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 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 SP rep who will compile and include in next teleconference (must be submitted 10 days prior).
From Start to Finish

As has been presented in prior sessions each patient must move through their own evolution. Each visit is a step in that evolution and therefore must strategically contribute to the whole person concept (7 pillars).

The following are ideas of what each visit should contain in order to contribute to evolution and prevent stalling or devolution.
From Start to Finish

1. Each significant symptomatic report gives the practitioner opportunity to explain how that is part of a functional issue that can be cared for – this builds a strategy for the case.

2. When results can be attributed to the strategy patients will go further with you into very complex long-term journeys.

3. Each visit must refresh the strategy and rededicate the effort to functional aims, avoid getting too focused on symptomatic challenges.

4. Accurate notes is all you have from the tangle of chronic complications – you will be challenged in MS – you will get lost if your notes are not elaborate – the journey will take years, maybe decades.

5. Avoid struggles with traditional therapies or other practitioners – when it comes to fear we often will lose the arm wrestle.
Eternal truth -

Discovery consists in seeing what everyone else has seen, and thinking what no one else has thought!

Albert Szent-Györgyi, 1937
Complete Tropho-Restorative Cycles
Endocrine Hormonal Status
Circulatory Status
Inflammatory Status
Immune Burdens
Glycemic Management
pH Bioterrain
Normal Miracle
Chain of events

Complete
Tropho-Restorative
Cycles

Endocrine
Hormonal

Glycemic
Management

Circulatory
Status

Inflammatory
Status

Immune
Burdens

pH
Bioterrain

Normal
Miracle

Effect

Cause is invisible
7 Pillars Protocols

Endocrine/Hormonal – Symplex F/M, Hypothalmex, Black Currant Seed Oil, Chelaco

Glycemic Management – Phase II Diet, AF Betafood

pH Bioterrain – Calcifoood, Calcium Lactate, Magnesium Lactate, Green Food, Organic Minerals

Inflammatory status – Eliminate food allergies, Cataplex AC

Immune burden – Thymex, Sesame Seed Oil, Congaplex, Allerplox, Immuplex, Zymex, Zymex II, Multizyme, Wormwood, Chelaco

Circulatory Status – Cardioplus, Vasculin, Cayenne, Garlic, Hawthorne, Horse Chestnut

Complete Tropho-Restorative Cycles – Each program completes the initial symptomatic response and continues through clinical silence to the other side of deeper unburdening and fortification.
1 - The Endocrine Pillar

- Most powerful system to activate the rest of body
- 7 glandular levels
- PMG’s first, lifestyle modification second, herbs third, HRT last

Tests & Analysis:
- Kinesiological
- Saliva tests – ASI, MHP, FHP
- Endocrine Calculator
- Barnes Thyroid Test
- Ragland’s Adrenal Test,
  Sargeant’s White Line Test,
  Iris Contraction Test

Products of Choice:
- General – Symplex M/F, Black Currant Seed Oil
- Hypothalamus – Hypothalmex (2), Hypothalmus PMG (2)
- Pituitary – Pituitrophin (3), Trace Minerals (6), E-Manganese (4)
- Thyroid – Thyrotophin (4), Prolamine Iodine (2), Iodomere (2), Thyroid Complex (4), Motherwort, Bugleweed
- Thymus – Immuplex (6), Thymus PMG (6)
- Adrenal – Drenamin (6), Drenatrophin (4), Desiccated Adrenal (2), Withania Complex (2), Eleuthero (2), Rehmannia Complex (4), Licorice
- Pancreas – Pancreatrophin (4), Cataplex GTF (6), Paraplex (6), Diaplex (4), Gymnemma (4)
- Gonads – Orchic PMG (4), Ovatrophin PMG (4), Ovex (4), Evening Primrose Oil (4), Chaste Tree (4), Tribulus (2), Wild Yam Complex (4)
2 - Glycemic Management Pillar

Tests & Analysis:
- Blood glucose, lipids, hA1C
- Saliva tests - ASI
- Symptom Survey
- Kinesiological

Products of Choice:
- Prevent insulin spikes
- Protein three times per daily
- 40/30/30 CHO/protein/fat
- Starches are source of cravings
- Cravings mean insufficient protein and fat

- Phase I/II carbohydrate limiting diet
- Cataplex GTF (6), Paraplex (6), Pancreatrophin (4), Diaplex (4), AF Betafood (12), Livaplex (6), Drenamin (6), Gymnemma (4)
- SP Complete protein powder, Protefood (4), Nutrimere (2)

Prevent insulin spikes
Protein three times per daily
40/30/30 CHO/protein/fat
Starches are source of cravings
Cravings mean insufficient protein and fat

Blood glucose, lipids, hA1C
Saliva tests - ASI
Symptom Survey
Kinesiological
3 - pH Bioterrain Pillar

Tests & Analysis:
- pH testing – Saliva & Urine
- Hair Analysis
- Saliva tests – ASI
- Symptom Survey
- Kinesiological
- Calcium Cuff Test (under 160)

Products of Choice:
- Calcium Lactate (6), Powder 1 tsp, Calsol (4), Calamo (4), Greenfood (4), Organically Bound Minerals (6), Magnesium Lactate (3), Circuplex (6)

- Acid/Alkaline chart on food ash effects

- Controlling H+ ions is complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- Salivary and urinary pH quickly tells the story
- Acidosis increases intensity, inflammation, anxiety

- Net Acid Excess (NAE)
Cumulative Repair Deficit – functional definition

- Cytokine driven inflammatory levels drive the adrenals
- All inflammation is perceived as a wild animal trying to eat you - fight or flight
- Cortisol increases, adrenals fatigue

Tests & Analysis:
- Hair Analysis
- Saliva tests – ASI
- Symptom Survey
- Kinesiological
- Food Allergy Testing
- Elimination/Reintroduction Phenomenon

Products of Choice:
- Food allergy elimination
- Antronex (8), Allerplex (12), Cataplex ACP (6), Calcium Lactate (6), Drenamin (6), Rehmannia Complex (4), Boswellia Complex (4), Zypan (6)
Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow, congesting lymphatics and fatiguing adrenals – creates ‘left shift’ blood adaptation

Infections
Infestations
Heavy metal toxicity

Use Sequential Immune Unburdening protocols

**Tests & Analysis:**
- Symptom Survey
- Kinesiological
- Blood & Urine Testing
- Stool Analysis
- Hair Analysis

**Infections -** Congaplex (15), Thymex (15), Immuplex (9), Sesame Seed Oil (9), Allerplex (15), Cyruta Plus (6), 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 –** variable protocols
Circulatory status determines tissue nutrition and detoxification.

One of the primary etiology for all degenerative disease.

Parasympathetic vs. sympathetic.

Circulatory health includes blood quality and vascular integrity.

Loss of circulation induces hypoxia, toxicity, apoptosis, adaptive functions.

Products of Choice:

- **Muscle** - Cardioplus (6), Vasculin (6), Cardiotrophin (4), Tribulus (2), Cataplex C (6), Calcium Lactate (6), Calsol (6)
- **Circulation** - Garlic 2000 (4), Cayenne (2), Hawthorne (4), Horse Chestnut (2), Circuplex (6), Cyruta (6), Cataplex E2 (6)
- **Conductivity** - Cataplex G (6), Cataplex B (6), Organically Bound Minerals (6), Linum B6 (4), Tuna Omega (4)

Tests & Analysis:

- Symptom Survey
- Ear Creases
- Nail bed Analysis
- Tongue Analysis
- ACG (Acoustic Cardiograph)
- Heart Rate Variability Monitor
7 – Completing Restorative Process

- Healing responses play like a movie – equilibrium, crisis, resolution, equilibrium.
- Most allopathic approaches are not only against the disease but also against the physiology – interruption
- Fever, catarrhal symptoms, inflammation, diarrhea, etc.
- Re-wounding

Tests & Analysis:

- Symptom Survey
- Case History

Products of Choice:

- Take products until they test weak
- Use whole food concentrates to accomplish more than the target symptoms
- Post Biological Development
Immune Burdens

Allergies & Infections

- Subclinical & cavitated infection creating chronic immune burden
- Food allergies creating chronic adrenal stress and immune burden
- Toxicity interfering with biochemical pathways
- Infestations & dysbiosis creating chronic immune burdens, exotoxic burdens, nutrient depletion and intestinal wall damage
- Stress increasing adrenal activity and reducing immune functions
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.
Understanding of oral tolerance mechanisms is evolving rapidly – one of the most active areas of research areas in immunology.

The role of normal flora and the nature of antigenic presentations are the key areas of interest.

Lack of tolerance is now seen as root cause for many intractable diseases and autoimmune conditions.

Re-induction of tolerance is the only treatment/prevention modality that addresses the cause of disease.

Probiotics, prebiotics, antigen introduction offers safe and efficacious means of treating disease.
Epidemic Intolerance

- In last 50 years there has been a 40 fold rise in allergic asthma in the developed world – the same period marks no rise in the developing world.
- 1 in 7 children born in the developed world will develop allergic asthma.
- Juvenile Diabetes has risen 5 fold in developed world – no increase in developing world.
- Environmental pollution has been eliminated as the suspected cause.
- Children with juvenile diabetes had fewer childhood infections.
- Children with no infections during the first year of life are 5 times more likely to develop diabetes or asthma.
- Every infection in the first year of life correlates with a 20% reduction in the risk of developing diabetes.
- Measles sufferers have 3 fold lower incidence of allergic disease.
- Antibiotic use in first 2 years of life increase teenage allergies.
- Sterile artificial environments weaken the developing/learning immune system.
I nnate & Acquired Immunity

- Primary roles of the healthy immune system are:
  - Identify potentially injurious and infectious substances
  - Distinguish self antigens (non-threatening) from non-self (threatening)
  - Assess the potential level of threat posed by infectious, toxic, or non-self antigens
  - Mount a response that is appropriate to the level of threat
  - Repair any damage that ensues from adversarial encounters

- Too much response = inflammatory cascades
- Too little response = tolerance of danger
Nutrient strategies

"Let’s cause a change in the outcome!"

- Gut lining repair is a complex chronic project
  - Probiotics – Lact Enz (4), Lactic Acid Yeast (4), Zymex (6)
  - Prebiotics – Soluble fiber in Gastrofiber (4), Lining repair and inflammatory down regulation with Chlorophyll (2), Cataplex AC (10)
  - Dysbiosis – Parasites controlled with ZymexII (6), Multizyme (4), Calamo (6), Garlic (Mediherb) (2) enteric coated, Wormwood Complex (mediherb) (2)
  - Immune facilitation – Echinacea (2), Ganoderm Shiitake (2), Cat’s Claw Complex (2), Astragulus (2) (discontinue when febrile)
  - Immune bolstering – Immuplex (6), Sesame Seed Oil (6), Thymex (8), Cyruta Plus (6), Congaplex (10), Allerplex (10)
  - Toxic Metal Cleansing – Chelaco (2-4), Cruciferous Complete (2), Spanish Black Raddish (6), Livaplex (6), Cholacol II (6)
A Clinical Study - Infection

Shelley (41 years old) first attended 08/05 - Fibromyalgic severe aching with frontal headaches, burning eyes, sinus plugging and post-sinus drip, allergies, cold hands and feet, lymph gland swelling systemically, leg anxiety/aching, insomnia, anxiety, 3 PM low, bruising, neck stiffness, hands shaking

Presented 141 lbs, 5’8”, ambulatory, allergies, dysmennorhea, urgent urination, mild panic disorder, using Levoxyl

Case study & history, Kinesiological exam, Calcium cuff competence, Ragland’s test, explained scope and therapeutic rationale

Began supporting the Endocrine pillar with Symplex F(6), EFA’s, Immune pillar with Sesame Oil Perles (6) & Cataplex AC (10), Thymex (10), and Bioterrain pillar with Calcium Lactate Powder (1 tsp), L-Glutamine (1.5 g), Magnesium Lactate (3)
A Clinical Study - Infection

Shelley returned monthly

2<sup>nd</sup> visit revealed headaches gone, less vertigo, eye burning gone, less fatigue, leg anxiety/aching gone, bruising gone, insomnia gone, anxiety gone, dysmenorrhea reduced, 3 PM low gone, palpitations gone

Repeated muscle testing exam showing next layer of correction, explained rationale

Continued former regimen, added Hypothalmex (2), Immune pillar – Congaplex (12),

3<sup>rd</sup> visit reported vertigo gone, energy level improved, allergies quiet – repeated muscle testing moved into Immune pillar with Splee PMG(6), Immunplex (6)

4<sup>th</sup> visit showed total resolution of all symptoms and a very happy woman fully relieved of the deep anxiety about her body she had presented with – repeated exam and moved into Endocrine pillar Utrophin (4)

5<sup>th</sup> visit found parasites began Zymex II (6) and later Multizyme (4) and began Inflammatory pillar by finding and removing milk (casein) allergy

6<sup>th</sup> visit presented health superior to any former imagined possibility
Action steps for tomorrow

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1. Consider every patient interaction for possible evolution in yourself
2. Prepare your sequential immune up-regulation strategy
3. Develop your system for functional explanation
4. Prepare to go the distance, a great distance with these chronic cases
5. Patients want rationales to motivate their lifestyle modulation – give them the bigger picture – prepare handout “From Start to Finish”
6. Promote the readiness to confront fears and discomforts in the process – whole person care
Mentoring Ideas: Infection

Input on dealing with infection and the cleansing process

Immune pillar care, especially sequential immune up-regulation

Look well to the thymus status and bone marrow function

Assessment of teeth and past history often reveals cavitated infection and miasmatic remnants of past infections disrupting the health of the overall system
Mentoring Ideas

Myasthenia Gravis
Autoimmune strategy
Immune sparing to calm the immune system down
Inflammatory modulation — especially food allergies — expect changes within weeks
All neurological conditions should be suspected for heavy metal burdens
Give generously
As you have received