Mentoring the Mentor

Whenever needed …

We all have reservoirs of life to draw upon, of which we do not dream.

William James

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

Each participant attends monthly teleconferences (1 hour in duration, 4th Wednesday 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.

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.
Mentor Considerations
Basic considerations of polyendocrine glandular immune burdens and immune-inflammatory modulation as an incremental remediation
To elaborate the clinician’s ability to promote wellness

Next Year’s Seminar

- Immune Balance – Addressing Microbial Dysregulation

Immune Considerations
- Immune cytokine tone – Gut/brain symphony
- Immune Burdens – Cavitated, sequestered, stealth infection/infestation
- Immune Amplitude – Hypervigilant vs. Docile states
- Immune Vitality – Feed the hemopoietic tissue
What are we seeing?

- It seems practice is presenting commonly widespread fatigue and immune-inflammatory symptoms and subtle to severe neurological impairment
- Some of the common themes I am caring for lately in practice have elaborated a generalized understanding and global concept to employ

Polyendocrine Burdens

- Multiple endocrine burdens present as:
  - Fatigue
  - Thyroid signs
  - Mid morning and afternoon slumps/crashes
  - Mentation limits
  - Loss of libido
  - Depression
  - Overwhelm
  - Diverse and diffuse symptoms including autoimmune and immune dysregulation
- Until two years ago it had not occurred to me to check for infection burdens in the glandular system, and now it seems to be an explanation of why the clinical picture paints the way it does

Coupling The Sequential immune Up-regulation and the NeuroEndocrine Pillars

- Sequential immune bolstering processes and unburdening the regulatory endocrine tissues of apparent microbial presence seems to restore vitality to the ability to adapt and thrive
- The other way to profoundly amplify immune vigilance and this address the chronic and cavitated burdens is with inflammatory modulation – the primary way to impact this is with diet modification and the use of various supplements
- Five day elimination of the 13 primary inflammatory foods can be an excellent way to instill immediate hope and modulate the system
**NeuroEndocrine Complexity**

- Gut Brain Interplay
- Endocrine Balance
- Neurotransmitter Brain Status
- Cytokine Immune Inflammatory Status – Immune & stealth pathogenic burden
- Glycemic Balance

**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

**Immune Cytokine Tonality**

- Gut hygiene and management promotes healthy interferon production and cytokine signaling – in contrast an unhealthy gut promotes immune dysregulation and amplification
- Brain neurotransmitter balance directly effects immune status and determines the immune setting
Zymex II

Proprietary Blend: 884 mg
Defatted almond (nut)†, fig (fruit)†, papain†, bromelain†, amylase†, lipase†, and cellulase†.

Multizyme

Proprietary Blend: 410 mg
Fig (fruit)†, defatted almonds†, pancreatin (3x)†, stearic acid (vegetable source)†, bromelain†, lipase†, cellulase†, papain†, and amylase†.

Zymex

Proprietary Blend: 910 mg
Defatted wheat (germ)†, lactose (milk)†, and enzymatically processed Tillandsia usneoides† and beet (root)†.
Wormwood Complex

- Calcium: 20 mg
- Stemona root 5:1 extract from Stemona sessilifolia root: 1.0 g (200 mg)
- Black Walnut hull 4:1 extract from Juglans nigra hull: 100 mg (25 mg)
- Wormwood herb 4:1 extract from Artemisia absinthium herb: 100 mg (25 mg)
- Clove bud (Syzygium aromaticum) essential oil: 20 mg

Vitanox

- Calcium: 40 mg
- Rosemary leaf 5:1 extract from Rosmarinus officinalis leaf: 1.0 g (200 mg)
- Green Tea leaf 25:1 extract from Camellia sinensis leaf: 4.2 g (166.7 mg)
- Turmeric rhizome 25:1 extract from Curcuma longa rhizome: 2.0 g (80 mg)
- Grape seed 120:1 extract from Vitis vinifera seed: 6.0 g (50 mg)

Cats Claw Forte

- Calcium: 40 mg
- Cat's Claw bark 5:1 extract from Uncaria tomentosa bark: 2.1 g (233.4 mg)
- Containing pentacyclic oxindole alkaloids: 5.7 mg
Garlic Forte

- Calcium 80 mg
- Garlic bulb 12:1 extract from *Allium sativum* bulb 3.6 g
  Containing allin 12 mg
- Garlic (*Allium sativum*) bulb powder 45 mg

Black Walnut Hulls

- Black Walnut hull 1:10 extract from *Juglans nigra* hull 500 mg
  5 mL

Yeast is the Beast

- Candida hides from the immune system behind biofilms which render the immune control impotent
- Thymol is a factor found in oregano oil which breaks down these biofilms
- This is essential in helping the immune system to catch up to and accomplish the fungal overload
### Gut Flora Complex

- **Anise (Pimpinella anisum) fruit essential oil**: 125 mg
- **Andrographis ariel parts 10:1 extract from Andrographis paniculata ariel parts 1.0 g**
  - Containing andrographolide 10 mg: 100 mg
- **Phellodendron stem bark 20:1 extract from Phellodendron amurense stem bark 1.6 g**
  - Containing berberine 36 mg: 80 mg
- **Oregano (Origanum vulgare) leaf essential oil**: 75 mg
- **Gentiana lutea herb**: 1.0 g
- **Tangerine fruit peel essential oil, cold pressed**: 12.5 mg

### Cataplex AC

- **Vitamin A**: 1,500 IU
- **Vitamin C**: 11 mg

  **Proprietary Blend: 490 mg**
  - Echinacea (root)†, calcium lactate, sweet potato†, carrot (root)†, bovine adrenal†, bovine kidney†, nutritional yeast†, magnesium citrate, alfalfa flour†, dried alfalfa (whole plant) juice†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, bovine bone†, defatted wheat (germ)†, oat flour†, sunflower lecithin†, veal bone†, vitamin E (sunflower), rice (bran)†, and carrot oil†.

### Digest Forte

- **Gentian root 2:1 extract from Gentiana lutea root**: 100 mg
- **Tangerine fruit peel 5:1 extract from Citrus reticulata fruit peel**: 100 mg
- **Feverfew leaf 3:1 extract from Tanacetum parthenium leaf**: 66.7 mg
- **Ginger rhizome 10:1 extract from Zingiber officinale rhizome**: 25 mg
- **Wormwood herb 4:1 extract from Artemisia absinthium herb**: 25 mg
- **Tangerine (Citrus reticulata) fruit peel essential oil, cold pressed**: 12.5 mg
Prosynbiotic

Proprietary Blend: 1,700 mg
Inulin, galactooligosaccharide (GOS) (milk), and probiotic blend (S. boulardii, L. acidophilus, LA-5®, L. paracasei, L. casei 431®, and Bifidobacterium, BB-12®) (4 billion cfu).

Immune Burdens and Fatigue

- Acute and chronic cavitated infections or infestations and stealth infections fatigue and burden the system to the point of being hypo-functional.
- The sequential immune up-regulation is the only way to address the mixed infection syndrome that “everyone” carries.

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 (d IgA) – synthesize complex protector 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 hinge easily any known pathogen (tuberculosis, Lyme’s, Syphilis, etc.)
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.
- Immune status and activity determine HPA/brain settings.
- Hypervigilant or depressed immune states reflect in brain states.

Sequential Immune Up-Regulation

- Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities like sinus, ear, 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 (15/day), then Immuplex (6/day), Congaplex (15/day), Allerplex (15/day), Echinacea (4/day), Astragulus (4/day).
- Clear infestations with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (4/day) – also treats mycoplasmic infections.
- Finaly use Chaparral with high concentration of NDGO (strongest known antioxidant) – will clear systemic infection including bowel dysbiosis and infections.

Immune Burdens

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

- **Immune burdens**
  - Increased immune and inflammatory responses
  - Bone marrow fatigue/calcium depletion
  - Increased cavitated infections/toxic accumulations
- **Immune depression**
  - HPA cytokine modulation
  - Sequential Nutrient
- **Unburden immune system**
  - Disease diagnosis – chronic progression
  - Drugs & Surgery
  - Cause of death
- **Cleansing infection/infestation/toxicity**
- **Immune up-regulation**
  - HPA cytokine modulation

### Protocol – Immune Pillar

- **General Immune Up-regulation**:
  - Sesame Oil Perles (6)
  - Immuplex (6)
  - Cyruta Plus (6)
  - Echinacea Premium (4)
  - Infection (Acute)...
- **Infestation parasites**:
  - Zymex II (6)
  - Multizyme (4)
  - Lact Enz (4)
  - Wormwood (4)
- **Bone Marrow Depletion**:
  - Arginex (6)
  - Astragalus (4)

### Thymex

- **Cholesterol**: 5 mg
- **Vitamin C**: 5 mg

**Proprietary Blend: 370 mg**
- Calcium lactate, bovine thymus
- Cytosol™ extract†, and magnesium citrate.
**Congaplex**

Vitamin A  900 IU  
Vitamin C  6 mg  
Calcium  80 mg  
Magnesium  15 mg  

**Proprietary Blend: 638 mg**
Bovine thymus Cytosol™ extract†, ribonucleic acid†, bovine bone†, carrot (root)†, nutritional yeast†, defalted wheat (germ)†, bovine adrenal†, sweet potato†, dried alfalfa (whole plant) juice†, oat flour†, alfalfa flour†, bovine kidney†, veal bone†, veal bone PMG™ extract†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, rice (bran)†, sunflower lecithin†, vitamin E (sunflower), and carrot oil†.

**Allerplex**

Vitamin A  525 IU  
Vitamin C  4 mg  
Calcium  20 mg  
Magnesium  12 mg  

**Proprietary Blend: 830 mg**
Tillandsia usneoides†, fenugreek (seed)†, bovine hydrochloride†, soy (bean)†, bovine lung PMG™ extract†, carbamidet, oat flour†, bovine adrenal PMG™ extract†, carrot (root)†, sweet potato†, bovine liver fat extract (yakrit)†, alfalfa flour†, dried alfalfa (whole plant) juice†, bovine bone†, dried buckwheat (leaf) juice†, defalted wheat (germ)†, bovine kidney†, veal bone†, sunflower lecithin†, rice (bran)†, vitamin E (sunflower), and carrot oil†.

**Immulpex**

Vitamin A  1,000 IU  
Vitamin C  54 mg  
Vitamin E  7.4 IU  
Vitamin B12  2 mg  
Folic Acid  100 mcg  
Vitamin B6  2 mcg  
Iron  5 mg  
Zinc  9 mg  
Selenium  6 mcg  
Copper  180 mcg  
Chromium  30 mcg  

**Proprietary Blend: 538 mg**
Bovine liver PMG™ extract†, veal bone PMG™ extract†, nutritional yeast†, bovine spleen PMG™ extract†, bovine thymus Cytosol™ extract†, bovine liver†, bovine spleen†, and ovine spleen†.
### Livco

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>90 mg</td>
</tr>
<tr>
<td>Schisandra fruit 6:1 extract from Schisandra chinensis</td>
<td>167 mg</td>
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<tr>
<td>Rosemary leaf 5:1 extract from Rosmarinus officinalis</td>
<td>100 mg</td>
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<tr>
<td>Milk Thistle seed 70:1 extract from Silybum marianum seed 2.1 g</td>
<td>30 mg</td>
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<tr>
<td>Holy Basil herb 5:1 extract from Andrographis paniculata herb 1.0 g</td>
<td>100 mg</td>
</tr>
<tr>
<td>Contains flavonoids</td>
<td></td>
</tr>
<tr>
<td>Calc. as silybin 24 mg</td>
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### Andrographis

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<tbody>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract from Echinacea angustifolia root 500 mg</td>
<td>125 mg</td>
</tr>
<tr>
<td>Holy Basil herb 5:1 extract from Ocimum tenuiflorum herb 500 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Andrographis herb 10:1 extract from Andrographis paniculata herb 1.0 g</td>
<td>100 mg</td>
</tr>
<tr>
<td>Contains andrographolide</td>
<td>10 mg</td>
</tr>
<tr>
<td>Holy Basil (Ocimum tenuiflorum) herb essential oil</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

### Echinacea Premium

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>90 mg</td>
</tr>
<tr>
<td>Echinacea root 4:1 extract from Echinacea angustifolia root 600 mg</td>
<td>150 mg</td>
</tr>
<tr>
<td>Contains alkylamides</td>
<td>2.0 mg</td>
</tr>
<tr>
<td>Echinacea root 6:1 extract from Echinacea purpurea root 675 mg</td>
<td>112.5 mg</td>
</tr>
<tr>
<td>Contains alkylamides</td>
<td>2.1 mg</td>
</tr>
</tbody>
</table>
Immune Amplitude and Balance

- Vitalization of the gut flora is the best way to strengthen the immune system, and can be accomplished with pre and probiotic support.

- Indeed the seminar next year intends to show how to augment TH1 and TH2 pathways by employed certain strains of flora replacement.

- And then how to assess for the hypervigilant amplified immune state that is so expensive to longevity vs the immune docility at risk for crisis.

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Digest Forte

- Gentian root 2:1 extract from *Gentiana lutea* root 200 mg
- Tangerine fruit peel 5:1 extract from *Citrus reticulata* fruit peel 500 mg
- Feverfew leaf 3:1 extract from *Tanacetum parthenium* leaf 200 mg
- Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 250 mg
- Wormwood herb 4:1 extract from *Artemisia absinthium* herb 100 mg
- Tangerine (*Citrus reticulata*) fruit peel essential oil, cold pressed 12.5 mg

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Prosynbiotic

**Proprietary Blend: 1,700 mg**

Inulin, galactooligosaccharide (GOS) (milk), and probiotic blend (S. boulardii, L. acidophilus, LA-5®, L. paracasei, L.casei 431®, and *Bifidobacterium*, BB-12®) (4 billion cfu).
Immune Vitality and Resilience

- The immune system arises from certain tissues which allow for ample production of the protector and messenger cells – these tissues are fatigued and weak from lack of nutrition.

- Feed the following:
  - Bone Marrow – Sesame Oil, Blost, Ostrophin, Astragalus, Colostrum
  - Spleen – Spleen PMG, Spleen Dessicated, Immuplex
  - Liver – Silymarin, Livaplex, Betacol, Hepatrophin, Vitanox
  - Thymus – Thymus PMG, Thymex, Colostrum
  - Lymph nodes – Spanish Black Raddish, Albaplex, Poke Root

Sesame Oil Perles

Sesame Oil Perles

Sesame (seed) oil 385 mg

Determining Food Allergies

- Blood type sensitivities  Eat For Your Blood Type, D’Amatto
- Most food allergies are delayed sensitivity reactions – difficult to objectively determine
- Elisa Act lymphocyte response assay Dr. Russell Jaffe Serimmune Labs, Virginia, 800/525-7372
- Elimination is the most accurate and labor intensive - 2 week elimination then reintroduce and watch for 4 days for reactions
- Histaminic Reactions (rash, red eyes, serous secretions) vs. Immune Activity (fever, catarrhal, lymphatic congestion, aching)
- Basic 4 allergies that most complicate healing process – wheat (gluten), corn, soy, milk (casein)
- Additionally suspect chocolate, peanuts, tomatoes, beef
**Generalization of allergen**

- Milk allergy is primarily casein protein intolerance commonly seen in respiratory and atopic symptoms.
- Wheat allergy is primarily a gluten protein intolerance commonly effecting GI symptoms and hyper tension & siderosis.
- Corn allergy is primarily a zein protein intolerance commonly effecting neurological symptoms.
- Soy allergy is more acquired and therefore can be unlearned commonly effecting acne, rosacea and paranasal rashes.

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**Food Allergies – Now & Later**

<table>
<thead>
<tr>
<th>Immediate response within hours or next day</th>
<th>Delayed response onset 2-7 days later</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histaminic</td>
<td>Immunological – viral, bacterial, parasitic</td>
</tr>
<tr>
<td>Red, burning eyes, serous secretions (clear)</td>
<td>Colds &amp; Flu – WBC mediated response</td>
</tr>
<tr>
<td>Tiredness, sleepiness</td>
<td>Achiness</td>
</tr>
<tr>
<td>Headaches</td>
<td>Catarrhal, phlegm (colored)</td>
</tr>
<tr>
<td>Mood changes, irritability</td>
<td>Fever</td>
</tr>
<tr>
<td>Rashes, hives</td>
<td>Eczema</td>
</tr>
<tr>
<td>Nausea, cramps, diarrhea</td>
<td>Emesis</td>
</tr>
<tr>
<td>Loss mental acuity</td>
<td>Elevated C-reactive protein, SED rate, AA:EA ratio</td>
</tr>
</tbody>
</table>

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**Allergic Events schematic**

- Blood/lymph fluids
- Infections process
- Viruses
- Foreignness
- Immune response
- Irritation leading to infestation
- Gut lining
- Gut lumen
- Allergens
- Tissue/cell structures

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**SED rate, AA:EA ratio**
Neuro chemistry - Endorphins

- Food allergens can create morphine-like endorphins that may modulate vascular supply to regional brain areas – this has been observed on pet scans
  - Caseinomorphins derived from milk protein allergy
  - Glutenomorphins derive from gluten allergy
- This is the emerging biochemistry of how allergens can influence autism, ADHD, and neurological function

Primary Inflammatory Foods

- There are 13 primary inflammatory foods
- To reduce these is to dramatically reduce the inflammatory amplitude systemically
- Milk
- Corn
- Gluten
- Soy
- Peanuts
- Beef
- Tomato
- Chocolate
- Rice
- Nuts
- Sesame
- Peas
- Eggs
- And Sugar – creates inflammatory cascades and significant gastric hyperemia and many people are actually allergic to beet/cane sugar
Primary Inflammatory Foods
- There are 14 primary inflammatory foods
- To reduce these is to dramatically reduce the inflammatory amplitude systemically
- Milk
- Corn
- Gluten
- Soy
- Peanuts
- Beef
- Tomato
- Chocolate
- Rice
- Nuts
- Sesame
- Peas
- Eggs
- Sugar

Inflammation
- The Anatomy of Pain
- We all know what pain feels like, but few of us know the biology behind the “ouch” factor. Pain is a result of inflammation. When you are injured, the body responds with cyclooxygenase-2 or COX-2, a recently discovered enzyme related to COX-1. While COX-1 enzymes are responsible for maintaining balance in the stomach and kidneys, COX-2 involves turning a stored fat called arachidonic acid into prostaglandins, which inflame injured areas and lead to pain.
7 Pillars of Healing

7 Unified Mechanisms of Health

- Endocrine/Hormonal
- Glycemic Management
- pH Bioterrain
- Inflammatory status
- Immune burdens
- Circulatory Status
- Digestive Potency

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.
- 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.
The greatest use of your time

Think New Thoughts

Change the world
It wants to