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THE NUTRI-SPEC LETTER

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“DETOX”? --- HA!

AUTOPHAGY = LONGEVITY

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Dear Doctor,

AUTOPHAGY? = inextricably linked to ---

LIVE STRONGER LONGER.

“DETOX”? ---- I don’t even know what it means, do you?

Ask 5 Alternative Medicine practitioners for their definition of “detoxification”. Then, ask 5 “Certified” Nutritionists how to “detoxify” your body. Go to 5 health food stores and ask the proprietor, “What can a person do to “detox”?”

What will you get in reply to your queries?

15 EARFULLS of NONSENSE.

For some purveyors of nature cures, “detox” is synonymous with an “intestinal cleanse”. You conclude from the enthusiasm with which this intestinal cleaning is promoted that it must be absolutely critical to everyone’s health. So you inquire how you might achieve this intestinal cleaning, and invariably you will be encouraged to purchase some natural remedy --- which ends up being nothing more than an herbal laxative. But of course, since it is an herb, it is “all-natural”.

Will that “cleansing” rid your body of toxic dirt? The only “intestinal detoxifiers” that have even minimal benefits are those among the adsorbents --- that bind to the gunk dumped from your liver through your gallbladder into your intestines for elimination. The adsorbents carry those waste products to the exit at the end of the tunnel, thus preventing them from being reabsorbed.

Valuable? Minimally. ----- LIVE STRONGER LONGER? Don’t count on it.

Other detoxification specialists will recommend a “liver cleanse”. Presumably, you, your family, and all your patients are suffering from Dirty Liver Syndrome, and it needs immediate attention. Since everyone knows that one major function of the liver is detoxification of both ingested toxins and metabolically produced waste products, it is an easy sell to convince people their livers somehow suffer from a buildup of these poisons.

That also presumes your liver cannot do its job without the help of some “natural” remedy. And of course (“naturally”), every remedy peddler has a favorite list of treatments for a Dirty Liver. But if you ask for the mechanism by which this cleaning agent is going to assist the liver in either Phase I or Phase II Conjugation, you almost certainly will get a blank stare.

Effective? ----- The only “natural” remedy for which I have ever found supportive research evidence is Silymarin. It is definitely effective at minimizing the symptoms and perhaps slowing the progress of chronic liver disorders such as Hepatitis and Cirrhosis. But the most recent evidence suggests that the benefits of Silymarin are actually quite limited and inconclusive --- but more significantly --- its limited effect is mediated via changes in the intestinal microbiota.

REFERENCE: Yufeng Jin, et al. *Silymarin Decreases Liver Stiffness Associated with Gut Microbiota in Patients with Steatotic Liver Disease*. Lipids Health Dis. 2024.

May I suggest you skip the liver remedy and focus on the Gut-Liver Axis by supplementing with Immuno-Synbiotic and/or Immuno-Synbiotic Immune Power?

How about the nature cure peddlers who want to do a “blood cleanse” on your presumably dirty blood? Ask them if they can provide you with a list of maybe 10 of these nasty toxins. After they stare blankly for a moment, follow up with a request for only 5, or maybe just 3 of the poisons that their chosen cleansing agent is going to purge.

It is time to stop watching your patients play health food store games. It is time for you to help them ---

GET TO THE SOURCE!

Yes, there are toxins to consider. Where do they come from? They are the byproducts of metabolism. Some of them are the natural waste products of normal healthy metabolism --- which simply need to be eliminated by the liver or kidneys. Some are the waste products of inefficient, patho-physiological metabolic processes. These are our major concerns. These are primary causes of ...

... IMMUNO-NEURO-ENDOCRINE STRESS.

I-N-E Stress drives Exogenous INFLAM-AGING which produces patho-physiological waste products (toxins). At age 23, I-N-E Stress expands its devastation into the realm of Endogenous INFLAM-AGING --- via mTOR activation and Senescent Cell formation.

Clearly, you see that the only effective “detox” is to get to the source --- which Nutri-Spec allows you to do in two ways ...

First, by controlling Exogenous INFLAM-AGING, you are minimizing Oxidative Stress. By controlling Endogenous INFLAM-AGING, you are minimizing Reductive Stress, which in turn further reduces Oxidative Stress. With your Nutri-Spec individualized, life-long Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP) you are maximizing the efficiency of metabolism, and thus minimizing the production of patho-physiological toxins. And second, you are specifically promoting the efficiency of ...

AUTOPHAGY.

“Autophagy” = “Self-Devouring”. It is the process by which intracellular mechanisms gobble up healthfully produced waste products as well the pathophysiological waste products driven by both ---

EXOGENOUS & ENDOGENOUS INFLAM-AGING.

Do you see here yet another of the vicious cycles we Nutri-Spec practitioners so often emphasize? ----- Inadequate autophagy exacerbates health-destroying and age-promoting inflammatory processes --- but INFLAM-AGING places a higher demand on autophagy, while at the same time crippling its efficacy.

[Side note: The processes of autophagy are only fully activated when you are in a post-absorptive state --- in other words, fasting. The very process of eating shifts metabolism into an absorptive state, and greatly inhibits autophagy. That is why over the past several years, Nutri-Spec has placed such a large emphasis on a minimum of a 12-hour fast overnight.]

There are actually two phases to autophagy. The first is the digestion of toxic normal and patho-physiologically produced toxic waste products. But the second phase is the recycling of the end products of that digestion. Autophagy is absolutely key to the prevention of premature aging. Autophagy minimizes the damage from Exogenous INFLAM-AGING in those from birth to age 32, and is even more critical in minimizing the damage of Endogenous INFLAM-AGING that begins to dominate the aging process at age 33.

CLEAN OUT & RECYCLE = LIVE STRONGER LONGER.

The Key Concept here is that if you want “detox” you need autophagy. And if you want to maximize autophagy you need to minimize the workload of your autophagy mechanisms. Your cells have enough to deal with just breaking down and recycling the products of healthy metabolism. To prevent autophagy overload you want the cleanest metabolic processes --- minimizing toxic end-products of unhealthy metabolism.

To put that in Nutri-Spec terms --- you want to maximize your control over both Exogenous INFLAM-AGING and Endogenous INFLAM-AGING. That is to say, you want to control both ---

OXIDATIVE STRESS & REDUCTIVE STRESS.

That “clean” efficiency is what you achieve with your Stage Of Life INFLAM-AGING Defense Plan. You are individualizing a Plan for patients based on the patient age, as well as their particular needs for tissue function enhancement.

Tissue function enhancement? That is your BALANCING PROCEDURE. With the BALANCING PROCEDURE you are ensuring ...

- Tissue Sulfation --- to maximize defense against both microbial pathogens and toxins
- Maintenance of Glycocalyx sulfation for intercellular communication
- Efficient cell membrane selective permeability
- Cell membrane functional construction --- with the proper balance of sterol fats and fatty acids
- Balanced tissue membrane pH

That BALANCING PROCEDURE is a major part of the individualizing all your patients’ SOLID DNP. The remainder of the individualization comes from recognizing the changing needs as a patient progresses from childhood through adolescence, through mature adulthood --- with the age groups being --- under 12, age 12-22, age 23-32, age 33-42, age 43-52, and age 53+.

Only with your SOLID DNP can you give every individual the “cleanest” metabolism, thus minimizing toxin production --- thus getting the most out of autophagy.

And of course, your SOLID DNP includes Immuno-Synbiotic supplementation to control the assault of endotoxin and other intestinally-derived toxins --- plus --- further efficiency of metabolism achieved through the Gut-Liver Axis, the Gut-

Brain Axis, the Gut-Immune Axis, the Gut-Hypothalamus Axis, and the Gut-Adipose Axis.

Beyond that, add your Eat Well Be Well portion of the Plan (which includes a 12-hour fast daily to further maximize autophagy) --- and now you can guarantee your patients (and yourself and your family) ---

**TRUE “DETOX”
AND THE ULTIMATE IN ...

LIVE STRONGER LONGER**

SPECIAL for December = 2 **FREE** with every 10 you buy of Rejuvenator, Adapto-Max, and Oxy-Max.