

Slide 1




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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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Slide 3

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

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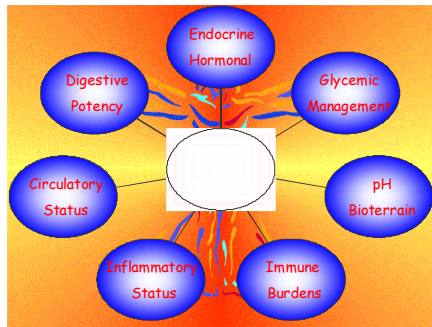
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Slide 5



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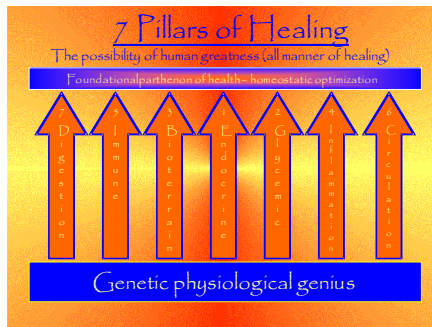
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Slide 6



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Slide 7

**7 - Digestive Potency**

- Digestion must bring in substances that provide energy and sustenance, and remove wastes
- 80% of immune system resides in the GI mucosal barrier- GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut, degeneration
- Fasting in the midst of plenty
- Fasting as repair

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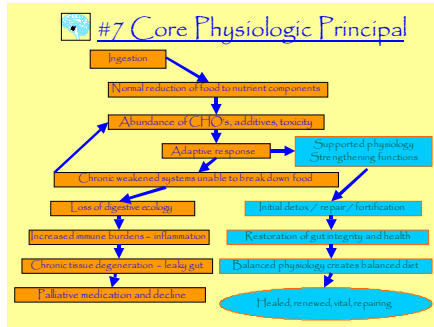
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Slide 8




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Slide 9

**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 healthy 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 these detriments through intact protection and defense systems
- The healthy digestion must differentiate good from bad in the environment, so the digestive system can begin to be respected as a sentient system, wherein we intake the external world into our gut and evaluate 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 3.6 billion pounds applied worldwide - pesticides are now a common component of our environment - even pharmaceuticals have been found in the water primarily from the elimination of un-metabolized drugs through the urine
- Toxic exposure and environmentally related conditions account for 57-597 Billion dollars annually in the US and Canada
- The ability to protect from these xenotoxins must be part of the health digestive system

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Slide 10

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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Slide 11

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, nutrient dense, nutrient depleted
- ⦿ Minimally processed foods are in general digested more slowly as 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 transport mechanism
- ⦿ 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 or relate to specific nutrient deficiency and associated symptoms

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Slide 12

Digestion: Protection & Defense

- ⦿ 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 (in 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 immuno-globulin-producing blasts and plasma cells – primary purpose for this system is first line defense against foreignness

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Slide 13

**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 though our gut lining, not through our skin
- ⌘ Thickening the gut lining may serve to increase confidence, tolerance, calmness, patience, peace
- ⌘ Thicken gut lining with Cataplex AC (10), GastroFiber (3), Chlorophyll (4), LactE-nz (4), removing food allergies, increasing protein consumption SP Complete 2 Tbsp, 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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Slide 14

**Secretory IgA**

- ⌘ GALT produces two lines of defense: the localized secretory IgA is described as 'antiseptic paint' covering the intestinal tract as the predominant immunoglobulin on the surface of the GI mucosa
- ⌘ SIgA prevents infections, neutralizes viruses, and removes antigens before they cross the mucosal barrier and reach circulation thus 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 SIgA is associated with altered intestinal permeability and increased uptake of food antigens resulting in increased inflammatory and subsequent immune activation
- ⌘ Antigens that escape the SIgA 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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Slide 15

**Th1 & Th2 pathways**

- ⌘ The systemic immune system consists of circulating lymphocytes as B cells and T cells in search of their target antigens
- ⌘ Antigens entering through a mucosal surface activate lymphocytes waiting in the mucosa-associated lymphoid tissues (MALT) that transport the antigens to the Peyer's patches which are the doorway to the lymphatic system (immune responses to blood borne antigens are initiated in the spleen, life 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 that kill invading organisms
- ⌘ Th2 pathway is induced by antigenic stimuli leading to secretion of interleukins 4, 5, 6 by Th helper cells which activate the antibody-producing B cells
- ⌘ Th1 and Th2 balance each other- increased Th1 responses are associated with autoimmunity and infective tendencies, whereas Th2 shift person toward allergic responses
- ⌘ The hygiene theory dictates that reduction of childhood infections reduces Th1 response and skews towards the Th2 allergic tendencies
- ⌘ Recent data suggest an emerging Th3 pathways which downregulates the Th2 responses
- ⌘ Gut flora variations can selectively suppress Th1 and Th2 pathways and thus induce tolerance

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Slide 19

**Elimination Diets – Forgotten Technology**

- ⌘ Elimination diets are the most powerful and under utilized tools available to the clinician for addressing chronicity
- ⌘ A variety of ways: S/P 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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Slide 20

**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 6 Tbsp. lemon juice, 3 Tbsp. Maple Syrup, and 2 tsp. Cayenne Pepper, breaking the fast with salad only on the evening of the third day and nonsolids and salads the following day
- ⌘ Five 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 nonsolid food)
- ⌘ All fasts should deliver the individual into a sound Phase II carbohydrate limiting diet

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Slide 21

**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 – dissolves in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and thus reducing cholesterol, promote epithelial 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 use a more natural method with ingesting 2 whole beets
- ⌘ Normal transit time will appear as color in stool 12- 14 hours after ingestions, 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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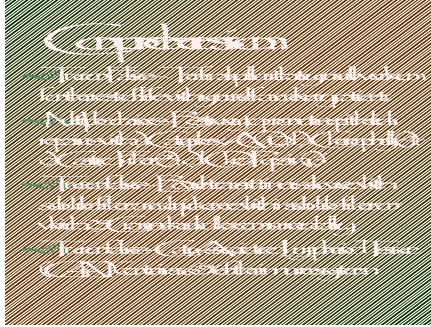
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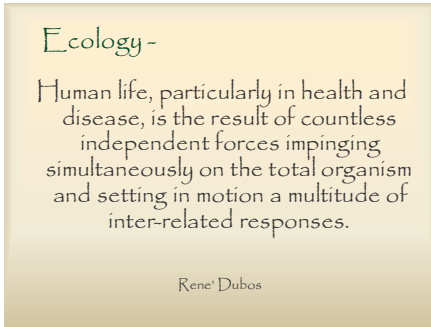
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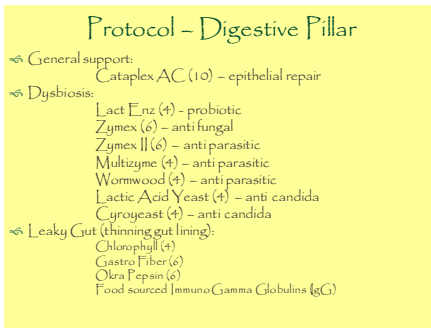
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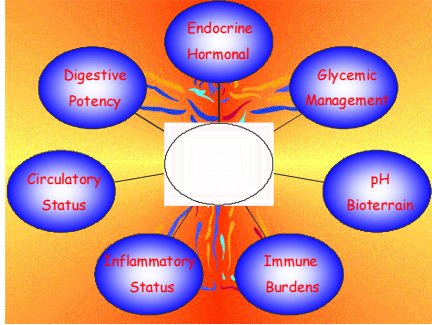
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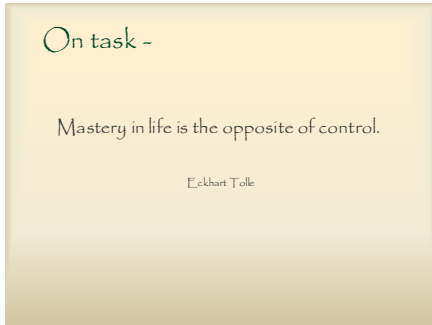
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Slide 26



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Slide 27



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