

# NUTRI-SPEC



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## THE NUTRI-SPEC LETTER

**Volume 34 Number 7**

From:  
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### **YOUR POWER OVER AGING**

Dear Doctor,

AGING is not a disease. It is a natural part of life. However, as that normal process runs its natural course, there is much you can do to minimize its less desirable consequences. And, there is so very much you can do with a Nutri-Spec individualized, life-long nutrition plan --- for yourself, for your family, and for your patients --- so you will all ---

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

With Nutri-Spec you can target specifically the underlying forces that drive the aging process. With Nutri-Spec you do not focus on the consequences of the aging process --- you target the causative factors --- the foundational ---

#### **Immuno-Neuro-Endocrine Stresses ---**

INE Stresses that accelerate the changes of aging ---

#### **AT THE CELLULAR LEVEL.**

NUTRI-SPEC --- with your new product, REJUVENATOR, is elevating your clinical power to a level you never dreamed possible. Contemplate this ...

## EXOGENOUS AGING

Everyone “knows” about it (but is lost in contradictions).

Determines Health Span.

Intrudes upon cells “from the outside in”.

Driven By Oxidative Stress:

- unhealthy Microbiota
- nutrient insufficiency
- high fructose diet
- high HOHUM-PUFA
- sleep disturbance
- emotional stress
- radiation exposure
- UV & blue-green light
- mold, & other toxins
- ENDOGENOUS AGING

Aging begins (theoretically) at the moment of conception.

Catabolic Processes

Benefitted By:

- Immuno-Synbiotic
- Activator
- Adapto-Max
- Oxy-Max
- BALANCING PROCEDURE

## ENDOGENOUS AGING

Only Gerontologists (& now you) know about it.

Determines Lifespan.

Alters cell function “from the inside-out”.

By Genetic Metabolic Clock:

- unhealthy Microbiota
- Senescent Cell formation
- SASP
- mTOR
- deficient autophagy
- dysregulated apoptosis
- ENDOGENOUS AGING

Aging begins on the 23<sup>rd</sup> birthday.

Anabolic Processes

Benefitted By:

- Immuno-Synbiotic
- Activator
- Adapto-Max
- Rejuvenator
- BALANCING PROCEDURE

Yes, there are 2 parallel and, believe it or not, mostly autonomous aging metabolic pathways. We of NUTRI-SPEC will label these “EXOGENOUS Aging” & “ENDOGENOUS Aging”.

It should not be a startling revelation to you that the dietary supplement needs of 25-year old are different than those of a 45-year old. “Yeah, that makes sense,” you say.

But ask yourself, “Why is that seemingly obvious fact true?”

It is because the metabolic processes of both Exogenous and Endogenous Aging change character as the years go by. Studying the big picture of the interplay between the 2 aging processes is the science of Gerontology.

Now, that interplay also becomes the essence of NUTRI-SPEC --- with REJUVENATOR.

The INE Stresses that dictate the aging processes? --- There are forces that speed those up, and health measures you can take to slow them down. Clinically significant --- (& you are the only one your patients/family can count on to deliver nutritional specificity in this regard) is that many of the supplements that may help maintain health in the face of Exogenous Aging --- can actually accelerate Endogenous Aging. Uh-oh!

What you need --- for yourself, your family and your patients --- is an individualized, comprehensive, life-long nutrition plan --- your ----

### **“SOLID DNP”.**

Your Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan ...

Age 13 = Growth & Development --- Feed it!

Age 23 = Your Growth & Development Machine just turned into an aging machine.

Age 33 = You are “over the hill”.

Age 43 = You are slipping down the hill.

Age 53 = You are tumbling down the hill.

If you read the short explanation of your [SOLID DNP](#), you will begin to see how and why supplementation needs to be changed as all individuals go through their various stages of life. You will particularly see where REJUVENATOR fits into the picture.

Many individuals do not need REJUVENATOR until age 33. Prior to that, the [Adaptogens](#) in ADAPTO-MAX and OXY-MAX (Diphasic A.M. and Diphasic P.M.) are more critical in defense against Exogenous Aging. But at age 33, Endogenous Aging becomes THE MAJOR FORCE in the natural process of aging. And at that point, REJUVENATOR becomes essential --- at age 43 it becomes critical --- and at age 53 it becomes salvation.

Consider the four ingredients in REJUVENATOR. We have quite extensive articles on Carnosine, Lipoic Acid, Glycine and NAC --- plus Glutathione --- with countless quotes from the Literature as Gerontologists describe their benefits in maintaining health in response to Endogenous Aging.

[Carnosine](#) has sweeping rejuvenating effects --- particularly benefiting the health of the brain, the immune system, the autonomic nervous system, the cardiovascular system, and glycemic control.

As a powerful protector against INFLAM-AGING, Carnosine is a major player in both [Health Span](#) and [Life Span](#), protecting a broad array of cellular functions that erode with aging. In fact, the term “Rejuvenins” may have been first coined by Gerontologists when describing Carnosine.

To appreciate the countless metabolic effects of [Glycine](#) --- read our write-up on this amazing nutrient. Here are a just a very few of the highlights ...

FGF-21(Fibroblast Growth Factor 21) has been referred to as the “[Pro-longevity](#) Hormone”. It promotes leanness, insulin sensitivity, and vascular health ----- Glycine boosts GLP-1, a metabolite that also increases FGF-21 and increases Lifespan in mice.

Glycine intake can counteract many of the adverse effects of a high-sucrose (fructose) diet on the liver, adipose tissue, and vascular function. But ...

**The most important role of Glycine is combining with N-Acetyl-Cysteine (NAC) intracellularly to produce [Glutathione](#),**

**“The Master Antioxidant”.**

**[Read our article on [Glutathione](#).] Glutathione can also be thought of as “The Master REJUVENIN” --- which is the purpose of REJUVENATOR.**

Confirmation of Glycine's fundamental role in Glutathione synthesis is that NAC supplementation without Glycine supplementation does not raise Glutathione as effectively as does combining the two --- and Glycine alone, will raise Glutathione intracellularly. ----- Which brings us to [NAC](#) ...

**A DARLING OF THE HEALTH FOOD AND  
ALTERNATIVE HEALTH CARE REMEDY PEDDLERS ---**

for several years now. ----- DON'T believe a word they say!

To appreciate the benefits --- and the damage --- from NAC supplementation you must first realize that nearly all its effects on the Stage of Life progression --- from Immuno-Neuro-Endocrine Stress --- to chronic inflammation --- to INFLAM-AGING --- come from its intracellular conversion --- or failure of its conversion --- to GLUTATHIONE.

But any NAC that is not combined with Glycine to produce Glutathione can wreak devastation --- a truth that "nature cure" lovers refuse to face. Glutathione is not a disease remedy; it is a health preserver.

NAC supplementation alone will produce its desired effect of intracellular Glutathione production only to the extent Glycine is available intracellularly to combine with the NAC. NAC supplementation beyond the intracellular Glycine availability for Glutathione production becomes a major source of Reductive Stress --- and actually shortens Lifespan!!

While studies have shown life extension benefits from Glycine + NAC supplementation (--- in association with elevating intracellular Glutathione in defense against Endogenous Aging), no study has ever reported extension of life in animals or humans by supplementing NAC alone.

To illustrate the anti-INFLAM-AGING benefits of REJUVENATOR, consider just one of countless studies from the Literature: Supplementation with Glycine + NAC for 12 weeks, while comparing elderly vs. younger individuals ...

At baseline, the elderly group showed 76% lower Glutathione than the younger adults, while plasma oxidative end-product concentrations were 845% higher and F2-isoprostane concentration 318% higher than the younger group. Glycine + NAC supplementation yielded a 200% increase in cellular concentrations of Glutathione, and decreases in concentrations of Oxidative Stress end-products of 74%.

Elderly subjects had fasting glucose 15% higher and insulin 469% higher, as well as insulin resistance 571% higher than in younger controls. Plasma

concentrations of DNA damage markers were higher by 348%. Compared to young adults, older adults had 54% lower mitochondrial fatty acid oxidation and 51% higher mitochondrial glucose oxidation.

**Glycine + NAC supplementation entirely corrected mitochondrial fatty acid and glucose oxidation --- and without affecting energy expenditure. The Respiratory Quotient showed much more efficient fat burning, and thus less dependence on sugar metabolism.**

**With the improvements in Respiratory Quotient --- there was a significant reduction in total body fat and in waist circumference --- showing preferred abdominal fat loss --- an indication of improved insulin sensitivity.**

Compared to younger subjects, the older adults showed extreme elevation of many pro-inflammatory cytokines at baseline ...

- IL-6 was 934% higher!!! (--- Can you say, "INFLAM-AGING"?!!!)
- TNF- $\alpha$  was 116% higher
- C-reactive protein (CRP) was 88% higher
- Endothelial biomarkers of inflammation were as much as 175% higher

**Glycine + NAC supplementation lowered IL-6 by 77%, TNF- $\alpha$  by 57%, and CRP by 49%, and decreased insulin by 55% and insulin resistance by 59%. (!!!)**

**Glycine + NAC supplementation resulted in significant improvement in both cognitive performance and physical function tests.**

Lipoic Acid, like Carnosine, gives you an amazingly broad spectrum of anti-INFLAM-AGING benefits. That is why it is a critical ingredient in both your Adapto-Max and Oxy-Max, and now in REJUVENATOR.

In the context of your REJUVENATOR, Lipoic Acid, like Carnosine, performs not only its own array of benefits in maintaining the health of cells, but also functions as what Gerontologists call a ---

### **GLUTATHIONE INDUCER.**

Glutathione production is facilitated by both Lipoic Acid and Carnosine. ( --- and also by Quercetin, FYI).

Frustrated chasing symptoms? Never again. ----- Empower patients against INFLAM-AGING. **REJUVENATOR gives you that power.**