

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:

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Dear Doctor,

Just how powerful is **TAURINE**? Consider this study. ----- How impressed are you with this?!!! --- A study published in the January, 2003 issue of Circulation shows that smokers initially have blood vessels much smaller than non-smokers. Yet, after taking just 1.5 grams (3 of your Taurine capsules) daily, for only 5 days, the smokers' blood vessel diameters increased to equal that of non-smokers. --- Let that roll around in your brain for a minute, then ask yourself, "How many of my patients need my Taurine supplement?"

Clearly, all your patients who are or who have ever been smokers need Taurine. All your patients with high blood pressure need Taurine. All your patients with angina need Taurine. All your patients who have had strokes need Taurine. --- You might even challenge yourself with this question --- "Now that I can simply and directly control all aspects of cardiovascular disease, am I actually negligent if I fail to give these patients Taurine?????"

Certainly, nothing in the Alternative Witch Doctors' pharmacopoeia of "natural" "anti-inflammatories" compares to Taurine. Let us take a close look at one of the "Natural" Health Care FLAVORS OF THE MONTH --- **CINNAMON**

Is cinnamon really "anti-inflammatory" as all the health food buzz claims? Wouldn't it be wonderful if that were so? After all, as a NUTRI-SPEC practitioner you understand that inflammation is a generalized product of many different sources of ImmunoNeuroEndocrine stress. Taken together, the many sources of INE stress that you and I and all our patients suffer push us down the road of

INFLAM-AGING.

Could cinnamon truly be the Alternative Health Care miracle we are all looking for?

How will we discover the truth about cinnamon?

Obviously (obvious, that is, if you have an ounce of objectivity floating around in your brain --- and --- if your mind is not dominated by the wishful thinking infused by Health Food industry propaganda), the place to begin is by searching the Literature via Pub Med. --- Can we find a study showing in human trials any anti-inflammatory effect for cinnamon?

YES!!!

There is one! (And only one --- Hmmm ...) Let us take a look ...

A study was published in May of 2018 in the Journal of the American College of Nutrition (--- note that the study was done after the cinnamon “anti-inflammatory” bandwagon was already rolling at full speed). The title of the study is “Cinnamon consumption improves clinical symptoms and inflammatory markers in women with Rheumatoid Arthritis”. Sounds promising, doesn’t it? Let’s investigate

The women with RA in the test group were given 2,000 mg of cinnamon daily for 8 weeks. Wonder of wonders, miracle of miracles --- their C-reactive protein (a measure of systemic inflammation), and their TNF- α (an inflammatory cytokine elevated in Th1-mediated autoimmune diseases such as RA) showed statistically significant decreases.

HALLELUJAH!!!

--- Alert the Health Food Stores!!!! --- Contact all the supplement manufactures and have them crank up the factories to produce cinnamon tablets! --- We have a new Flavor of the Month to sell the gullible public!

To be absolutely clear and perfectly honest in our appraisal of this study --- the cinnamon definitely did decrease inflammation, and there was even improvement in the Rheumatoid Arthritis Disease Activity Score, and the

Visual Analog Scale. Statistically significant? --- Absolutely. Clinically significant? --- Nope.

Suppose you wanted to give your patients the purported benefits of this cinnamon-mediated anti-inflammatory action. You would sell them one of the popular cinnamon supplements. To get the recommended 2,000 mg per day, your patients would need to invest approximately \$400 per month in cinnamon pills alone! Is it worth it? Here is where the Alternative Health Care charlatans rely on the general inability of people to think quantitatively

The anti-inflammatory effects shown in that Rheumatoid Arthritis study were less than the effects achieved in countless studies using supplements such as lipoic acid, CoQ10, mixed tocopherols and tocotrienols, Immuno-Synbiotic Immune X-Flam, Immuno-Synbiotic Immune Restore, Immuno-Synbiotic Immune Power, Diphasic AM, Diphasic PM, Oxygenic A, Oxygenic D, and vitamin D. Furthermore, cinnamon at \$400 per month gave the pitifully insignificant anti-inflammatory effect achieved by less than one Aspirin daily -- - an investment of \$2 per month.

Another way to summarize this is that your patients on just your routine Live Stronger Longer DIPHASIC NUTRITION PLAN --- even if you only use one daily of ADAPTO-MAX (Diphasic AM), and OXY-MAX (Diphasic PM) --- are already getting many times the anti-inflammatory “benefits” offered by cinnamon.

But there is more to say in our critique of this Rheumatoid Arthritis study using cinnamon. While cinnamon did decrease CRP and TNF- α to a statistically significant degree, these were the only very narrow range of anti-inflammatory effects shown. Most interestingly, the Erythrocyte Sedimentation Rate (ESR) of these Rheumatoid Arthritis patients did not improve in the least. How can it be that the two systemic inflammation markers most associated with Rheumatoid Arthritis --- (CRP and ESR) --- showed an improvement in one of those with cinnamon use, yet the other was completely unaffected? Could it be that the cinnamon did not intrude in any direct way on the Rheumatoid Arthritis disease process, but had its (minimal) benefit on CRP and TNF- α by some other mechanism? --- Hmmm ...

Keeping that thought on hold for a moment, let us look at the abundance of research done in the last few years attempting to prove the anti-inflammatory effects of cinnamon. Almost all the research studies concentrate on the

wished-for benefit of cinnamon as an anti-inflammatory in patients with Type 2 Diabetes. There are over 200 studies in the Literature attempting to show that cinnamon lowers blood sugar in Type 2 Diabetics, or that it decreases Insulin Resistance, or that it lowers triglycerides and/or cholesterol in diabetics --- all those studies yielding inconsistent and conflicting results.

Here we have a case of the Alternative Health Care Industry pouring zillions of dollars into “research” which is nothing more than a desperate attempt to “prove” what the charlatans wish to be true. The best summary of these 200+ studies is probably the one published in the Journal of the Academy of Nutrition and Diet in 2016 --- “Do cinnamon supplements have a role in glycemic control in Type 2 Diabetes? --- A narrative review”. This summary clearly shows that the best you can conclude from these 200+ studies is that supplementing with cinnamon along with taking medication such as Metformin, and along with lifestyle therapies (eating less carbs & sugars) --- has a “modest” effect on fasting plasma glucose and hemoglobin A1C. Zero evidence shows that cinnamon contributes anything to controlling the blood sugar in the non-fasting state.

----- Interestingly, looking back at that Rheumatoid Arthritis study --- a study that was not biased to “prove” that cinnamon benefits Type 2 Diabetes --- the researchers monitored fasting blood sugar as one of many parameters --- and found no change in this group taking 2,000 mg of cinnamon daily, and neither was there any change in cholesterol nor triglycerides (--- and you know triglycerides are the best indication of Type 2 Diabetes and Metabolic Syndrome).

**SORRY, HEALTH FOOD STORE QUACKS ---
YOU WILL HAVE TO FIND A NEW FLAVOR OF THE MONTH.**

Still, it would be nice if we could explain the objectively determined benefit of cinnamon on CRP and TNF- α (--- even if the benefits are only statistically significant, and certainly less clinically significant than the supplements already incorporated into your NUTRI-SPEC protocols --- and far, far less than from taking an Aspirin every day or two). ----- The truth comes out if we look at another study. --- Remember that “Hmmm” that ran through our mind when we wondered why the anti-inflammatory effects of cinnamon were so narrowly based?

Now is a good time to refer to our exposé you read a couple years ago on Resveratrol --- what we call the “Poster Child” for Alternative Health Care charlatanism. Everything about the “benefits” of Resveratrol amounted to a collection of falsifications and non-sequiturs. And as it turned out, the few benefits that were derived from Resveratrol supplementation had nothing to do with the Resveratrol direct action --- but rather the benefits of Resveratrol by-products derived from the microbiota of the gut. In other words, only when there is healthy microbiota will there be limited benefits from Resveratrol supplementation.

--- Okay, now keep that in mind as we look at this study: “Reduced obesity, diabetes, and steatosis upon cinnamon and grape pomace supplementation are associated with changes in gut microbiota and markers of gut barrier.” American Journal of Physiology and Endocrinology Metabolism. 2018. --- Do you see? The benefits of cinnamon are mediated entirely via its influence on improving the microbial species in the human microbiota, and the improvement of gut barrier function. Hmmm

--- IMMUNO-SYMBIOTIC, ANYONE?

The cinnamon expose you just read should provoke two critical thought processes in your mind. --- First, you should be thinking about all your patients who take or have taken cinnamon --- or turmeric, or fish oil, or Resveratrol, or mega doses of vitamins --- or any Alternative Medicine Man Flavor of the Month. Think of all the dollars and false hopes your patients have wasted in the trap of Health Food Industry hype.

How ironic is it that your patients have been schooled by the “Natural” Witch Doctors in the significance of “inflammation” as a factor in every disease process from obesity to migraines, to arthritis, to dementia, to fibromyalgia, to autoimmunity --- to virtually any condition or symptom your patients and their families can suffer. Yes ironic, because instead of throwing money away, and having one false hope replaced by another, they could be giving you those \$\$\$\$ in exchange for your offering

OBJECTIVELY PROVEN POWER IN THE FIGHT AGAINST INFLAMMATION

and its inevitable INFLAM-AGING.

The second thought process that should be swirling in your brain is that you have just seen exposed the mechanism by which the Health Food Charlatans snooker millions of people. You have now seen an analysis of exactly how “cures” for disease are promoted by misrepresenting medical research. “Remedies” are peddled with false promises based on falsification of research data. “Health- and longevity-enhancing” supplements capture the hearts of your patients --- but only by cleverly using non-sequiturs. This mechanism of Nature Cure institutionalized deception is clearly exposed --- just as you have seen it exposed in prior exposés we have done on fish oil and on Resveratrol.

(--- Articles giving the whole truth on fish oil and on Resveratrol can be read by you and your patients in the Articles section of your NUTRI-SPEC Website --- entitled, “There is Something “Fishy” About Fish Oil” and “The Truth About the Resveratrol Hoax”.)

While you are in the Articles of your website --- check the section, “Extraordinary Nutrients”. At the beginning of this Letter we touched on Taurine and its truly amazing power over all aspects of Cardiovascular Disease --- a topic we covered in more depth in last month’s Letter. Read your Taurine Article so you appreciate the countless studies in the Literature unequivocally proving Taurine’s benefit for CVD --- but go on to read about how it is

THE KING OF ADAPTOGENS ---

as regards

- protection of the brain in countless ways --- from migraines to dementia to depression.
- directly improving liver function.
- directly improving immune function and Th1-Th2 balance.
- direct protection against the sequelae of Diabetes.
- improvement of muscle function.
- slowing the aging of body proteins.

And --- while you are at it --- read up on all the other Extraordinary Nutrients you give your patients in your ADAPTO-MAX & OXY-MAX (Diphasic AM and Diphasic PM). Print out these Articles and give them to your patients. Print them out for display in your waiting room. Your patients have been sold on quackery. --- May they instead buy objective science from you.