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Slide 2

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, 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 SF rep who will compile and include in next teleconference (must be submitted 10 days prior)

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Success -

Those who risk - win!

Motto of Special Forces of the British Air Force

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Right or Wrong -

I do the very best I know how - the very best I can; and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.

Abraham Lincoln

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Revisiting the paradigm of disease

- ↳ All disease processes are intelligent, directed processes
- ↳ Disease processes equal healing processes
- ↳ All disease process either kills the organism or makes it stronger, either way it brings change
"that which doesn't kill us makes us stronger." - Nietzsche
- ↳ When someone is diseased, we're meeting someone dominantly in a state of change

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Change happens!

How can we support the change?



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Imminent change

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Old paradigm:

- ⌘ Suppress symptoms
- ⌘ Suppress change
- ⌘ Prolong change
- ⌘ Delay evolution

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New paradigm

- ⌘ Support and encourage the change
- ⌘ Address any shock resulting from the change
- ⌘ Complete the disease process
- ⌘ Accelerate evolution

⌘ (Autoimmune diseases will be with us until this new paradigm emerges- Over 2,000 named autoimmune diseases, new classifications of 500 per year)

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Show up -

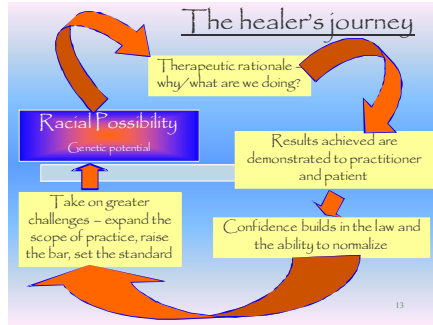
Life only demands from the strength
you possess.

Only one feat is possible -
not to run away.

Dag Hammarskjöld

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Observed thought changes

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Observing my path

- Initially overwhelmed by all the data, disempowered like everyone else - educated to outcome, but not to real intervention of changing outcome
- At some point in time begin to awaken to possibility of positive change - you can create change and steward it according to repeatable principles
- Always the underlying wisdom of not taking on too much, as failure is not a lesson we inherently want to learn
- I begin to know the landscape of what is possible and what isn't
- New data contaminates the paradigm encouraging new thought comprehending heretofore accepted impossibilities
- Experimentation in the face of new data results in new understanding of dependable principles
- Entire process permeated by imminent urgency - people's lives and happiness depends on applying what we learn

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Knowing the path

- ↳ Eventually the disguise of 27,000 distinct diseases unmask itself to us and we see simply foundational imbalances elaborating differences
- ↳ As practitioners who understand how to repair the body and regain homeostasis we must have a sense of knowing what is vital and what is superfluous
- ↳ 7 Pillars of Health – our personal journey compels us to show others what we have discovered

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Healing practitioners develop wisdom

- ↳ Our patients introduce us to a great diversity of life
- ↳ Each person we choose to relate to
- ↳ Through relatedness we know compassion and insight
- ↳ This dispels judgment and all that separates doctor and patient, and fosters love, understanding, encouragement, connectedness and healing
- ↳ After a while we see ourselves in everyone – people love to be seen in this light
- ↳ And we understand what will help

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Willing to lead -

- ↳ For many it is a waste land of severe confusion
- ↳ People are searching for truth and reality
- ↳ Too many practitioners have been reduced to hedonistic therapists, unwilling to assist another through a transformative process resulting in empowerment and emancipation this side of heaven
- ↳ Make the recommendation clearly, then honor the individual choices

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Stress – Allostatic Load & Hormesis

- Stress is a condition of human existence and a factor in the expression of disease. A broader view of stress is that it is not just the dramatic stressful events that exact their toll but rather the any events of daily life that elevate levels of physiological systems to cause some measure of wear and tear. We call this wear and tear "allostatic load," and it reflects not only the impact of life's experiences but also of genetic load; individual habits of reflecting items such as diet , exercise, and substance abuse; and developmental experiences that set lifelong patterns of behavior and physiological reactivity.. [Hormones associated with stress and allostatic load protect the body in the short run and promote adaptation, but in the long run allostatic load causes changes in the body that lead to disease ... Among the most potent of stressors are those arising from competitive interactions between animals of the same species, leading to the formation of dominance hierarchies
- Hormesis describes that appropriate stress increases health!

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Spam & Confusion

- "The Case Against Vitamins" in Wall Street Journal 3/20/06 is an absurd inability to understand the data and what it is saying
- Similar studies show that communicating with your wife and friends can lead to loss of intimacy
- Vitamins are vital, deficiencies lead to disease – why are we forgetting what we already know?
- Upon reading the article one thing immediately jumps out to those who understand functional physiology – isolated nutrients (usually synthetic forms) contribute to imbalance

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#1 Practice builder



- Results refer!
- Results refer year after year – they never stop
- Results are never forgotten
- Results are respected by other professionals

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#1 Manifesting change



- Results equal change
- The ability to manifest and document change!
- The ability to lead into change while managing the fear surrounding the shift
- The ability to strategize change

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Master of Change

- If you can create change and steward it effectively for people you are a wizard to the people you serve
- Secretly all people desire change because they know beyond doubt that they are not fulfilled and slightly or severely unhappy with thgs as they are
- Yet people are afraid of change. Why?
- Because of what they learned as children about the change process
 - Loss of stability
 - Out of control
 - Powerless
 - Unsupported
 - Emotionally flooded
 - The unknown
 - Things can go wrong
 - Breakdown before breakthrough before betterment
 - Change equals death, with no perception of resurrection

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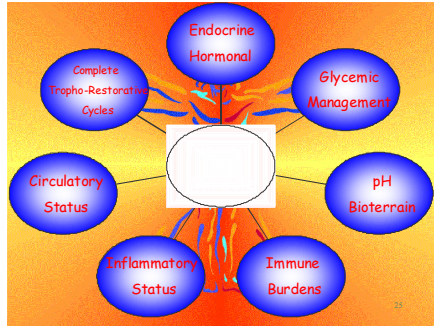
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The Experiment

- Everyday is an experiment – people are very experimental if you can demonstrate safety and gain (what did we learn)
- Experiments are a success regardless of outcome – whether healing happens the experiment proves something
- Explain, “I learn by what works and what doesn’t work – both outcomes tell me about you and how your machinery works”
- Handout paper “The nutritional experiment”

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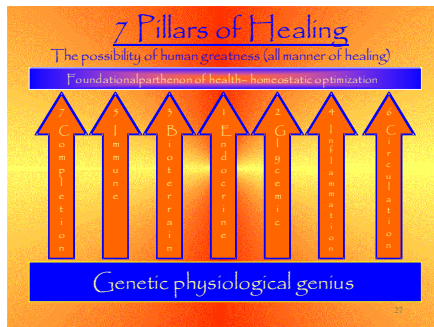
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People's inherent possibility -

The surest way to reveal people's character is not through adversity but by giving them power

Abraham Lincoln

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Liver Phase I/II/III Detoxification

- Phase I (P450) - oxidation, reduction, hydrolysis, hydration, dehalogenation = increased polarity, less lipid-soluble, reactive oxygen intermediates with potential for secondary tissue damage "sticky" reactive molecules (Folic Acid, B12, B6, C, AA, and then antioxidants to protect from intermediates only)
- Phase II - sulfation, methylation, glucuronidation = polar water-soluble bile and urine (sulfation, homocysteine support, and gut symbiotic bacteria + soluble fiber are essential foods)
- Phase III (Antiporter) - a recirculation process not yet accepted scientifically, active efflux pump decreasing intracellular concentration of xenobiotics allowing for a "second-pass" with the detox enzymes located at or near the cell membrane controlled by MDR1, MDR2, MDR3 genes *Multidrug Resistance genes (more concentrated presence in cancer cells, liver, kidney, pancreas, intestines, brain, testes)
- Support Phase I & II with Folic Acid (2), Fortil/B12 (2), Catalase (4) (including Riboflavin, Niacin, B6, C), Cruciferous Complete (2), SP Complete (2 Tbsp), H2O (minimum 48 oz)

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Detox - Phase I & II

PHASE I (Cytochrome P450 Enzymes)

PHASE II (Sulfation, Methylation, Glucuronidation)

PHASE III (Antiporter)

Handwritten notes in orange and blue:

- Cruciferous Complete (2), Folic Acid (2), Fortil/B12, B6 Niacinamide, SP Complete
- Cruciferous Complete (2), Folic Acid (2), Fortil/B12, B6 Niacinamide, SP Complete, H2O

Treatise of Functional Medicine, Jones, Institute for Functional Medicine, Gig Harbor, WA, Page 278

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A Clinical Study - Infection

- ⊗ Virgil (83 years old) originally entered office 6/18/99 for severe hospital acquired infection of left leg with amputation recommendation - extensive supplementation resulted in complete recovery with no surgery
- ⊗ Under maintenance care for 6 years until three months ago began to decline in strength, ankle swelling, loss of stamina and wind, severe respiratory infection
- ⊗ Tried various supplementation all of which improved but did not resolve the condition - finally cardiologist determined need for catheter study
- ⊗ Study showed dramatic improvement in heart circulation since last study 7 and 8 years ago, yet revealed severe declining ejection fraction (21%) and suggestion of heart failure and need for transplant
- ⊗ Medicine gives up and watches - we try out of decency - results occur quickly and decisively

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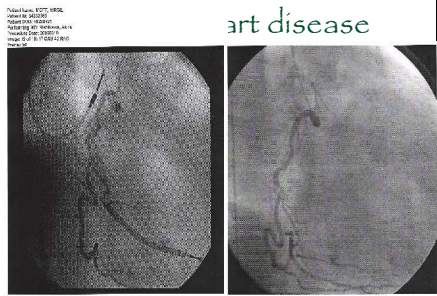
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A Clinical Study - Infection

- ⊗ Cardiomyopathy usually due to virus that attacks the heart muscle supported especially by Cataplex AC (12)
- ⊗ Wormwood (4) especially useful to support immune challenges with resistive mycoplasmic infection
- ⊗ Comprehensive protocol included Cataplex AC (12), Cymra Plus (8), Immuplex (6), Thymex (10), Sesame Oil (8), Allerplex (12), Broncafect (6), Colloidal Silver (4 tsp)
- ⊗ Heart condition + virus = debilitation
- ⊗ No condition + virus = protracted fatigue
- ⊗ Everyone is getting this - whether or not outward signs of sickness (immune up -regulation) occur the burden of meeting this is real and widespread

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How do we live?

Without belittling the courage with which men have died, we should not forget the courage with which men ... have lived. The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. A man does what he must - in spite of personal consequences, in spite of obstacles and dangers and pressures - and that is the basis of all human morality

John F. Kennedy

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Prove it -

I have a lot of things to prove to myself. One is that I can live my life fearlessly.


Oprah Winfrey

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Ultimate and Only Barrier

- ↳ Fear
- ↳ Only technique for breaking through - face the fear!



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Only 2 fears -

- Someone may take what I have
- Someone may not give me what I want




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Only 1 answer -

- I give myself whatever I need and want in order to fulfill my mission, because ...
- I love me that much
 - Perfectly
 - Humanly
 - Compassionately



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Exceeding the Fear

- The first step is to realize you create all of your own fears
- The second step is to realize you can uncreate all of your own fears
- The third is to realize all the untapped truth behind your fear (e.g., Fear of dying is really unclaimed passion to live)

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Eternal Truth

«You need not do anything; You need not leave your room. Remain sitting at your table and listen. You don't even need to wait; Just become still, quiet, and solitary, and the world will freely offer itself to you to be unmasked. It has no choice; It will roll in ecstasy at your feet.

Franz Kafka

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Practitioner limitation

- Take my/your supplements – physician heal thyself
- Be compassionate – listen and relate!
- Learn – let the rep work for us
- Give up – we never were in control
- Disavow everything but truth
- The power that made me will heal me
- Pay the bill first – then spend the profit
- Let the legacy live me – see it in others, find it in myself

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Free -

You shall be free indeed when your days are not without a care nor your nights without a grief. But rather when these things girdle your life and yet you rise above them naked and unbound.


Kahlil Gibran

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Practitioner Take-downs

- Onset of disease & dying after under care (osteoporosis, cancer, CAD) – self blame!
- Other competitive practitioners – defend yourself!
- New research, new techniques – prove it!
- Broken promises – loss of trust!
- Money \$ - disenpowerment!
- Control – energy competition!
- Risk of Failure – lack of faith!



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Cause & Effect

- If you are identified with cause you will burn out from being responsible and over...
- You are not the cause of disease...
- You are not the cause of your...
- The practice of the patient needs and...

If you are not these things – then what are you?

You are an answer for the possibility of change and new learning for people




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Cause arises from consciousness

- Thoughts are thought to cause actions, but what causes thoughts
- Consciousness creates thought as clothing for spiritual intentions of being
- As such we do not try to manipulate or change these intentions but rather honor and respect them – ‘a priori’



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Action steps for tomorrow

- ↪ Consider every patient interaction for possible evolution in yourself
- ↪ Prepare your sequential immune up-regulation strategy, use the 7 pillars system to achieve results as get unanticipated by modern science
- ↪ Develop your system for functional explanation
- ↪ Prepare to try even when your mind and learning tell you it is not possible to effect the outcome
- ↪ Patients want to try – give them a chance – prepare handout “Nutritional Experiment”
- ↪ Admit what you learn and prepare to apply the principles with others – see the pattern in everyone – need less exaggerated problems to help more subtle outcomes – your practice is teaching you and developing you
- ↪ Prepare to have the validation studies prove the merit of what you do (hopefully before your death)

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Eternal Truth

He who does not use his endeavors to heal himself is brother to him who commits suicide.

Proverbs 18:19-6

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