Mentoring the Mentor

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/exploitation 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).

Right or Wrong -

I have been wrong. The germ is nothing. The terrain is everything.

Louis Pasteur On his deathbed in 1895

The Law of Attraction

- Thoughts become things
- What you hold in mind creates a frequency and a field that calls forth manifestation.
- Complain about how bad and it is
- Appreciate the good and so be it
- What you think, what you feel, and what you manifest is always a match.
Functional Medicine

Functional medicine could be characterized, therefore, as upstream medicine or back-to-basics – back to the patient's life story, back to the processes wherein disease originates, and definitely back to the desire of healthcare practitioners to make people well, not just manage symptoms.

Edward Leyton, MD, 2005

Upstream Medicine

<table>
<thead>
<tr>
<th>Cause</th>
<th>First Level of Response - Adaptation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effect</td>
<td>Second Level of Response - Depletion</td>
</tr>
<tr>
<td>Effect</td>
<td>Third Level of Response - Imbalance</td>
</tr>
<tr>
<td>Effect</td>
<td>Symptoms</td>
</tr>
</tbody>
</table>

Cascade of Events

| Effect | Syndromes / Disease |

Intelligent Intervention

- Interruption of cycle

Impotent Intervention

- Frustrated treadmill of trying to control effects

7 Pillars of Healing

- Endocrine/Hormonal
- Glycemic Management
- pH Bioterrain
- Inflammatory status
- Immune burdens
- Circulatory Status
- Complete Tropho
- Restorative Cycles
Slide 10

7 Pillars of Healing
The possibility of human genetic potential for healing

Genetic physiological genius

1. Endocrine/Hormonal – Hormones & Depression
2. Glycemic Management – Insulin & Cortisol Dysregulation
3. pH Bioterrain – Acid/Alkaline Status
4. Inflammatory status – Cumulative Repair Deficit
5. Immune burden – Toxicity, Infestation & Infection
6. Circulatory Status – Arterial, Venous & Lymphatic Competence
7. Complete Tropho-Restorative Cycles – Uninterrupted Processes of Repair, Fortification & Synchrony

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Slide 11

7 Pillars of Healing

1. Endocrine/Hormonal – Disruption & Depression
2. Glycemic Management – Insulin/Cortisol Dysregulation
3. pH Bioterrain – Net Acid Excess
4. Inflammatory status – Cumulative Repair Deficit
5. Immune burden – Toxicity, Infestation & Infection
6. Circulatory Status – Arterial, Venous & Lymphatic Competence
7. Complete Tropho-Restorative Cycles – Uninterrupted Processes of Repair, Fortification & Synchrony

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Slide 12

A Clinical study – Supporting Chronic Degenerative Disease

Mike presented 9/7/06 with pulmonary interstitial fibrosis, reduced mobility, low energy, blurry vision, joint pain, shortness of breath, loss of balance, learning

Physio-recovery pillars – Symplex M (6), Hypothalmex (2), EFA (4); Immune pillar – Sesame Seed Oil (6), Allerplex (14), Calsol (4); pH Bioterrain pillar – Calcium Lactate Powder (1tsp), L-Glutamine (1.5g); Circulatory pillar – Cardioplus (6)

Returned 6 weeks later – Less TMJ popping, Left ear crease gone, less cracks on tongue, tongue coating gone, less puffy eyes, post-sinus drip gone, sternal ache almost gone, fluid on ankles gone, cramps in legs and feet gone, night sweats gone, snoring gone, 2 PM low gone, knee pains gone, L Elbow pain gone, less calf fatigue with exercise, libido increased, orgasm stronger.

Continue protocol and added Immune pillar – Zymex II, Bioterrain pillar – Magnesium Lactate (3)
Slide 13

A Clinical study - Awakening

Edie presented 10/16/06 with recurrent metastatic cervical cancer diverse symptomatology unable to understand and track explanation.

- Began Endocrine pillar: Symplex F (6), Hypothalmex (2), EFA (4), Utrophin (2); pH Bioterrain pillar - Magnesium Lactate (3), Calcium Lactate Powder (1 tsp), Prolamine Iodine (3), L-Glutamine (1.5g); Immune pillar - Sesame Seed Oil (6), Cataplex AC (10); Inflammatory pillar - Removed gluten and casein from diet.

Returned 1 month later vastly changed - very present, understanding everything, non-resistant, TMJ grinding gone, less cracks on tongue, less frenular thickening, spots before eyes gone, cold hands & feet gone, less dry eyes, gland swelling gone, leg anxiety gone, aches reduced, sleep restored, less emotional, quit chocolate, starch, ice cream, 2 PM low gone, energy up, memory improved, concentration better, knee pain gone, finger pain gone, loss of 5 lbs.

Endocrine support awakens patient to the process and the possibility of starting and finishing

Slide 14

The Endocrine Axis

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

Slide 15

#1 Core Physiologic Principal

- Stressors: Hormonal/endocrine adaptation, Glandular fatigue & imbalance, Depletion of organ reserve and nutrient/mineral substrates, Reduced homeostatic mechanisms
- Enhanced physiology/personality
- Stress hyper/hypo reactivity
- Altered psychoneuroimmunologic mechanisms
- Restored adaptive mechanisms
- Symptoms - physical/personality modulation
- Increased glandular strength/resilience
- Disease diagnosis - chronic progression
- Medical Intervention - Drugs & Surgery, Increased organ reserve - repletion of substrates
- Death

Nutrient repletion - target fortification
Slide 16

**Protocol – Endocrine Pillar**

- General HPA endocrine repair
  - Symplex F/M (6)
  - Hypothalmex (2)
  - Black Current Seed (2)
- Address Estrogen/Xeno Dominance (Phase I/II detox):
  - Symplex F/M (6)
  - AF Detox (12)
  - Choline (6)
  - Livaplex (6)
  - Heme (4)
  - Transulfuration: Folic Acid (6), Fortil (6), B6 (4)
  - SF Complex (12), F, Mg, Be (6)
- Individual Gland Support: after general up-regulation for 3 months
  - Pituitary – Pituitrophin (4), Trace Minerals (6), E-Manganese (2)
  - Thyroid – Thyrophin PMG (4), Thyroid Complex (2)
  - Adrenal – Drenamin (6), Eleuthero (4), Withania (4)
  - Gonads – Ovex (4), Ovatrophin (4), Orchic (4)
  - Uterus – Utrophin (6)
  - Prostate – Prostate PMG (4), Prostx (6), Prostaco (4)

Slide 17

**3 - pH Bioterrain**

- Net Acid Excess (NAE)
- Controlling pH is a complex process in response to the body when it is constantly overwhelmed with metabolic and environmental stress.
- NADH and strong pH quickly tell the story.
- A low pH increases intensity, inflammation, anxiety.

Slide 18

**#3 Core Physiologic Principal**

- Increased inflammation (3I's)
  - Increased inflammati
  - Increased buffering
  - Acid reduction
  - Reduced 3I's
  - Improved sleep, renewal, repair
  - Increased degenerative disease
  - Increased adversity
  - Mineral/protein repletion
Slide 19

H₂O is mainly what we are!

- H₂O makes up 73% of lean mass in adults - ranges from 75% of neonate to 50% in elderly
- Intracellular water is 65% men & 60% in women
- H₂O serves as primary medium for transport of nutrients and oxygen by the cells and removal of wastes - also plays a role in creating cellular form and temperature regulation
- Dehydration occurs because there is insufficient electrolytes to hold the water in osmotic balance - thus hydration when dehydrated further dilutes and leeches the minerals
- Minerals concentrate water
- Recommendation is for 64 oz H₂O per day

Slide 20

Minerals serve diverse functions

- Bone formation through hydroxyapatite from calcium and phosphate
- Messenger molecule from calcium binding to various proteins acts as signal
- Ionic, osmotic balance creating electrical gradients maintained by all macronutrients
- Trace elements associate with enzymes or proteins serving structural, catalytic, or binding roles
- Ultratrace minerals are required solely for the synthesis of specialized organic compounds unique to mammalian life (Thyroxin, seleno-proteins, etc)

Slide 21

Minerals and their deficiency

- From the 90 elements occurring naturally in environment, 22 are essential to life, constitute 1% total body weight
- The organic nutrients (proteins, carbohydrates, lipids, vitamins) are made up of 6 elements - hydrogen, carbon, nitrogen, oxygen, phosphorus, sulfur
- Minerals or inorganic nutrients are grouped by the amount of each element required by the body
- Macroelements require greater than 100 mg/day - calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur (supplied by amino acids)
- Microelements are 2 groups
  - Trace elements - 1-100 mg/day - iron, zinc, manganese, copper, selenium, chromium, fluorine, etc
  - Ultratrace elements less than 1 mg/day - vanadium, molybdenum, iodine, boron, cobalt
- To understand minerals is to understand the crossover from inorganic to organic - this is where the world becomes alive
- Mineral deficiency leads to a lack of life
**Slide 22**

**Dust to dust**
- Why do some people activate and others cannot be turned on? - Mineral competence
- Trace minerals, Organically Bound Minerals, Calcifood, Calcium Lactate, Magnesium, iodomere, prolamine iodine, Cataplex GTF
- The genius of Catalyn is that it is a mineral based supplement
- Colloidal Minerals – Crops grown on organic soils create colloidal minerals
- Due to soil depletion and food processing and lifestyle (coffee) we are not getting the mineral substrate required for healthy life that we were receiving 50-100 years ago

**Slide 23**

**Research – Link between Osteoporosis and Acidosis**
- Bone growth halts at puberty – adults osteoclastic and osteoblastic actions
- Normal remodeling half-life of bone is 5 years
- 500-900% increase in osteoclastic rat bone resorption with just 0.2 pH decrease
- Human study showed venous pH decrease from 7.37 to 7.33 causing significant calcium release from bone independent of osteoclastic or parahormone activities


**Slide 24**

**Acid/Alkaline Foods**

[Image of a chart or table showing food items categorized as acid or alkaline.]
Slide 25

Protocol – Bioterrain Pillar

- General Mineral Status:
  - Calcium Lactate (6), Powder (1 tsp)
  - Calsol (6)
  - Calamo (6)
  - Magnesium Lactate (3)
  - Trace Minerals/B12 (6)
  - Black Currant Seed (3)

- Acid/Alkaline issues:
  - Greenfood (6)
  - L-Glutamine (1.5 g.)
  - Acid/Alkaline Food Chart

- Iodine issues:
  - Prolamine Iodine (1-6)
  - Iodomere (6)
  - Cataplex F Tablets (6)

Slide 26

4 - Inflammatory status

- Cumulative Repair - functional deficit
- 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

Slide 27

#4 Core Physiologic Principal

- Stressors
  - Tissue damage / cytokine release
  - Activation 10 stages of inflammation
  - Restorative functions unable to meet demand
  - Cumulative Repair Deficit - inflammation
  - Liberated repair / renewal mechanisms
  - Graceful aging

- Symptoms
  - Chronic infection / toxic burdens
  - Food allergy reduction
  - Disease diagnosis - chronic progression

- Medical Intervention
  - Anti-inflammatory
  - Reduced inflammation / immune burden
  - Unburden inflammatory burdens
Slide 28

**Determining Food Allergies**

- Blood type sensitivities
- Most food allergies are delayed sensitivity reactions - difficult to objectively determine
- Elisa Act lymphocyte response assay
- Elimination is the most accurate and labor intensive - 2 weeks elimination then reintroduction and watch for 4 days for reactions

- Histaminic Reactions: rash, red eyes, serous secretions
- Immune Activity: fever, catarrhal, lymphatic congestion, aching

- Basic 4 allergies that most complicate healing process - wheat (gluten), corn, soy, milk (casein)
- Additionally suspect chocolate, preserves, tomatoes, fish

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Slide 29

**Food Allergies - Now & Later**

<table>
<thead>
<tr>
<th>Immediate response within hours of ingestion</th>
<th>Delayed response over 2-7 days later</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histamine</td>
<td>Immunological, viral, bacterial, parasitic</td>
</tr>
<tr>
<td>Red, burning eyes, severe ocular involvement</td>
<td>Colds - the WBC mediated response</td>
</tr>
<tr>
<td>Headache, diarrhea</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Mood changes, irritability</td>
<td>Fever</td>
</tr>
<tr>
<td>Redness, body heat</td>
<td>Exomes</td>
</tr>
<tr>
<td>Nausea, cramps, dark eyes</td>
<td>Exomes</td>
</tr>
<tr>
<td>Loss of mental clarity</td>
<td>Elevated Eosinophilic protein, SED, Dexamethasone</td>
</tr>
</tbody>
</table>

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Slide 30

**Allergic Events schematic**

- Blood lymphatics
- Infection processes
- Gastrointestinal

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Slide 31

**Protocol - Inflammatory Pillar**

- General inflammatory downregulation:
  - Food Allergy determination
  - Antocaps (6-12)
  - Cataplex ACP (6)
  - Boswellia Complex (6)
- Adrenal Imbalance:
  - Drenamin (6)
  - Sleep restoration (Phase 1-4)
  - Withania (6)
- Autoimmune inflammatory cascades:
  - Rehmannia Complex (6)
  - EFA support (Tuna, Linum) (6)

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Slide 32

**One word – two meanings**

There are two characters for the word crisis -

Danger

Opportunity

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Slide 33

**5 - Immune Burdens**

- Hidden or latent factors/infections continually upregulate the immune system, inducing fatigue and adrenal

- Infections:
  - Cataplex (9)
  - Thymex (15), Immuplex (9), SSO (9), Alleplex (15), Golden Seal (2), Wormwood (6), Larch (15)

- Infestations:
  - Zymex II (6), Multizyme (6), Lact Enzyme (6), Wormwood (6)

- Heavy metal toxicity – Homocysteine pathway and variable protocols
Slide 34

**#5 Core Physiologic Principal**

- Immune burdens
  - Increased immune and inflammatory responses
  - Bone marrow fatigue/calcium depletion
- Enhanced IDRS protection
  - Immune depression
    - Increased cavitated infections / toxic accumulations
    - Unburden immune system
    - Decreased protection from abnormal cell activity
    - Cleansing infection / infestation /toxicity
    - Disease diagnosis
    - – chronic progression
- Drugs & Surgery
  - Bone marrow repletion
  - – immune liberation
- Cause of death
  - Sequential Nutrient
  - Immune up – regulation

Slide 35

**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 (negative signal – you are foreign, you are excluded)
  2. Secretory IgA (sIgA) – synthesis complex protective proteins
  3. Probiotic Microflora – 2-24 billion mixed flora to degrade toxins and produce nutrition
  4. Mucosal permeability barrier – excludes large molecular weight foreign substances (immunogens, antigens)
  5. Dendritic cells including macrophages, fibroblasts, monocytes and all cells... – to neutralize invaders and cell debris responding to many infections and non-infections: men: 50 billion human cells / Streptococcus / immune reactor = 2.5 trillion foreign consumed (daily) – brushing teeth introduces 2-4 million of foreign invaders – able to handle any known disease (infections, Lyme’s, Syphilis, etc.)

Slide 36

**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 barriers – Excluders
  5. Dendritic Macrophages – Engulfers
- Gut lining promotion with Cataplex AC (10), Gastrofiber (6) – soluble fiber, Lact Enz (4) – probiotic, Zymeex (6) Zymeex II (6)
- Garlic MediHerb (4) – infestations, Chlorophyll (2) – thickening gut lining
**Slide 37**

**Immune mechanisms - schematic**

- Nuclear Membrane
- Cell Membrane
- Cytoplasm
- Nuclear genetic code
- Gene
- Activation

- Foreignness
- Tolerance mechanisms moderating acquired immune activation
- Reactor mediators Activate acquired immune responses

**Slide 38**

**Protocol - Immune Pillar**

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

- Infection (Acute or Chronic):
  - Thymex (10)
  - Cataplex AC (12)
  - Congalex (14)
  - Allerplex (14)
  - Broncafect (6)
  - Albaplex (6)
  - Kidney Arginex (6)
  - Cat’s Claw Complex (4)
  - Golden Seal (4)
  - Burdock Complex (4)
  - Inf Fighter (100 Drops)

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

- Bone Marrow Depletion:
  - Arginex (6)
  - Astragulus (4)

**Slide 39**

**Visit after visit - From start to finish**

- There is no finish line! (Nike)
- Continue to declare the project by reviewing the former data and noting changes - we are experts in change - change is process - the process is balancing/healing
- For the tail on the supplement - always change noted relates to the program of change to performance that you have achieved with them and their positive experiences
- Each visit further confirms the patient - they return expecting to be let down - requiring belief that the first visit was great but successful later time and time again (right) - they don’t know that what you show them is the formula for caring that biochemical consultation employs - it will become a standard in their lives - most likely found nowhere else
- After nine months has gone by, the seven pillars of health have been achieved and the Parthenon of health is a reality - the interview is the icing on the cake which distinguishes you as a master because you are committed to go all the way
- All the really great miracles in healing are accomplished because of the “Parthenon of health” - you must be strong to do great things, the deep work only begins after basic detox, repair and balancing have been reached
- The interview keeps us focused on the whole journey instead of just the highlights of big changes in the beginning.
Slide 40

Give generously
As you have received

Slide 41

Law

Ponder it