

# NUTRI-SPEC



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## THE NUTRI-SPEC LETTER

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From:  
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Dear Doctor,

### **FEEL GOOD vs. BE WELL**

Is there a difference between feeling good and being well? Which would you rather have? Is it possible to “feel good”, and not be well? Is it possible to be well, and not feel good? Which would you rather give to your patients? Most doctors choose to take their best shot at making patients feel good --- with no real understanding of the Metabolic Balance and Vital Reserves needed to truly be well.

**YOU, WITH NUTRI-SPEC, CAN OFFER YOUR PATIENTS BOTH. ---  
And in this Letter --- YOU WILL LEARN WHICH OF YOUR NUTRI-SPEC PRODUCTS ARE BE WELL SUPPLEMENTS AND WHICH ARE FEEL GOOD SUPPLEMENTS.**

Truly, NUTRI-SPEC is the only way you can achieve both:

- There is simply no way to consistently “feel good” without being fundamentally well. – Being truly well is what your NUTRI-SPEC is all about. – Being well means having a physiological age that matches chronological age.
- Maintaining youthful physiological age means preventing inflammaging.
- Fighting off inflammaging in response to the physical/mental/emotional challenges of life in our crazy world requires maximizing ADAPTATIVE CAPACITY.
- ADAPTATIVE CAPACITY = METABOLIC BALANCE + VITAL RESERVES

--- Yes, with NUTRI-SPEC you have a comprehensive set of protocols to achieve and preserve well-being for a stronger longer life. --- But --- maximizing ADAPTATIVE capacity takes time. --- The happy-ever-after payoff requires a long-term investment. You and your patients must be committed and remain focused. The problem with maintaining focused commitment through a long health-rebuilding project is that most people need a lot of positive reinforcement along the way. By far the most powerful positive feedback is the patient beginning to noticeably “feel good.”

How often are you lucky enough to have a new patient present, not with symptomatic relief as a priority, but rather with, “I would like you to help me improve well-being.” Dance a joyful jig on that rare occasion. You and your NUTRI-SPEC will connect with that patient immediately and totally. You will have a ‘til death do you part patient who refers countless family and friends to you over a strong long lifetime.

Alas --- nearly all patients present with a spoiled brat attitude and no concept of self-responsibility. “I’m overweight.” --- Fix me. “I’m depressed.” --- Fix me. “I hurt.” --- Fix me. “I have high cholesterol. --- Fix me. ----- And fix those people you will, if you get them to understand you do not “fix” diseases; you “fix” people with diseases. --- And you do so by working with them in a patient-specific approach to correcting the underlying causes of their complaints.

### **MOST DOCTORS OPERATE IN DESPERATION ---**

--- caught up in the disease-specific “fix it” paradigm of the medical/pharmaceutical establishment. Their minds and hearts are frantic in the pursuit of a “cure” --- something, anything, to make the patient “feel good.” We NUTRI-SPEC practitioners can take pity on those poor doctors --- and even more so on their poor patients. All that happens in those offices is that the doctors amplify their patients’ misguided need for symptomatic relief. Doctor and patients spend their lives evermore depleted by frustration.

### **--- AND --- “ALTERNATIVE” PRACTITIONERS?**

They are no different than conventional M.D.s or D.C.s. --- Whether they call themselves “nutritionists,” practitioners of “natural medicine,” or “wellness specialists” --- they offer nothing better than an endless string of trial-and-error remedies (--- most often the flavor of the month promoted by the unscrupulous supplement industry). The results? Maybe a paltry 10% of their patients actually do benefit from the remedy, and do begin to legitimately “feel good” or at least feel noticeable symptomatic improvement. 37% of the patients receive the benefit of the

placebo effect, “feeling good” for at least a little while. That means approximately 47% of these doctors’ patients believe they have been helped. --- That is enough to keep the doctors in business, and continuing their desperate search for remedies hyped to be good for this and that disease. --- I don’t know about you, but I would collapse from burnout after 2 years of such a frustrating hit-and-miss practice.

But now, back to the primary topic of this Letter --- Are there elements built into your NUTRI-SPEC protocols to help your patients very quickly “feel good” while at the same time you are increasing their ADAPTATIVE CAPACITY? Yes, absolutely. Those supplements do double-duty. Certainly, they are an integral part of restoring Metabolic Balance and increasing Vital Reserves. --- But --- they also give an instantaneous jolt to the evil forces that drive symptoms on a day-to-day basis. Most of your patients’ complaints fall into one of two categories:

- a) manifestations of tissue or systemic Acid/Alkaline Imbalance, or,
- b) failure of the “first responder” system, Sympathetic/Parasympathetic Balance.

Whatever combination of NUTRI-SPEC protocols you are offering to your patients --- whether ...

- Metabolic Balancing followed by a lifelong Diphasic Nutrition Plan, or,
- the Diphasic Nutrition Plan alone, or,
- the Diphasic Nutrition Plan juiced up by, or preceded by, the Sympathetic/Parasympathetic Support System &/or Barrier Busters, &/or Tissue Acid/Alkaline Balancing, or,
- the Sympathetic/Parasympathetic Support System alone, or,
- the Sympathetic/Parasympathetic Support System in combination with Barrier Busters and Tissue Acid/Alkaline Balancing ...

... you have supplements giving you an immediate impact on how your patients feel. Those supplements include:

- |                         |                            |
|-------------------------|----------------------------|
| - Complex S & Complex P | - Sodium citrate           |
| - Oxy Tonic & Oxy D+    | - Sodium glycerophosphate  |
| - Electro Tonic         | - Magnesium chloride       |
| - Proton Plus           | - (baking soda)            |
| - Magnesium chloride    | - Phenylalanine & Tyrosine |
| - Phos Drops            | - Glutamine                |

Here is a way to think about how your NUTRI-SPEC protocols typically work. Suppose you are doing NUTRI-SPEC Metabolic Therapy via complete NUTRI-SPEC Metabolic Testing. You have a man who tests Electrolyte Stress and Ketogenic. His major complaints are high blood pressure and high cholesterol (and triglycerides), and he wants to avoid blood pressure medicine and statin drugs. Based on the test patterns for Electrolyte Stress and Ketogenic Imbalances, you give the patient:

- Activator: 2, 2 times after meals
- Formula ES: 3, 2 times after meals
- Taurine: 2, 2 times before meals
- Magnesium chloride: 1/8 tsp.
- Oxy K: 2, 2 times after meals
- Proton Plus: 2, 2 times before meals
- Immuno-Synbiotic: 3, 2 times before meals
- Diphasic AM: 3 after breakfast
- Diphasic PM: 3 after evening meal

Within just 4 weeks of following the above supplement regimen and fairly well following the Eat Well – Be Well plan, your patient’s Ketogenic Imbalance is no longer evident. His systolic blood pressure has dropped 20, and his diastolic 10. It is already time to transition to his Diphasic Nutrition Plan. To do so, you have him do the Balancing Procedure. His Balancing Procedure reveals the need for a small amount of Oxy Tonic before breakfast, and a small amount of Electro Tonic, and a somewhat larger quantity of Oxy D+ before the evening meal.

Based on those findings, and since the patient is between ages 33 and 53, you add the Oxy A, 2 after breakfast, and the Oxy D, 2 after the evening meal. He is already taking the Diphasic AM and Diphasic PM. You phase out the Oxy K, keep the Taurine, and begin to gradually decrease the Formula ES. By 10 weeks after starting NUTRI-SPEC, the patient is on the standard DNP for a man his age, with only the Taurine as an individualized “extra,” based on his history of Electrolyte Stress and Ketogenic Imbalances accompanied by high cholesterol. At 6 months, the patient gets a blood test and finds out that his cholesterol has improved some, but his triglycerides have tumbled all the way from 280 down to 120. ----- Nice job with your NUTRI-SPEC, Doc.

But here is what you need to consider. As his triglycerides were falling over a period of 6 months from 280 to 120, did that drop in triglycerides (even though it added probably 20 good years to his life) actually make him “feel good” in any way? No, there is nothing inherent in high triglycerides that by itself makes a person feel badly, and nothing about normalizing triglycerides that (at least in the short term) makes a person “feel good.”

But during that 6 months, the patient had a lot more to celebrate than adding 20 good years to his life. Within 3 weeks of starting NUTRI-SPEC, his chronic neck and shoulder tension all but disappeared. By 8 weeks on NUTRI-SPEC, his erectile dysfunction was vastly improved.

**--- “I FEEL GOOD!” SAYS YOUR PATIENT.**

--- These symptomatic improvements are all because of the supplements he is taking that do double-duty. The magnesium chloride and Proton Plus are essential to restore Metabolic Balance and thus control his blood pressure and bring down his cholesterol and triglycerides. But at the same time, those 2 supplements have an immediate effect on tissue Acid/Alkaline balance, systemic Acid/Alkaline balance, and membrane permeability. Those changes are responsible for his immediate symptomatic improvement in areas that were not even complained of on his initial presentation --- let alone “treated” by you.

Here is another way to think of it. Everything about your NUTRI-SPEC Metabolic Balancing and NUTRI-SPEC Vital Reserves enhancement relate to fundamental changes in body chemistry at the cellular level. But most symptoms people suffer are manifestations of Imbalances at the tissue and systemic level. Imagine the power you have to radically change metabolism at the cellular level with uniquely formulated supplements such as:

- Oxy A & Oxy D
- Formula ES & Formula EI
- Oxy G & Oxy K
- Taurine
- Glutamine
- Diphasic AM & Diphasic PM

But imagine also how your ability to move metabolic mountains is enhanced by the tissue and systemic level support you give patients with the list of “double-duty” supplements you read at the bottom of Page 3.

Here is a real-life example from my own practice to drive home our point that there is a very definite “feel good” component to your double-duty supplements ...

**“THE SUPPLEMENTS STARTED LAST YEAR REALLY WORKED!”**

So spoke Carlos, a patient from out-of-state whom I see only once every year or so. Carlos works two full-time jobs, plus is a principal in a non-profit organization. He also travels internationally on a regular basis. --- A hectic schedule to say the least. Several years ago, he presented with major complaints that included fatigue during the day, inability to sleep at night, and difficulty losing weight. In the several times we saw him, NUTRI-SPEC Testing always revealed the same general patterns of

Metabolic Imbalance --- an extreme Alkalosis, a bit of a Dysaerobic Imbalance, and a mishmash of Ketogenic + Parasympathetic test patterns (which is what we often see in someone who is extremely Alkaline). Upon beginning NUTRI-SPEC, Carlos immediately felt an improvement in his sleep, and he lost a few pounds. However, the weight loss plateaued at about 10 pounds above his desired weight, and his fatigue during the day was only marginally improved. --- Same story the next year, and the next, and the next --- feeling “not bad,” but not great either. That final 10 pounds just would not come off, and he just could not maintain the “energy” (vitality) to push through his intense schedule.

When we saw Carlos last year, we decided to be a bit more assertive. I picked out his test results that plug into the Tissue Acid/Alkaline Balancing Protocol (urine and saliva pH, respiratory rate, and breath hold), and came up with a clear indication for Proton Plus. I loaded him up with Proton Plus and sent him home.

Now, many months later, the patient reports that immediately upon cranking up the Proton Plus, his energy improved enough that he could reasonably handle his work and travel schedule, and, he finally dropped those last 10 pounds. My eyes agreed with his appraisal --- he looked great. The puffy face and pudgy belly were gone; his eyes sparkled. --- Proton Plus does double-duty --- correcting the underlying Metabolic Imbalances, but also instantly restoring Tissue Acid/Alkaline Balance.

So --- whether you are giving your patients Metabolic Balancing followed by a DNP, or, using the Sympathetic/Parasympathetic Support System as your primary means to address your patients' ImmunoNeuro-Endocrine stress, KEEP AN EYE OPEN for chances to juice up your Metabolic Therapy with some combination of the Sympathetic/Parasympathetic Support System, or your Barrier Busters Analysis, or your Tissue Acid/Alkaline Balancing Analysis. ----- A temporary booster with Oxy Tonic or Phos Drops or Glutamine or Complex S or Complex P can be just what your patient needs to overcome nagging chronic conditions.

Adding just a little booster here and there will reward you with many, many patients who gleefully report ...

**“I FEEL GOOD, DOC!”**

Of course, feeling good is only one part of being well, but what you will have initiated here is an endless stream of referrals, with new patients coming in to your office saying ...

**“MY SISTER SAID I’VE GOT TO SEE YOU --- YOU’VE REALLY GOT HER FEELING GOOD!”**