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**THE NUTRI-SPEC LETTER**

Volume 36 Number 2

## **THE POWER WITHIN YOU, BEGGING ---**

### **No, “Dying” --- to be switched on ...**

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February, 2025

Anti-aging nutrition? Are you interested? Anti-INFLAM-AGING? The possibility is real; the science of Gerontology proves it; and achieving extended Lifespan is easily attainable for you, your family, and your patients.

Your direct path is via the powerful anti-inflammatory benefits of your ---

#### **Stage Of Life INFLAM-AGING Defense Diphasic Plan.**

INFLAM-“AGING”, the loss of cellular function and structure, defines gradual cell death. Gerontologists show how you can turn that dying into rejuvenated life.

The problem with the study of aging is that researchers took a wrong turn many decades ago. That misdirection was driven by the irrefutable evidence that oxidative free radical damage, Oxidative Stress (OxS), causes tissues to age. Catabolic OxS over time causes both structural and functional breakdown. Researchers jumped to the “obvious” conclusion – that OxS is THE cause of aging and hence, THE process that shortens Lifespan.

However, by the 1990s so many inexplicable contradictions appeared in the Free Radical Theory of Aging, leaving researchers in a quandary. But over the past 15 years, Gerontologists have righted their course.

Revelation began with the understanding that nearly all patho-physiology includes inflammation. The term “INFLAM-AGING” began to appear in the research literature. At first, this inflammatory character of aging seemed to corroborate OxS as THE underlying cause of aging. Everyone from Alternative Health Care providers to health food store shoppers bombarded every symptom and condition with a broad array of antioxidant supplements. The expected benefits were 2-fold – first, improvement of symptoms, and second, the promise of a long, healthy life.

The first expectation was occasionally met. The second? Never. Both animal and human studies show that, up to a certain age, antioxidant supplements protect tissue structure and function. But at a point even younger than middle age, antioxidants’ protective effects begin to wane. Ultimately, a Stage of Life is reached when antioxidants become counterproductive ( --- a heretical notion to anti-oxidant-peddling nutritionists!).

### **The Truth No One Wants to Hear**

Finally, the knife in the heart of all true believers in the Free Radical Theory of Aging was the finding that antioxidant supplementation actually shortens Lifespan.

What did Gerontologists make of this uncomfortable but irrefutable truth? They can now demonstrate unequivocally that ---

### **THERE ARE ACTUALLY 2 SEPARATE METABOLIC PATHWAYS DRIVING THE AGING PROCESS.**

One of those mechanisms determines what Gerontology terms “Health Span”. The other aging pathway also influences Health Span, but it exclusively determines Lifespan.

If OxS is the mechanism driving the aging pathway that determines Health Span, what mechanism underlies the aging pathway that limits Lifespan? The forces driving your long Lifespan expectations into a brick wall arise intracellularly. The mechanisms are predetermined by genetic Metabolic Clocks --- clocks that operate almost independently of OxS aging mechanisms.

### **Free Radical Oxidative Aging vs. Intracellular Aging.**

We can model these two parallel yet mostly autonomous pathways of INFLAM-AGING. OxS is driven by exogenous stresses, including unhealthy microbiota, high quantity low quality eating, and a broad array of toxic and emotional stresses.

In contrast, Intracellular Aging is driven by endogenous Metabolic Clocks, and relates to unhealthy microbiota, Senescent Cell formation, deficient Autophagy, and dysregulated Apoptosis. But while the mechanisms activated by those Biological Clocks were determined at birth --- those brick walls are within your capacity to leap over, run around, or break through. Yes, the power is within you --- and only your SOLID DNP will release it.

OxS determines Health Span: Intracellular aging determines Lifespan.

OxS Aging begins (theoretically) at the moment of conception; Intracellular Aging begins on the 23 birthday.

OxS Aging is a catabolic process; Intracellular Aging is an Anabolic process.

Yes, beginning at age 23, Intracellular Aging rapidly supplants OxS aging as the major force driving INFLAM-AGING. It is at that Stage of Life that antioxidant supplementation becomes less effective. By age 33, Intracellular Senescent Cell formation, along with deficient Autophagy and dysregulated Apoptosis, dominate INFLAM-AGING. We must acknowledge the painful truth – excessive supplementation with antioxidants actually accelerates aging-associated diseases (such as cardiovascular disease) and shortens Lifespan – first, by causing Reductive Stress, then, by promoting the development of Senescent Cells.

What is so significant about age 23? That is the age at which humans become fully developed - physically, mentally, and emotionally. Anabolic processes that begin at conception are essential to full development. But at maturity, those Anabolic processes turn abruptly from friend to foe. At maturity, Metabolic Clocks continue to drive select Anabolic processes – which are now totally inappropriate. Intracellular INFLAM-AGING as non-physiological anabolism becomes evermore dominant in deterioration of tissue structure and function.

Why do humans continue to exhibit non-productive (and ultimately damaging) anabolism from maturity through old age? The objective of biological intelligence here is easily understood. The human species (like all mammals) has existed for

many, many millennia in a natural environment where scarcity, hunger, and even starvation were common. Food deprivation led to catabolic stress, and the species needed a strong, easily activated anabolic drive to maintain tissue structure and function even in the face of extreme catabolism.

Contemporary affluent society now suffers precisely the opposite metabolic stress --- the availability of food in grotesquely abundant quantity, and qualitatively addictive content. Yet, the anabolic drive continues unabated. The consequence is age-related disease.

As shown in an exhaustive study by Kulkarni, there are just a few drugs and nutrients that show strong evidence for the extension of Lifespan and the reduction of mortality in humans. Gerontologists call them “REJUVENINS”

Rejuvenins? If you are going to stay current in the field of Clinical Nutrition, you absolutely must make this term the focus of your clinical efforts on behalf of yourself, your family, and your patients. Rejuvenins block Intracellular Aging by three mechanisms ...

Rejuvenins inhibit the formation of Senescent Cells --- the process that transforms previously healthy cells into what can be considered “aging factories” --- that then replicate themselves, thus invading tissues throughout all organs of the body.

Rejuvenins facilitate Autophagy. Autophagy is the “detoxification” process by which cells eliminate or recycle metabolic waste, expel toxins, and protect DNA.

Rejuvenins normalize Apoptosis --- the healthy programmed death of cells. Rejuvenins approach Apoptosis from both sides. First, they prevent the premature death of viable cells. Second, Rejuvenins trigger the apoptosis of dysfunctional cells --- preventing them from living past their healthy limit and replicating their damaged DNA.

## **Clinical Results**

Focus your clinical efforts on supplying patients with Rejuvenins (and limit the use of potentially damaging antioxidants). You will give your patients the amazing life-extending benefits Gerontologists have recently documented.

The list of Rejuvenin nutrients is short, which allows you to give patients a concise and affordable yet powerful blend of supplements. These nutrients include:

- Carnosine
- Alpha Lipoic Acid
- Quercetin
- The combination of Glycine plus N-Acetyl-Cysteine ( --- but only in combination, since NAC is toxic when not combined with Glycine)
- NAD (+) ( --- but only in small quantities)

Carnosine, Lipoic Acid, and the ideal proportion of Glycine + NAC constitute your Rejuvenator. Quercetin and NAD (+) are among the blend of Adaptogens in your Activator. ----- Nowhere else can your patients find such a powerful INFLAM-AGING Defense.

Consider the astounding clinical benefits shown by just one of the countless research studies on Rejuvenins:

If you are familiar with the concept of INFLAM-AGING, you are likely aware that it is measured by the presence of inflammatory markers such as IL-6, TNF-alpha, and CRP. Rejuvenin supplementation lowers IL-6 by 77%, TNF-alpha by 57%, and CRP by 49%, and, decreases insulin resistance by 59%. These results have been achieved in older subjects, showing it is never too late to begin Rejuvenin supplementation.

In summary, the life-extension benefits of Rejuvenins far exceed even the wildest hopes of nutritionists who still hold firm to belief in antioxidant supplementation. Gerontology gives us an exciting new paradigm of Clinical Nutrition.

**LIVE STRONGER LONGER!**

