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**THE NUTRI-SPEC LETTER**

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## **NEUROMUSCULAR PAIN? ARTHRITIS PAIN?**

### **Or --- INFLAM-AGING?**

From: Guy R. Schenker, D.C.  
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INFLAM-AGING is triggered by a Biological Clock that activates in all of us at about age 23. But that clock “ticks” much faster than it should in some individuals. You treat the resulting inflammatory pain every day.

Nutri-Spec terms this Biological Clock-driven inflammatory pain “Endogenous INFLAM-AGING”. Our term Endogenous relates to the generation of this inflammation intracellularly. In other words, the inflammatory pain of aging erupts from the inside out --- as opposed to the pain of Free Radical-driven inflammatory pain, driven by external forces.

Oxidative Stress contributes significantly to INFLAM-AGING and causes associated inflammatory pain, but that aging process (which Nutri-Spec terms Exogenous INFLAM-AGING) dwindles as a contributor to patients’ symptoms after age 23. After age 43, as we have shown in many past Letters, supplementation with antioxidants to control Oxidative Stress, while having some ever-decreasing benefit on inflammatory symptoms, actually accelerates the Biological Clock-driven INFLAM-AGING and thus (as Gerontologists have proven) actually shortens Life Span.

Revelation of that truth is a major “ouch” for clinical nutritionists who have been dumping antioxidant supplements into their patients for decades --- in the misguided notion that Oxidative Stress is THE cause of pain and other Diseases of Aging.

One of the primary mechanisms of INFLAM-AGING is driven by inflammatory cytokines, such as ---

- Interferon-gamma
- TNF-alpha
- Interleukin-1
- Interleukin-6

These are the drivers of ...

- fibromyalgia
- arthritic pain
- vascular disease
- obesity
- cognitive decline
- and really, most of the symptoms your patients present ...

Picture your 61-year-old male patient with chronic bilateral neck pain. If you are a Chiropractic Doctor, your adjustments help – a little, but only a little. If you are an Allopathic Physician, your prescription for NSAIDs or other anti-inflammatory drugs is a total loser. Any recommendation for physiotherapy gizmos affords nothing more than very short-term symptom relief. And all the Alternative Medicine anti-inflammatory supplements just pull you down an endless road of trial-and-error frustration. It is time you take a broader view.

In addition to chronic pain, your 61-year-old patient also suffers from chronic fatigue, shows abdominal weight gain, is borderline diabetic, and takes thyroid for Hashimoto’s Autoimmune Thyroiditis. What do all these conditions have in common? They are all associated with the immune-mediated, intracellular-derived Endogenous INFLAM-AGING. Gerontology has identified all these “diseases of aging” (even when they appear in younger adults) as being driven by pathologically anabolic mTOR, and also by the mutation of healthy cells into Senescent Cells.

INFLAM-AGING is associated with a broad array of conditions – just as it is in your patient, whose neck pain is not neuromuscular (Chiropractic) pain, and not arthritic pain, but actually Fibromyalgia --- a pure example of immune-

mediated cytokine- and prostaglandin- associated pain. Chiropractic care or Alternative Medicine therapy, while helpful, will never achieve the clinical results you and your patient desire.

There are 5 Rejuvenin nutrients Gerontology shows are effective in ameliorating the core causes of the INFLAM-AGING symptoms you see in your patients every day. Those Rejuvenins include:

- Carnosine
- Alpha Lipoic Acid
- N-Acetyl-Cysteine combined with Glycine
- NAD+
- Quercetin

One critical study illustrative of this Endogenous Aging shows that, compared to younger subjects (average age 26), older adults (average age 71) show extreme elevation of many pro-inflammatory cytokines at baseline ...

- IL-6 is 934% higher!!!
- TNF- $\alpha$  is 116% higher
- C-reactive protein (CRP) is 88% higher
- Endothelial biomarkers of inflammation can be 175% higher

Supplementation with a blend of Rejuvenins ...

- decreased IL-6 by 77%
- decreased TNF- $\alpha$  by 57%
- decreased CRP by 49%

--- and --- in the anti-inflammatory process ...

- decreased insulin by 55%
- decreased insulin resistance by 59%

--- and all the while it ...

- improved cognition
- improved grip strength
- improved walking speed and stamina
- improved fat-burning metabolism

Please, mentally place 3 exclamation marks (!!!) after each of the nine bulleted facts you just read

### **THESE WERE 71-YEAR OLDS!**

Can your Fibromyalgia patients ( ---- “I hurt all over!”) experience those life-changing benefits from anti-inflammatory drugs? Obviously not.

More to the point for Nutri-Spec Practitioners --- will your chronic pain patients (or your chronic fatigue patients, or your weight gain patients, or your brain fog patients, or your patients with auto-immune conditions) have their lives turned around by herbal drugs? By health food industry darlings such as Curcumin and Resveratrol? Nope.

Only you can offer your patients such dramatic and permanent symptom relief and rejuvenation.

- You have a concentrated source of Rejuvenins in your REJUVENATOR.
- You have a diverse blend of what research shows are the most powerful Adaptogens in your ADAPTO-MAX.
- You can give your patients the most powerful antioxidant supplement available anywhere with your OXY-MAX.
- Many of these Rejuvenins, Adaptogens, and antioxidants are backed up by the foundational quantities found in ACTIVATOR.

Yes, you have ...

### **A VERITABLE TREASURE CHEST**

of clinical jewels to offer your patients. How do you most effectively employ them?

1. First, you must consider one additional aspect of both Endogenous INFLAM-AGING and Exogenous INFLAM-AGING. That is the overwhelming inflammatory cascade generated by unhealthy microbiota. No supplementation, and no dietary improvements, will achieve maximum benefits until you restore healthy microbiota with Immuno-Synbiotic or Immune Power. ----- You must recommend a Synbiotic to every patient. A healthy microbiota is absolutely fundamental.

2. You cannot ignore the fundamental biochemistry that only Nutri-Spec fully appreciates. Critical to healthy cellular function is ...

- Cell membrane selective permeability
- Acid/Alkaline Balance in the blood, interstitium, at the cell membrane, and intracellularly
- Electrolyte/Water Balance to maintain the fluidity and electronegativity of body fluids at the systemic level, the tissue level, and at the cellular level
- Tissue energetics --- with the most efficient burning of fats and carbohydrates for energy.

And how do you achieve all these body chemistry essentials? Your **BALANCING PROCEDURE** will provide the metabolic sparks needed to vitalize your patients --- while at once controlling tissue-level dualistic symptoms such as pain, vertigo, itching, and fatigue.

3. Every patient age 12 or older needs a foundation of Activator (between 1 and 4 daily) to build health.
4. For young patients up to age 23, Oxy-Max is your go-to supplement for any health needs beyond your **BALANCING PROCEDURE**, Activator, and a Synbiotic. A few patients with more challenging health problems will also need some Adapto-Max.
5. From age 23 to 32, supplementation with, metabolic sparks, Activator, a Synbiotic, Oxy-Max, and increasingly, Adapto-Max, will handle almost any health challenges. But in accord with the principles underlying your Nutri-Spec Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP), between age 23 and 32, for some of your most challenging patients, it is time to consider adding a bit of Rejuvenator.
6. By age 33, the emergence of Endogenous INFLAM-AGING that began at age 23 needs your attention. At that point, it is time to deemphasize the Oxy-Max, increase your reliance on Adapto-Max, and except for your most healthy patients, add at least 1 Rejuvenator.
7. At age 43 --- as Gerontology research has shown --- we can state unequivocally that all patients need at least a little Rejuvenator. Why wait until your chronic INFLAM-AGING patients are age 71 to try and

recover the strength and vitality of younger adulthood? As a Nutri-Spec Practitioner, you know what anti-vital forces are at work in that 43-year-old. Get on it!

8. At age 53, the stage of life has been reached where the need for Rejuvenator becomes urgent.

With your SOLID DNP, you offer patients a comprehensive, individualized, life-long nutrition plan to control the only forces that matter --- Endogenous INFLAM-AGING and Exogenous INFLAM-AGING.

**INSTEAD OF PIDDLING AT THE PERIPHERY,**

you can get to the causes of all your patient's health problems. Only with a complete SOLID DNP can you assure your patients they will ...

**LIVE STRONGER LONGER!**

March Monthly Special: Receive 2 **FREE** for every mixed dozen purchased of Rejuvenator &/or Adapto-Max &/or Oxy-Max