Mentoring the Mentor

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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

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
Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4th Thursday of month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based wholistic 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)

Evoking the innate healing force -

The body is intricately simple and simply intricate. If you produce the right measure for the right condition, you get the right response.

George Goodheart
Review - Distinguish yourself

• It is more apparent why people are choosing alternative health care professionals who specialize in a functional approach
• No matter you 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

Review - 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

Sequential Up-Regulation

• The original sequential Immune Up-regulation was an invention named upon the realization of the process with a patient starting in 1998
• The concept of sequential detoxification and hormonal up-regulation was named after the process was well known about a year ago during a Mentor call by one of the participants
• So now the immune and hormonal up-regulation meet one another as two aspects of one evolutionary event sequentially unfolding for each of our patients
• This presentation will further elucidate these events while superimposing upon a current case and that patients’ progress
• It is the hope that this will describe a more universal process at work in the common and extraordinary cases we undertake with our patients
Anything’s possible …

Virgil

77 years old, surgical recommendation of left leg amputation due to hospital acquired MRSA Staph infection – attempted supplementation resulted in onset of 3 boils 2 days later ultimately porting 9 months later and total amelioration of infection.

Daniel

Chronic abscess under left lower molar with recommendation for extraction prevented through porting and remarkable gum recovery.

Chin Lao – 67 years old entered hospital for routine angioplastic procedure for catheter ablation to correct arrhythmia – hospital acquired infection in the groin resulting in 60 days in hospital, five rounds of IV antibiotics, Sartorius muscle graft and complete removal of all lymph structures in the groin, sent home to die. Entered with severe weakness, entire leg swollen and febrile – 1 month later walked in with 95% of heat in leg gone, graft repairing – the game is on!

Hospital Acquired Infection
Stepping Forward

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

Case Study – Steve
Auto-immune resolution

Case Study – Heyda
Immune Up-Regulation
Chronic Meniere's Disease and impairment due to symptoms
Simple and gradual immune support month after month results in total amelioration of a lifetime pattern
Review - 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

Protocol – MRSA

☞ Increase minerals to reduce acidosis:
  - Calcium Lactate (6) or Powder (2 tsp)
  - Magnesium Lactate (4)
  - Organic Minerals (6)
☞ Increase immune response with Sequential Immune Up-regulation:
  - Immugplex (6)
  - Sesame Seed Oil Perles (6)
  - Thymex (10)
  - Cynuta Plus (6)
  - Andrographis (6)
  - Congaplex (12)
  - Allerplex (12)
  - Gut Flora Complex (4)
  - Whey Pro Complete with Colostrum (IgG)
  - Chaparral
☞ Reduce inflammatory and Immune burden:
  - Remove food allergies
  - Reduce cortisol with low glycemic diet
Brain Health

- The body serves the brain
- The brain serves the body
- The brain and the body serve something
- Survival is important (stress responses, neuroplasticity, physiological resilience, survive the crisis) but then what, what for
- Surviving to thrive – give more, forgive more, think more, imagine more, lead more, embrace more, love more

4 Primary Brain Systems

- Represented by the neurotransmitter and the target tissues it influences
  - Serotonin/Melatonin –
  - Dopamine –
  - Acetylcholine –
  - Glutamate concentrations –

4 Factors Influencing Brain Status

- Neurotransmitter abundance
- Brain inflammatory status determining neuroglial proliferation/ excess
- Brain modulation due to immune cytokine influences
- Hormone modulation of brain status
- Our work is to make the brain make sense and reveal its deeper status to us to liberate the ‘tick-tock’ hypnosis of macroscopic morbidity

(Many say belief systems including core beliefs influence brain status – but what influences these?)
5 - Immune Burdens

- Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
- Infections - Congaplex (15), Thymex(15), Immuplex(9), SSO(9), Allerplex(15), Echinacea(6), Golden Seal(6), Astragulus(4) for bone marrow depression, Cat’s Claw(6)
- Infestations - Zymex II(6), Multizyme(6), Lact Enz(6), Wormwood(6)
- Heavy metal toxicity – Homocysteine pathway & variable protocols

#5 Core Physiologic Principal

- Immune burdens
  - Increased immune and inflammatory responses
  - HPA cytokine modulation
  - Bone marrow fatigue/calcium depletion
  - Increased cavitated infections/toxic accumulations
  - Immune depression
  - Sequential Nutrient Immune up-regulation
  - Disease diagnosis – chronic progression
  - Unburden immune system
  - Drugs & Surgery
  - Cause of death
  - Enhanced IDRS protection
Immune System – 2 Parts

- Generally recognized that there are 2 parts of the immune system

**Innate Immune System** – Inborn initial response to eliminate microbes and infections, immediately or within hours – it is not in any locale or organ, it is in the WBC
  - Each cell is equipped with different mechanisms that allow it to attack and eliminate pathogens from the body demonstrating immune versatility
  - Non-specific defense against pathogens, activates the complement system of inflammatory response
  - Identifies self vs. non-self, complement system triggers inflammation and identifies foreign substances, and activates TH1 adaptive immune system

- **Innate Immune Cells Include:**
  - Mast Cells
  - Natural Killer Cells
  - Phagocytes – Monocytes, Macrophages, Dendritic cells
  - Ranulocytes – Neutrophils, Eosinophils, Basophils

**Adaptive Acquired Immune System** – Learned response precisely addressing threat requiring 5-7 days for adaptive immune modulation to reach full activity and specific lymphocyte presence
  - Results in TH1 cellular phagocytosis or TH2 humoral antibodies
  - TH1 responds to living things (bacteria, fungus, virus)
  - TH2 responds to non-living things (and parasites) including food, pollens, bad fats, heavy metals

Common TH1 & Th2 Cytokines

- **TH1**
  - IL-12
  - IFN – gamma
  - TNF – alpha
  - IL-2
  - GM – CSF

- **TH2**
  - IL-4
  - IL-5
  - IL-10
  - IL-13

- IL-1 and IL-6 (and others) can show both TH1 and Th2 influences

Immune Defense – 5 levels

- A healthy Immune Defense/Repair System (IDRS) equals ample capacity to neutralize foreign items (translate foreignness to friendliness) resulting in no delayed allergies or hypersensitivities
- Five lines of defense:
  1. Mucins – effective polysaccharide traps of toxins, pathogens, immunogens (mucins say if you are foreign, you are excluded)
  2. Secretory IgA (sIgA) – synthesize complex protective proteins
  3. Probiotic Microflora – 8-24 billion mixed flora (9 strains) to degrade toxins and produce nutritives
  4. Mucosal permeability barrier – excludes large molecular weight foreign substances (immunogens, antigens)
  5. Dendritic cells including macrophages, fibroblasts, monocytes, endothelial cells … to recycle foreign invaders and cell debris responding the same to infectious and non-infectious invaders (50 billion consumer cells x 50 organisms / immune reactor = 2.5 trillion items consumed daily – brushing teeth introduces 2-4 million of foreign invaders) – able to handle easily any known pathogen (tuberculosis, Lyme’s, Syphilis, etc.)
Immune Defense – 5 levels
- Healthy Immune function protects
- Five lines of defense:
  1. Mucins – Trappers
  2. Secretory IgA (sIgA) - Binders
  3. Probiotic Microflora – Metabolizers
  4. Mucosal permeability barrier – Excluders
  5. Dendritic Macrophages – Engulfers
- Gut lining promotion with Cataplex AC
  (10), Gastrofiber (6) – soluble fiber, Lact
  Enz (4) – probiotic, Zymex (6) Zymex II
  (6) Garlic MediHerb (4) – infestations,
  Chlorophyll (2) – thickening gut lining

Immune Tolerance
"Don't be so Reactive"
- If it weren't for tolerance we would constantly fighting a war with the
  foreignness everywhere
- Complex feedback system developed through reactor and moderator
  substances activating and suppressing immune inflammatory response
  creating an immune capacity of
tolerance
- Net reactor chemistry x net moderator
chemistry = immune tolerance
- Especially strategic to the autoimmune
  circumstance – goal is to reduce
  immune burdens and promote immune
tolerance and thus reduce immune
reactivity
- Infections, infestations, toxicities,
  allergens, injuries, inoculations, etc.
  create a burden leading out intolerance
  and excessive reactions

Immune mechanisms – schematic
Sequential Immune Up-Regulation

- Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities like sinus, ears, pelvic, intestinal
- Sequential immune bolstering protocols for one month each at therapeutic dosage – “deep cleaning”
- Up regulate immune system gradually beginning with Sesame Oil Pearls (6/day), followed by Thymex (10/day), then Immuplex (15/day), Congaplex (15/day), Allerplex (15/day), Echinacea (4/day), Astragalus (4/day)
- Clear infestations with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (4/day) – also treats mycoplasmic infections
- Finally use Chaparral with high concentration of NDGO (strongest known antioxidant) – will clear systemic infection including bowel dysbiosis and infections

Cytokines – Immune Messages

- Immune response results in the release of cytokines meant to direct local and distant immune function
- These cytokine messenger molecules also drive HPA status and thus determine global brain status
- Cytokines subsequently cause the release of WBC inflammatory mediators to direct the inflammatory process of repair
- Therefore immune status and activity determine HPA/brain settings
- Hypervigilant or depressed immune states reflect in brain states
Protocol – Parasites

- Inhibit nematode activity:
  - Zymex II (4): First month only
  - Multizyme (4): Begin second month with Zymex II

- Inhibit blood flukes and mycoplasmal functional intracellular parasitic activity:
  - Wormwood (4): Begin after Zymex II & Multizyme

- Reduce intestinal acidosis and parasitic fertility:
  - Calamo (4)

- Reduce heavy metal burden:
  - Chelaco (1-2 at bedtime)
  - Parotid (2-4)
  - Spanish Black Radish (6)

- Reduce candidiasis (cousin of parasite activity):
  - Gut Flora Complex (4)
  - Zymex (6)

- S. Bouardi (Saccharomyces strain that eats yeast)

- Promote intestinal barrier integrity and reduce gut availability for parasite infestation:
  - Cataplex AC (12)
  - Prebiotic Inulin (1 Tbsp)
  - L-Glutamine (1.5 g recycling)
  - Colostrum as a source of gamma globulin (42%)
  - Food allergy elimination as reduction of intestinal inflammation

- Primary signs of parasites are acne; especially on face, chest, back, buttocks and shortness of breath

- Only first two steps are usually required to clear parasites

- The following steps may be employed in resistant/chronic re-infestation, in the order they are listed
Protocol – Immune Pillar

- General Immune Up-Regulation
  - Sesame Oleo Perleis (6)
  - Immunplus (6)
  - Coryda Plus (6)
  - Echinacea Premium (4)

- Infection/Acute
  - Thymes (10)
  - Complex AC (12)
  - Congelate (14)
  - Akepap (10)
  - Bronchaid (6)
  - Alfaplas (6) Kidney
  - Aghires (6) Kidney
  - Cal’s Clay Complex (6)
  - Golden Seal (6)
  - Burdock Complex (6)
  - Inf Fighting (100 Drops)

- Infection parasites:
  - Zone 1 (6)
  - Mucyna (6)
  - Lec Enr (6)
  - Mankyrot (6)

- Bone Marrow Depletion
  - Aghires (6)
  - Ashtriglake (6)

The healer’s journey

- Therapeutic rationale – why/what are we doing?
- Racial Possibility
  - Genetic potential
- Results achieved are demonstrated to practitioner and patient
  - Take on greater challenges – expand the scope of practice, raise the bar, set the standard
  - Confidence builds in the law and the ability to normalize

New Medicine

- The sequential up-regulation that everyone needs, some more than others cannot happen all at once
- The new concept emerging in medicine is the idea of “slow medicine” as put forth by Victoria Sweet, MD in her book God’s Hotel published this year
- This is the idea that the slow process corrects more and achieves the profound change necessary for people to heal and live different lives
- It is about doing something for people when apparently nothing can be done, or while waiting to find out what is wrong with them — this in turn discovers physiological potential and returns people too the outworking of there circumstances
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

Change the world
It wants to