

## **NUTRI-SPEC**



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

## **THE NUTRI-SPEC LETTER**

**Volume 33 Number 12**

From:  
Guy R. Schenker, D.C.  
December, 2022

### **ARE YOU PLAYING THE ODDS?**

The odds are 50% that you, everyone in your family, and every one of your patients, will suffer cardiovascular disease. Face up to that unpleasant truth, and you realize the odds in the cardiovascular game are not good.

### **ARE YOU PLAYING TO WIN?**

Your odds are an alarming 33% that Alzheimer's Disease (AD) will be the ugly end of your life. Yes, ugly. Those same demoralizing odds (if you dare to picture it) apply to family members young and old, and to all the patients you serve. --  
--- Or do they?

### **CAN YOU TIP THE ODDS IN YOUR FAVOR?**

With NUTRI-SPEC, your answer to that is an emphatic ...

**YES!**

Yes! You can guarantee patients (--- as you can guarantee yourself) they ...

**WILL LIVE STRONGER LONGER.**

What do we mean by guarantee? As regards CVD, Alzheimer's (--- and all the other states of chronic dis-ease that ultimately become disease) consider these fundamental questions ...

With NUTRI-SPEC do you offer a "cure" for CVD and Alzheimer's?

No, NUTRI-SPEC does not "cure" anything.

With NUTRI-SPEC can you effectively "treat" CVD and AD?

No, with NUTRI-SPEC you do not "treat" disease at all.

Yet, we can guarantee that with some combination of NUTRI-SPEC Metabolic Balancing and your life-long, long life Diphasic Nutrition Plan, you will serve all patients by drastically reducing their PROBABILITY of getting CVD and AD. Never forget --- we are talking here about chronic diseases that develop over decades before reaching a crisis. The pathophysiology --- or as we call it ---

**THE IMMUNO-NEURO-ENDOCRINE STRESS --- BEGINS YEARS BEFORE THE FIRST HINT OF SYMPTOMS, AND PERHAPS DECADES BEFORE THE PATHOLOGY BECOMES LIFE-THREATENING.**

Do you recall your 53-year-old patient who had a couple of beers on a Saturday night, got up Sunday morning to walk the dog --- then fell over dead from a "sudden" heart attack? ----- Tragic, to be sure --- but not at all "sudden".

When did his heart attack process begin? His cardiovascular disease, fatal at the young age of 53 ...

--- began with a life-long predisposition to a Sympathetic Imbalance ...

--- compounded by a Ketogenic Imbalance that "appeared" in his mid-20's ...

--- after 23 years of excess sugar intake and eating too frequently ...

--- and that systemic Ketogenic Alkaline Imbalance was compounded by the onset of a Tissue Acidosis Imbalance (an Anaerobic Imbalance) that got a grip on the man at age 33.

The Immuno-Neuro-Endocrine (INE) Stress ---

### **THE INFLAMMATION ---**

to which this man ultimately succumbed could have been brought under control in his 20's, or even in his 30's. With NUTRI-SPEC you could have controlled his Sympathetic tendency, almost totally reversed his Ketogenic tendency, and, if you got to him early enough, totally prevented the Anaerobic Imbalance. So ---

### **STATISTICALLY SPEAKING ---**

you could have guaranteed this man and his family the heart attack that was visible by peering into your NUTRI-SPEC crystal ball when he was a very young man could have been prevented.

Even if this man had not come to your office until age 52 --- years after inflammation had turned to ---

### **INFLAM-AGING ---**

you could have exerted enough control over the INE Stress to (according to studies in the Literature highlighting the ADAPTOGENS you offer) delay the inevitable for a significant number of years --- guaranteeing this man he would ...

### **LIVE STRONGER LONGER.**

**INFLAM-AGING = A loss of ADAPTATIVE CAPACITY**

**ADAPTATIVE CAPACITY = METABOLIC BALANCE + VITAL RESERVES.**

How does this premise --- the foundation of the NUTRI-SPEC you offer your patients --- apply to Alzheimer's disease? ----- AD is feared as a dark, mysterious disease. And, to the researchers spending billions of dollars looking for a cure, it still remains an enigma.

Yet, in last month's Letter we told you you could be certain --- you could guarantee yourself --- that your risk of Alzheimer's is significantly below the 33% norm. You very definitely can tip the odds against AD in your favor. You can do the same for your family and for your patients --- and do so without ever "treating" AD.

You have objective evidence from the Literature that all the nutrients listed below --- the nutrients that you offer your patients in perfectly balanced combinations --- will, by one mechanism or another, prevent or slow the decades-long Immuno-Neuro-Endocrine Stress = the inflammation --- the INFLAM-AGING that defines AD.

These nutrients --- these powerful ADAPTOGENS --- these heroes in your defense against INFLAM-AGING, include ...

- Alpha Lipoic Acid
- Carnosine
- Quercetin & Rutin
- Selenium
- Tocopherols & Tocotrienols

And also:

- Taurine
- Carnitine
- Acetyl-L-Carnitine
- Propionyl-L-Carnitine
- Betaine
- Co-Q10

The literature shows these supplements have direct effects to either prevent or slow the INE Stress of Alzheimer's --- or --- to produce glutathione, protect glutathione, or activate glutathione. ----- What is the big deal about glutathione?

Research shows many of the interwoven sources of INE Stress that manifest as AD require glutathione as the primary defense. Glutathione cannot be taken as a supplement (despite what the health food industry pill peddlers tell you) because it isn't effectively absorbed as an intact molecule from the GI tract. Furthermore, glutathione cannot pass the blood-brain barrier. The only glutathione to protect your brain has to be produced within the brain itself. And your fabulous list of adaptogens above gets the job done.

We will have much more to say about Alzheimer's --- and the power of your supplements to protect against it --- in next month's Letter. But now, add one more AD-preventing supplement to the list above ---

### **IMMUNO-SYMBIOTIC.**

By several mechanisms of action, Immuno-Synbiotic is the fundamental driver of all defenses that tip the odds in your favor of preventing AD.

It is only in the last few years that research has uncovered a basic truth about Alzheimer's that cannot be ignored ...

Those suffering from AD have an entirely different, and entirely pathological gut microbiota.

And that microbiota totally distorts the gut-brain axis. Recent studies clearly show that the primary bacteria in healthy aged individuals actually protects against AD induction by improving the gut microbiota-brain axis.

**DO YOU GET IT?  
THIS IS BIG!!!**

Critical to understand is that the gut microbiota-brain axis is a two-way street. Not only does unhealthy microbiota cause AD --- AD causes harmful bacteria that feed back into the brain --- a classic case of what we NUTRI-SPEC practitioners call ...

**A VICIOUS CYCLE.**

Multiple recent studies now show convincingly that building a healthy gut microbiota will favorably influence brain function, while decreasing the development of Mild Cognitive Impairment and its progression to AD.

**THINK ABOUT IT!!!  
(--- WHILE YOU STILL HAVE THE BRAIN POWER TO DO SO!)**

SPECIAL THIS MONTH = **2 FREE** with every 10 you buy of ...

- Immuno-Synbiotic Restore  
Power  
X-Flam
- Mighty Mins 120 count
- Oxy-Max
- Taurine (--- which works with Immuno-Synbiotic to produce the microbiota desperately needed in the war against AD)