

# **NUTRI-SPEC**



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## **THE NUTRI-SPEC LETTER**

**Volume 33 Number 3**

From:  
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Dear Doctor,

In this month's Letter ---

### **LET'S GET A SOLID HANDLE ON COVID.**

To set the tone of our discussion ...

Read each of these two statements and tell me which one you find dull reading, and which one excites you ...

STATEMENT #1: "Riboflavin (ordinary Vitamin B2) is an effective cure for migraine headaches. Riboflavin prevents migraines and minimizes migraine symptoms."

STATEMENT #2: "Thiosulfate (Oxy Tonic) shows remarkable tissue-specific activity --- influencing cell-, tissue-, and organism-level development, homeostasis, and pathogenesis prevention."

Do you experience a thrill --- maybe a tingling in your spine --- when you read about the wonders of Vitamin B2 for migraine patients? I do hope not.

It has been a few years since Riboflavin became a health food industry “Flavor of the Month”. I now routinely have patients come to me suffering migraines, and who have been taking mega doses of Riboflavin for prevention. ----- Here we have nothing more than another entry in the Nature Cure Parade of “natural” remedies. That is to say --- we have another pill peddler supplement --- promoted using non-sequiturs and unscrupulous stretches of the data.

Is Vitamin B2 really “good for” migraines? There are a few dozen studies in the scientific literature suggesting that maybe, just maybe, it could be. But the latest comprehensive review narrows down all the research speculation on Riboflavin for migraines into only 11 legitimate studies. Of those 11 studies, only 5 clinical trials show any positive therapeutic effect. And how strong is that therapeutic effect?

The best quantified study I have seen on Riboflavin for migraines shows that in severe migraine sufferers the number of migraines monthly is reduced from 4 to 2. However, there is neither any decrease in the intensity of the headaches, nor in the duration of the headaches.

Five out of 11 studies show some benefit (in adults only) --- and there is no decrease in intensity or duration of headaches --- with the only somewhat consistent result (shown in this one study only) being that the number of migraines is reduced --- I am not impressed in the least, are you?

Keep in mind also that this use of Riboflavin as a migraine remedy is not at all the use of “vitamin” B2. Rather, it is use of a pharmacological dose of Riboflavin --- several hundred times the human need for this nutrient.

And by what mechanism does Riboflavin show its minimal improvement for migraine sufferers? The scientific literature has almost nothing to say. All the studies and clinical trials are full of speculation expressed in very general terms --- such as Riboflavin has “anti-inflammatory” properties, and that it serves as an “antioxidant”.

----- Well, yes it does --- and so does virtually every vitamin, mineral, trace mineral and amino acid essential to human health. The truth is that the “anti-inflammatory” and “antioxidant” effects of Vitamin B2 are absolutely pathetic compared to such nutrients as ...

- |                         |                                |
|-------------------------|--------------------------------|
| - Carnosine             | - Lipoic Acid                  |
| - Carnitine             | - Coenzyme Q10                 |
| - Acetyl L-carnitine    | - Tocopherols and Tocotrienols |
| - Propionyl L-carnitine | - Betaine                      |

And where do you find this incredible list of anti-inflammatory, antioxidant and anti-INFLAM-AGING supplements? As you well know, they are among the powerful ADAPTOGENS in your Adapto-Max and Oxy-Max (Diphasic A.M. and Diphasic P.M.).

Are the items on this list “good for” migraines? ----- You betcha! They are good for migraines --- and truly, they are unquestionably good for the entire list of conditions, symptoms, and states of dis-ease associated with ImmunoNeuroEndocrine Stress. In other words, they are all powerfully anti-inflammatory --- including being “good for” your migraine patients.

One other question we must ask ourselves regarding the pharmacological dosing of Riboflavin. While it may not be all that effective, is it harmful? After all, this is just a B vitamin ----- if it doesn't help, at least it cannot hurt --- right? ----- You know better. As a NUTRI-SPEC practitioner you know that Vitamin B2 pushes your patients Anaerobic, and pushes your patients Glucogenic. It impairs the balance of metabolism between fats and sugars. At the same time, excess of B vitamins causes a long list of side effects --- both physical and mental. And, as was shown decades ago, mega doses of B vitamins cause loss of mineral and trace mineral nutrients.

Now --- consider once again the comment --- “Thiosulfate (Oxy Tonic) shows remarkable tissue-specific activity --- influencing cell-, tissue-, and organism-level development, homeostasis, and pathogenesis prevention.”

This gem of metabolic truth should cause a tingle of excitement. This statement is nearly a direct quote from the du Preez study on Thiosulfate.

Think of it ...

- at the cell level of biological organization ...
- at the tissue level ...
- at the systemic level ...

----- your patients' need for Oxy Tonic is ubiquitous --- as it plays a critical role in ...

- development
- homeostasis (= Metabolic Balance + Vital Reserves)
- pathogenesis prevention (= Immune Balance & Power)

YOU CANNOT GET MORE FUNDAMENTAL --- in meeting the needs of all your patients than supplying them with negative valence sulfur ----- via ...

### **YOUR BALANCING PROCEDURE.**

So now ---

### **LET'S TALK COVID.**

What is the mechanism by which those who become severely ill from Covid suffer total incapacitation of their defense mechanisms? As du Preez shows in her extensive study of tissue membrane function, it is the deficient sulfation of those membranes that is the primary weakness of breakdown. At the tissue level into the cell level --- then at the tissue level into the systemic level --- under-sulfated membranes show severely impaired resistance to viral infiltration.

We cannot emphasize enough (as per du Preez) that the need for Thiosulfate (Oxy Tonic) is ubiquitous. And relevant to our discussion of Covid --- Oxy Tonic is the key to ...

### **EMPOWERING YOUR PATIENTS IN RESISTANCE TO COVID ---**

and other microbial pathogens. ----- Yes ---

### **IMMUNE BALANCE AND POWER BEGINS WITH YOUR BALANCING PROCEDURE.**

Just think of the power you have to totally prevent the vicious cycle of ...

- inadequate epithelial membrane sulfation →
- viral invasion →
- further breakdown of protective membranes →
- increased viral infiltration →
- disintegration of protective membranes --- with further loss of sulfation →
- increased viral virulence →
- total breakdown of sulfation membrane protection →
- a tsunami of neutrophils overwhelming tissue cells --- releasing catabolic pro-inflammatory cytokines such as Interleukin-6, Tumor Necrosis Factor Alpha, Interferon Gamma, Interleukin-1, and a flood of prostaglandins.

Properly sulfated with thiosulfate (Oxy Tonic), membranes present a global negative charge that can interact electrostatically with viruses and other pathogens. When the epithelium and endothelium are under-sulfated, viruses exploit these weak interactions to increase their concentration at the cell surface and enhance their chances of gaining cell entry. Your Oxy Tonic is at the interface between pathogen invasion and immune defense. But more than merely a physical barrier to microbes, the properly sulfated membrane modulates the expression and release of many of the immune system's defensive compounds. (Now, you should be feeling that tingling in your spine as you contemplate your own power. So ...

Imagine a biological membrane --- either an epithelial membrane or an endothelial (vascular) membrane. That membrane actually serves two metabolic functions that are in a way opposite --- yet both functions depend entirely on adequate thiosulfate from your Oxy Tonic (--- and this is why every patient can only be fully protected by going through the BALANCING PROCEDURE). The membrane you are envisioning has to both remain selectively permeable --- yet also provide a barrier against toxins and microbial pathogens.

Here is an extended quote from du Preez highlighting once again the essential metabolic functions of properly sulfated tissues --- that you can achieve with Oxy Tonic (--- and supported by your other supplements that contain negative valence sulfur --- including Taurine, the lipoic acid in your Adapto-Max and Oxy-Max, and the chondroitin sulfate in your Adapto-Max) ...

“Thiosulfate lies at the nexus between pathogen invasion and host defense.

“Adequate sulfation is responsible for the secretion of many defensive compounds into the mucosal fluid, such as mucins, antibodies, protegrins, defensins, collectins, lysozyme, histamines, chathelicidins, and nitric oxide. Collectively, these different defensive compounds form a physical barrier with direct antimicrobial activity, and the ability to opsonize pathogens to aid their clearance. When adequately sulfated (OXY TONIC!), HEPARIN SULFATE MODULATES THE EXPRESSION AND RELEASE OF THESE DEFENSIVE COMPOUNDS.

“In various disease conditions, a decrease in sulfation shown from biopsies were associated with albumin (protein) in the urine. A broad spectrum of inflammatory diseases with different etiology contributes to membrane dysfunction by several associated pathways --- and initiate albuminuria. Intensive care unit Covid-19 patients frequently show albuminuria.”

We must emphasize here again the presence of a vicious cycle. Breakdown in sulfation (from inadequate Oxy Tonic) contributes to the breakdown of both the permeability function and the barrier function of epithelial membranes throughout the body, as well as endothelial membranes throughout the vasculature. The tissue degradation due to inadequate thiosulfate leads to inflammatory pathology --- but then the inflammation causes further degradation of the membranes --- which perpetuates and expands ImmunoNeuroEndocrine Stress --- with more inflammation, then more tissue depletion of sulfate --- and a never-ending expansion of physiopathology, and ultimately, severe acute or chronic pathology.

As we highlighted in your January Letter, this vicious cycle of inadequate sulfation --- causing loss of membrane barrier function --- leading to vulnerability to Covid --- leading to Covid easily breaking through multiple barriers --- leading to massive inflammation --- leading to a cytokine storm ----- causing further breakdown of membrane sulfation --- allowing the virus to go absolutely berserk --- causing the immune system to go absolutely berserk in defense ----- with this entire vicious cycle of INE Stress leading to viral infection leading to more INE Stress --- to the point of a life-threatening cytokine storm --- has its origins entirely in the inadequate sulfation that you can remedy with nothing more than your BALANCING PROCEDURE.

And who is most vulnerable to Covid and other microbial pathogens? Of course it is all the people who are extremely under sulfated. And who are they? They are all your patients with ...

- tubby tummy
- high blood pressure
- auto-immune diseases
- diabetes
- high cholesterol and/or high triglycerides
- chronic fatigue
- depression/anxiety ...

That is to say --- all your patients.

“Extra Special” **SPECIAL** this month = To provide your patients the ultimate Immune System Power & Balance --- both Oxy Tonic & Immune X-Flam = 2 **FREE** with every 10 you buy.