy microbiota is the only way to permanently normalize the Gut-Adipose Axis so that a lean body mass can be achieved and maintained.

--- Now --- stop and think. ----- You know of two factors that largely determine whether a person is going to gain excessive weight: a) a Sugar Baby carboholic who has crossed the line into Insulin Resistance (Metabolic Syndrome), and b) a dysfunctional Gut-Adipose Axis. Interesting. --- And ...

You see that the Gut-Adipose Axis of INFLAM-AGING causes obesity two ways. It causes fat deposition directly via obesity-generating messengers (the most significant of which researchers have named “CB2”), but also indirectly because the INFLAM-AGING associated with a putrid gut microbiota is one of the major causes of Insulin Resistance. Contemplate this essential truth ....

### **CONTROLLING THE IMMUNO-NEURO-ENDOCRINE STRESS ASSOCIATED WITH METABOLIC SYNDROME AND ALL ITS**

**MANIFESTATIONS (OBESITY, CARDIOVASCULAR DISEASE, DIABETES) IS THE GREATEST BENEFIT OF IMMUNO-SYMBIOTIC SUPPLEMENTATION.**

So --- the disease-promoting microbiota living in 99+% of your patients gives them a one-two punch to the gut. (And if you have forgotten the magnitude of the health-generating potential of a prebiotic-restored microbiota, recall that a healthy human microbiome consists of trillions of critters dancing on an area the size of a tennis court.) You can clearly see that “curing” the jelly belly will not be achieved by any weight loss scheme (scam).

Only Metabolic Therapy --- NUTRI-SPEC administered through your ....

- Metabolic Balancing
- Diphasic Nutrition Plan (= initiated by the BALANCING PROCEDURE!)
- Sympathetic/Para-sympathetic Support System
- Tissue Acid/Alkaline Balancing
- along with specific attention to the gut microbiota ....

will give you and your patients permanent weight loss that comes from eliminating the causes of obesity.

Reverse the vicious cycle! ----- Your “LIVE STRONGER LONGER” NUTRI-SPEC DNP reduces Immuno-Neuro-Endocrine Stress by many powerful mechanisms. But breaking the inflammation-fat-inflammation-fat-inflammation cycle is of critical importance. Immuno-Synbiotic + Adapto-Max + Taurine + The BALANCING PROCEDURE --- will make you STRONGER in every imaginable way --- including STRONGER in resistance to COVID-19.

No one understands better than you do the TUBBY TUMMY. These are your insulin reactors that we have discussed endlessly. The reason we discuss them continually is because being an insulin reactor, with all its associated pathologies, is ---

**WHAT BRINGS THE VAST MAJORITY OF YOUR PATIENTS INTO YOUR OFFICE.**

(Read that again!)

We are not just referring to the patients that come to you with the high triglycerides and cholesterol, and the high blood pressure, and the Type II diabetes --- all the manifestations of Metabolic Syndrome. --- We also include all your patients that come to you with chronic fatigue, depression, and above all --- pain.

Remember, obesity is an inflammatory disease. Abdominal obesity associated with insulin resistance in insulin reactors is in particular an inflammatory disease, and occurs concomitantly with systemic inflammation. It manifests as fibromyalgia, degenerative joint disease (“arthritis”), as well as recurring headache. When your patient has a TUBBY TUMMY --- an increased waist to hip ratio --- you know the patient’s pain is at least partly caused by being an insulin reactor.

These patients, upon NUTRI-SPEC testing, may be Anaerobic, Dysaerobic, Glucogenic, Ketogenic, or Parasympathetic. They tend to have high cortisol &/or high estrogen &/or low thyroid. --- And --- you know they will never get rid of their major complaints, let alone their TUBBY TUMMY, as long as they keep overstimulating the pancreas with more than 3 feedings daily --- and, as long as they eat a disproportionate amount of carbs/sugars. --- **And --- again** --- research shows that weight loss (as well as other inflammatory symptom improvement) in these TUBBY TUMMY patients only resolves permanently when the gut microbiota is normalized --- with Immuno-Synbiotic.

Why are we devoting this entire Letter to obesity? We must make you understand that excessive weight is not the primary problem. --- Rather, it is an effect --- which has multiple causes. Furthermore, only by giving your patient the benefits of NUTRI-SPEC can you thoroughly address those deeply rooted causes. Every overweight patient you see is a victim of INFLAM-AGING. Every victim of INFLAM-AGING is suffering from premature aging --- and the weight gain is only one of many patho-physiological processes occurring in that patient’s body.

Every overweight patient is displaying multiple positive feedback loops (vicious cycles). Chronic low-grade inflammation causes weight gain, and weight gain causes an increase in inflammation, and increased inflammation causes more weight gain. ----- Metabolic Imbalances cause inflammation, and inflammation causes and exacerbates Metabolic Imbalances, which then increase inflammation ----- which then causes weight gain, which causes more inflammation, which further exacerbates Metabolic Imbalances --- and round and round and round your patient goes. Only with NUTRI-SPEC can you intervene in those vicious cycles.

You need to break the vicious cycles of what we will begin calling ....

### **“RAGING INFLAM-AGING”.**

Another way to say this: when you look at weight gain you are looking at the expression of certain genetic tendencies that are only fully manifest because of environmental stressors. --- And, the environmental stressors that are ubiquitous are a rotten diet and a putrid microbiota.

--- And --- the rotten diet and the putrid bacteria are themselves a positive feedback loop with each exacerbating the other.

We have emphasized that TUBBY TUMMY (and virtually all physical, mental, and emotional disorders associated with INFLAM-AGING) is tightly linked to a chronic low-grade state of inflammation (and regarding obesity, we are talking about inflammatory markers such as Interleukin 6 and C-reactive protein). Most importantly, weight loss diets only succeed long-term when they permanently change the gut microbiota. The same can probably be said about fibromyalgia, depression, fatigue, chronic headaches, allergies, and most every other condition presented by your patients.

Even when you specifically address the microbiota with Immuno-Synbiotic, you will get permanent improvement in your patients only when you have restored a healthy Immuno-Neuro-Endocrine system. We know that:

ADAPTATIVE CAPACITY = METABOLIC BALANCE + VITAL RESERVES.

You have the unique capacity to control RAGING INFLAM-AGING with Adapto-Max, Oxy-Max, Taurine, plus your BALANCING PROCEDURE (= Oxy Tonic &/or Electro Tonic &/or Oxygenic D-Plus).

And, research shows more and more that the Metabolic Therapy we do with NUTRI-SPEC, and the Vital Reserves that we are pumping up with our LIVE STRONGER LONGER Diphasic Nutrition Plan, are greatly enhanced by directly addressing each patient's microbiota. Truly,

### **THE GREATEST HEALTH-PROMOTING FORCE IMAGINABLE ...**

derives from Immuno-Synbiotic (Prebiotic + Probiotic) supplementation. Every one of your patients needs Immuno-Synbiotic. A **JELLY BELLY** is often the first sign of how desperately it is needed ...

### **THE TUBBIER THE TUMMY ---**

the more critical is the RAGING INFLAM-AGING. Break the vicious cycle!!!