

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:
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Dear Doctor,

**THERE IS SOMETHING “FISHY”
ABOUT FISH OIL.**

Such is the heading above a list of 9 Articles on your NUTRI-SPEC website. You should read them all. You should read them not just for your benefit, but for the countless patients you undoubtedly have who are snookered by the health food Mythology --- that Omega 3 fatty acids, (EPA and DHA) are a remedy sure to cure whatever ails them. These 9 represent a fairly complete exposé of the ---

FALACIOUS AND FRAUDULENT ---

claims of the Natural Food Industry.

With Nutri-Spec, you are in a position to help yourself, your family and your patients ---

LIVE STRONGER LONGER ---

while the Natural Food Industry seems bent on assuring that people ---

LIVE WEARILY DREARILY.

It is instructive to stop and ask ourselves just which of the health food Myths are the most damaging? ----- More than half of what is sold in health food stores is a useless waste of money. But which of the popular supplements are actually damaging?

It seems that the most pernicious products devastating the health of countless believers in Health Food Mythology are the supplements backed by the most powerful propaganda machines.

Such applies to fish oil --- Omega 3 fatty acids --- EPA and DHA.

One of the primary themes we've emphasized at Nutri-Spec for decades is the toxic --- anti-metabolic --- effects of ---

HOHUM PUFAs.

(Heated, Oxidized, Hydrogenated, Un-Metabolizable, Poly-Unsaturated Fatty Acids). This includes both the Omega 6 and the Omega 3 families.

It is interesting to look at the history of both the Omega 6 Myth and the Omega 3 Myth ...

Omega 6 Mythology was pushed via the propaganda machine developed by the food industry (Archer Daniels Midland, et al) beginning in the late 1950s and running full speed through the 1980s. Margarine was promoted as much healthier and much more economical than natural butter. Soy Oil was promoted as much healthier and much more economical than Coconut Oil. The Myth was made to sound so "scientific". Saturated fats were demonized, and HOHUM PUFAs were praised, and eventually worshipped, as protectors of our health.

To facilitate that Myth, a parallel Myth was promoted --- that of saturated fats in general, and cholesterol in particular, as the destroyers of cardiovascular health. Salads (chopped up rabbit food) became a "healthy" staple in American diets. But of course, the only way to make a salad palatable was to smother it in Ranch dressing (sugar and artificial flavor swimming in hydrogenated soy oil.)

But --- after several decades, the Omega 6 Myth of “Essential Fatty Acids” -- (mainly Linoleic Acid) began to bog down --- and it became impossible to suppress what should have been an obvious truth --- that HOHUM PUFAs (unlike the saturated fats and cholesterol they replaced) caused extreme inflammatory reactions via the production of ---

PROSTAGLANDINS.

The Eicosanoid Pathway --- what we at Nutri-Spec call Prostaglandin Imbalance --- undeniably causes extreme catabolic inflammatory reactions in the Immune System --- leading to an acceleration of INFLAM-AGING. There is scarcely a single health problem that is not negatively impacted by the free radical damage from oxidation of Omega 6 fatty acids.

But in the 1990s a new myth was born. Omega 3 fatty acids were promised to mitigate all the negative consequences of Omega 6 fatty acids. ----- Funny how in our allopathic-centered culture, so few people thought to ask the obvious question --- “Does it make sense to add a second remedy (drug) to combat the deleterious effects of the first remedy (drug)? Wouldn't it make more sense to stop overloading with the first remedy?”

----- So now here we are after several decades of people attempting to elevate their Omega 3 to Omega 6 ratio --- without making any serious attempt to decrease their Omega 6 intake.

That is the world we Nutri-Spec Practitioners live in. That is the world in which we must rescue as many people as we can. Please cruise through those 9 articles on the website. They are full of references from the Literature (--- suppressed/ignored by the well-funded fish oil propaganda pushers) showing the severe damage done by fish oil supplementation. Those 9 articles are also full of information on the undeniable benefits of dietary saturated fats and sterols --- short chain fatty acids, medium chain fatty acids, long chained fatty acids, and cholesterol.

The truth about Omega 6 and Omega 3 can be summarized very simply:

--- Omega 6 HOHUM PUFAs are deadly. They are catabolic. They cause extreme free radical oxidative damage. They are responsible for Prostaglandin Imbalance. They also exacerbate nearly all the Nutri-Spec Balance Systems --- but most specifically Dysaerobic Imbalance. They cause IMFLAM-AGING throughout the body --- particularly the brain. ----- And by the way, they are not “Essential Oils” by any definition.

Omega 3 HOHUM PUFAs have two effects. The first is that they do block portions of the Eicosanoid/Prostaglandin Pathway. In so doing, they actually afford some temporary relief to all the symptoms the Health Food Industry purports they are “good for”. But, that superficial temporary benefit is not a benefit et al --- because it does nothing to reverse the accumulated damage done by the Omega 6 HOHUM PUFAs. The fishy supplement taken today merely inhibits the inflammatory flare up that would have resulted from last night's salad smothered in ranch dressing.

----- Even worse --- the second effect of the Omega 3 oils is that they do even more extensive and quicker catabolic free radical damage than do the Omega 6 oils. As a result, fish oil (and to a certain extent flax oil) supplementation is implicated in contributing to:

- lipid peroxidative damage
- immuno-suppressive damage --- and --- immune inflammatory activation
- anti-mitochondrial effects
- depressed aerobic energy production
- decreased exercise performance due to decreased glucose utilization
- loss of glycemc control
- histamine reactions, especially in children
- lipofuscin age pigment production
- RBC destruction
- INFLAM-AGING of the brain, skin and liver
- INFLAM-AGING of the heart and vasculature
- INFLAM-AGING of the spleen and thymus
- INFLAM-AGING of the retina

Reading the above list of Omega-3-induced catabolic oxidative damage, what can you say (--- what will you tell your patients ---) about the folly of attempting to treat symptoms/diseases with food supplements? This list of anti-metabolic effects of fish oil could just as well be the list presented by the remedy peddlers as the benefits of fish oil supplementation! Such is the Alice in Wonderland world of the health food industry.

Note that this Omega 3 list also matches almost perfectly the destructive influences of Omega 6 HOHUM PUFAs. Yet all those health food store shoppers suffering from the above signs of fading health, are piling Omega 3 damage on top of their Omega 6 damage, in the name of “natural” health care.

As a Nutri-Spec Practitioner, you are totally avoiding the trap into which virtually all Alternative Health Care Providers have fallen. You do not treat symptoms or diseases. You do not promise nature cures. You do not take your patients' money based on a desperate empirically-driven trial-and-error quest for something that "works".

No --- you are the ultimate alternative to Alternative Health Care. You offer patients a rebalancing and rebuilding program, from the cellular level to the systemic level. You have a master plan that achieves Metabolic Balance plus a pumping up of Vital Reserves. You thus give your patients the ADAPTATIVE CAPACITY they need to deal healthfully with the threat of INFLAM-AGING.

What must you do? First (obviously), educate your patients who have fallen for the Fish Oil Myth. They must get off that toxic anti-metabolite. -----
Second, understand the power you have with your Nutri-Spec supplements ...

All the health benefits purported to derive from fish oil can be easily achieved with your Nutri-Spec supplementation. The difference here is, of course, that your Nutri-Spec supplements do not act superficially or temporarily --- they make permanent improvements in healthful function --- permanent contributions to LIVE STRONGER LONGER.

If you give your patients nothing more than Activator and Immuno-Synbiotic --- along with an individualized combination of Oxy-Tonic, Electro Tonic and Oxy D+ --- as per the BALANCING PROCEDURE --- you will make permanent improvements in the INFLAM-AGING caused by both Omega 6 and Omega 3 HOHUM PUFAs. To patients for whom you want to go the extra mile --- add a small amount of Adapto-Max and Oxy-Max.

All your patients who are LIVING WEARILY DREARILY and dragging themselves into the Health Food Store, can be pumped up with your restoration of Metabolic Balance and Vital Reserves --- so very simply and easily with Nutri-Spec.

SPECIAL this month:

--- BALANCING PROCEDURE! --- Do it! Give every patient an individualized Metabolic Therapy with these Metabolic Sparks ...

Oxy Tonic & Electro Tonic & Oxy D+ = **2 FREE** with every 10 you buy.

--- Also --- We have up-graded "Eat Well - Be Well". You will be given 10 **FREE** with your order over \$350.