

Slide 1




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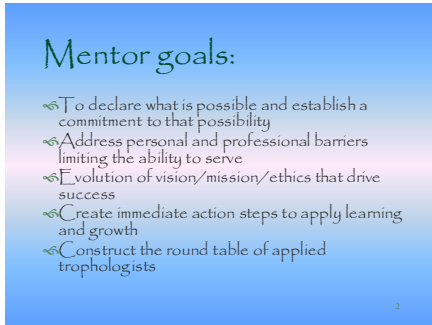
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Slide 2




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Slide 3




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Slide 4

**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 wholistic practice
- Each participant chooses a colleague in his/her world to convey the notes and information - 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 SF rep who will compile and include in next teleconference ( must be submitted 10 days prior)

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Slide 5

**Inquiry -**

Inquiring minds long for the truth, seek it, strive to solve the problems set by life, try to penetrate to the essence of things and phenomena, and into themselves ... Socrates' words, 'know thyself' remain an imperative for all those who seek true knowledge and being.

G. I. gurdjieff

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Slide 6

**Bankruptcy**

- Majority of bankruptcy is filed by middle class
- Resulting from credit card debt unable to be completed
- Credit card debt is secondary to health related expenses occurring with people who are barely making ends meet and break their backs with unexpected events
- And the technology doesn't even work, but the money has been spent
- We have a health care problem!

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Slide 7

**Foundational Therapies**

- Basic strategic approaches are common for all conditions – use the six pillars of health
- Prepare with strategy and handouts for typical presentations – cancer, autoimmune (MS, asthma, thyroiditis, Lupus, RA, alopecia, ALS, sclerosing cholangitis, et al), etc.

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Slide 8

**Autoimmune disease**

- Down regulate the immune system, relax the adrenals (Drenamine), Kobamanna Complex (4), Licorice (2 tsp- do not use with hypertension)
- Employ low antigen diet (avoid milk, soy, wheat, corn) to reduce inflammation
- Use low glycemic food lifestyle to reduce cortisol and adrenal stress
- Balance endocrine system to promote normal adrenal and immune function
- Treat target tissue with FMG
- Promote healthy membranes with EFA's and Chlorophyll Complex
- Explain 3 theories of autoimmunity
  - Molecular mimicry – eg vaccine
  - Dual signal hypothesis – cytokines mediate both events
  - Unknown origin – immune dysregulation

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Slide 9

**Autoimmune Insights**

- Estrogen appears to push the immune system in the direction of pro-inflammation Th1 pathways, except in pregnancy when estriol is high acting as a SERM (Selective Estrogen Receptor Modulator) and progesterone is high having an anti-estrogen effect
- Estrogen intermediates (16 OH Estrogens) go up in SLE and RA and down in pregnancy due to decreased Phase II detox activity
- Some studies show that the timing of oral contraceptives is influential in the later onset of RA
- DHEA and Cortisol is essential to quell the immune 'fires' and thus adrenal stress causes amplification of the inflammatory pathways

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Slide 10

### Autoimmune triggers

- ↳ Inflammation acts as a systemic trigger to autoimmunity
- ↳ Exercise and diet act to reduce inflammation
- ↳ Other inflammatory triggers are infections, gut dysbiosis, toxins, stress, allergens, trauma
- ↳ Cytokines (interferon, interleukins, tumor necrosis factor, etc) and eicosanoids (prostaglandins, prostacyclins, leukotrienes, thromboxane) are the messenger molecules that up or down regulate
- ↳ Maladaptive shift toward inflammation occurs in the face of high glycemic diets, food allergens, inflammatory fats and in the absence of omega 3 fatty acids, etc.

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Slide 11

### Discovery

Stand still. The trees ahead and the bushes beside you are not lost. Wherever you are called Here, and you must treat it as a powerful stranger, must ask permission to know it and be known.

David Wagoner

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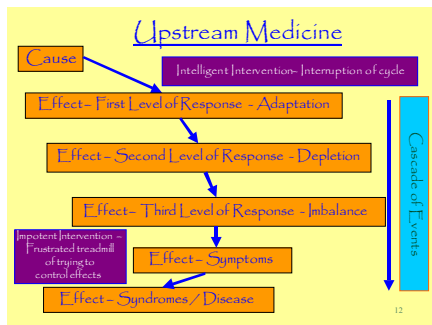
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Slide 12



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Slide 13

**Genotype to Phenotype**

- ⌘ Investigators from Karolinska Institute, Sweden reported in 2002 on 44,788 pairs of twins – study showed identical twins do not experience cancer at the same rate – the study reported that “Inherited genetic factors make a minor contribution to susceptibility to most types of neoplasms”, indicating that the environment has the principle role in causing sporadic cancer
- ⌘ Roger Williams in 1950 wrote a paper “The Concept of Genotrophic Disease” (Lancet) advancing the concept that a number of diseases whose origins were not understood at that time could be associated not with malnutrition, but with under-nutrition based on the individual’s unique genetic needs – he postulated that heart disease, cancer, diabetes, arthritis, schizophrenia and alcoholism could be considered genotrophic origins proposing that under-nutrition would result in suboptimal metabolisms within susceptible individuals resulting in chronic illness over decades of imbalance
- ⌘ Medicine did not embrace that idea, but 50 years later with the Human Genome Project revealing how macro and micro nutrients influence gene expression science has rediscovered Williams’ ideas, who predicted a transition in medicine from a meta-science largely empirical to a predictive science based on unified mechanisms of disease

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Slide 14

**Dietary Reference Intake (DRI)**

- ⌘ Ames et al in 2002 in landmark paper reported “as many as one third of mutations in a gene result in the corresponding enzyme having an increased Michaelis constant, or  $K_m$  (decreased binding affinity), for a coenzyme resulting in a lower rate of reaction” – this means some people carry unique polymorphisms that are critical in determining the outcome of their health and administration of higher than DRI vitamins and minerals and cofactors to these unique polymorphic genes can restore activity to near-normal or even normal levels
- ⌘ His conclusion is “nutritional interventions to improve health are likely to be a major benefit in the genomics era”
- ⌘ Genetic uniqueness may cause some individuals to require 100 times more of a particular vitamin, mineral, or accessory nutrient as another individual in good health
- ⌘ Now we’re talking! What’s the RDA again and why is it relevant

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Slide 15

**Boldness has Genius in it**

- ⌘ Can you determine clinical response in your approach, or is it just the high points and gross symptoms that catch all the attention
- ⌘ Can you document the progress to enroll people in their own possibility of realized potential
- ⌘ 21<sup>st</sup> century doctors will need to understand how to assess patient’s genotypes, how to personalize treatment for their individual needs, configure interventions to improve lifestyle and environment to minimize age-related chronic progression

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Slide 19

Charlie continued

- Throughout the course of next few years achieved multiple successes including reversal of CAD by 30% in 3 months obviating the need for a angiogram, complete consistent control of respiratory infections with no use of antibiotics since commencement
- Finally one month ago reported from neurologist complete remission of MG due to chronic repair of autoimmune factors especially cell membrane repair

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Slide 20

A Clinical Study: If you try you'll find the way

- Ruth presented with pulmonary condition, end stage fibrosis, multiple meds including 80mg Prednisone
- Began 1/1/04 with endocrine support, Simplex F, EC501 Hypothalms, EFA, SSO, ionic calcium, Coenzyme Q, probiotics - reacted within 3 days, DC'd all products and began incrementalizing over the next 2 months
- Discovered allergy to milk - discovered meds to control airway were made on a milk culture
- Chronic immune depression and burdens - each new product resulted in healing crisis
- Use Healing Process - Feeling the Onion handout attachment to create chronic strategy
- 9th visit showed allergy to milk & wheat - off prednisone and stopped 4 other meds - significant energy enhancement and lifestyle recovery - lung condition in the rearview mirror - without prednisone arthritis has become the dominant issue - the work never ends (neither does the healing)

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Slide 21

**Trophology**

The study of that which promotes growth. It is derived from the Latin word Trophos, which means growth. Royal Lee combined the words Applied Trophology to refer to the study and application of nutritional principles which promote growth in specific tissues, organs, and systems. The new term for this is 'tropho - restorative'. All nutrients and some herbs are trophic in their nature.

One of the principle drivers of this is the Protomorphogen (PMG) which was first extracted and identified by Lee. The PMG is a protein-mineral complex which is primitively similar in all mammalian life forms. These PMG's are theorized to act as growth limiting and growth directing substances in and around the cell.

The ability to stimulate cellular and organ repair and renewal in specific tissue targets is unique to nutritional approaches. 21

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Slide 22

**Trophology**

- ↳ The discovery of the physiological mechanism of the automatic regulation of growth and repair
- ↳ Initial "histamine reaction" indicates accuracy and effectiveness of therapy
- ↳ PMG is a protein/mineral complex that can act as a decoy to the natural tissue antibodies, thus reducing the catabolic load of a tissue
- ↳ Use of PMG is clinically observed within two weeks of onset of therapy

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Slide 23

**Trophology**

- ↳ PMG's have been nicknamed "nuclear vitamins" because they activate and support the nuclear DNA/RNA repair synthesis mechanisms
- ↳ Tissue response requires vitamin/mineral supply as well as PMG to repair target tissue
- ↳ Always start with PMG and general nutrition before employing herbal stimulants/depressants or hormone precursors or HRT

**QUESTIONS**

Q: ...

A: ...

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Slide 24

**Determining Food Allergies**

- ↳ Blood type sensitivities Eat For Your Blood Type, D. Anon.
- ↳ Most food allergies are delayed sensitivity reactions - difficult to objectively determine
- ↳ Elisa Act lymphocyte response assay Dr. Russell Jaffe, Serimune Labs, Virginia, 800/525-5752
- ↳ 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



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Slide 25

### Food Allergies – Now & Later

Immediate response within hours of next day	Delayed response onset 2-7 days later
Histaminic	Immunological - viral, bacterial, parasitic
Red, burning eyes, serous secretions (clear)	Colds & Flu - WBC mediated response
Tiredness, sleepiness	Achiness
Headaches	Catarhal, phlegm (colored)
Mood changes, irritability	Fever
Rashes, hives	Eczema
Nausea, cramps, diarrhea	Emesis
Loss mental acuity	Elevated C-reactive protein, SED rate, AAEA ratio <sup>25</sup>

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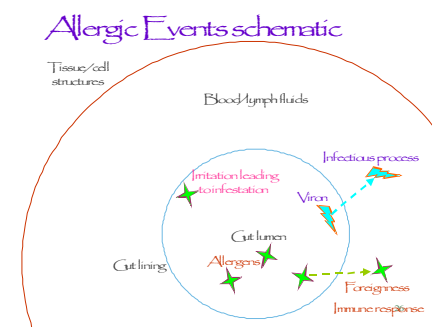
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Slide 26




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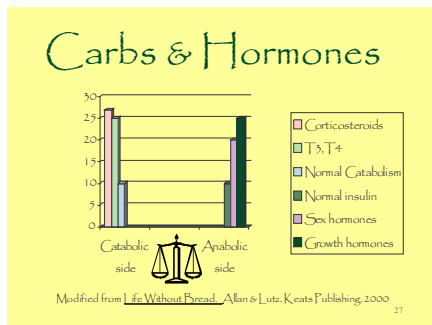
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Slide 27




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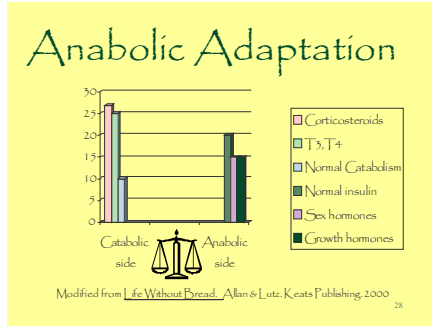
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Slide 28



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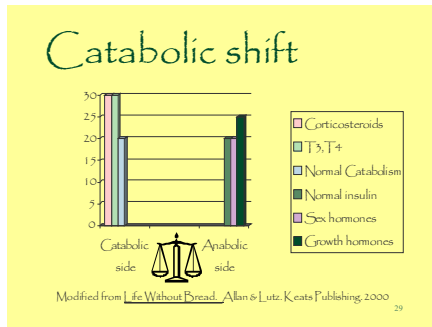
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Slide 29



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Slide 30

### Insulin is the pivot -

- ⌘ If you can control the insulin you can control aging
- ⌘ Starch has the greatest impact on insulin due to increased amylase production as we age - polysaccharides break down into simpler sugars faster
- ⌘ High insulin causes high Cortisol
- ⌘ Starch always creates low blood sugar functionally or pathology

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Slide 34

### EFA Supplementation

- Linum Flax is 630 mg, organic minimally processed flaxseed oil and the contribution alpha linolenic acid which may be converted to EPA and DHA in the body to support membranes, hair, nails, eyes, nerves, brain
- Tuna Omega is 1200 mg of tuna oil contributing 300 mg of DHA and 60 mg of EPA
- Cataplex Tablets vs. Ferles differ in that the perles are codine free, both contributing alpha linolenic acid from a flaxseed oil source
- Black Currant Seed Oil is a source of omega 6 fatty acids contributing 320 mg of BCSO and producing 47 mg of Gamma-Linolenic Acid which converts to a hormone-like substance called prostaglandin E1 (PGE1) helping to maintain blood flow, fat metabolism, and fluid balance
- Sesame Seed Oil is 385 mg, promoting hemopoietic activity and liver/immune functions

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Slide 35

### EFA Research Study

Research with British and US offenders suggests nutritional deficiencies may play a key role in aggressive behavior.

"We are suffering from a widespread disease of deficiency. Just as Vitamin C deficiency causes scurvy, deficiency in the essential fats that brain needs and the nutrients needed to metabolize those fats is causing a host of mental problems from depression to aggression ... The pandemic of violence in western societies may be related to what we eat or fail to eat. Junk food may only be making us sick, but mad and bad too."

Published in 2002 the study in a prison showed those consuming the extra nutrients committed 37% fewer serious offences involving violence, and 26% less offences overall. Those on the placebo showed no change in their behavior. Once the study was over the incidence of offences went up by the same amount.

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Slide 36

### 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), Allex (15), Echinacea (6), Golden Seal (6), Astragalus (4) for bone marrow depression, Cat's Claw (6)
- Infestations - Zymex III (6), Multizyme (6), Lact Enz (6), Wormwood (6)
- Heavy metal toxicity - Homocysteine pathway & variable protocols

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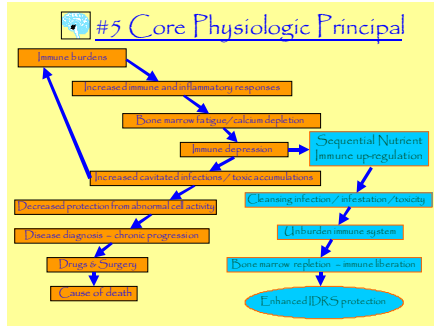
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Slide 37




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Slide 38

**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 recognize 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.)

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Slide 39

**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 Medifl Herb (4) - infestations, Chlorophyll (2) - thickening gut lining

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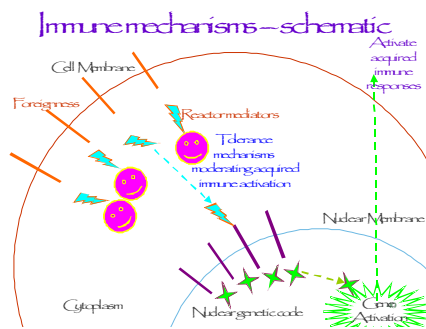
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Slide 40




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Slide 41

Protocol - Immune Pillar

- « General Immune Up-regulation
  - « Sesame Oil Perles (6)
  - « Immuplex (6)
  - « Capnia Plus (6)
  - « Echinacea Primum (4)
- « Infection (Acute or Chronic)
  - « Thymus (16)
  - « Cataplex AC (12)
  - « Complex (14)
  - « Allorplex (14)
  - « Bronzafect (6)
  - « Allorplex (6) Kidney
  - « Argonex (6) Kidney
  - « Cats Claw Complex (6)
  - « Golden Seal (6)
  - « Bardsley Complex (6)
  - « Jif Fighter (100 Drops)
- « Infection parasite
  - « Zymox II (6)
  - « Melaxox (6)
  - « LactEze (6)
  - « Wormox (6)
- « Bone Marrow Depletion
  - « Argonex (6)
  - « Astringulus (6)

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Slide 42

7 Pillars of Healing

- « Endocrine/Hormonal
- « Glycemic Management
- « pH/Bioterrain
- « Inflammatory status
- « Immune burdens
- « Circulatory Status
- « Complete Tropho-Restorative Cycles

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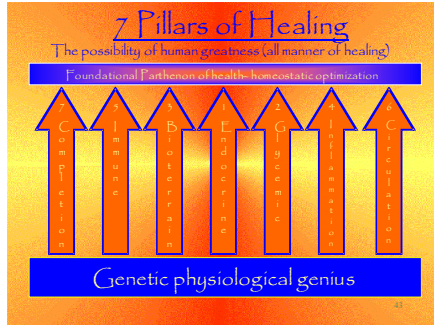
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Slide 43



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Slide 44

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- The slide titled "7 Pillars of Healing" lists seven issues:
- «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
  - «Complete Tropho-Restorative Cycles- Uninterrupted Processes of Repair, Proliferation & Synchrony

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Slide 45

The slide titled "Foundation" contains the quote: "Give me a place to stand on and I can move the world" attributed to Archimedes.

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Slide 46

Visit after visit – Start Monday

- ⊗ Explain autoimmunity to people so that they understand it as a functional developmental process instead of a mysterious attack
- ⊗ Use the Autoimmune handout to encourage a therapeutic rationale
- ⊗ Employ specific protocols for any known or suspected autoimmune syndrome
- ⊗ Reinforce yourself and the patient with how much understanding of the underlying issues you can concern yourself with – through such understanding inflate people from despair to hope and potency to try
- ⊗ Understand autoimmunity is a mysterious curse in the world, and people are empowered with understanding
- ⊗ Prepare for the slow process of retiring autoimmune activity and for the long-term sure results that state success as a profound healer – to reverse autoimmune conditions is as significant as reversing degenerative disease
- ⊗ Confront bankruptcy at its source – unending health expenses for management/non-correction of disease processes

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Slide 47



Give generously  
As you have received

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