

# NUTRI-SPEC



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Greetings, and welcome to Nutri-Spec.

If the 8 fundamentals of health building listed below resonate harmoniously with your mind and heart, then Nutri-Spec will be your road to riches – enriching you and all you serve.

## **Nutri-Spec's (& your?) 8 Key Concepts:**

### **1. LIVE STRONGER LONGER**

- Diseases are the absence of health.
- Healthy physiology weakens → pathophysiology → Disease
- You will provide strength at the points of weakness.
- Gerontology research shows unequivocally that you can increase Health Span, and even extend Life Span.
- Supplement each individual's inherent strengths, while building support where there is weakness.
- [Learn more here](#)

### **2. Biological Individuality**

- Inherited Genetics + Inherited Epigenetics + Environmentally Altered Epigenetics
- All to whom you provide care are unique.
- Every chain breaks at its weakest link.
- Strength to rebuild must be supplied at objectively analyzed points of stress/weakness/imbalance.
- Strength = Adaptative Capacity
- Adaptative Capacity = Metabolic Balance + Vital Reserves
- [Learn more here](#)

### 3. **Deficient Energetics** = manifests at the onset of **metabolic weakness**

- Deficient Glucogenic Energetics? Ketogenic Energetics?
- Excess Anaerobic Energetics? Dysaerobic Energetics?
- Only with Nutri-Spec can you know.
- Mitochondria are begging for your support.
- [Learn more here](#)

### 4. **Zeta Potential; Colloidal Body Fluids; Tissue Membrane Polarity**

- Flocculation vs Dispersion?
- Acid vs. Alkaline?
- Membrane Sterol Dominance vs. Fatty Acid Dominance?
- “Electrify” Body Fluid Dynamics.
- [Learn more here](#)

### 5. **Microbiota** = It will control you --- unless you control it!

- 10 times as many bacterial cells as human cells in your body
- 100 times as many microbiota genes in your body as human DNA
- Microbiota-Gut-Liver Axis  
Microbiota-Gut-Adipose Axis  
Microbiota-Gut-Brain Axis  
Microbiota -Gut-Hypothalamic Axis
- 70% of your Immune System resides in your gut lining and is activated by Microbiota
- INFLAM-AGING? ----- Nothing you do will benefit until healthy Microbiota is restored.
- [Learn more here](#)

### 6. **Glycocalyx Sulfation**

- The magical membrane around every cell membrane
- When fully alive with negative valence sulfur (thiosulfate) = the Glycocalyx communicative network unites and informs all cells.
- Electronegative potential is maximized.
- Immune Defense neutralizes viral, bacterial, and fungal invasion.
- [Learn more here](#)

## 7. Autonomic Nerve Strength & Balance

- The first of the first responders.
- Sympathetic Stress or Insufficiency? Parasympathetic Stress or Insufficiency?
- The primary control of Immuno-Neuro-Endocrine Stress
- [Learn more here](#) and [here](#)

## 8. Stages of Life

- There are 2 aging pathways.
- INFLAM-AGING strikes Endogenously & Exogenously. Prioritize individualized care by Stage of Life.
- Gerontology defines the destructive march of inflammatory cytokines & eicosanoids, as they trample tissue structure & function.
- Reduce inflammatory cytokines of a 67-year-old to the level of a healthy 27-year-old. ----- Yes, Nutri-Spec gives you that.
- [Learn more here](#) and [here](#)

8 Prerequisites to rebuilding health = Ignore just one, and you fail your mission. Are you beginning to grasp how you will be empowered by Nutri-Spec?

Interested? ----- or ...

Will you stumble down the path of Alternative Medicine --- offering “remedies” purported to be “good for” chronic fatigue, fibromyalgia, high cholesterol, high blood pressure, anxiety/depression, allergies, arthritis, brain fog, auto-immunity, GERD ----- the endless list --- and --- your endless frustration?

Suppress symptoms without addressing causes? ----- Walk away from that nonsense = short-term delusion; long-term destruction.

Decrease expressions of pathology by blocking the pathways of physiology?  
Never again ...

You can master the only true Alternative Health Care ...

- ✓ Analyze objectively to find the weak links ...
- ✓ Achieve Metabolic Balance ...
- ✓ Pump up Vital Reserves ...

## **LIVE STRONGER LONGER**

INTERESTED?

We will support you every step of the way ...

### **HOW TO BEGIN WITH NUTRI-SPEC**

The quickest way to begin serving health needs as you always dreamed you could ...

There are 2 approaches you can take to Nutri-Spec procedures:

- The SOLID Plan (= Stage Of Life INFLAM-AGING Defense)
- Metabolic Imbalance Analysis

Both clinical protocols give you power to provide all 8 essentials to maximize health. Both elevate your service to a level your patients simply cannot get from any Alternative Medicine practitioner.

Creating an individualized lifelong SOLID Plan is your goal for all those you serve --- young or old --- robust good health, or decimated by disease.

There are 3 ways you can go:

A. Use the SOLID Plan exclusively, with no need to ever consider Metabolic Imbalance Analysis.

With the SOLID Plan you are employing all 8 Key Concepts.

The SOLID Plan individualizes your care in two ways. First, you initiate the Plan with the Nutri-Spec BALANCING PROCEDURE, which the patient self-administers under your direction. The results of that procedure specifically address every individual's needs regarding Key Concepts #3, #4, & #6 --- deficient energetics, tissue membrane polarity and permeability, and a thoroughly sulfated Glycocalyx.

Imagine --- with just the initial step of the SOLID Plan, you have empowered every person you serve in 3 health-span-enhancing ways that no other clinicians

even consider. The allopathic paradigm of Alternative Medicine (treating symptoms/conditions) shows total ignorance of fundamental metabolic processes.

Think of it this way ----- did that Alternative Medicine procedure sulfate the Glycocalyx? It did not, and so the patient is not metabolically strengthened.

Did that Alternative Healthcare remedy, regardless of whether it did or did not improve symptoms, restore tissue membrane polarity and permeability? I guarantee you it did not. That patient is underserved.

Did that “natural” healthcare herbal drug pump up the power in the mitochondria of all body cells? Not a chance. Only you can offer that with your Stage Of Life Inflamm-Aging Defense Plan --- and you are just getting started.

The second way your SOLID Plan individualizes care is by thorough consideration of the two pathways of INFLAM-AGING --- the catabolic exogenous and the anabolic endogenous.

Quite simply --- while every chain breaks at its weakest link, once a chain breaks, both pathways of INFLAM-AGING begin to intrude. Broken metabolic pathways --- now more vulnerable to the 2 aging pathways --- cause Immuno-Neuro-Endocrine Stress radiating from the break throughout the body in predictable ways, regardless of the obvious symptoms/conditions manifest at the chain break.

Got it? One person manifests the Immuno-Neuro-Endocrine Stress of osteoarthritis. Both catabolic and anabolic inflammatory age-promoting forces begin to compromise healthful function in ways Gerontologists have quantified as the individual ages. Another person experiences a sudden snap in the chain and falls immediately into a weakened level of health, expressing fibromyalgia and chronic fatigue. At that moment, when weakness begins to prevail, both Endogenous and Exogenous forces of aging mercilessly slice metabolic pathways, dominating them with Immuno-Neuro-Endocrine Stress.

The point is that your two patients with entirely different clinical presentations are marching side-by-side on the road to INFLAM-AGING, and the evidence of that has been quantitatively measured by Gerontologists. Inflammatory cytokines and eicosanoids, along with mTOR and senescence cells, increase linearly from age 33 to 42, then rise linearly at a steeper slope from age 43 to 52, then multiply exponentially beginning at age 53.

Simply understanding where each individual stands as regards which metabolic pathways are most vulnerable at what age, gives you a huge advantage in knowing specifically how to maximize that individual's health.

Or --- do you prefer offering arthritis “treatments” to one person, and “remedies” for chronic fatigue and fibromyalgia to the other?

One major advantage of diving into the Stage Of Life INFLAM-AGING Defense Plan is that you can do so without delay. The protocol is so simple to administer, you can begin serving patients (along with yourself and your staff) tomorrow.

All you need is a person's age and a complete health/medical history, including medications (medications that “worked”, as well as those that didn't).

Give the individual Activator, the more appropriate Synbiotic, and whatever other supplementation is specifically indicated based on the patient's age, along with the 2 supplements needed to begin the BALANCING PROCEDURE. That's it, --- and that may be all that the patient needs for years, or even for life. ----- For patients age 53+, there is a simple 2-minute test procedure to make your Plan even more personalized.

B. Offer Metabolic Imbalance Analysis Followed by the SOLID Plan. You can initially address health needs by doing Nutri-Spec Metabolic Testing. Then weeks or months later transition into the SOLID Plan.

C. You can begin with the SOLID Plan, then after about 12 weeks do Metabolic Testing. In another 3-10 weeks, when Metabolic Imbalances have been addressed and corrected, then transition back into the SOLID Plan.

Why would you transition to and from the two approaches to metabolic therapy? There is a problem with Metabolic Imbalance Analysis, in that the Analysis is so thoroughly confounded by medications. We live in a different world today than back in the 1980's when the Nutri-Spec System of Five Metabolic Balance Systems was first developed. The use of prescription drugs has not only increased, it has multiplied. That applies to people of all ages, but particularly among those age 60+. It is reported that among those older individuals who take prescription drugs, the typical number is 6. Think of it. How sad.

Over the years, it became more and more frustrating to see Nutri-Spec test procedures totally invalidated by medications. So, our recommendation to you is that, rather than frustrate yourself (and those you serve) by not having confidence in any objective indicators of each individual's needs, it is often better to start with the SOLID Plan.

A patient can, under your SOLID Plan guidance, and in consultation with the prescribing physician, begin to wean off as many drugs as possible. At the same time, with the supplementation of the SOLID Plan, plus an even reasonable approximation of the Nutri-Spec Eat Well Be Well eating plan, you may reach a point when clear objective findings can be achieved with Metabolic Testing.

Diet and supplement recommendations based on objective clinical testing was the entire essence of Nutri-Spec for our first 15 years. On individuals for whom we could get meaningful tests, it generally required between 3 and 10 weeks to "break" an Imbalance. By that time, the improvements in a person's health were not only obvious to the patient, but also objectively quantified by improvements in their test results.

However, something was missing. Patients still were not bouncing with robust good health the way we and they desired. Despite having achieved Metabolic Balance, they were still suffering a deficiency of Vital Reserves. The essence of Nutri-Spec became ...

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

At that time, in about 2001, the SOLID Plan was born. We began to expand our supplement line to include amazing combinations of Adaptogens, Anti-oxidants, Anti-reductants, and Rejuvenins. Thus, we now have Rejuvenator, Adapto-Max, and Oxy-Max to complement Activator, which itself is now also loaded with Adaptogens and Rejuvenins.

Along the way we developed 2 Synbiotic (Probiotic + Prebiotic) products. Each of which has its own specific application.

Today, an integration of the SOLID Plan and Nutri-Spec Metabolic Testing is the ultimate in maximizing both Health Span and Life Span.

However, difficulties still plague Metabolic Imbalance Analysis. Too many of our patients come to us possessed by the drug demon. Furthermore, over the past

several decades, the dietary intake of both polyunsaturated oils and fructose has escalated from too high to grotesquely high. It is not uncommon to do Metabolic Testing and find (even without the influence of medications) 3 or 4 of the 5 Metabolic Imbalances.

Too complex to handle.

When you consider that we now recommend initiating both Nutri-Spec Metabolic Analysis and the SOLID Plan with the BALANCING PROCEDURE, we find so very often that Metabolic Testing offers nothing that the SOLID Plan does not offer --- and the SOLID Plan gives us immediate clinical benefits, instead of weeks of frustratingly looking for the right combination of supplements through repeated testing.

Truly, initiating patient care with the SOLID Plan often makes Metabolic Testing redundant.

Metabolic Testing requires a huge commitment of time, energy and thought by both you and your staff. It is a bite too big to chew for most.

That is why we strongly recommend you accelerate full speed into the SOLID Plan --- deciding when (or even if) Metabolic Testing is a commitment you are prepared to make. It is better to achieve major success with the SOLID Plan and begin immediately, than suffer the exasperation over inability to achieve amazing results, blocked out by dependence on test results where drug use precludes your confidence.

Something else to consider:

**YOUR SOLID PLAN IS NOT  
“ALL OR NONE.”**

NUTRI-SPEC is not cheap.

NUTRI-SPEC is not expensive.

NUTRI-SPEC is uniquely valuable. Its price is commensurate with its value.

You offer premium supplements unmatched by any available anywhere else --- each supplement essential to a life-long, individualized, comprehensive Plan --- qualitatively beyond the conceptualization of Alternative Medicine remedy

peddlers. All your Nutri-Spec supplement formulations, as well as the Plan they comprise, derive entirely from peer-reviewed research.

But --- in individualizing your plan, you must consider each person's capacity for commitment.

Sometimes there are financial constraints. While the value derived from Nutri-Spec is worth every penny a person can invest, many simply do not have enough pennies to enjoy the empowerment derived from a complete SOLID Plan.

Your goal is to enhance the Health Span and Life Span of as many people as possible. Your service will add value to the world much more by boosting a hundred people at whatever level of Nutri-Spec participation they can afford, than by serving only 10 people with the complete Plan and turning your back on 90 others.

Picture a Mom, Dad, and 3 children ages 15, 13, and 10. The upfront \$\$\$ to fully engage the entire family for the first 2 months would require an up-front investment in 4 bottles of Activator, 1 bottle of Mighty Mins, 5 bottles of Immuno-Synbiotic, 2 of Oxygenic A, 2 of Oxygenic D, several bottles of Oxy Tonic &/or Electro Tonic &/or Oxy D+ for the BALANCING PROCEDURE, plus the likelihood of an additional bottle of Adapto-Max and Oxy Max. ----- No matter how dedicated this family is to maximizing health, the level of \$\$\$ commitment is simply out of reach.

One other limiting factor to consider when offering a Stage Of Life INFLAM-AGING Defense Plan is how you perceive the individual's level of commitment. If, for example, a patient has a several decade habit of having fast food for lunch, and shows no real interest in changing his/her daily overload of polyunsaturated oils and fructose, then do not waste your time or their money.

Or, for patients who express something like, "I hope you can give me some 'natural' way to lower my cholesterol" --- take your best shot at expanding that individual's awareness, but do not burn yourself out.

To assure you will maximize your level of service to patients who desperately *need* and who *want* to increase their Health Span and Life Span, you can look at your Nutri-Spec offering as participating with each individual at whatever level matches that patient's needs and capabilities.

As you look over the following descriptions of the various levels, ask yourself,

**“DID I RESTORE A HIGH CHOLESTEROL PATIENT’S TISSUE MEMBRANE PERMEABILITY AND POLARITY TODAY?”**

**----- *YOU WILL TOMORROW.***

## **LIVE STRONGER LONGER**

### Level 1

- Activator (Mighty Mins)
- Immuno-Synbiotic
- (Rejuvenator if age 43+)

### Level 2

- Activator (Mighty Mins)
- Immuno-Synbiotic
- BALANCING PROCEDURE
  - Oxy-Tonic
  - Electro-Tonic
  - Oxygenic D-Plus
- (Rejuvenator if age 43+)

### Level 3

- Activator (Mighty Mins)
- Immuno-Synbiotic
- BALANCING PROCEDURE
- (Rejuvenator if age 43+)
- ADAPTOGENS to Enhance Vital Reserves
  - Diphasic AM (Adapto-Max) and/or Diphasic PM (Oxy-Max)
  - Taurine

## Level 4

- Activator (Mighty Mins)
- Immuno-Synbiotic
- BALANCING PROCEDURE
- (Rejuvenator if age 43+)
  
- Complete Stage Of Life INFLAM-AGING Defense Plan
  - Diphasic AM (Adapto-Max) and/or Diphasic PM (Oxy-Max)
  - Taurine
  - Formula ES