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## Mentor goals:

- To declare what is possible and establish a commitment to that possibility
- Address personal and professional barriers limiting the ability to serve
- Evolution of vision/mission/ethics that drive success
- Create immediate action steps to apply learning and growth
- Construct the round table of applied trophologists

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## Mentoring the mentor:

- Who are the mentors? – Practitioners
- Who are we mentoring? – Patients and GAP
- What's the purpose? – Optimized life
- How does it work? – Whatever you learn you teach someone else (anyone else)
- Who's is included? – Self selection, you pick yourself

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## Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4<sup>th</sup> Thursday of month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based holistic practice
- Each participant chooses how to convey the notes and information to their world and community – no information squandering
- Issues/problems/questions are considered a learning process for everyone, although individual's remain anonymous
- All questions, comments, case studies to be directed through email to SP rep who will compile and include in next teleconference ( must be submitted 10 days prior)

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## Evoking the innate healing force -

When a really challenging case presents to you, you need to lean forward, look them directly in the eyes and give them a really good report of findings!

Richard Murray

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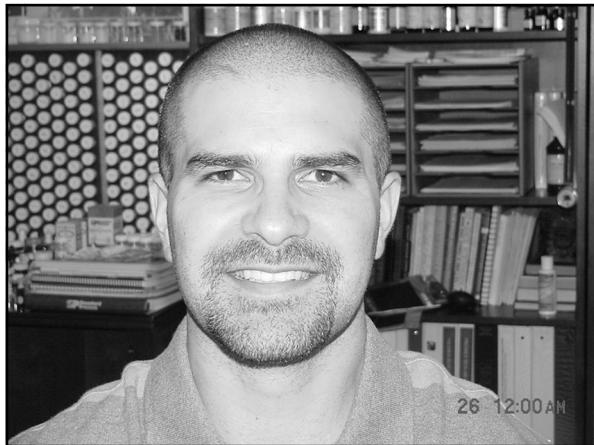
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## Distinguish yourself

- It is more apparent why people are choosing alternative health care professionals who specialize in a functional approach
- No matter your specialty or technique you must distinguish yourself as an expert – people are just seeking to understand and they need you to do so
- Typically in the healthcare industry people are receiving shallow answers that leave them puzzled with the mystery of "Why is this happening to me?" and "What can I do about it?"
- Trends research over 10 years ago identified a number of factors essential to being successful in the nutritional field – one of those was establishing yourself as an expert

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## Explanation as hope

- The practitioner's ability to explain health issues and therapeutic outcomes creates an inflation of understanding in the patient which feels like hope
- Today in the professional world there is so much avoidance of 'giving false hope' that often we end up offering little hope at all
- I propose another model that bolsters hope and expectation and subsequently practices accountability as to whether the therapeutic endeavors are achieved or not
- As long as the hope that has been instilled is revisited and acknowledged as being accomplished or not the betrayal of false hope can be avoided
- So as an example, if a practitioner was describing the potential for nutritional intervention through supplements and diet modification to improve the lipid profile, then s/he would need to revisit to success or failure of the experiment within a reasonable period of time
- Our community is starving for legitimate hope, as a starting place, as empowerment to begin, as an idea to act upon
- There is genius in hope

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## Eternal truth -

What was it that did in reality  
make me an opium eater?  
Misery, blank desolation, abiding  
darkness.

Thomas De Quincey  
Confessions of An English opium Eater

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## Stepping Forward

It is doing and not simply knowing  
 Risking based on reason  
 Passion because of possibility

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## Therapeutic Rationale

- This is the reason why we do and don't do
- Therefore it is the reason why the patient will do or not what you recommend
- It is the source of hope and the starting place
- The functional practitioner serves from this rationale in all endeavors, and it becomes the practice style – making incursions into disease conditions based on a rationale and an accountable procedure
- this expands the practice and builds confidence

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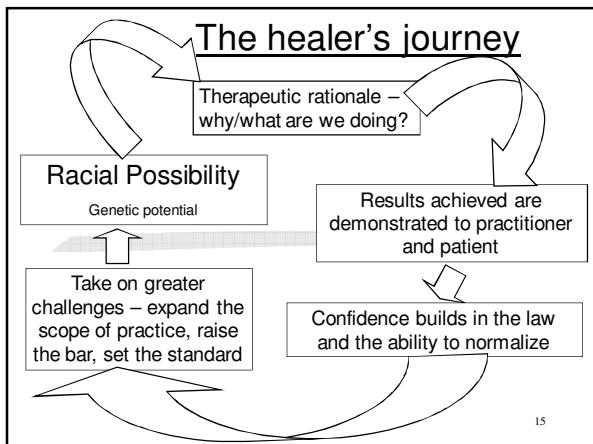
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## Therapeutic Rationale

- ↳ If we speak our rationale out loud and listen to ourselves we will always be rational
- ↳ If the medical profession were to describe the rationale behind its endeavors it would hold off
- ↳ We must be interested in the meaning of processes and the purpose of people's lives to find the rationale
- ↳ Peoples lives are too precious to waste on symptoms that are not speaking of deeper issues and only need suppressing
- ↳ The rationale dissolves the mystery, which is the only terror on our lives

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## Rationale as a map: Never lost

- ↳ The rationale is a combination of the patient's story and the doctors understanding
- ↳ Often times for myself there was fear while I stood without understanding in the midst of a process – then understanding would emerge – then confirmation of that understanding would show itself – then confidence would build
- ↳ Symptoms make sense, processes can be trusted
- ↳ At the root of all fear is the idea that God is not in control
- ↳ Our patients must come to expect the therapeutic rationale in all their interactions – then they are protected from standard of care and malpractice

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## Therapeutic Rationale -

Understanding, and action proceeding from understanding and guided by it, is the one weapon against the world's bombardment, the one medicine, the one instrument by which liberty, health, and joy may be shaped or shaped toward, in the individual and in the race.

James Agee

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## Surgery with rationale

- The nutritional status of the patient before, during and after surgery is important to a rapid and successful outcome
- Conditions requiring surgery can significantly deplete the surgical patient and undermine the success, and yet little is done to prepare people to survive and heal well (Injury, accidents, trauma, burns, cancer, illness, fever, infections, loss of blood, etc. all deplete the body's stores and nutritional status)
- These problems are usually compounded by psychological stress and subsequent loss of appetite

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## Feed the patient

- Good nutrition prior to surgery leads to effective wound repair, increases resistance to infection, shortens convalescence, and lowers the mortality rate
- Poor nutrition prior to surgery leads to poor wound healing, scarring, dehydration, edema, excessive weight loss, decubitus ulcers, infection, liver strain, and higher mortality
- More and more studies are revealing what is so apparent – namely that we need to eat well to expect to do well in stressful situations

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## Feed the patient

- National Veterans Affairs Surgical Risk Study of 87,000 non-cardiac surgical cases, nutrition played an important role in surgical success. The preoperative serum albumin levels, an indicator of nutritional status, were the strongest predictors of patients who would show complications or die within 30 days
- A Veterans Affairs Study found that malnourished patients who received postsurgical total parenteral nutrition support had fewer noninfectious complications than controls
- Another study found that the number of days in the ICU and days on a ventilator were highest among those patients that did not receive postoperative enteral feeding. Length of hospital stay, infectious complications, hospital costs, and antibiotic usage were highest in the studies "unfed" group
- In a study of 300 patients undergoing major surgical procedures, malnutrition was associated with increased rates of morbidity and mortality
- In a report by the NIH advocates for the nutrition assessment of surgical patients via laboratory and physical data in combination with a subjective global assessment that includes food intake, maldigestion and malabsorption

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## Nutrient Needs

- The following nutrients are considered essential in surgical situations:
  - Protein to build and repair damaged tissue
  - CHO and fats to spare the protein and furnish energy
  - Glucose necessary to prevent acidosis and vomiting
  - Vitamin C to hasten wound repair and promote collagen synthesis
  - Vitamin B Complex to promote metabolic activity
  - Vitamin K to promote blood clotting
  - Minerals are needed to neutralize acidity and zinc aids in wound healing

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## Protocol – Surgery (begin 2 weeks prior and continue for 3 months)

- ↳ Promote collagen and elastin activity:
  - Gota Kola Complex (4)
  - Collagen C (4)
- ↳ Promote general immune competence:
  - Echinacea Premium (4)
  - PMG of target tissue
- ↳ Promote HPA Axis recovery from trauma and reduce the 'daze':
  - Symplex F/M (6)
  - Hypothalmex/us (2)
  - Black Currant Seed Oil (2)
- ↳ Promote general nutrition:
  - Catalyn (6)
  - Cataplex B (6)
  - Organic Minerals (6)
  - L-Glutamine (1500 mg)
  - Whey Pro Complete (including colostrum)
  - Chlorophyll Perles (4)
- ↳ Reduce inflammatory vectors:
  - Tuna Omega (4)

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## New Product Alert – Read All About It!

Gotu Kola Complex released three months ago is slow to catch on due to lack of awareness on the part of doctors of the requirements for physiological wound and tissue repair. As yet physicians are ignorant of the ways to promote recovery after surgical intervention, and so they let patients go through minor and major surgery with no nutritional and herbal support.

There is so much surgery that it is time to perfect the process with protocols for pre and post surgical events

Gotu Kola Complex:

- Gotu Kola 250 mg (containing 50 mg of Triterpenes) supplies triterpenes that support the production of collagen in new tissue repair
- Grape Seed Extract 30 mg (containing 25.5 mg of Procyanidins) supplies antioxidants that support new tissue repair especially the elastin and existing collagen within vein walls
- Gingko Biloba thins the blood and promotes increased capillary supply and formation leading to more rapid and complete healing with more blood supply

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## Eternal truth -

The problem is not that the truth is harsh, but that liberation from ignorance is as painful as being born.

Run after truth until you are breathless.  
Accept the pain involved in re-creating yourself afresh.

Naguib Mahfouz  
Palace of Desire

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## More Rationale

- Another example of this rationale to introduce hope and increase proactive effort is the consideration of migraines
- What is the mechanism and therefore where would the intervention be most effective
- Most migraine sufferers have to been to experts who have only palliatively cared for the symptoms and discomfort and never spoken of the suspected mechanisms that could be the upstream etiology for the vascular headaches
- And yet speaking of this mechanism begins to identify actions that should be taken to change the factors that cause the suffering
- So let's look at a proposed etiology:

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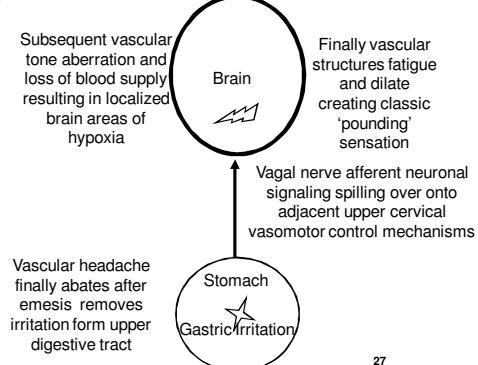


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## Migrainal antecedents schematic




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## Protocol – Migraines

- ↳ Promote upper GI balance and activity: (Usually for 2 months)  
A F Betafood (Graduate to 12/day)  
Choline (4)
- ↳ If migraines persist: (1-2 months duration)  
Livton (4)  
Betacol (6)
- ↳ If migraines persist:  
Remove suspected food allergens
- ↳ If migraines persist: (Repair upper digestive linings)  
Gastrex (6)  
Cataplex AC (10)  
Lact Enz (6)
- ↳ If migraines persist:  
Suspect endocrine disruption as source of trigger  
Symplex F (6)  
Hypothalmex (2)

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## Our healing mission

Every person, all the events of  
your life are there because you  
have drawn them there.

What you choose to do with them  
is up to you.

Richard Bach

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## Sequential Intervention

- ↳ By giving hope through discussion of therapeutic rationale and then accountably determine if the therapy had efficacy it is possible to initiate activity that may assist a person to make the changes that result in healing
- ↳ Sequential intervention and accountable follow-up can show what has worked and what may still need to be employed
- ↳ Allow every condition to become a strategic consideration of possible etiology and therapeutic rationale – people are in search of experts – reveal yourself
- ↳ The comprehensive nature of nutritional therapy means there is always more physiology to optimize and support leaving an individual constantly refining as long as they wish to further improve their status
- ↳ If the practitioner is accountable s/he will be allowed to experiment with reasonable ideas

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## Eternal truth -

I believe that to pursue acquisition is not only futile but self-destructive because ultimately it destroys everything and everyone involved with it. By definition it must, because it nurtures everything except those things that are important: integrity, ethics, truth, our very heart and soul.

Why? The reason is simple:  
Because Life is about giving, not getting.

Hubert Selby, JR.  
*Requiem for a Dream* (Preface 2000)

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