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THE NUTRI-SPEC LETTER

Volume 17 Number 1

From:
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January 2006

Dear Doctor,

Imagine --- beginning our seventeenth year of The NUTRI-SPEC Letter! How many years can I go on? It depends largely on eating enough saturated fat to keep my brain sharp and my body strong. For as you certainly must have deduced after reading 192 Letters …

EATING GOBS OF SATURATED FAT
IS ESSENTIAL IF WE ARE TO
LIVE LONGER & STRONGER.

I trust you realize I am not joking. From cradle to grave …

SATURATED FAT SHOULD MAKE UP THE
MAJORITY OF OUR FOOD INTAKE.

From the 54% fat (highly saturated and loaded with cholesterol) of human milk, required to build our brains and bodies, to the meat, fish, poultry, eggs, and cheese required to preserve our lean bodies and alert minds for ten high-vitality decades …

TRIGLYCERIDES AND STEROLS ARE OUR
MOST IMPORTANT MACRO-NUTRIENTS.

Recall from last month's Letter the formula given to us by Hartroft and Porta way back in 1968:

Health = (anti-oxidants/oxidants) x (saturated fats/PUFAs)

You have the first factor in that formula, anti-oxidants, easily covered; restoring metabolic efficiency with NUTRI-SPEC, then supplying your patients with OXY POWER and GO POWER plus as much Oxy A+ and Oxy D+ as indicated, gives your patients the most powerful anti-oxidant protection available anywhere.

The second factor, the inverse of oxidants, requires that all individuals carefully consider environmental exposures of many sorts; but most oxidative stressors are actually dietary, and the NUTRI-SPEC Fundamental Diet minimizes most of them. These harmful oxidants include excesses of Vitamin C and iron, MSG, Aspartame, and endotoxins derived from abnormal GI flora that proliferate on a diet that mixes sugar and heat de-natured protein.

The last half of the Health Equation is the ratio between saturated and unsaturated fats. The findings of Hartroft and Porta stand on its head the advice (propaganda) of the "experts" who formed public opinion over the last four decades. The "Wonders of Polyunsaturates" is a myth we have shattered many times in the last 17 years; the purpose of these last three Letters is to be certain we all understand that the deadly PUFAs include omega 3 as well as omega 6 fatty acids. The "Evils of Cholesterol and Saturated Fats" is another myth we have exposed repeatedly over the course of 192 Letters, with many references from the literature. So that we never become complacent in our efforts to protect ourselves and our patients from the Agri-business and Pharmaceutical propaganda machines, it is helpful to keep ourselves rejuvenated with fresh doses of the truth. Here are additional references refuting the dietary cholesterol and saturated fat myth:

Journal of American Physicians and Surgeons 8, No 3 (2003), 94-95. The retreat of the diet heart hypothesis. Ravinskov.

O J Med 95, (2002) 397-403. Is atherosclerosis caused by high cholesterol? Ravinskov.

These studies show that dietary fat does not cause cardiovascular disease, and that lowering cholesterol does not improve health.

This, of course, is old news to us NUTRI-SPEC practitioners. But actually the news is so old that it even pre-dates NUTRI-SPEC by 25 years. At the 83rd meeting of the American Public Health Association in 1955, researchers Chope and Breslow reported finding a strong correlation between serum cholesterol and life span in the geriatric population of San Mateo County, California ---

**THE HIGHER THEIR SERUM CHOLESTEROL,
THE LONGER THEY LIVED!!**

Oh the perils of being an honest scientist in an age of institutionalized deception! Pity poor Chope and Breslow, reporting their findings just as Agri-business implemented its plot to demonize cholesterol and promote soy and corn oil as our saviors. Then, Hartroft and Porta published their work just as the anti-saturated fat media blitz got up a full head of steam. Who knows what happened to these four good scientists frustratingly stuck in the wrong place and time? I wonder --- did they remain honest, working in lonely obscurity, suffering the contempt of their peers? Or, did they sell out to the establishment, jumping on the (lucrative) bandwagon of pro-PUFA "research"?

So, now, getting back to the task at hand, we will continue our presentation showing that …

**OMEGA 3 PUFAs ARE EVEN MORE DAMAGING
THAN OMEGA 6 PUFAs.**

EPA, DHA, and ALA are far more subject to oxidative damage than are the omega 6 fatty acids. Fish oils not only rapidly destroy vitamin E in the body, but they spontaneously oxidize with incredible speed, even before they reach the bloodstream. In undergoing such rapid oxidation, they form strange and ultra-pathological fatty acids, much as omega 6 fatty acids do in response to heat. That is why even though the short-term anti-prostaglandin effects of omega 3 oils are shown in the literature to benefit many diseases, the long-term peroxidative effects specifically cause damage to the brain, liver, skin, thymus, spleen, and heart, and accelerate the progression of diseases such as atherosclerosis, stroke, diabetes, and cancer.

The first place where PUFA peroxidative damage was studied was in regard to lipofuscin age pigment. Interestingly, it was found that as this pigment formed in the skin, it simultaneously formed in the brain. In other words …

**A MAN WITH AGE SPOTS ON HIS SKIN HAS
AGE SPOTS ON HIS BRAIN TO THE SAME DEGREE.**

There is much more to be said about …

**THE DAMAGING EFFECTS OF OMEGA 3 OILS
ON THE BRAIN.**

EPA and DHA form isoprostanes and neuro-prostanes during their lipid peroxidation. These substances behave in many ways like the damaging prostaglandins and leukotrienes. The brain is particularly sensitive to oxidative damage and excitatory toxicity from these omega 3 derivatives. Research shows that EPA and DHA cause brain swelling and increased cerebral blood vessel permeability. When DHA is added to cultured cells from the cerebral cortex, they produce free radicals, and stimulate the production of both malondialdehyde and lactate. The malondialdehyde shows dysaerobic catabolic damage to the brain, and lactate shows anabolic/anaerobic damage to the brain. Furthermore, the DHA inhibits the uptake of glutamic acid, which allows for prolonged excitation of the nerve cells.

In a comparison between DHA and other PUFAs with saturated fatty acids, the PUFAs cause the production of free radicals and swelling of the brain, while the saturated fats did not. PUFAs inhibit the respiration of mitochondria in brain cells while producing edema, while saturated fatty acids cause no problems. Free radical activity is shown to cause the liberation of free fatty acids from the cellular structure, as well as activation of lipases associated with the loss of potassium from the cells --- another indication of dysaerobic cellular damage. The prolonged neuro-excitation caused by PUFAs becomes a self stimulating process leading to cellular destruction.

J Neuro Chem. 1980 Oct;35(4):1004-7. Transient formation of superoxide radicals in polyunsaturated fatty acid-induced brain swelling. Chan, et al.

Brain Res. 1982 Sep 23;248(1):151-7. Alterations of membrane integrity and cellular constituents by arachadonic acid in neuro blastoma and glioma cells. Chan, et al.

J Neuro Chem. 1982 Feb;38(2):525-31. Phospholipid degradation and cellular edema induced by free radicals in brain cortical slices. Chan, et al.

J Neurosci Res. 1984; 12(4):595-605. Release of polyunsaturated fatty acids from phospholipids and alteration of brain membrane integrity by oxygen-derived free radicals. Chan, et al.

J Neurochem. 1988 Apr;50(4):1185-93. Induction of intracellular superoxide radical formation by arachadonic acid and by polyunsaturated fatty acids in primary astrocytic cultures. Chan, et al.

J Neurosci Res. 1988 Aug;20(4):451-6. Role of arachadonic acid and other free fatty acids in mitochondrial dysfunction in brain ischemia. Hillered, et al.

J Neurosci Res. 1989 Oct;24(2):247-50. Brain mitochondrial swelling induced by arachadonic acid and other long chained free fatty acids. Hillered, et al.

J Physiol. Feb 15;475(1):83-93. Facilitatory effect of DHA on N-methyl-d-aspartate response in pyramidal neurons of rats' cerebral cortex. Nishikawa, et al.

Neuro Chem Res. 1994 Jan;19(1):57-63. Inhibition of bioenergetics alters intracellular calcium, membrane composition, and fluidity in a neuronal cell line. Ray, et al.

Free Radic Biol Med. 2000 Oct 15;29(8):714-20. Acrolein, a product of lipid peroxidation, inhibits glucose and glutamine uptake in primary neuronal cultures. Lovell, et al.

Polyunsatureated fats impair fetal and infant brain development (while saturated fats are essential for normal brain development and nerve myelination).

Martin et al. Journal Of Nutrition 125(4), 1017-1024, 1995.

Dietary polyunsaturated fats suppress the activity of endogenous omega-9 unsaturated fats, which researchers suspect may be the trophic substance of greatest importance both to the brain and to the immune system.

Cleland, et al. "Effect Of Dietary N-9 Eicosatrienoic Acid On The Fatty Acid Composition of Plasma Lipid Fractions And Tissue Phospolipids." Lipids, 1996 Aug, 31:8, 829-37.

Combining what you just learned about the damage to the brain by omega 3 PUFAs with what you already know (from previous Letters) about the essentiality of saturated fat for brain development in infancy -- ask yourself how you feel about …

THE AGRI-BUSINESS PUSH
TO PUT DHA IN BABY FORMULA,
AND FISH OIL IN SCHOOL LUNCHES.

--- Ah, but the omega 3 – infant connection does not end there. Among the many benefits of nursing infants for the first few months of life is the

decreased incidence of allergic sensitivity. However, it has been shown that in mothers who consume high quantities of omega 3 fatty acids, their infants are at increased risk of developing allergies.

Clin Exp Allergy. 2004 Feb;34(2):194-200. Maternal breast milk long-chain n-3 fatty acids are associated with increased risk of atopy in breast fed infants. Stoney, et al.

Also related to omega 3 oils and brain function:

A significant portion of the advertising hype regarding fish oil supplementation is its purported beneficial effect on depression, psychosis, and dementia. Contrary to the propaganda, a legitimate scientific study of over 29,000 male subjects reported that the use of omega 3 oil or consumption of fish had no beneficial effect on depression, and furthermore did not decrease the incidence of suicide in the least.

Am J Psychiatry. 2004 Mar;161(3):567-9. Is low dietary intake of omega 3 fatty acids associated with depression? Hakkarainen, et al.

You clearly see the potential harm done by EPA, DHA, and ALA supplementation. Since, until recently, our intake of omega 3 oils was miniscule compared to our omega 6 consumption, fish oil and flax oil damage was rarely significant. But now, with countless thousands being snookered by Agri-business propaganda, we have a problem that only well-informed clinicians like yourself can solve. We have not yet even discussed (wait til next month's Letter) the immuno-suppressive and cancer-causing effects of omega 3 PUFAs, nor the damage they do to the cardiovascular system; yet you should already feel a sense of urgency to spread the truth. Please --- inform your patients, and, protect them from oxidative stress with OXY POWER.

Sincerely,

Guy