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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

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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 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 holistic 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).

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Digestive Potency
Circulatory Status
Inflammatory Status
Immune Burdens
Glycemic Management
Endocrine Hormonal

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7 Pillars of Healing

Genetic physiological genius
Digestion: Stage for Nutrition

Every living system (from cell to organ, to body, to community) must have 2 fundamental capabilities – to bring in substances that provide energy and sustenance, and to remove wastes.

Absorption – the digestive system must be able to identify the substances necessary to maintain health and selectively take those into circulation through health transport and circulatory functions, while keeping out the damaging materials (toxins).

Elimination – the same digestive system must be able to identify the wastes and detrimental substances and subsequently process and eliminate those detriments through intact protection and defense systems.

The healthy digestion must differentiate good from bad and relate appropriately to that external world.

Over a lifetime a person will ingest 25 tons of food accompanied by pathogens and external toxins.

In 1999 1 billion pounds of pesticides were applied in the US, with 5.6 billion pounds applied worldwide – pesticides are now a common component of our environment.

The ability to protect from these xenotoxins must be part of the healthy digestive system.
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**Digestion: Stage for Autonomy**

- Pathogens can also be present and food allergens can create immediate and delayed responses from the immune/inflammatory systems.
- The following diseases have been associated with food intolerances/allergies: cardiovascular, gastrointestinal, genitourinary, immune, mental/emotional, musculoskeletal, respiratory, skin, migraines.
- First select friend from foe - then after recognition the system must selectively absorb and transport substances, while eliminating detrimental materials at the same time.
- To do this elaborate systems for digestion, absorption, protection, defense, transport, circulation and waste removal must be simultaneously present and operational.

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**Digestion: Absorption**

- The proper diet is only the beginning of the process. In developed world there is more food diversity available year round than in any other period in human recorded history. Foods can be raw, minimally processed, shelf stable, prepackaged, prepared, cooked, vacuum sealed.
- Minimally processed foods are in general digested more slowly and the release of nutrients occurs at a rate influencing absorption. This rate determines the responses that the body has to food such as insulin, cortisol, insulin-like growth factor, enzyme activity and more.
- Digestion involves the breakdown of larger molecules into smaller units:
  - Proteins -> Amino Acids
  - Carbohydrates -> Monosaccharides
  - Fats -> Fatty Acids
- Water soluble nutrients (CHO, AA, Vitamins) are absorbed in the small intestine across the border brush cells through passive and active mechanisms.
- Fat soluble nutrients (Fatty acids, Vitamins) must first undergo emulsification with bile and then be absorbed into the lymphatic system for association with plasma proteins.
- Defects with either water or fat soluble pathways will result in correlating specific nutrient deficiencies and associated symptoms.

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**Digestion: Protection & Defense**

- The gastrointestinal tract is the largest interface between our interior and the exterior world covering more than 400 square meters (200 times more than the skin).
- The GI mucosal membrane is the largest interface between our interior and the exterior world covering more than 400 square meters (200 times more than the skin).
- GI epithelium protects the stomach and intestines from acids, toxins, drugs, alcohol, pathogens.
- Two pathways exist across the epithelium: intracellular - through cells controlled by cell membranes, paracellular - between cells controlled by the permeability of tight junctions of unhealthy system these junctions leak and allow molecules to be introduced into circulation undetected avoiding the body’s first line protection and defense mechanisms.
- GALT (Gut Associated Lymphoid Tissue) contains 60% of the immune system and more than 80% of the immune-globulin-producing blasts and plasma cells - primary purpose for this system is first line defense against foreignness.

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Armor for the world: gut lining

- How thick is your gut lining?
- Children are resilient and typically not hypersensitive because of this inherent gut lining integrity and thickness.
- The world invades and overwhelms us through our gut lining, not through our skin.
- Thickening the gut lining may serve to increase confidence, tolerance, self-esteem, and positive peace.
- Thickens gut lining with Cataplex AC (10), GastroFiber (3), Chlorophyll (4), LactEnz (4), and microflora repletion with 10 strains of flora, including the famous casei species, Colostrum Gamma Globulin supplementation.
- Lining thickness may be inferred by measuring level of secretory IgA of which 90% is formed in the lining of the gut, hence the less gut lining the lower the sIgA (saliva test).

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Secretory IgA

- GALT produces two lines of defense: the localized secretory IgA is described as ‘antiseptic paint’ covering the intestinal tract as the predominant immunoglobin on the surface of the GI mucosa.
- Salivary IgA prevents infections, neutralizes viruses, and removes antigens before they pass through the mucosal barrier and reach circulation by preventing activation of the inflammatory and complement immune responses.
- Adults produce 3-4 grams per day, which can also be found in the saliva and colostrum as well.
- Low level of secretory IgA is associated with altered intestinal permeability and increased uptake of food antigens resulting in increased inflammatory and subsequent immune activation.
- Antigens that escape the secretory IgA surveillance enter the second layer of GALT wherein the IgE & IgG mechanisms generate the antibodies and cytokines that represent full immune response.

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Th1 & Th2 pathways

- The systemic immune system consists of circulating lymphocytes B cells and T cells in search of their target antigen.
- Antigens enter the macrophage and activate lymphocytes in the lymphoid tissues (MALT) that transport the antigens to the lymphatic system (immune responses to blood borne antigens are initiated in the spleen, while response to tissue antigens starts in the local lymph nodes).
- Current immune concept states that cellular immunity involves the Th1 pathway wherein T cells produce interferon and interleukin 2 activating macrophages and cytotoxic T cells.
- Th2 pathway is induced by antigenic stimuli leading to secretion of interleukins 4,5,6 by T helper cells which activate the antibody-producing B cells.
- Th1 and Th2 balance is crucial for immune performance.
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- The hygiene theory dictates that reduction of childhood infections reduces Th1 response and skew towards the Th2 allergic tendencies.
- Recent data suggest an emerging Th3 pathway which down-regulates the Th1 response.
- Gut flora variations can selectively suppress Th1 and Th2 pathways and thus induce tolerance.
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**Probiotics**

- The term probiotics is defined as live microbial supplementation that affects the host by improving the microbial balance.
- The two most important groups of probiotic bacteria are Lactobacilli and Bifidobacteria of which there are ten beneficial strains.
- Ten Beneficial strains:
  - *B. Bifidum* UABB-10 (formerly R0071), most common found in infants and adolescents, resistant to gastric acidity, boosts immune system by up-regulating proliferation of immune cells.
  - *B. Breve* UABB-11 (formerly R0070), most common in infants, resident throughout life, produces lactic acid, metabolizes over 20 carbohydrates, readily adheres to epithelial cells and blocks adherence of pathogens like *E. Coli*.
  - *B. Longum* UABL-14 (formerly R0715), of human origin, promotes regularity, antagonizes pathogens.
  - *L. Acidophillus* DDS-1 (formerly R0052), unique endogenous human strain, hardier and thermotolerant with only 7% loss of potency per year, combats pathogens such as *H. Pylori*, *E. Coli*, and salmonella, also produces B vitamins and reduces cholesterol.
  - *L. Casei* UALC-03 (formerly R0215), strengthens digestion and detoxifies environmental chemicals, also boosts GI immune activity and inhibits pathogens.
  - *L. Paracasei* UALPC-04, beneficial to the immune system increasing the number of IgA producing cells in the gut, antimicrobial specifically to onset of urogenital infections caused by *Staph. Aureus*, metabolizes efficiently prebiotic sugar FOS.
  - *L. Plantarum* UALP-05 (formerly R1012), remarkable species able to survive aerobic & anaerobic conditions, metabolizes 25 carbohydrates, survives high salt solutions, stomach pH and bile acids, has some antioxidant capability, digests grains, grasses, vegetables, synthesizes L-Lysine and is antiviral therefore, eradicates pathogens such as *staph*. From fermented foods.
  - *L. Rhamnosus* UALP-06 (formerly R0011), primarily found in the small intestine, vagina, prevents urogenital and vaginal infections, tolerant to bile salts, reduces intestinal inflammation, inhibits early intestinal infection in infants, implants quickly, inhibits growth of streptococci & clostridia.
  - *L. Lactis* ssp. *Lactis* UALL-08 (formerly R1058), isolated from kefir culture, antimicrobial in vitro against several intestinal pathogens.
  - *S. Thermophilus* UAST-09 (formerly R0083), one of two bacteria required to make yogurt, only reaches the upper intestine and produces some lactase which can aid lactose-deficient people, creates favorable conditions for lactobacilli, antagonizes pathogens.

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**Eternal truth**

- In creating, the only hard thing is to begin. A grass blade is no easier to make than an oak.

*James Russell Lowell*
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Elimination Diets – Forgotten Technology

- Elimination diets are the most powerful and underutilized tools available to the clinician for addressing chronicity.
- A variety of ways: SP Purification is in fact an elimination diet 21 days long, food allergy elimination.
- Using IgG food antibody testing and elimination/provocation diets triggers can be identified not obvious in IgE testing.
- Systemic inflammation can be eliminated when Th1 (autoimmune) and Th2 (allergic) responses are balanced with probiotics.
- Conditions responsive to elimination diets include headaches, IBS, fatigue, AIDS, sinusitis, arthritis, skin disorders, fibromyalgia, CFIDS.

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Fasting as Repair

- There are multiple fasting methods that can result in detoxification, purification, and repair.
- One day fasts – one day a week eat no solid food until breaking the fast at supper with a salad only. (Since the salad has little blood sugar modulation it represents a 36 hour fast).
- Three day fasts – three days eat no solid food for the first day, second and third days drink only 1 gallon water with a 1 tsp. lemon juice, 1 Tbsp Maple Syrup, and 1 tsp. Cayenne Pepper, breaking the fast with salad only on the evening of the third day and remeals and snacks the following day.
- Two to Twelve day fasts – Same as three day fast but requiring one day for every five days fasting to break (a ten day fast requires two full days on remeals)
- All fasts should deliver the individual to a sound Phase II carbohydrate limiting diet.

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Bowel Transit Time

- Defined as the time required for ingested food to travel from the mouth to the anus.
- Diet affects transit time – foods high in fiber result in more rapid transit time and heavier, bulkier stools.
- Daily roughage should include 25 grams of fiber per day (twice what average diet includes).
- Two types of fiber:
  - Soluble – dissolve in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and this reducing cholesterol, promote epithelia repair.
  - Insoluble – does not dissolve in water, found in vegetables, whole grains, increase the bulk of the stool, reduce transit time.
- Charcoal or carmine red dye capsules may be employed, or one natural method with regard to a whole fruit.
- Normal transit time will appear as color in stool 12-14 hours after ingestion, with the last of the color within 36-48 hours.
- Increasing water intake reduces rectal cancer by 92% by reducing transit time according to Taiwanese study (International Journal Of Cancer 1999; 82: 484-489).
- Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet.
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**Comprehension:**

- True or False – The final pillar that you will work on for the rest of life with yourself and every patient.
- Multiple choice – Best way to promote epithelial repair is with a) Cataplex AC(10), b) Chorophyll(4), c) Gastro Fiber(3), d) Okra Pepsin(6)
- True or false – Bowel transit time is slowed with soluble fiber and quickened with insoluble fiber or which 25 Grams should be consumed daily.
- True or false – Gat Associated Lymphoid Tissue (GALT) contains 60% of the immune system.

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**Ecology:**

Human life, particularly in health and disease, is the result of countless independent forces impinging simultaneously on the total organism and setting in motion a multitude of inter-related responses.

Rene’ Dubos

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**Protocol – Digestive Pillar**

- General support: Cataplex AC (10) – epithelial repair
- Dysbiosis:
  - Lact Enz (4) – probiotic
  - Zymin (a) – anti-fungal
  - Zymin II (a) – anti-parasitic
  - Multyzyme (a) – anti-parasitic
  - Wormwood (a) – anti-parasitic
  - Lactic Acid Yeast (a) – anti-candida
  - Cyroyeast (a) – anti-candida
- Leaky Gut (thinning gut lining):
  - Chlorophyll (a)
  - Gastro Fiber (a)
  - Okra Pepsin (a)
  - Food sourced Immuno Gamma Globulins (IgG)

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On task -

Mastery in life is the opposite of control.

Eckhart Tolle

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Give generously

As you have received