

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

Volume 34 Number 2

From:
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February, 2023

Dear Doctor,

**DO YOU HAVE “GUTS ENOUGH”
TO FACE THE THREAT OF
ALZHEIMER’S DISEASE?**

**DO YOU HAVE A FEAR
“DEEP DOWN IN YOUR GUT”
THAT ALZHEIMER’S DISEASE
MAY BE YOUR LIFE’S
UNHAPPY ENDING?**

**WHAT IS YOUR “GUT REACTION”
EVERY TIME YOU LEARN OF
SOMEONE YOU KNOW
BEING DIAGNOSED WITH AD?**

Turn your attention to Alzheimer’s Disease (AD). In this Letter you are going to learn an essential truth about AD --- a fundamental truth --- a HUGE truth that cannot be ignored. You are going to understand the fact --- as preposterous as it may at first seem --- that the taproot feeding Alzheimer’s is in the gut. You will learn that there is nothing more important you can do to prevent, and if necessary slow, the progress of AD than to provide ...

IMMUNO-SYMBIOTIC ...

... as a foundational defense against neurodegeneration

How critical is it that you comprehend the ...

GUT-ALZHEIMER'S CONNECTION?

This is essential to the continuing success of your practice. How desperately in need are your patients? Focus on this fact ...

An alarming **33%** of your patients will die from Alzheimer's --- and tragically, it is estimated the incidence could triple over the next 40 years. So, will 33% of your patients 33% of your family and 33% of your friends be devastated by Alzheimer's? Ask yourself, "Will I and all about whom I care be helpless victims of this insidious disease?"

CAN YOU DECREASE THE ODDS OF THIS FRIGHTENING PATHOLOGY?

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 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 protect against AD induction --- by improving the Gut microbiota-Brain Axis.

DO YOU GET IT? THIS IS BIG!!!

Critical to understand is that the Gut-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!!!

Preposterous?!!! --- Not at all. --- You already know “deep down in your gut” that there is not only a Gut-Liver Axis, a Gut-Muscle Axis, and a Gut-Adipose Axis --- but there is also a Gut-Brain Axis. There is a direct two-way communication line between your gut and your brain, by which your microbiota-controlled gut lining directs the 70% of your immune system that resides in the lining of your intestines. Through the Gut-Brain Axis, microbiota influence many aspects of your personality and mood (--- Yes! --- As preposterous as that seems!!) --- and --- they have a huge impact on ...

BRAIN INFLAM-AGING.

That communication line is mediated via Mast Cells, macrophages, short-chain fatty acids, and a broad array of inflammatory and anti-inflammatory cytokines, chemokines, and prostaglandins. The exact mechanism by which the gut microbiota commands brain function --- and the feedback from the brain that directs the growth and function of gut critters --- is not fully defined --- truly a fascinating mystery. But the facts are clear. ----- Preposterous? Not at all --- you have the data ...

First, recall the many studies we gave you several years ago showing the link between Candida infiltration of the brain and Alzheimer’s. A most well-respected research group in Spain took the lead in this research, showing unequivocally that a particular Candida species (not the common *Candida albicans*) is virtually always present in the brain of AD victims. (More on that link in next month’s Letter.) Just understand for now that our study of that research was instrumental in our choice of the particular probiotics you find in your Immuno-Synbiotics.

Here is a way to tune in to the magnitude --- the scope --- the too fantastic to believe --- Gut-Brain Axis. Do a Pub Med search on the two key words Alzheimer’s and microbiota. I just did that --- and came up with 1,076 results!

This is big --- yet you hear nothing of it. Why? The medical/pharmaceutical establishment is chasing its tail in circles looking for ways to eliminate amyloid and tau proteins from diseased brains --- chasing the effect of AD, not its cause.

Consider these research studies ...

●●● Bile Acids as key modulators of the Brain-Gut-microbiota Axis in AD. Alzheimer's Dis. 2021.

----- Cross talk between Bile Acids (BAs) and gut microbiota is based on reciprocal interactions since microbiota determines BA metabolism, while BAs alter gut microbiota composition --- a potential vicious cycle.

Secondary BAs are microbiota-derived neuro-active molecules affecting three main routes of interaction --- including neural, immune, and neuroendocrine pathways. The presence of BAs and their receptors in the brain shows a direct effect of BAs on the regulation of neurological functions.

Study of the Brain-Gut-microbiota Axis reveals that disturbances of BA signaling are present over the course of AD. An age-related shift in the gut microbiota composition, and its decreased diversity and stability, is observed in AD patients. Given recent evidence on BA neuro-protective and anti-inflammatory effects, research is now being directed toward gut microbiota modulation by probiotics and prebiotics, dietary interventions, and Deoxycholic Acid supplementation, along with use of BA receptor agonists.

●●● Altered bile acid profile associates with cognitive impairment in Alzheimer's Disease --- an emerging role for gut microbiome. Alzheimer's Dement. 2019.

----- Increasing evidence suggests a role for the gut microbiome in central nervous system disorders, and a specific role for the gut-brain axis in neurodegeneration. Bile acids (BAs) are produced in the liver and are further metabolized by gut bacteria. They have major regulatory and signaling functions that appear to be dysregulated in AD.

In AD compared to cognitively normal older adults, BA profiles show significantly lower serum concentrations of a primary BA (Cholic Acid) (CA), and increased levels of the bacterially produced secondary BA, Deoxycholic Acid. This increased ratio of Deoxy CA to CA reflects the action on CA by gut bacteria. Elevation of this BA ratio is strongly associated with cognitive decline.

●●● Altered bile acid profile in mild cognitive impairment and AD: relationship to neuro imaging and CSF bile markers. Alzheimer's Dement. 2019.

----- This study extended the research on the connection between gut microbiome and AD. Serum levels of 20 primary and secondary BA metabolites from the AD Neuroimaging Initiative were measured. Three "BA signatures" were associated with CSF β Amyloid, and three with CSF tau. Furthermore, twelve BA signatures were associated with altered brain glucose metabolism, and fourteen BA signatures with brain atrophy. These results provide further support for a role of BA pathways derived from abnormal gut microbiota in AD.

In NUTRI-SPEC terms --- these 3 studies show the benefits of supplementation with both Immuno-Synbiotic and Taurine.

●●● Exploration of the Gut-Brain Axis through metabolomics identifies serum propionic acid associated with higher cognitive decline in older persons. Nutrients. 2022.

----- The gut microbiome produces metabolites that, via the gut-brain axis, signal to the brain and influence cognition. In this study, repeated measures of cognition over twelve subsequent years were collected. Seventy two circulating gut-derived metabolites were identified that influenced cognitive decline.

----- Higher serum levels of Propionic Acid, an SCFA derived from the gut microbiome, were associated with increased odds of cognitive decline. The Propionic Acid-associated cognition deficits correlated with diabetes. The benefits of prebiotic supplementation are suggested. (Also noted is that Propionic Acid is a common food preservative.)

Note the use by these researches of the term “increased odds”. That concept of ‘odds’ is the key. You cannot guarantee yourself, your patients or your family absolute prevention of Alzheimer’s. But you absolutely can decrease the odds from the 33% incidence at which the population is at risk --- since they do not have the benefit of your Immuno-Synbiotic.

A note on supplementation with Immuno-Synbiotic. If you really want to maximize defense against Alzheimer’s (and all the other diseases of aging) --- do this ...

Rather than trying to choose the most ideal of the three Immuno-Synbiotics --- we suggest supplementation with all three. In other words, the ideal for every individual you know) is to take one each, once daily of I-S X-Flam, I-S Restore, and I-S Power. That way, you will reduce odds of Alzheimer’s from several different approaches to the Gut-Brain Axis.

Special this month 2 **Free** with every 10 you buy of ...

- Immuno-Synbiotic X-Flam
- Immuno-Synbiotic Restore
- Immuno-Synbiotic Power