NUTRI-SPEC
METABOLIC BALANCE
SPECIFIC NUTRITION
Live Stronger Longer

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THE NUTRI-SPEC LETTER

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DON'T PANIC, BUT ...

WHEN YOUR TESTING REVEALS

A PATIENT WITH ORTHOSTATIC FAILURE ---

--- you have entered the realm of ---

Life or Death.

Dear Doctor,

Are you familiar with the term "**all-cause mortality**"?

You need to be. It plays big into the importance of the ---

ORTHOSTATIC CHALLENGE ---

we have emphasized in these last several Letters.

What does it mean? It quantifies the death rate, usually expressed with reference to a particular demographic --- such as an age group, a gender, a nationality, or an occupation. It is often expressed as a percentage increase in the death rate of a particular demographic relative to a certain control population. You might read a statistic such as, "The all-cause mortality of women over age 40 living within 3 miles of a chemical plant increases 27%."

-----That means that regardless of the cause of death --- be it heart attack, pulmonary disease, stroke, succumbing to a virus, accidental death, or renal disease, or whatever --- women of that certain age are 27% more likely to die of anything/something relative to women who live in a different environment.

Keep that concept of all-cause mortality in mind, as we review the major clinical significance of your Nutri-Spec ORTHOSTATIC CHALLENGE.

Your ORTHOSTATIC CHALLENGE is the most accurate way to specifically analyze the strength and balance of the Autonomic Nervous System. It identifies your patients' Sympathetic or Parasympathetic Stress, Sympathetic/Parasympathetic weakness, or Sympathetic/Parasympathetic exhaustion. As you know …

- Sympathetic/Parasympathetic function determines each individual's Adaptative Capacity in response to virtually all stressors.

- Sympathetic/Parasympathetic activation is the link between the Nervous System and the Immune System --- determining an individual's Adaptative Capacity in response to any immune stress, physical stress, or emotional stress.

- The Autonomic Nervous System is the first of the first responders.

- Your ORTHOSTATIC CHALLENGE, in particular, defines in so many critical ways your patient's Vital Reserves when dealing with both acute stressors or chronic stressors.

In other words, your ORTHOSTATIC CHALLENGE defines your patient's capacity to integrate all adaptative functions related to both Health Span and Life Span --- that individual's potential to …

LIVE STRONGER LONGER.

So now, integrate two concepts --- the major contribution of Sympathetic/ Parasympathetic strength/balance as indicated by your ORTHOSTATIC CHALLENGE, and combinations of both acute and chronic stressors that push a person into the danger zone as regards Life Span. The simple truth, as morbid as it sounds, is that your patients who show ORTHOSTATIC CHALLENGE are severely at risk as they …

FAIL TO DEFEND, & LIFE COMES TO AN END.

That statement is not overly dramatic. It is not sensationalism. It is entirely backed up by the research literature. Orthostatic failure indicates a weakness in a broad array of homeostatic feedback mechanisms. Research shows unequivocally that deficient Orthostatic Control predicts all-cause mortality, as well as the incidence of cardiovascular disease. That predisposition to progressing pathology of all types among those with inadequate Orthostatic Response is critical, because ordinary blood pressure monitoring and even ambulatory blood pressure monitoring totally fail as prognosticators of future cardiovascular or cerebrovascular events, let alone all-cause morbidity and mortality.

Orthostatic Failure is a common cause of fatigue and lightheadedness, and is one of the earliest and most debilitating symptoms of Sympathetic Noradrenergic Insufficiency. Extreme pathological incidence of Orthostatic weakness in the elderly is as high as 30%, although some degree of Orthostatic Insufficiency is evident in a much higher percentage of the elderly, and is common in young adults with compromised health.

Orthostatic Insufficiency is associated with increased mortality in the elderly ---

NEARLY DOUBLING THE DEATH RATE OF THOSE AFFLICTED.

Orthostatic Insufficiency increases the mortality of Cardiac Autonomic Neuropathy by 25 – 50% within 10 years, and the heart failure death or hospitalization rate is also nearly doubled. Orthostatic Failure is perhaps the earliest warning sign of progressive pathology.

And again, not being overly dramatic, overly morbid, or sensationalizing the clinical facts --- one fascinating study shows that the association between Orthostatic Failure and mortality in the younger population less than age 65 is even more significant than in geriatric individuals. That is to say that the death rate among the elderly population is high, and the higher death rate from all-causes is expected anyway, and not as easily associated with Orthostatic Failure. But among those under age 65, since the death rate is much lower, the dramatic increase in all-cause mortality is easier to quantify. In other words, when you find Orthostatic Dysfunction in your patient under age 65, you have discovered ---

A MAJOR RED FLAG ---

that is undetectable by even the most in-depth conventional medical exam, including comprehensive bloodwork, a stress test, a colonoscopy, and a mammogram.

Orthostatic Insufficiency is a warning sign that your patient needs to make a significant commitment to better health. That patient is statistically assured of a much shorter Life Span than might be expected. ----- And only you know it. That puts you in a position of significant responsibility.

Let us now make another connection. Nutri-Spec is all about increasing Adaptative Capacity and increasing Vital Reserves, with the goal of maximizing your patients' capacity to LIVE STRONGER LONGER. Isn't that the same thing as decreasing all-cause mortality? Knowing that 30% or more of your patients have this major red flag should give you a sense of urgency to test your patients, and supplement with Complex S & Complex P as indicated.

But there is more you can do. ----- In one study, a group of patients with a mean age of 66 years was classified per degree of Orthostatic Intolerance. The therapeutic intervention in this study was nothing more than supplementing with ---

ALPHA-LIPOIC ACID.

The study period lasted over two years after initiating supplementation.

In the Extreme Orthostatic Hypotension group, the Orthostatic drop in Pulse Pressure improved from a drop of 22 to a drop of only 2. In the less severe Orthostatic Intolerance group, the Orthostatic drop improved to a drop of zero. Over the two-year supplement period, 56% of those with Orthostatic Failure showed a stronger Orthostatic Response with Lipoic Acid supplementation.

These improvements in Orthostatic Response from ALA are critical because they indicate an improved perfusion of both the heart and the brain, two areas that suffer the most impairment in those with chronic Orthostatic Weakness. Of particular note is the major improvement in the drop of Diastolic Blood Pressure upon Orthostatic Challenge. Improved DBP is vital in preserving coronary perfusion. Major adverse cardiac events increase at DBPs falling to less than 60-70. This study concluded that the improvement in DBP per se, accompanied by the improvement in overall Orthostatic Response, has the potential to reduce major cardiovascular events, such as stroke, congestive heart failure, and myocardial infarction.

Lipoic Acid? Where do you find it? ALA is perhaps your most amazing Adaptogen and Rejuvenin. It is found in significant quantities in Rejuvenator, as well as in your Adapto-Max and Oxy-Max supplements. And that is in addition to the health-enhancing quantity in your Activator.

It is all so simple. Do a sequence of 4 Pulse Rates, and 2 Blood Pressures on your patients --- a simple test procedure that takes just a few minutes. No other doctor truly understands your patients' health status as you do, or can help them as you can. You will stand tall and confident knowing you can help them **LIVE STRONGER LONGER.**

February Special: Complex S, Complex P, Rejuvenator,

Adapto-Max, and Oxy-Max 1 **FREE** for every 5 you buy.

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