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

Mentoring the mentor:

- 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 fungal and yeast overgrowth as an etiology for immune crisis and tolerance of danger

To elaborate the clinician’s ability to promote wellness

7 Pillars of Healing

7 Unified Mechanisms of Health

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

- Endocrine/Hormonal – Disruption & Depression
- Glycemic Management – Insulin/Cortisol Dysregulation
- pH Bioterrain – Net Acid Excess
- Inflammatory Status – Cumulative Repair Deficit
- Immune Burden – Toxicity, Infection & Infestation
- Circulatory Status – Arterial, Venous & Lymphatic Competence
- Digestive Potency – Fuel absorption, waste removal, Immune modulation

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), Alleplax(15), Echinacea(6), Golden Seal(6), Astragalus(4) for bone marrow depression, Cat’s Claw(6)
- Infections - 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
- Increased cavitated infections / toxic accumulations
- Decreased protection from abnormal cell activity
- Disease diagnosis / chronic progression
- Bone marrow fatigue / calcium depletion
- Enhanced IDRS protection
- IHPA cytokine modulation
- Unburden immune system
- Enhance immune system
- Bone marrow repletion / immune liberation
- Disease diagnosis / chronic progression
- Bone marrow repletion / immune liberation
- Immune up-regulation
- Increased immune and inflammatory responses
- Increased cavitated infections / toxic accumulations
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- Bone marrow repletion / immune liberation
- Immune up-regulation
## 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.
  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.)

## 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.

## 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.
### Protocol – Immune Pillar

- **General Immune Upregulation:**
  - Sesame Oil Perles (6)
  - Immuplex (6)
  - Cyruta Plus (6)
  - Echinacea Premium (4)

- **Infection (Acute or Chronic):**
  - Thymex (10)
  - Cataplex AC (12)
  - Complex (14)
  - Allerplex (14)
  - Broncaxed (6)
  - Mastaxed (6) Kidney
  - Arginex (6) Kidney
  - Cat's Claw Complex (4)
  - Golden Seal (4)
  - Burkuck Complex (6)
  - Inf Fighter (100 Drops)

- **Infestation parasites:**
  - Zymex II (6)
  - Multizyme (6)
  - Lact Enz (4)
  - Wormwood (4)

- **Bone Marrow Depletion:**
  - Arginex (6)
  - Astragula (4)

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### Sesame Oil Perles

- **Sesame (seed) oil** 385 mg

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### Thymex

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

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

- Calcium: 18 mg
- Sodium: 22 mg

**Proprietary Blend:** 215 mg Bovine thymus PMG™ 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†, defatted 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)†, betaine hydrochloride†, soy (bean)†, bovine lung PMG™ extract†, carbamidate†, oat flour†, bovine adrenal PMG™ extract†, carrot (root)†, sweet potato†, bovine liver fat extract (yakriton)†, alfalfa flour†, dried alfalfa (whole plant) juice†, bovine bone†, dried buckwheat (leaf) juice†, defatted wheat (germ)†, bovine kidney†, veal bone†, sunflower lecithin†, rice (bran)†, vitamin E (sunflower), and carrot oil†.
Dr. Stuart White

Mentoring the Mentors

July 27, 2016

Immuplex

- Vitamin A: 1,000 IU
- Vitamin C: 22 mg
- Vitamin E: 7.4 IU
- Folic Acid: 2 mg
- Vitamin B₁₂: 2 mcg
- Iron: 5 mg
- Zinc: 9 mg
- Selenium: 6 mcg
- Copper: 180 mcg
- Chromium: 30 mcg

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

Albaplex

- Vitamin A: 1,000 IU
- Vitamin C: 12 mg
- Niacin: 10 mg
- Vitamin B₆: 2 mg

Proprietary Blend: 925 mg of Choline bitartrate†, dried kidney (bean) juice†, oat flour†, betaine hydrochloride†, bovine liver PMG™ extract†, Tillandsia usneoides†, inositol†, calcium glycerophosphate, bovine adrenal†, bovine kidney PMG™ extract†, nutritional yeast†, carrot (root)†, sweet potato†, bovine thymus Cytosol™ extract†, soy (bean)†, dried pea (vine) juice†, bovine liver†, dried buckwheat (leaf) juice†, buckwheat (seed)†, dried alfalfa (whole plant) juice†, mushroom†, bovine bone†, bovine kidney†, defatted wheat (germ)†, dried beet (leaf) juice†, defatted wheat (germ)†, dried beet (leaf) juice†, nutritionally processed Tillandsia usneoides and beet (root)†, rice bran†, vitamin E (sunflower), and sunflower lecithin†.

Arginex

- Vitamin A: 990 IU

Proprietary Blend: 353 mg of Dried buckwheat (leaf) juice†, buckwheat (seed)†, dried pea (vine) juice†, oat flour†, bovine liver†, beet (root)†, extract of Rhizopus oryzae grown on Tillandsia usneoides and beet (root)†, dried beet (leaf) juice†, and ascorbic acid.
Cyruta Plus

Vitamin C 3 mg

Proprietary Blend: 308 mg Dried buckwheat (leaf) juice†, buckwheat (seed)†, bovine adrenal Cytosol™ extract†, and oat flour†.

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

**Livco**

- Calcium 90 mg
- Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit 1.0 g 167 mg
- Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf 500 mg 100 mg
- Milk Thistle seed 70:1 extract from *Silybum marianum* seed 2.1 g 30 mg
  - Containing flavanolignans calc. as silybin 24 mg
Vitanox

- Calcium 40 mg
- Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf 200 mg
- Green Tea leaf 25:1 extract from *Camellia sinensis* leaf 166.7 mg
- Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 80 mg
- Grape seed 120:1 extract from *Vitis vinifera* seed 50 mg

Cats Claw Forte

- Calcium 40 mg
- Cat's Claw bark 5:1 extract from *Uncaria tomentosa* bark 233.4 mg

Andrographis

- Calcium 40 mg
- Echinacea root 4:1 extract from *Echinacea angustifolia* root 125 mg
- Holy Basil herb 5:1 extract from *Ocimium tenuiflorum* herb 100 mg
- Andrographis herb 10:1 extract from *Andrographis paniculata* herb 100 mg
- Holy Basil (Ocimum tenuiflorum) herb essential oil 10 mg
Echinacea Premium

- Calcium: 90 mg
- Echinacea root 4:1 extract from *Echinacea angustifolia* root 600 mg: 150 mg
  - Containing alkylamides 2.0 mg
- Echinacea root 6:1 extract from *Echinacea purpurea* root 675 mg: 112.5 mg
  - Containing alkylamides 2.1 mg

Garlic Forte

- Calcium: 80 mg
- Garlic bulb 12:1 extract from *Allium sativum* bulb 3.6 g: 300 mg
  - Containing alliin 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
Digestion must bring in substances that provide energy and sustenance, and remove wastes.

- 80% of the immune system resides in the GI mucosal barrier - GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- Famine in the midst of plenty
- Fasting as repair

Ingestion

- Normal reduction of food to nutrient components
- Abundance of CHO, additives, toxicity
- Adaptive response
- Supported physiology, strengthening functions
- Chronic weakened systems unable to break down food
- Loss of digestive ecology
- Increased immune burdens – inflammation
- Chronic tissue degeneration – leaky gut
- Fatigue, medication and decline

#6 Core Physiologic Principal

- Initial detox / repair / fortification
- Restoration of gut integrity and health
- Balanced physiology creates balanced diet
- Healed, renewed, vital, repairing

Tolerance mechanisms modulate immune activation

- Multiple layers of gut wall with immune cell saturation
- Foreignness, allergens, pathogens activate immune responses
- Moderator mediators
- Reactor mediators
- Activate acquired immune responses

Immune gut tolerance – schematic

Basement Intestinal Wall
Bowel Transit Time:
- Defined as the time required for ingested food to travel from the mouth to the anus
- Diet affects transit time – foods high in fiber result in more rapid transit time and heavier, bulkier stools
- Daily raphage should include 25 grams of fiber per day (twice what average diet includes)
- Two types of fiber:
  - Soluble – dissolves in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and this reducing cholesterol, promote epithelial repair
  - Insoluble – does not dissolve in water, found in vegetables, whole grains, increase the bulk of the stool, reduce transit time
- Charcoal or carmine red dye capsules may be employed, or use a more natural method with ingesting 2 whole beets
- Normal transit time will appear as color in stool 12 – 14 hours after ingestions, with the last of the color within 36-48 hours
- Increasing water intake reduces rectal cancer by 92% by reducing transit time according to Taiwanese study (International Journal Of Cancer 1999; 82: 484-489)
- Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet

Protocol – Digestive Pillar
- General support:
  - Cataplex AC (10) – epithelial repair
- Dysbiosis:
  - Gut Flora Balance Program – 4 products – 6 weeks
  - Probiotic – multiple probiotic + S. Boulardi
  - Lact Enz (4) – probiotic
  - Zymex (6) – antifungal
  - Zymex II (6) – anti parasitic
  - Multizyme (4) – anti parasitic
  - Wormwood (4) – anti parasitic
  - Lactic Acid Yeast (4) – anti candida
  - Cyroyeast (4) – anti candida
- Leaky Gut (thinning gut lining):
  - Chlorophyll (4)
  - Gastro Fiber (6)
  - Okra Pepsin (6)
  - Prebiotic Insulin (1 scoop)
  - Food sourced Immuno Gamma Globulins (IgG)
### 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†.

### Enzycore

**Proprietary Blend: 538 mg**  
L-glutamine†, kale (aerial parts)†, beet (root)†, and vegetarian enzyme blend (acid maltase [1MaltU], alpha-glucosidase [45 GaIU], amylase [1,800 DU], bromelain [32,880 FCCPU], glucoamylase [3 AGU], invertase [170 SU], lactase [325 ALU], lipase [230 FIP], peptidase [820 HUT], protease 3.0 [3 SAPU], protease 4.5 [4,930 HUT], protease 6.0 [1,640 HUT])†.

### Digest Forte

- **Gentian root 2:1 extract from Gentiana lutea root 200 mg**  100 mg  
- **Tangerine fruit peel 5:1 extract from Citrus reticulata fruit peel 500 mg**  100 mg  
- **Feverfew leaf 3:1 extract from Tanacetum parthenium leaf 200 mg**  66.7 mg  
- **Ginger rhizome 10:1 extract from Zingiber officinale rhizome 250 mg**  25 mg  
- **Wormwood herb 4:1 extract from Artemisia absinthium herb 100 mg**  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).

Lact Enz

**Proprietary Blend: 960 mg**
Maltodextrin†, amylase†, protease†, cellulase†, lipase†, *Lactobacillus acidophilus* (milk)†, and *Bifidobacterium longum*†.

Lactic Acid Yeast

**Proprietary Blend: 842 mg**
Corn†, whey (milk)†, malt syrup†, and yeast (*Saccharomyces cerevisiae*)†.
Digestive Potency Pillar

- Digestion must bring in substances that provide energy and sustenance and remove wastes.
- 80% of the immune system resides in the GI mucosal barrier – GALT.
- Loss of ecology creates cascades of cytokines, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration.
- Fasting as repair.
- Bowel transit time (12 hrs).
- Gut lining equals armor for the world.

Tests & Analysis
- Secretory IgA as an indication of gut lining thickness and therefore integrity of function.
- Stool analysis for dysbiosis, infection, and infestation.
- Fasting as repair.
- Test for transit time.

Epithelial Support
- Cataplex AC (10)
- Gastro Fiber (3)
- Chlorophyll (4)
- Chry Pepsin (6)
- Food sourced IgG

Dysbiosis
- Infestation – Zymex II (6)
- Multizyme (4)
- Wormwood (4)

Candida
- Zymex (6)
- Spanish Black Radish (6)

Probiotics
- Lact Enz (4)
- Lactic Acid Yeast (4)
- Cyroyeast (4)

Fasting
- one or more days

Vitanox

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

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