

NUTRI-SPEC



THROUGH
SPECIFIC NUTRITION

89 Swamp Road
Mifflintown, PA 17059

800-736-4320

717-436-8988

Fax: 717-436-8551

nutrispec@embarqmail.com

www.nutri-spec.net

THE NUTRI-SPEC LETTER

Volume 29 Number 7

From:

Guy R. Schenker, D.C.

July, 2018

Dear Doctor,

**IT ALL BEGAN AFTER
THE 1964 OLYMPICS.**

“What?”, you ask. “What began in that era of Ancient History?”

NUTRI-SPEC. NUTRI-SPEC grew from the '64 Olympics.

“Impossible! --- Schenker, you were a mere lad of 14. You expect me to believe NUTRI-SPEC had its birth 3 years before you began to shave?!!!”

You're right, of course. NUTRI-SPEC did not sprout, but the 1964 Olympics did provide the fertile soil in which the seed would be planted ...

What was so notable about the '64 Olympics? --- The Soviet Union and East Germany came out of nowhere --- trouncing the United States in total medals won. And how was that surprising show of strength relevant to me (and to you, today, as a NUTRI-SPEC practitioner)? Two ways ...

First, having achieved some success as a child and adolescent athlete, I had an absolute passion for physical conditioning (and eventually nutrition). I was consumed even at that early age by analyzing both the biomechanics and the training techniques that would maximize physical performance. So, the obvious question I was absolutely compelled to answer --- how did they do it? What were their training secrets?

Second, I was somewhat precocious in my understanding of politics and economics. So another obvious question --- how could people shackled by communism --- with its total denial of personal freedom and its subjecting the masses to economic slavery --- possibly triumph over a bastion of liberty and free markets such as the United States?

The 1968 Olympic Games were more of the same --- with the Soviet Union, East Germany and Hungary --- all economic basket cases impoverished by socialism --- crushing the U.S. --- By now it was obvious to me that the socialist power elite had dictated athletic excellence would be used as a symbol of communism's "success" --- subsidizing sports performance at the expense of the Proletariat --- enriching the egos of the socialist aristocracy at the expense of the very people communism supposedly benefited. So clearly, Olympians from the USSR and Eastern Europe were unequivocally professional athletes --- competing against America's best amateurs.

So, I understood the political/economic basis of what I was observing. But still the question remained --- what training techniques were the secret to the Commies winning so many medals? That question would be answered, and the seed of NUTRI-SPEC would be planted, after the 1972 Olympics ...

The '72 Olympics were an absolute embarrassment for the United States and the all the Western World. The USSR and East Germany won more gold medals and more total medals than the rest of the world combined. ----- Much to my everlasting joy (and to the eventual benefit of you and your patients), Life Magazine ran a huge feature on the training methods that so expertly developed the professional athletes in Russia, East Germany and Hungary. Beautiful color photographs illustrated their state of the art high-tech training facilities. Strength training, speed training, power training, stamina training, endurance training, sport-specific training --- it was all there in glorious photographic display. There were interviews with the coaches, explaining all their training apparatus. Truly, these were far more impressive than anything you could find at the big-name athletic universities in the United States in that day.

Awestruck, I read and reread --- and gazed at the pictures --- in that Life article. While my right brain was savoring the colorful experience, my left brain was digging between the lines, looking for more information on exercise physiology --- ways to optimize human performance. Yes, the Commies had swimming and diving facilities far better than the University of Southern California; they had weight training facilities far better than the highly lauded weight rooms at Penn State University; they had a basketball facility that made the University of Kentucky look like a high school. But beyond the facilities --- what "secrets" did they have to maximize performance?

One element of athletic training that had captured my mind very early in my studies, was the question of just how much training was enough, and how much was too much. I had already figured out that almost all athletic training programs --- from high school through college through professional --- overtrain severely, thus inhibiting performance. More very definitely was not better. Had the Soviets discovered the secret to determining when each individual athlete had reached his/her limit of training, and needed to back off, assuring full recovery and development?

YES --- THEY HAD IT!!!

Had they found the answer in all their sophisticated monitoring equipment? After all, in every athlete's workout they were monitoring percentage recruitment of all the muscle fiber types, they were measuring VO2 max, they were measuring biomechanics by foot strike analysis on a force plate. Athletes in all sports commonly performed their workouts "fully wired" to all these amazingly sophisticated physiology monitoring systems. Yet as it turned out, all those fancy electronics, all the fancy cardiovascular monitoring, all the fancy biomechanics studies were nothing more than ...

BELLS AND WHISTLES.

There was just one test --- one physiological parameter ...

JUST ONE ULTRA SIMPLE PHYSIOLOGICAL SIGN THAT TOLD THE WHOLE STORY ON WHETHER AN ATHLETE WAS TRAINING PAST THE POINT OF PHYSIOLOGICAL RECOVERY.

If that physiological parameter measured a little bit too high --- the athlete did not train that day. Did not train at all! --- If that parameter was just a bit too low --- the athlete did not train that day. Did not train at all! Zillions of dollars worth of fancy doodads were nothing more than toys. Just one ultra simple test --- a simple test that you or I can do, any of our patients can do, any high school, college or professional athlete or coach can do --- informs totally on whether an individual will benefit from a high intensity workout today, or whether the person needs more time for recovery and rejuvenation. Can you guess what that one simple test might be? --- Since you will never guess in a million years, I will tell you ...

BODY TEMPERATURE.

If you were a Soviet track athlete and your body temperature before your scheduled workout was above normal --- you did not workout today. If you were a Hungarian gymnast, and your body temperature was a little low --- you took at least one more day to recover before your next workout. If you were an East German pole vaulter who did an intense strength training workout two

days ago, yet today your body temperature was still a bit low --- take the day off.

By now (1972) I was putting the finishing touches on my two Penn State Degrees (Engineering and Economics). --- And though I had known since I was 7 years old that I was going to be an Engineer, my passion was learning to optimize human performance (and not just for athletes, but for everyone) --- the goal being ...

TO LIVE STRONGER LONGER.

“Wow!” I thought to myself. “How perfectly, beautifully, simply low tech is that?!” Yet, infallibly reliable --- and a couple hundred Olympic medals proved it. So now my left brain joined my right brain in celebration, but it was not done yet. Something absolutely critical occurred to me as I considered this body temperature phenomenon. It was not merely a low body temperature or a high body temperature alerting the trainers that the athlete’s body was not prepared for maximal performance that day. It was EITHER high or low body temperature that served as an indicator of physiological stress. --- Imagine --- a dualistic balance system must be at work here ...

All the while my right brain was relishing my own personal workout regimen and athletic success, my left brain was captured by what in retrospect seems obvious. Why, I wondered, when some athletes were beaten up by their most recent workout did their body temperature drop, while in others who were victims of overtraining the body temperature rose? What, I wondered further, were the underlying metabolic processes that dominated one athlete that made the body temperature swing down when under stress, and what different or opposing metabolic tendencies must dominate another athlete such that the temperature rose when the body was overwhelmed by an unrelenting stressor such as overtraining? At that moment ...

NUTRI-SPEC WAS BORN.

----- Now --- fast forward more than 4 decades. You have the 6 dualistic Fundamental Metabolic Balance Systems that you deal with on a day-to-day basis in your NUTRI-SPEC practice. Each of those Imbalances has an effect to either raise or lower body temperature. [The reason we have never included taking your patients’ temperatures as part of your test procedure is because it is time consuming --- and the information it reveals is superfluous, since the 6 Fundamental Imbalances can be accurately evaluated with tests that are far less time consuming.]

----- Most recently, we have greatly enhanced your NUTRI-SPEC testing (and simplified it measurably) by giving you ...

YOUR SYMPATHETIC/PARASYMPATHETIC SUPPORT SYSTEM.

With that ultra simple and quick set of clinical tests, you can juice up any patient's Diphasic Nutrition Plan (--- **Live Stronger Longer**), or, you can use it as a prelude to your patient's Diphasic Nutrition Plan, or, you can use it when your complete NUTRI-SPEC Metabolic Testing is likely to yield frustration because your patient is overloaded with drugs, or victimized by a self-inflicted dietary disaster --- such as vegetarianism, or the pizza and Pepsi diet.

Many of you have asked exactly how these 17 Imbalances of your Sympathetic/Parasympathetic Support System were identified. One of the key pieces of this puzzle was the discovery of the Soviet scientists years and years ago --- body temperature is an indicator of ImmunoNeuroEndocrine stress. It is a sign of INE stress pushing into Metabolic Imbalance. And when chronic, a slight high or low temperature reveals INFLAM-AGING. ADAPTATIVE CAPACITY is fading; Live Stronger Longer slips out of reach --- until --- simply --- an Arm & Leg Dermo and Edema check, and a 15-second Heart Rate, quickly show the way to EMPOWERED VITAL RESERVES.

To illustrate the clinical significance of body temperature: Two of the Imbalances in your S/PSS are an excess of Prostaglandin D2, and an excess of Prostaglandin E2 (--- Imbalances I & J, respectively). As you know, PGD2 and PGE2 are both nasty Prostaglandins produced in the eicosanoid pathway involving HOHUM PUFAs (Heated, Oxidized, Hydrogenated, and otherwise Unmetabolizable Polyunsaturated Fatty Acids). PGD2 and/or PGE2 are involved in ...

ALMOST EVERY SYMPTOM YOUR PATIENTS BRING TO YOU.

And yet, while both are at the bottom line on the flow chart of Omega 6 fatty acid metabolism (see the flow chart in the Articles section of your NUTRI-SPEC website), they, even while provoking similar symptoms, elicit entirely different clinical signs ...

PGD2 causes low body temperature and somnolence;
PGE2 causes an elevation of body temperature and insomnia.

Why do you need to know the intricacies of Prostaglandin Imbalance? You don't. All you need to know is that ...

YOU POSSESS THIS KNOWLEDGE ...

without even knowing it, since it is built in to your S/PSS Analysis. Knowledge is power, and ...

YOU'VE GOT THE POWER ...

of sophisticated Metabolic Analysis working for you and your patients --- without spending years studying biochemistry.

The point of this Letter is to highlight one means by which NUTRI-SPEC developed and handed to you the knowledge (power) to so simply and quickly help your patients with Metabolic Therapy of such broad scope. Body temperature is one means by which we can make a differential between all your patients' mechanisms of ImmunoNeuroEndocrine stress response.

Imagine yourself in charge of developing NUTRI-SPEC --- a simple set of clinical tests to analyze every patient's Metabolic Therapy needs. You see clearly that while there are countless sources of INE stress (--- job-related stress, dietary insufficiencies, marital stress, sleep deprivation, rotten microbiota, and on and on), there are only so many mechanisms by which each individual will either adapt to, or attempt to adapt to, those sources of INFLAM-AGING. These INE attempts at adaptation have been clearly defined by physiologists. Now all you need to do is identify a PATTERN of clinical signs that gives clues to which mechanism is dominating a particular patient.

Now, imagine in your quest for the ideal clinical testing system you stumble upon the almost unbelievable wealth of information built into a Dermographics analysis. [--- We have about a 40 page write up on the causes of Red and White Dermographics responses coming to your NUTRI-SPEC website soon.] In your study of Dermographics you also find that there are skin responses to topical Niacin, also clinically informative.

Putting two and two together, you find that comparing a particular patient's responses to a Dermographics test and to topical Niacin ...

INCREASES EXPONENTIALLY THE INFORMATION YOU HAVE

on that patient. So, add the analyses of the Dermographics plus topical Niacin, plus your analysis of the NUTRI-SPEC 6 Fundamental Metabolic Imbalances, plus a patient's body temperature. --- Integrate those 4 inputs on hundreds of patients over a period of years and --- VOILA!!! --- You have your Sympathetic/Parasympathetic Support System.

Understanding how the S/PSS was developed, you may truly begin to see that your S/PSS comes closer to fulfilling your vision of your "Dream Practice" than does complete NUTRI-SPEC Metabolic Testing. Picture it --- in The Practice of your Dreams you can analyze and prioritize each patient's supplement needs in less than 4 minutes --- and --- provide supplements unmatched in their capacity to empower them in their resistance to INFLAM-AGING. --- Your S/PSS is so perfectly easy & quick. --- Win your Gold Medal in the Doctoring Games.