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**THE NUTRI-SPEC LETTER**

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**VITAMIN E = ANTIOXIDANT OR KILLER??**

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Dear Doctor,

Anti-Oxidants? Anti-Reductants? What is the difference? Should you care?

You absolutely do not need to care about the underlying biochemistry distinguishing ---

**OXIDATIVE STRESS vs. REDUCTIVE STRESS.**

But you absolutely must care to know that there is a difference, and how understanding that difference is critical in maintaining your health, and above all, in providing comprehensive, individualized nutrition plans to your patients.

Your Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plans (SOLID DNP) adjust your supplementation for patients based on their stage of life. You (and your patients) can easily grasp the concept that the nutrition supplement needs of a 16-year-old high school athlete are entirely different than those of a 66-year-old with impairment due to arthritic inflammation. The nutrition needs of a 24-year-old pregnant woman are different than those of a 52-year-old woman feeling the effects of menopause ---

That concept should be a no-brainer for anyone involved in nutrition --- yet no one is addressing that specifically as you are --- with your SOLID DNP.

Supporting that concept of age-related nutrition requirement is your understanding (through Nutri-Spec) that there are actually two somewhat autonomous aging pathways --- Exogenous INFLAM-AGING (aging stress from the outside in), and Endogenous INFLAM-AGING (triggered from the inside out by biological clocks that begin ticking at age 23). Now --- you need to understand the difference between Exogenous INFLAM-AGING and Endogenous INFLAM-AGING is largely associated with the difference between Oxidative Stress and Reductive Stress. ----- And the best way to understand the difference between Oxidative Aging and Reductive Aging is to illustrate using Vitamin E, the classic antioxidant, as an example ...

We begin our Vitamin E history going back many decades to when it was first discovered to protect tissues against free radical oxidative damage. Vitamin E was a free radical quencher, neutralizing the damage done by Reactive Oxygen Species (ROS). Everyone who even dabbled in health store nutrition or natural healthcare took a Vitamin E supplement. Everyone, and I mean everyone knew that Vitamin E was an essential supplement, and (along with Vitamin C and Calcium) it was one of the three most popular nutrient supplements.

People became very emotionally attached to their Vitamin E supplements as a way to promote health and prevent disease. It was held in high esteem as one means to not only prevent disease, but to take a stand against the medical profession whose propaganda minimized --- even to the point of criticizing --- nutrition supplementation. ----- Then ...

## **THE HYPOCRACY!!!**

About 25 years ago it came out in the medical literature that more than half of all cardiologists supplemented themselves with Vitamin E to protect their heart from cardiomyopathy and their vascular system from arteriosclerosis. Yet, almost zero cardiologists recommended Vitamin E for their patients.

The indignant health food community and nutrition supplement advocates blasted the medical profession for its hypocritically belittling nutrition supplementation in favor of drugs and surgery, all the while --- privately --- even a higher percent of cardiologists (--- again it was more than 50% !!) were supplementing with Vitamin E than the percentage of the general population who used this health-supporting nutrient.

We will resume our Vitamin E history in a minute. But to appreciate the outrageous turn of events that occurred a decade later, you need to take this quick look at Oxidation and Reduction ...

Think of Oxidative Stress and Reductive Stress as two sides of the same coin. Slip that coin into the vending machine, and no matter what comes out, it is going to be pathogenic!

--- Oxidative Stress is synonymous with what we at Nutri-Spec call Exogenous INFLAM-AGING.

--- Reductive Stress drives both Exogenous INFLAM-AGING and Endogenous INFLAM-AGING. And, Reductive Stress causes Oxidative Stress.

--- Everyone “knows” about Oxidative Stress and antioxidant nutrients (but their conception is lost in contradictions).

--- Reductive Stress is, to you, probably a term you have heard, yet never saw any reason to take time to investigate it. And it is a term totally unknown to most of your patients.

--- Oxidative Stress = Exogenous INFLAM-AGING = determines Health Span.

--- Reductive Stress drives both Exogenous and Endogenous INFLAM-AGING, thus influencing both Health Span and Life Span.

--- Free radicals are molecules with an unpaired electron, which makes them extremely reactive = “Reactive Oxygen Species”. They are crazy out of control and do damage to cellular fats, proteins, and above all, DNA. Their reactivity comes from that unpaired electron.

--- There are both bad free radicals and physiologically essential free radicals.

--- Antioxidants can eliminate the bad guys and promote production of the good guys --- and --- prevent excessive build-up of the good guys (“too much of a good thing”).

--- Reductive Stress is in a sense “too much of a good thing”. There is a build-up of cellular antioxidants Glutathione, NADH, and NADPH. However, under certain types of Immuno-Neuro-Endocrine Stress the “Master Antioxidant” Glutathione pathway can be diverted over to the Oxidative Stress pathway. So, you see how an excess of antioxidants actually causes Oxidative Stress.

When we talk about these oxidation states we are in the realm of “REDOX” chemistry. REDOX is just the name for the movement of electrons between cellular molecules. Metabolism is mostly just about moving electrons. (Often what is moving back and forth between molecules is actually a Hydrogen atom = a proton + an electron --- but for your purposes in maintaining health and helping your patients, it is the electron that counts).

Relax --- all our discussion of metabolic pathways is far beyond anything you really need to know to enhance your own health and the health of your patients. This REDOX biochemistry comes under the umbrella of ...

**FACTS YOU DO NOT NEED TO KNOW ---**  
**BUT YOU NEED TO KNOW THEY EXIST ---**  
**AND YOU NEED TO KNOW NUTRI-SPEC UNDERSTANDS THEM, AND**  
**THAT YOU ARE INCORPORATING THE POWER OF THIS KNOWLEDGE**  
**INTO EVERYTHING YOU DO WITH NUTRI-SPEC.**

Here are 3 more facts you do not need to fully understand, but you need to understand they are part of what you are doing with Nutri-Spec ...

--- There are two types of antioxidant nutrients --- the classic antioxidants such as Tocopherols, Tocotrienols, Vitamin C, Coenzyme Q10, etc. ----- And, the “Master Antioxidant” system involving Glutathione.

--- The classic antioxidants exclusively improve your Health Span by neutralizing (quenching) ROS.

--- However --- Nutri-Spec has given you a red flag alert --- pointing out how excess antioxidant supplementation, and particularly antioxidant supplementation after age 23 --- when mTOR and Senescent cells are driving Endogenous INFLAM-AGING --- will actually exacerbate Reductive Stress and thus exacerbate Endogenous INFLAM-AGING --- and exacerbate the very Exogenous INFLAM-AGING they are designed to protect against!!

That brings us back to our history of Vitamin E ...

Recall all those cries of “Hypocrite! Hypocrite! Hypocrite!” directed at the medical profession for sneaking behind closed doors to protect itself from cardiovascular disease with Vitamin E --- all the while neglecting alternative, nontoxic health-promoting approaches to cardiovascular disease for their patients. About 10 years after it became well known that more than half of cardiologists were supplementing with Vitamin E, something truly bizarre began to pop up in the medical research literature ...

It was found unequivocally that taking Vitamin E supplementation (in quantities far below what your typical health food store shopper self-prescribed) actually ---

### **INCREASES THE CHANCE OF HEART ATTACKS!**

“No! No! No!” cried the health food crowd. “That’s impossible! Everyone knows that Vitamin E is a powerful antioxidant that protects the heart and the vascular system.” ----- Nope ...

There is absolutely zero doubt about it --- Vitamin E supplementation (particularly Alpha-Tocopherol, the most common form of Vitamin E that has always been promoted as being cardio-protective, and the form that was used by cardiologists in their own health interest) increases susceptibility to heart attacks and cardiomyopathy.

How can that possibly be?

Alpha-Tocopherol causes heart attacks because it “works” so well! It so effectively protects against free radical damage to cardiovascular cells that it allows them to live beyond their “Hayflick Limit.” The Hayflick Limit is the pre-programmed number of cell divisions a healthy cell undergoes before it undergoes apoptosis ( --- programmed cell death). As a result of living past its healthful lifespan, the cell tends to very easily mutate into a Senescent Cell and be powerfully driven by mTOR = Senescent Cells and mTOR are the two major forces behind Endogenous INFLAM-AGING.

Ouch! ----- What is a clinical nutritionist ( = Nutri-Spec Metabolic Therapist) supposed to do?

Simply appreciate that all this is built into your SOLID DNP. ----- Your Oxy Max (Diphasic PM) is the most powerful of antioxidants. It extends Health Span by protecting against Oxidative Stress. Nearly everyone benefits from taking it. ----- But after age 23 there are higher priorities. After age 33 there is definitely the possibility of getting too much of a good thing.

At that point, Endogenous INFLAM-AGING has been grabbing control of the aging process for 10 years and can be exacerbated by too much of the antioxidants in your Oxy Max ( --- Tocopherols, Tocotrienols, Coenzyme Q10, and Lipoic Acid). So, in line with our theme of supplementing according to an individual’s Stage Of Life, we gradually deemphasize Oxy Max as the decades pass.

Repeating what we said in last month's letter --- the more serious the health needs are for a young person age 4-33, the more that person needs your Oxy Max (to accompany Activator, Immuno Synbiotic, and the individualized supplementation determined by your BALANCING PROCEDURE). At age 23, Rejuvenator is definitely beneficial; and at age 33 Rejuvenator becomes essential as Oxy Max is gradually de-emphasized.

--- Is your patient a 7-year-old girl with major health challenges? ----- You need to give her Oxy Max, 1, 2x daily after meals ( --- in addition to her Mighty Mins & Immuno-Synbiotic, and Oxy Tonic).

--- Do you have a 16-year-old High School athlete whose health is being challenged by the over-training demands of his sport --- superimposed on the already substantial challenge of being a 16-year-old mind and body in a very difficult period of growth and development? The more severely he is being physiologically stressed with fatigue and/or recurring pain or injuries, the more Oxy Max you need to provide for him. He may need as much as 2 Oxy Max 2x daily after meals, and, you would probably want to give him 1 Adapto Max daily as well ( --- in addition to his Activator, Immuno-Synbiotic, and whatever he needs based on his BALANCING PROCEDURE).

--- How about your 24-year-old young woman showing extraordinary nutrition needs as evidenced by her severe allergies, and recurring migraines --- all the while dealing with the stress of entering a new career? Yes, she has extraordinary nutrition needs, and only you can help her rise to the challenge to live healthfully. You will give her Oxy Max to protect her against Exogenous INFLAM-AGING, at least 2 daily --- along with 1 Adapto Max daily ( --- in addition to her Activator, IS Immune Power, and whatever supplementation she needs to maintain tissue sulfation as per her BALANCING PROCEDURE).

--- Are you at a loss as to what to do for your 44-year-old female patient who is struggling with all the health challenges of being “Female-Fat-Forties”? Again we see that her Stage Of Life is creating extraordinary nutrition needs. Part of meeting those needs will be to give her at least 1 Oxy Max daily. She will also likely need 1 Adapto Max daily. But now that she is clearly burdened by Endogenous INFLAM-AGING being piled on top of her Exogenous INFLAM-AGING, she will need Rejuvenator, 1 first AM and 1 in the evening ( --- in addition to her Activator, Immuno-Synbiotic, and the absolute essentiality of maintaining tissue sulfation via the BALANCING PROCEDURE).

Oxidative Stress? Reductive Stress? Immuno-Neuro-Endocrine Stress? Exogenous INFLAM-AGING? Endogenous INFLAM-AGING? ----- Only you can offer your patients a system that incorporates an understanding of all the forces that drive these health challenges.

Special this month 2 FREE with every 10 you buy of Oxy Max and Adapto Max