Slide 1

Mentoring the Mentor
Stuart White, DC, DACBN, CCN
Whole Health Associates
1406 Vermont
Houston, Texas 77006
713/522-6336
stuartwhite@wholehealthassoc.com
www.wholehealthassoc.com

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/mision/ethics that drive success
- Create immediate action steps to apply learning and growth
- Construct the round table of applied trophologists

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
Slide 4

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

Slide 5

Inquiry -

Inquiring minds long for the truth, seek it, strive to solve the problems set by life, try to penetrate to the essence of things and phenomena, and into themselves ... Socrates’ words, ‘know thyself’ remain an imperative for all those who seek true knowledge and being.

G. I. Gurdjieff

Slide 6

Cascade of Events

- Effect: First Level of Response - Dilation
- Effect: Second Level of Response - Adaptation
- Effect: Third Level of Response - Dilation
- Effect: Fourth Level of Response - Adaption
- Effect: Symptomatic Disease
- Intelligent Intervention - Interruption of cycle

Impotent Intervention - Frustrated treadmill of trying to control effects.
Herbal Therapy

- Herbs are distinguished from nutrients by the way that they work at biochemical levels.
- Nutrients (vitamins, minerals, water, protein, fat, CHO) are defined by the fact that they pass through the cell membrane (some even pass through the nuclear membrane) participating with cellular metabolic activities.
- Herbs are generally alkaloids that act on the cell membrane modulating the permeability characteristics of membrane function thus increasing or decreasing passage through the membrane (respiration).
- Herbs cannot correct nutritional deficiencies.
- Herbs are more drug-like and may shift/correct chronic metabolic/genetic imbalances temporarily until they are discontinued.
- Herbs direct cellular activities and may over time create nutritional deficiencies by increasing certain pathway requirements.

MediHerb – Herbal Associate

- MediHerb does the work for us – Kerry Bone and associates are constantly combining and developing products that target foundational systems and also are condition specific.
- Most MediHerb products are complexes of several synergistic herbs so that the product itself represents a whole herbal rationale quite beyond the clinicians expertise.
- These combinations in their researched synergistic ratios represent highly evolved herbal rationales that the clinician may use and not wholly understand – there is a difference between knowing how to use and having created.
- MediHerb has been a mentor to our office developing us as herbalists.
- Full spectrum extraction means greater efficiency but lower herb equivalents per tablet.
- Phytosyncline is a concept introduced in the mid 90's in Germany to make clear that herbal extracts are equivalent to clinically-proven extracts – this is accomplished by comparing profiles of bioactive components detected by a proper detector.

Icing on top

- All herbal in general are like the icing on top of the cake – when there is sufficient physiological competence and biochemical abundance then the stimulant/depressant nature of the herb will be effective.
- To recommend herbs without nutrient repletion and sufficiency is to strain the system and potentially deplete it rendering it reduced in vitality and strength (resistance).
- This becomes increasingly more important with aging as deficiency develops.
- Herbs are vital in these modern times to create the physiologic force to deal with modern health concerns.
- In general do not begin balancing the patient with herbs until some nutritional competence has been established.
Slide 10

Top Twenty Herbs
- The following represent my top twenty products from MediHerb – hard to narrow it down
- Information represents published product detail with my clinical experience on top
- When MediHerb first began was when our office first used herbs – our first year purchased $120K, and to our surprise resulted in no more product reactivity that we had already been experiencing with SP nutritional products
- MediHerb/SP has mentored our emergence as clinical herbalists

Slide 11

Change and development
We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.

William Law

Slide 12

Bacopa

Bacopa Complex contains 6 key herbs. Schisandra, Eleuthero and the menthol of Rosmarinus. Three herbs used for concentration/memory issues. 4/day for 2 months, followed by maintenance of 1/day

Works within hours or days

Clinically dependable

Contains Eleuthero as gentle adrenal tonic

Used for concentration/memory issues
**Slide 13**

**Broncafect**

Used for lung/bronchial involvement
- 4/day until symptoms abate
- Works within hours or days
- Clinically dependable

**Slide 14**

**Broncafect**

- Clinically dependable
- Complex contributes to:
  - Support healthy mucous membranes
  - Support healthy respiratory tract function
  - Support healthy mucosal tissue
  - Maintain healthy blood levels
  - Keep skin healthy
  - Support the body's organs of elimination
  - Enhance immune response
  - Support normal mucus flow
  - Promote healthy white blood cells
  - Promote healthy throat tissue
  - Assist the body in maintaining normal body temperature within a normal range, and
  - Promote the body's normal resistance function.

**Slide 15**

**Chaste Tree**

- Clinically dependable
- Supports backpain, gynecomastia, and lactation.
- Contraindicated in known allergy to the daisy family.
- Contains:
  - Saponins, pungent principles, and sesquiterpenes.
  - Steroids, flavonoids, and diterpenes.
  - Polyphenols including gallotannins and other compounds which work together:

- Chaste Tree fruit 6:1 extract
- White Horehound herb 4:1 extract
- Pleurisy root 4:1 extract
- Ginger rhizome 5:1 extract
- Licorice root 3.5:1 extract
- Thyme (Thymus vulgaris) essential oil
- Echinacea (Echinacea purpurea) root powder
- Burdock (Arctium lappa) stem bark powder
- Slippery Elm (Ulmus rubra) stem bark powder
- Sheep Sorrel (Rumex acetosella) stem bark powder

- Uses include:
  - Works within days or weeks
  - Works within weeks or months
  - Works within hours or days

- Caution:
- Not to be used during early menstrual cycles, especially during the first 3 days of menstruation, in pregnancy and lactation unless otherwise directed by a qualified health care professional.
- Contraindicated in known allergy to the daisy family, pregnancy and lactation. Contraindicated in known allergy to the daisy family.
Buchu from Cranberry fruit juice concentrate 25:1

Caution:
- Monoterpene compounds. Cranberry Complex helps to:
  - Promote healthy mucosal surfaces in the urinary tract
  - Support healthy bladder tissue and function
  - Encourage healthy urinary tract function

*Used for kidney/bladder involvement*
- 4/day until symptoms abate
- Works within hours or days

*Clinically dependable*
Slide 25

Slide 26

Slide 27
Slide 31

Motherwort Complex contains
- Black Walnut green hulls 4:1 extract
- Bugleweed 1:2 extract
- Green Tea Leaf 6:1 extract
- Rosemary leaf 5:1 extract
- Grape seed 120:1 extract
- Walnut hulls, Green Tea leaf, Rosemary leaf, Bugleweed extract, and Grape seed. This combination of herbs contains many phytochemicals which together:
  - encourage a healthy intestinal environment to help maintain proper digestive function
  - cleanse the gastrointestinal tract
  - soothe the nervous system
  - support healthy bowel function
  - support healthy circulatory health
  - support healthy metabolism
  - maintain healthy connective tissue

Caution:
- Contraindicated in closure of the gallbladder. Use only with professional supervision in gallstones.
- Contraindicated during lactation unless otherwise directed by a qualified health care professional.
- Contraindicated during pregnancy and lactation. Contraindicated in hyperthyroidism and Grave's imbalance.
- Used for hyperthyroidism.
- Works within days or weeks.
- Clinically dependable.

Gallstones:
- Gallstones contain 83.35 mg of epigallocatechin, 70.4 mg 80 mg of hesperidin, 42.5 mg 50 mg of protocatechuic acid, and 70.4 mg of dihydrotachysterol. This product is standardized to contain 83.35 mg epigallocatechin, 70.4 mg hesperidin, 42.5 mg protocatechuic acid, and 70.4 mg dihydrotachysterol in each tablet to ensure optimal strength and quality. The natural substances in Vitanox® contains a great blend of herbs that provide antioxidant/skin/semen and prostate health. Vitanox® is standardized to contain 83.35 mg epigallocatechin, 70.4 mg hesperidin, 42.5 mg protocatechuic acid, and 70.4 mg dihydrotachysterol in each tablet to ensure optimal strength and quality. The natural substances in Vitanox® contains a great blend of herbs that provide antioxidant/skin/semen and prostate health.

Motherwort 1:2 extract

Motherwort contains alkaloids, flavonoids, bitter glycosides and other
terpenes.

Used for hyperthyroidism.
1-2 tsp/day until symptoms abate, then ½ tsp daily as prophylaxis.

Works within weeks or months.
Clinically dependable.

Contraindicated during lactation unless otherwise directed by a qualified health professional.

Slide 32

Slide 33

Motherwort 1:2

Motherwort contains alkaloids, flavonoids, bitter glycosides and other

terpenes.

Used for hyperthyroidism.

1-2 tsp/day until symptoms abate, then ½ tsp daily as prophylaxis.

Works within weeks or months.

Clinically dependable.

Contraindicated during lactation unless otherwise directed by a qualified health professional.

2/2/2007
A Clinical Study: Grave’s Disease

Dona presented with Grave’s Disease complaining of blurry vision, neck stiffness, tachycardia, palpitations, bloating, insomnia, worry, loss of stamina, loss of libido, leaking.

Began 08/06 with endocrine support, Symplex F, BCSO, Hypothalmex, Ionic calcium, Cataplex AC, Albaplex, Cardioplus, OPC Synergy, Rehmannia Complex, L-Glutamine, Bugelweed, Motherwort during a quick start initial visit (last seen 03/99). Reviewed two months later – tachycardia and palpitations gone, less worry, less bruising, increased libido, 4 lb weight loss – discovered allergy to wheat & milk.

Reviewed one month later – less neck stiffness, less blurry vision, TSH now detectable in blood analysis, 1 lb weight loss – added Immuplex, Renatrophin, Magnesium, Minchex.

Reviews one month later – less neck stiffness, less blurry vision, TSH now detectable in blood analysis, 1 lb weight loss – added Cyruta Plus and restarted Albaplex.

Reviewed one month later – all thyroid values in normal range except TSH which was gradually increasing, weight gain of 4 lbs.

Reviewed one month later – improving sleep, weight loss 2 lbs due to dietary changes, doctor advised her to continue with nutritional therapy.

Clinical Study: Graves by phone

Deborah presented with Grave’s Disease 02/06 – complaining of eye irritation, sinus plugging, palpitations, short of breath, constipation, hot flashes, toenail fungus, leg fluid retention, insomnia, hypoglycemia, emotionally distraught, loss of stamina, decreased motility.

Began Immuplex (6), Symplex F (6), Hypothalmex (2), BCSO (2), SSO (6), L-Glutamine (3), Chelaco (1), ionic calcium, Tribulus (1), Bugelweed (1tsp), Motherwort (1tsp), began Phase II diet.

Reviewed one month later by phone – improved immediately, improved sleep, palpitations gone, returned to normal weight, energy improved, emotionally stable.

Continued monthly phone consultations resulting in normal lab values in 08/06, TSH 0.1.

Two months later TSH raised to .3 – she feels great.

Use autoimmune handout at.

There is so much law in this approach that you can do it by phone from a distance.

Insight

To know is to do
To do is to know
Slide 37

**Drug – Herb Interaction**

- Essentially herbs/nutrients may mimic, magnify or oppose drug effects
- **Pharmacokinetic** interactions refer to fluctuation in bioavailability of herb-drug molecules due to variables of absorption, distribution, metabolism, and elimination
- **Pharmacodynamic** interactions refer to fluctuations of bioavailability due to synergistic or antagonistic interactions between molecules

---

Slide 38

**Drug – Herb Interaction**

- Absorption is effected by:
  - Binding forming a insoluble complex
  - pH modification of stomach & intestines
  - G.I. motility rate
- Distribution – effects upon transmission
- Metabolism – effects on half life
- Elimination – effect on kidney clearing

---

Slide 39

**Drug – Herb Interaction**

- Pharmacodynamic interactions are the most difficult to predict
  - Refers to additive or antagonistic combinations resulting in amplification or dampening
  - Most Pharmacodynamic interactions are known through actual case reports as opposed to lab experiments

---
Slide 40

Drug – Herb Interaction

---

Slide 41

7 Pillars of Healing

- Endocrine/Hormonal - Depression & Repression
- 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, Fortification & Synchrony

---

Slide 42

7 Pillars of Healing

The possibility of human greatness (all manner of healing)

Genetic physiological genius

---

Genetic physiological genius
Slide 43

Foundation

Give me a place to stand on and
I can move the world

Archimedes

Slide 44

Visit after visit — Start Monday
- Let the icing on top of the nutritional cake begin to be applied — use herbs to promote and stimulate adequate physiology.
- Give your patients the miracle of the self-healing self-repairing mechanisms — when they experience dominion over disease you will have awakened an individual and changed the community.
- Employ specific protocols for known conditions you are caring for.
- Reinforce yourself and the patient with how much understanding of the underlying issues you can concern yourself with — through such understanding infuse people from despair to hope and potency to try.
- Try the products yourself to become familiar with how herbs work.
- Prepare for the slow process of retiring autoimmune activity and for the long-term sure results that state success as a profound healer — to reverse autoimmune conditions is as significant as reversing degenerative disease.
- Become friends with the herbs, let them bless you, extend vitality into longevity, correct aging issues.

Slide 45

Give generously
As you have received