

**NUTRI-SPEC**



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**THE NUTRI-SPEC LETTER**

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**BRAIN HEALTH AS YOU AGE? CONCERNED?**

From:  
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Dear Doctor,

Are you wondering ( -- perhaps even justifiably worried?) if you will be able to maintain healthy brain function into old age? And how about your family? Your patients? ----- If so ---

--- You need to (or needed to) take ADAPTO-MAX, at least 2 daily until Age 33.

--- You need to (or needed to) continue ADAPTO-MAX (Diphasic A.M.) through Age 42 --- after you celebrate your 33<sup>rd</sup> birthday by adding REJUVENATOR, at least 1, upon rising every morning. (And, if you are a healthy 33, you can decrease your OXY-MAX (Diphasic P.M. --- which was your primary defense against free radical oxidative damage) to only 1 daily.)

--- At age 43, you need ( --- and everyone you know needs) to take 2 REJUVENATOR every morning, and perhaps 1 or 2 in the evening. (If you take 3 or 4 REJUVENATOR, you may consider decreasing or deleting your ADAPTO-MAX --- & delete your OXY-MAX entirely --- unless other health concerns demand your continuing.)

--- Beginning at age 53 --- REJUVENATOR is critically essential for maintaining healthy brain function. ----- Brain INFLAM-AGING? Control it!

Gerontology research shows that brain tissue is subject to inflammatory mechanisms not found in other organs. While the brain's unique vulnerabilities may threaten to age the brain prematurely --- the good news is that the INFLAM-AGING exclusive to the brain is quite simple to control --- but only with the understanding of ...

### **ENDOGENOUS AGING ---**

you've been given by Nutri-Spec,

----- Which brings us to 2 questions ---

- Why the 2 particular supplements ADAPTO-MAX and REJUVENATOR?
- Why the changing supplementation as you age?

The second question should be easy for you to answer --- if you have been following our Nutri-Spec Letters and Nutri-Notes over these past many months. The transition from ADAPTO-MAX to REJUVENATOR exemplifies your Nutri-Spec Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan ...

### **YOUR SOLID DNP.**

As you have learned, the aging process follows two almost entirely independent pathways. There is Exogenous INFLAM-AGING (aging "from the outside in"), which "attacks" our body beginning the moment of conception. The second aging pathway is what we have labeled as Endogenous INFLAM-AGING ("aging from the inside out") via intracellular biological clocks. Endogenous Aging begins at Age 23 (--- almost as if someone flipped a switch) --- activating potentially harmful mTOR-driven processes --- along with the development of Senescent Cells.

It is important to make clear that aging is not a "disease". It is a perfectly normal life process. The slow decline in structural integrity and functional capability need not be accompanied by ill health. And the process of aging should certainly never result in premature death. The key to aging gracefully --- while maintaining maximal structural and functional health --- depends upon providing the body adequate ADAPTOGENS throughout life, and providing REJUVENINS --- perhaps beginning at age 23, and never later than age 33.

It is also critical --- as part of comprehending your SOLID DNP --- to realize the surprising (& perhaps uncomfortable) truth that much of what is done to control Exogenous INFLAM-AGING (particularly supplementation with

antioxidants) will actually accelerate (OUCH!) mTOR-driven Endogenous INFLAM-AGING. Clearly, the supplement needs of a 43 year-old are significantly different from those of a 23 year-old.

Why have we highlighted ADAPTO-MAX and REJUVENATOR? The ADAPTOGENS and the REJUVENINS they contain are, of course, to defend against all aspects of INFLAM-AGING. ----- But --- as regards maintaining brain health, there is one nutrient that may stand above all the rest. That REJUVENIN is yours in abundance in these two Nutri-Spec supplements (and is rare to find in supplements you find anywhere else). That nutrient is ...

### **CARNOSINE.**

#### **Brain Function and Protection Against INFLAM-AGING**

- The reason such a high carnosine concentration is found in the brain is because there, carnosine protects against cross-linking, glycation, excito-toxic brain cell destruction, and oxidative damage.
- Carnosine functions as an Endogenous Neuro Protective Agent. Carnosine can rescue neurons from zinc and copper-mediated neurotoxicity --- including Copper-Zinc compounds that contribute to amyloid-beta plaque formation.
- Not only does carnosine protect against the formation of amyloid-beta senile plaques, but also protects the cells that line the brain blood vessels from damage by those plaques that do form.
- Carnosine protects the brain against both lipid peroxidation and against damage from excess alcohol.
- In animal studies, it has been shown that carnosine protects the brain in simulated ischemic stroke.

Carnosine's protective effects on the brain are evidenced by its inhibition of beta-amyloid polymerization, and the neurotoxicity of amyloid beta. In animal studies, Carnosine reduces the accumulation of amyloid, and fully restores mitochondrial function in affected brain cells.

In response to Neurotoxins --- Carnosine supplementation reduces MDA and other markers of oxidative damage, while eliminating protein carbonyls and arresting the senescence-accelerated damage of both xenobiotics (such as alcohol, chemotherapy agents, etc.), and the age-accelerating effects of hypobaric hypoxia.

A pilot study in humans shows that Carnosine (1.5 grams per day) increases the efficiency of DOPA, decreases plasma protein carbonyls, increases SOD, and improves clinical symptoms such as rigidity of hands and legs, leading to increased hand and leg movements.

One study shows that in 31 children with Autistic Spectrum Disorder, 800 mg Carnosine daily for 8 weeks yielded significant improvements. The Gilliam Autism Rating Scale and the Receptive One-Word Picture Vocabulary Test improved. A metabolomic study reveals decreased urinary Carnosine, Beta alanine, and Histidine in children with Autistic Spectrum Disorder.

Carnosine treatment (2g daily for three months) in adults --- improved some cognitive tests such as the Strategic Target Detection Test.

In mice on a high corn oil diet, Carnosine prevents cognitive decline.

Persian Gulf War Veterans affected by cognitive dysfunction termed Gulf War Illness showed improved cognitive function in response to Carnosine supplementation (1.5g daily for twelve weeks).

Of course, Carnosine (as the other REJUVENINS in your REJUVENATOR) gives you a broad array of anti-INFLAM-AGING benefits beyond maintaining healthy brain function. Go to your Nutri-Spec website Articles on LIVE STRONGER LONGER --- under the section, "Your Power Over INFLAM-AGING", and cruise through the entire Carnosine article --- highlighting its Health-Span & Life-Span enhancement related to ...

- Energy Production
- Muscle Energy Production
- Autonomic Nerve Effects = Sympathetic/Parasympathetic
- Glycemic Control
- Immune Response
- Inflammatory Signaling
- Liver Metabolism
- Sleep

- Stem Cell Function
- Tissue Regeneration
- Bone Mass and Muscle Mass
- Senescent Rate Decreased
- Age – Disorders Decreased

Truly --- with REJUVENATOR augmented by ACTIVATOR and IMMUNO-SYMBIOTIC (and ideally sparked by your personalized BALANCING PROCEDURE) --- you need have no concern about brain health as you age.

Can we possibly emphasize strongly enough --- the key to aging gracefully --- while maintaining maximal structural and functional health --- depends on providing the body with adequate ADAPTOGENS throughout life, and providing REJUVENINS --- perhaps beginning at age 23, and never later than 33? Yes, the key to ...

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

is your SOLID DNP. ----- Qualify all patients per their LEVEL of Nutri-Spec commitment:

#### LEVEL 1

- Activator (Mighty Mins)
- Immuno-Synbiotic
- Rejuvenator = Age (23 – 42), 43+

#### LEVEL 2 (Intro SOLID DNP)

- Activator (Mighty Mins)
- Immuno-Synbiotic
- Rejuvenator = Age (23 – 32), 33+
- BALANCING PROCEDURE
  - Oxy-Tonic
  - Electro-Tonic
  - Oxygenic D-Plus

LEVEL 3 (Basic SOLID DNP)

- Activator (Mighty Mins)
- Immuno-Synbiotic
- Rejuvenator = Age (23 - 32), 33+
- BALANCING PROCEDURE
- ADAPTOGENS to Enhance Vital Reserves
  - Adapto-Max (Diphasic A.M.)
  - Oxy Max (Diphasic P.M) = Age 52-
  - Taurine
  - Glutamine

LEVEL 4 (Total SOLID DNP)

- Activator (Mighty Mins)
- Immuno-Synbiotic
- Rejuvenator = Age (23 - 32), 33+
- BALANCING PROCEDURE
- ADAPTOGENS to Enhance Vital Reserves
  - Adapto-Max (Diphasic A.M.)
  - Oxy Max (Diphasic P.M) = Age 52-
  - Taurine
  - Glutamine
  - Complex S; Complex P
  - Complex A; Oxygenic D
  - Formula ES

January SPECIAL: Both Rejuvenator & Adapto-Max = 2 **FREE** with every 10 you buy.