

Slide 1




---



---



---



---



---



---



---

Slide 2




---



---



---



---



---



---



---

Slide 3




---



---



---



---



---



---



---

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

4

---

---

---

---

---

---

---

---

Slide 5

**Right or Wrong -**

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

Louis Paster On his deathbed in 1895

5

---

---

---

---

---

---

---

---

Slide 6

**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

6

---

---

---

---

---

---

---

---

Slide 7

### 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.

L. Axel, Logan, MD, 2007

7

---

---

---

---

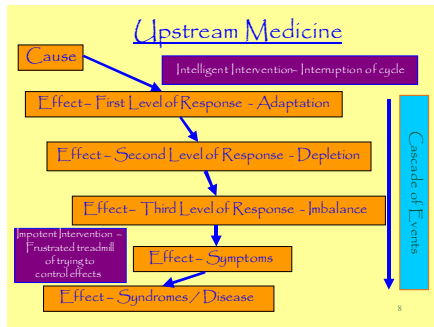
---

---

---

---

Slide 8



---

---

---

---

---

---

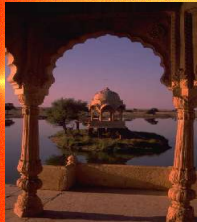
---

---

Slide 9

### 7 Pillars of Healing

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



---

---

---

---

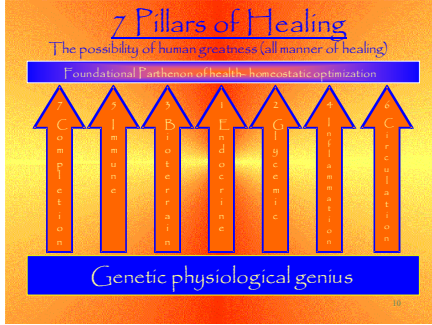
---

---

---

---

Slide 10




---

---

---

---

---

---

---

---

---

---

Slide 11

- 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
  - ⌘ Complete Tropho-Restorative Cycles - Uninterrupted Processes of Repair, Proliferation & Synchrony

---

---

---

---

---

---

---

---

---

---

Slide 12

**A Clinical study - Supporting Chronic Degenerative Disease**

- ⌘ Mike presented 9/7/06 with pulmonary interstitial fibrosis, reduced muscle tone, low energy, blurry vision, joint pain, short of breath, loss of libido, snoring
- ⌘ Began endocrine pillar - Simplex 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 (4), 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 the explanation
- ◀ began Endocrine pillar- Simplex F (6), Hypothalmex D, LFA (3), Ulrophi (2), p11 Diuterainpillar- Mibogonium Lactate (5), Calcium Lactate Powder (1 tsp), Prolamine Iodine (5), L-Glutamine (1.2g), 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 irregular thickening spots before eyes gone, cold hands is 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

---

---

---

---

---

---

---

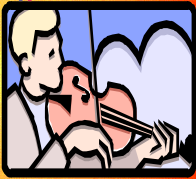
---

---

---

Slide 14

### #1 - The Endocrine Axis



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

---

---

---

---

---

---

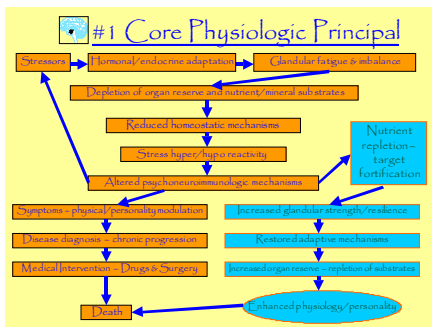
---

---

---

---

Slide 15




---

---

---

---

---

---

---

---

---

---

Slide 16

### Protocol - Endocrine Pillar

- ↳ General HPA endocrine repair
  - ↳ Simplex F/M (6)
  - ↳ Hypothalmex (2)
  - ↳ Black Currant Seed (2)
- ↳ Address Estrogen/Xeno Dominance (Phase I/II detox):
  - ↳ Cruciferous Complete (6)
  - ↳ AF Betafood (14)
  - ↳ Choline (6)
  - ↳ Livaplex (6)
  - ↳ Transsulfuration - Folic Acid (6), Fortil (6), B6 (4)
  - ↳ SP Complete (2 Tbsp)
- ↳ Individual Gland Support: after general upregulation for 3 months
  - ↳ Pituitary - Pituitrophin (4), Trace Minerals (6), EManganese (2)
  - ↳ Thyroid - Thyrotrophin FMC (6), Thyroid Complex (2)
  - ↳ Adrenal - Drenamin (6), Eleuthero (4), Withania (4)
  - ↳ Gonads - Ovox (4), Ovatrophin (4), Orchic (4)
  - ↳ Uterus - Utrophin (6)
  - ↳ Prostate - Prostate FMC (4), Prost-x (6), Prostaco (4)

---

---

---

---

---

---

---


---

---

---

Slide 17

### 3 - pH Bioterrain



- ↳ Net Acid Excess (NAE)
- ↳ Controlling H<sup>+</sup> 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

---

---

---

---

---

---

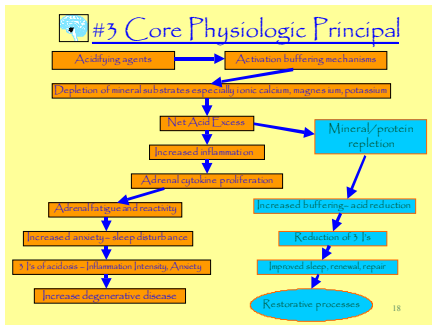
---

---

---

---

Slide 18




---

---

---

---

---

---

---

---

---

---

Slide 19

**H<sub>2</sub>O is mainly what we are!**

- ⌘ H<sub>2</sub>O makes up 73% of lean mass in adult – ranges from 75% of neonate to 50% in elderly – intracellular water is 65% in men & 60% in women
- ⌘ H<sub>2</sub>O serves as primary medium for transport of nutrients and oxygen to the cells and removal of wastes – also plays a role in creating organ 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 H<sub>2</sub>O per day

19

---

---

---

---

---

---

---

---

---

---

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)

20

---

---

---

---

---

---

---

---

---

---

Slide 21

**Minerals and their deficiency**

- ⌘ From the 90 elements occurring naturally in environment, 22 are essential to life, constitute 4% 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, fluorine
  - ⌘ Ultratrace elements less than 1 mg/day – selenium, molybdenum, iodine, chromium, 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

21

---

---

---

---

---

---

---

---

---

---

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 parathormone activities

Grinspoon SK, et al. Decreased Bone Formation. J Clin Endocrinol Metab 80: 3628-3633, 1995 23

---

---

---

---

---

---

---

---

---

---

Slide 24

### Acid/Alkaline Foods

**Food & Chemical Effects on Acid / Alkaline Body Chemical Balance**

Food	Acid/Alkaline	Chemical	Effects
Apple	Alkaline	Malic acid	Alkalizing
Banana	Alkaline	Potassium	Alkalizing
Broccoli	Alkaline	Sulfur	Alkalizing
Carrot	Alkaline	Beta-carotene	Alkalizing
Cauliflower	Alkaline	Sulfur	Alkalizing
Cheese	Acid	Lactic acid	Acidifying
Citrus	Acid	Citric acid	Acidifying
Coffee	Acid	Chlorogenic acid	Acidifying
Eggs	Acid	Sulfur	Acidifying
Flour	Acid	Gluten	Acidifying
Fruit	Alkaline	Sulfur	Alkalizing
Grains	Acid	Gluten	Acidifying
Herbs	Alkaline	Various	Alkalizing
Meat	Acid	Sulfur	Acidifying
Milk	Acid	Lactic acid	Acidifying
Nuts	Alkaline	Potassium	Alkalizing
Onion	Alkaline	Sulfur	Alkalizing
Peanut	Alkaline	Potassium	Alkalizing
Potato	Alkaline	Potassium	Alkalizing
Rice	Alkaline	Potassium	Alkalizing
Spinach	Alkaline	Sulfur	Alkalizing
Soybean	Alkaline	Potassium	Alkalizing
Sweet potato	Alkaline	Potassium	Alkalizing
Tea	Alkaline	Various	Alkalizing
Tomato	Alkaline	Sulfur	Alkalizing
Wheat	Acid	Gluten	Acidifying
Yeast	Acid	Gluten	Acidifying

---

---

---

---

---

---

---

---

---

---



Slide 25

**Protocol – Bioterrain Pillar**

- ↪ General Mineral Status:
  - Calcium Lactate (6), Powder (1 tsp)
  - Calcil (6)
  - Calmo (6)
  - Magnesium Lactate (3)
  - Organically Bound Minerals (6)
  - Trace Minerals/B12 (6)
  - Black Currant Seed (2)
- ↪ Acid/Alkaline Issues:
  - Sp Greenfood (6)
  - L-Glutamine (1.5 g)
  - Organically Bound Minerals (6)
  - Acid/Alkaline Food Chart
- ↪ Iodine Issues:
  - Tyramine Iodine (16)
  - Iodomere (6)
  - Cataplex F Tablets (6)

25

---

---

---

---

---


---

---

---

Slide 26

**4 - Inflammatory status**



- ↪ 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

26

---

---

---

---

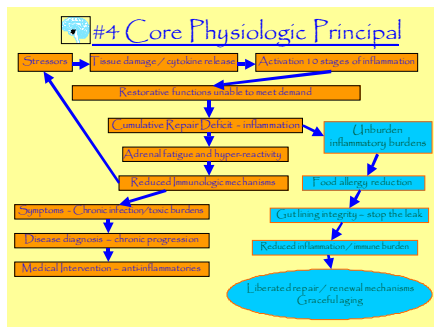
---

---

---

---

Slide 27




---

---

---

---

---

---


---

---

Slide 28

### Determining Food Allergies

- ⌘ Blood type sensitivities Eat For Your Blood Type, D. Avonzo
- ⌘ Most food allergies are delayed sensitivity reactions - difficult to objectively determine
- ⌘ Elisa Act lymphocyte response assay Dr. Rowell, Jaffe, Serenore Labs, Virginia, 800/929/9772
- ⌘ 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



28

---

---

---

---

---

---

---

---

---

---

Slide 29

### Food Allergies - Now & Later

Immediate response within hours or 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	Catarrhal, 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>29</sup>

---

---

---

---

---

---

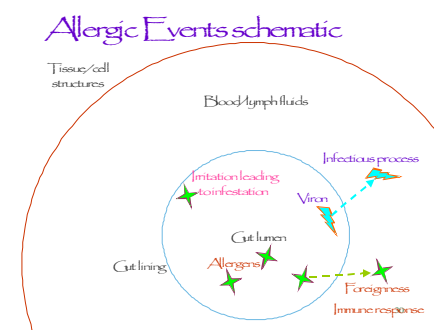
---

---

---

---

Slide 30




---

---

---

---

---

---

---

---

---

---

Slide 31

**Protocol – Inflammatory Pillar**

- ⊞ General inflammatory down-regulation:
  - Food Allergy determination
  - Antronex (6-12)
  - Cataplex ACP (6)
  - Boswelia Complex (6)
- ⊞ Adrenal Imbalance:
  - Drenamin (6)
  - Sleep restoration (Phase 1-4)
  - Withania (4)
- ⊞ Autoimmune inflammatory cascades:
  - Rehmannia Complex (4)
  - EFA support (Tuna, Linum) (4)

31

---

---

---

---

---

---

---

---

Slide 32

One word – two meanings

There are two characters  
for the word crisis –

Danger

Opportunity

32

---

---

---

---

---


---

---

---

Slide 33

**5 - Immune Burdens**



- ⊞ Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
- ⊞ Infections - Congaplex (12), Thymex (12), Immuplex (9), SSO (9), Allex (12), Echinacea (6), Golden Seal (6), Astragalus (4) for bone marrow depression, Cat's Claw (6)
- ⊞ Infestations - Zymex III (6), Multizyme (6), Lact Lenz (6), Wormwood (6)
- ⊞ Heavy metal toxicity - Homocysteine pathway & variable protocols

33

---

---

---

---

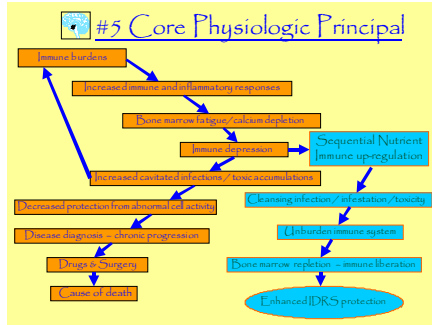
---

---

---

---

Slide 34




---

---

---

---

---

---

---

---

---

---

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 (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 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.)

35

---

---

---

---

---

---

---

---

---

---

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 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 Mediflerb (4) - infestations, Chlorophyll (2) - thickening gut lining

36

---

---

---

---

---

---

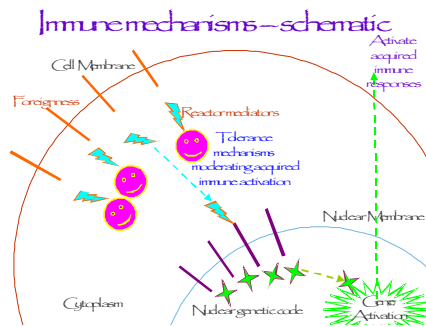
---

---

---

---

Slide 37




---

---

---

---

---

---

---

---

Slide 38

- Protocol - Immune Pillar**
- ⊕ General Immune Up-regulation
    - ⊕ Sesame Oil Perles (6)
    - ⊕ Immuplex (6)
    - ⊕ Capnia Plus (6)
    - ⊕ Echinacea Primun (4)
  - ⊕ Infection (Acute or Chronic)
    - ⊕ Thymus (6)
    - ⊕ Cataplex AC (12)
    - ⊕ Complex (14)
    - ⊕ Allorplex (14)
    - ⊕ Bronzafer (6)
    - ⊕ Allorplex (6) Kidney
    - ⊕ Argonex (6) Kidney
    - ⊕ Cats Claw Complex (4)
    - ⊕ Golden Seal (4)
    - ⊕ Bardsley Complex (4)
    - ⊕ J-Fighter (100 Drops)
  - ⊕ Infection parasite
    - ⊕ Zymox (6)
    - ⊕ Melanox (6)
    - ⊕ LactEze (6)
    - ⊕ Wormox (6)
  - ⊕ Bone Marrow Depletion
    - ⊕ Argonex (6)
    - ⊕ Astingulus (6)

---

---

---

---

---

---

---

---

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
  - ⊕ Pin the tail on the supplement - every change noted relates to the program of change/transformation that you have initiated with them - reveal your expertise in how the body works to explain to them what is happening
  - ⊕ Each visit further astounds the patient - they return expecting to be let down, expecting to find that the first visit was great but too good to be true and cannot happen again - what they don't know is that what worked was the formula for caring that biochemical consultation employs - it will be here time after time for years - it will become a standard in their lives, most likely found no other place that with you
  - ⊕ After nine months has gone by, the seven pillars of health have been achieved and the Parthenon of health is a reality the left over 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 from the Parthenon of health - you must be strong to do great things - the deep work only begins after basic detox, repair and balancing has been realized
  - ⊕ The interview keeps us focused on the whole journey instead of just the highlights of big change in the beginning.

---

---

---

---

---

---

---

---

Slide 40



40

---

---

---

---

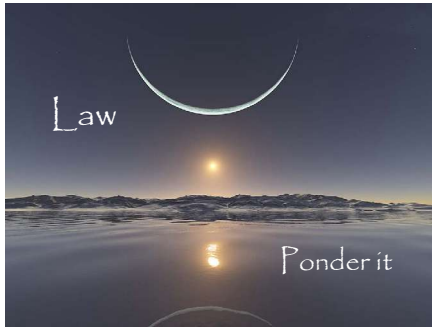
---

---

---

---

Slide 41



---

---

---

---

---

---

---

---