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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 every 2nd 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

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## 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

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## 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

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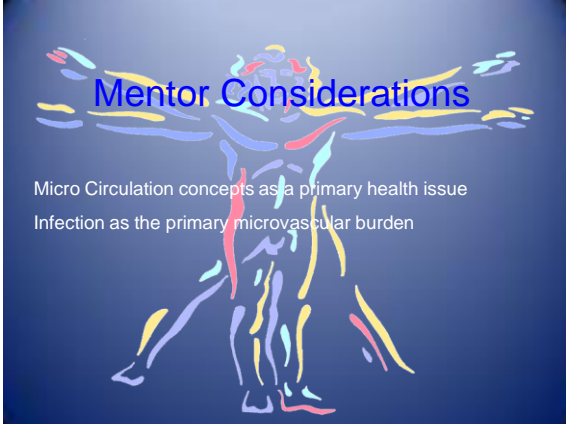
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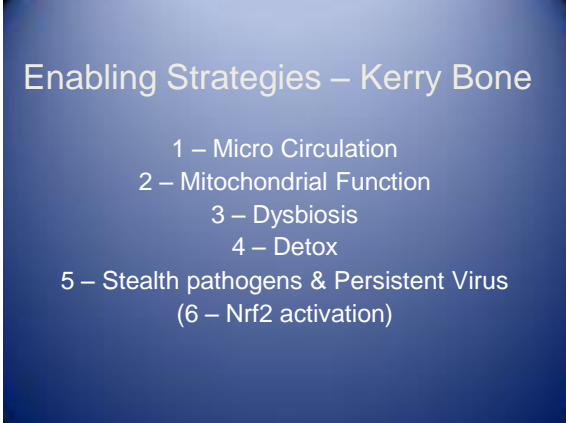
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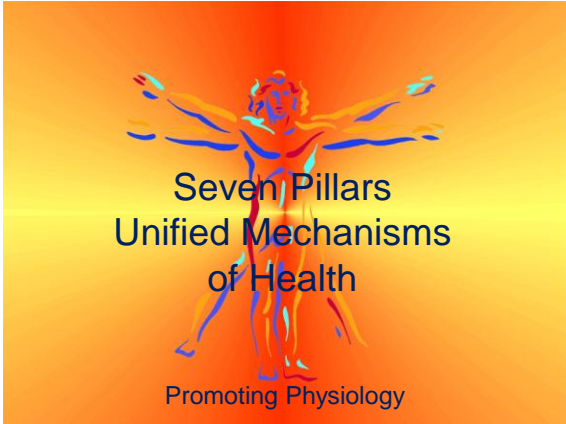
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### 7 Pillars of Healing 7 Unified Mechanisms of Health

- ⌘ Endocrine/Hormonal
- ⌘ Glycemic Management
- ⌘ pH Bioterrain
- ⌘ Immuno-Inflammatory
- ⌘ Circulatory Status
- ⌘ Digestive Potency
- ⌘ Cellular Vitality




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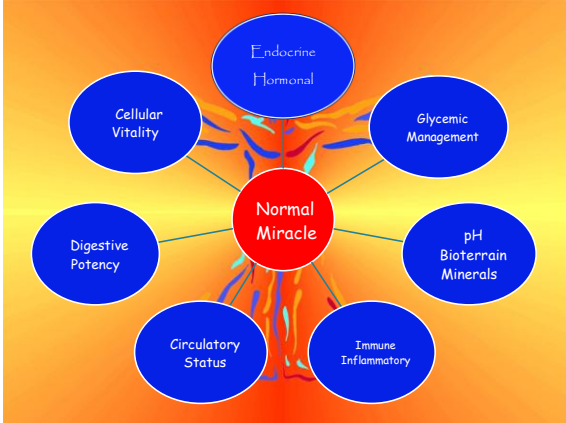
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### Micro Circulation Dynamics




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### Microcirculatory Dynamics -

- ↳ Veins and arteries are considered to comprise the circulatory system and are influenced macroscopically by many factors and controlled through the actions of smooth muscle tone to effect the openness of the large vessel
- ↳ However the largest part of the circulatory system lies beyond these structures and can be called small vessel microcirculation and is not influenced by smooth muscle actions

The reason for this oversight in practice is because there has been very little that can be done to influence the microcirculatory status

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### Microcirculation -

- ↳ “The difficulty of assessing microcirculation in view of the extremely small dimensions of these vessels has been by far the principle reason why this enormous anatomical entity has been essentially neglected for decades ... With very few exceptions, pentoxifylline and the antidiabetic metformin, no specific treatments have been developed for treating disorders at the microcirculatory level.”

Conventional medical approaches to influence this part of physiology are few

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### Microvascular Physiology –

- Small arteries and arterioles dilate or contract to maintain a constant blood flow
- Capillaries are able to regulate their flow by transmitting signals to upstream controlling arterioles

A multitude of factors influence the contraction or relaxation of arterioles – such as innervation, insulin, melatonin, blood viscosity, metabolites, and a key factor is nitric oxide

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**Microcirculatory Events-**

- Microangiopathy is the term linked to this microcirculatory limitation
- While there are no smooth muscles in the small arterioles, venules and capillaries there is a mechanism to effect the degree of dilation and openness – namely the effect of a noble gas called nitric oxide

This gas inside the circulatory pathways promotes openness and supply of blood rich constituents to the distal tissues

- So this discussion means to line of the mechanisms known to influence nitric oxide production and this microcirculatory health

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**Microcirculatory Events-**

- The following list the known influences upon this distal function:
- Bilberry –
- Cocoa –
- Garlic –
- Ginkgo
- Gotu Kola
- Pine Bark Extract or Grape Seed Extract
- Nitric Oxide promotion

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**Microcirculatory Events-**

- Bilberry – reduced symptoms caused by decreased capillary resistance such as bruising, bleeding and occult fecal bleeding – reduced microcirculatory changes in cortisone therapy and improved diabetic retinopathy and improved post surgical recovery
- Cocoa – in one clinical trial the impairment of endothelial function lining blood vessels was reduced
- Garlic – increased capillary skin perfusion by 55% and increased calf blood flow by 15% in only 7 days of administration
- Ginkgo – improves vision in patients with glaucoma
- Gotu Kola – improved micro circulatory status and reduced edema in multiple studies
- Pine Bark Extract or Grape Seed Extract – increases microcirculatory perfusion
- Nitric Oxide promotion – increased with L-Arginine or L-Citrulline and betaine

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The 5 Point Dietary Plan – Kerry Bone

- 1 – Boost dietary nitrate intake with green leafy vegetables especially beets
- 2 – Increase cocoa: 85% chocolate 20 g/day or 2/3 oz
- 3 – Increase berry anthocyanin intake: 2-3 oz/day of blueberries, strawberries, raspberries, blackberries
- 4 – Garlic – 1/2 to 1 clove per day
- 5 – Increase herbs and spices – green tea (3-4 cups/day), turmeric, ginger

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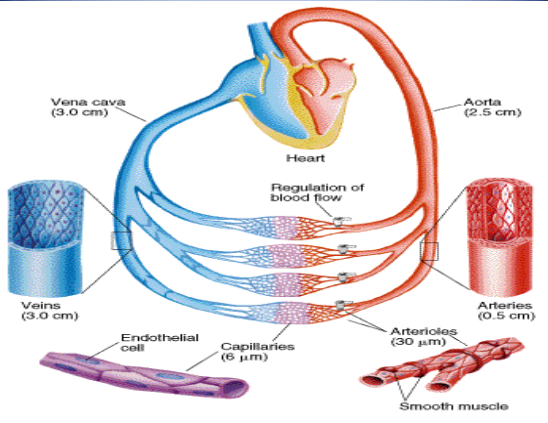
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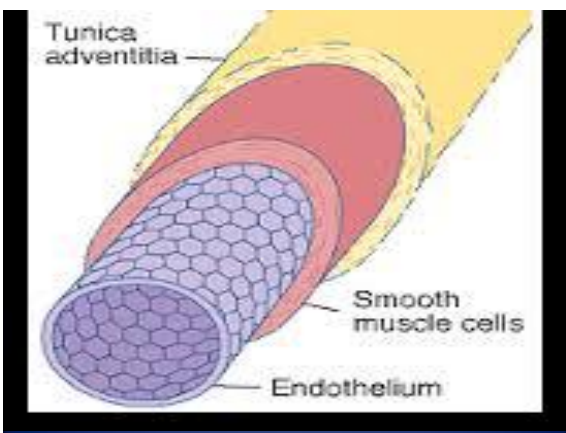
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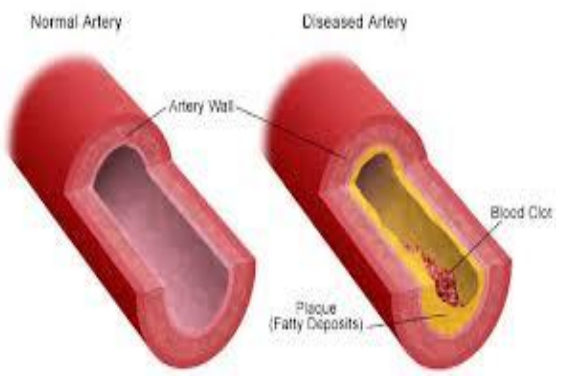
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**Diseased Artery**



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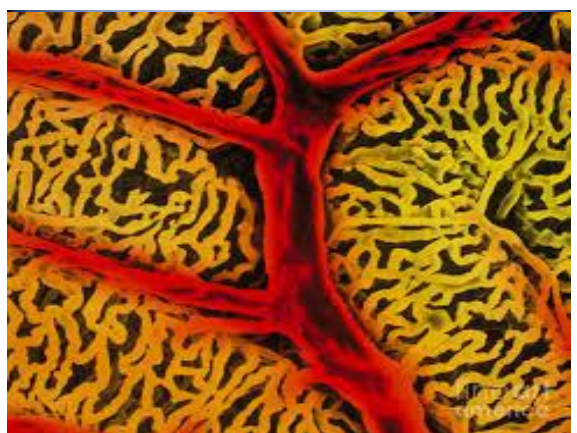
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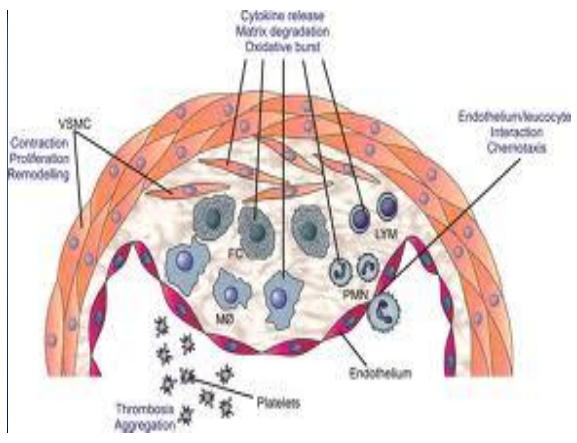
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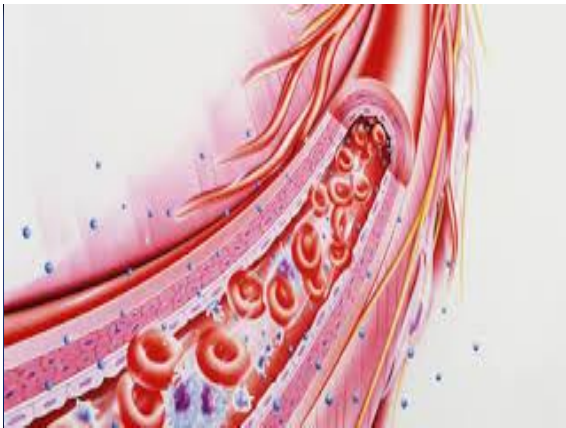
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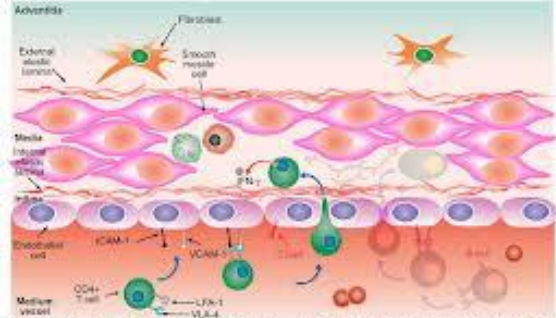
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**Recruitment of CD4+ T cells to vascular endothelium.**



CD4+ T cells in the circulation express cell adhesion molecules LFA-1 and VLA-4 that recognize ICAM-1 and VCAM-1 expressed on activated endothelial cells. CD4+ T cells use these receptors to facilitate extravasation into the vascular subendothelium where they secrete proinflammatory cytokines such as IFN- $\gamma$  to enhance the immune response. IFN- $\gamma$  secretion enhances the maturation of monocytes into macrophages with increased phagocytic and antigen presenting ability.

[immunopedio.org](http://immunopedio.org)

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### 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 the adaptive immune system
  - ↳ Innate Immune Cells include:
    - ↳ Mast Cells
    - ↳ Natural Killer Cells
    - ↳ Phagocytes – Monocytes, Macrophages, Dendritic cells
    - ↳ Granulocytes – 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

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### 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

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### Efflux pumps and bacteria

- ↳ Milk thistle and Berberine have been found to inhibit the active efflux pump in certain bacteria (Staph) and thus inhibit the germ's resistance to remediation by drugs and theoretically host immune response as well

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## 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

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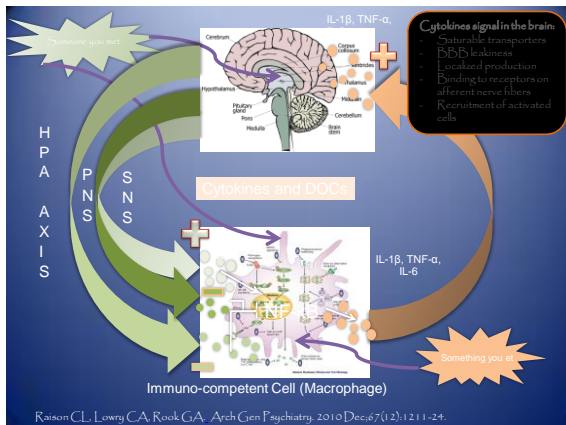
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## Immune Tolerance

"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 teasing out intolerance and excessive reactions

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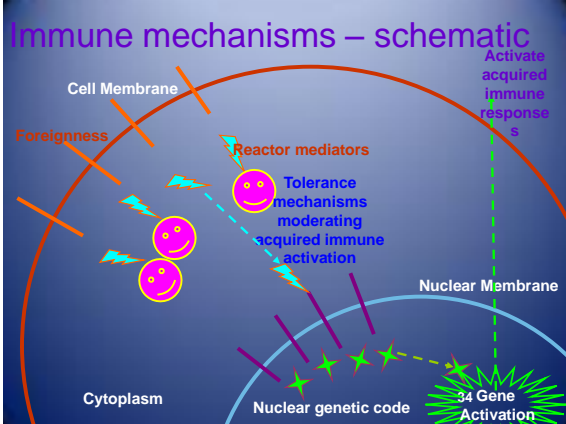
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### Sequential Immune Up-Regulation

- 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 Perles (6/day), followed by Thymex (10/day), then Immuplex (6/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

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### Protocol for stealth pathogens

- Sequential Immune Up-Regulation – graduated immune sparing due to reduction of immune burdens
- Neuro-endocrine support – HPA support – Symplex F 3 bid, Hypothalamex 1 bid, Black Currant 1 bid
- Ongoing hemopoietic and lymph support to assist in the processing of cellular debris and infection remediation
- Final amplification of nutritional therapy to promote immune aggression toward sequestered stealth pathogens
- This would include the following possibly:
  - Cat's Claw Complex 2 bid
  - Immuplex 3 bid
  - Sesame Oil 3 bid
  - Ostrophin 2 bid
  - Whey Pro Complete 2 scoops daily (source of IgG found in colostrum)
  - Berberine 2 bid or sourced from Gut Flora or Golden Seal
  - Myrrh tincture 3 droppers twice daily from Weed Botanical
  - Enzymes to promote cellular cleansing – Multizyme 2 tid, Zypan 2 tid
  - Ongoing liver support – Livco 2 bid, betacool 2 bid

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## Fiber Sources

### Food sources –

- 1 Fruit
- 2 Vegetables – Okra, Eggplant
- 3 Whole grains
- 4 Seeds & nuts
- 5 Pulses & legumes
- 6 Salad vegetables
- 7 Mushrooms

### Herbal sources –

- Slippery elm, Inulin, Marshmallow

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## Learning wisdom -

Anything can cause anything!

Anything can effect anything!

Everything relates to everything!

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## Body Circuits

- Relationships between body systems and parts is mysterious and challenging to determine
- This is a brief overview to consider the complexity and initial decoding that may help free the somatic system from some of it stubborn chronicity
- Many approaches describe the inter-relatedness between the musculoskeletal system and the visceral (eg. Applied Kinesiology)

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## The Circuit Board

- Often the complexity of our devices these days frustrate people when things don't work, like the cell phone or computer, and yet if one has the code and understanding of the background circuits it is almost magic and such relief to see how easily things can be corrected and remedied
- The following describe basic relationships between joints and muscles and organs or glands

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## General coding

- The following describe well understood relationships between viscera and the somatic system, as well as less well known but clinically obvious connections
  - Sub-occipital upper cervical discomfort – upper digestive stomach
  - TMJ - hepatobiliary
  - Upper thoracic "rhomboids" – hepatobiliary
  - Lowback lumbosacral – lower intestine
  - Sacro-Iliac – adrenals
  - Sacral and tailbone – urinary tract and bladder
  - Elbows and knees – hepatobiliary
  - Shoulders – pancreas, prostate, lungs

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## General coding

- Wrists – Heart
- Thenar/thumbs – hepatobiliary
- Hips – lower intestine
- Quadriceps – small intestine
- Hamstrings – large intestine
- Adductors – adrenals
- Knees – hepatobiliary
- Calves (Gastroc & Soleus) – Adrenals
- Achilles – Adrenals
- Ankles – Urinary tract and Bladder

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### Building the story

- Through multiple convergent findings by global interviewing it becomes obvious that there is an underlying event expressing itself through multiple faces and describing one circuit
- So for example someone with basal headaches, right knee pain and left rhomboid aching is clearly describing one circuit with multiple presentations – hepatobiliary
- Once a target is sighted sequential upregulation and accurate interviewing will reveal the potency of strengthening the deeper circuit instead of just treating the symptoms that are somatically 'barking'
- As well it may be necessary to strengthen a circuit multiple times over months with multiple approaches to instill strength and tonal change in the tissue

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### VisceroSomatic Relationship

Find a chronic somatic problem.  
 Test for polarity – positive or negative.  
 Test for level of body relatedness, then test within level for specific weakness that correlates with somatic issue.  
 Find nutrient device(s) to strengthen that weakness.  
 With nutrient device in place recheck original somatic issue for additional visceral relations and strengthen accordingly. Continue until somatic issue stays strong.  
 All chronic weaknesses have a persistent inherent circuitry that reinforces the musculoskeletal issue.

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### SomatoLimbic Relationship

The body is a circuit board for the flow of spirit wherein each organ and system represent specific devices to translate vibrational reality into physical function.  
 When we say chemical imbalances impair psychologically and spiritually it is because we recognize that biochemistry and physiology are the means we have to translate eternal reality (spirit) into temporal expression and experience (body & ego).  
 Each disease relates to a pattern of thinking and difficulty that is as much part of the healing as the physiology. Likewise health creates a pattern of thinking and wisdom. We are the 'feng shui' experts of the physical body.  
 Although strictly physical in our approach we are impacting the thinking and emotional development and even the spiritual realization, just as Jesus did in the wilderness fasting for 40 days before he began his outward ministry and many eastern traditions direct as a path to enlightenment.

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## SomatoLimbic Relationship

- Passionate - **Liver** – Anger & Frustration
- Forgiving - **Gallbladder** – Resentment
- Connection - **Lungs** – Grief & Separation
- Peace - **Heart** – Troubled
- Self loving - **Spleen** – Low Self Esteem
- Abundance - **Pancreas** – Complaining
- Unmoved - **Stomach** – Triggered & Reactive
- Confidence – **Kidneys** – Fear & Regret
- Flexible - **Colon** – Dogmatic Positioning
- Containment - **Uterus** – Histrionic
- Assertive - **Prostate** – Aggressive
- Creativity - **Gonads** – Barren & Unimaginative <sup>46</sup>

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## Looking to the source -

Upstream circuitry takes us to sources that are far less impressive that the downstream events compelling action.

The source of the Nile River is far less impressive that the river as it winds through Egypt.

Yet introducing change in a more subtle source can meet much less resistance and be more far reaching on multiple levels than struggling with the impressive downstream imbalances.

As well upstream changes will reveal more global changes and thus show the intricacy of relationships to the practitioner.

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## How do we think without proof -

It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure.

Albert Einstein

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### Principles at work

- Sufficient clinical observation allows mechanisms to be revealed that will remove the idiopathic mystery of hypertension and return it to a simple physiological modulation and resultant augmentation in function, balance, tissue fortification and promotes healthy genetic expression
- This allows the symptom resolution to occur as a result of system 'mosaic' change, and then of course the downstream events occur
- The longing in the public is for this sort of detective work to find the cause and make the correction – increasingly food is seen as medicine and people are asking more and more for what foods will change their health patterns

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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
- ↻ Promote an understanding of intervention that creates evolutions in individual physiology and show the effect of that intervention
- ↻ See the concept of micro circulation dynamics as a unified mechanism of disease and a source to health
- ↻ 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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