Slide 1

Mentoring the Mentor

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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

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 in included? - Self selection, you pick yourself
Evolutions: 7 Pillars Development

- Each participant attends monthly teleconferences (1 hour duration; 4th Thursday of each 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.

- 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).

- In the beginning I saw the value of the endocrine support, specifically the HPA axis, and the people I did not support did not move into the evolution.

- For many years this was my secret that distinguished me from all others.

- As patients would present with their typical low standards of care, I began to see the value of the HPA axis, and after a while I began to act and modulate these factors.

- When all the rage over inflammation came out in the mid 90's I immediately saw the value of the endocrine support.

- After 6 years of booming success I began to listen to the talks – many of which were focused on the HPA axis. I also learned that the development of the 7 pillars was incremental and followed a logical sequence.

- Each consultation was a step in evolution.
Evolutions: 7 Pillars Development

Slide 7

1. By the time I introduced the pillars in an educational format there were 6 that had been identified.
2. Because overarching the success of my patients to move through evolutionary experiences was the need for consistency and compliance over time, allowing for the incremental accomplishment of the body in detoxification, glandular repair, and synchronization, etc., I described the 7th pillar as long-term trophorestorative care. Knowing that from clinical experience, when patient would apply themselves over time with the clinical practices I was employing they would achieve significant transformations in their physiology and psychology.
3. The 6th pillar distinguished itself for the patients who would not apply themselves consistently over time and how they would not seem to develop the healing inertia to breakthrough a block free from the static state of their development.
4. Also sprinkled in the practice were the profound shifts of almost miracle proportions where people would report the end of serious addictions, changing life-limiting arrangements, changes in personal choice preferences without counseling, and from within I was being introduced to the true authorship of people's evolution.

Slide 8

1. Finally, but still not finished, I began to see significant success in reversing vascular degenerative processes, and this began to reveal a complex integration with the whole of physiology—another component of an individual's health that could shape the patient's overall health and well-being simultaneously without any deliberate maneuvering or required—again solutions were more about talking about what was happening and addressing that they were about trying to get change to happen.
2. The 7th pillar has asserted itself in my awareness, as a basic foundational strength that must be present in each person for healing and evolution to happen.
3. When these pillars have all been supported and enhanced there seems an unbridled potency that is not stimulant driven that acts to cause the growth and resilience and presence necessary to permit healing and evolution to happen.
4. New pillars may emerge as my clinical experience increases, we must always distinguish techniques and events from global conceptual ideas.

Slide 9

1. These pillars are not technique bound—they apply to all techniques and all practitioners—the pillars attempt to describe the way life creates vitality at the physical level to support the many other levels of an organism's path and experience.
2. So it is the end for me as a practitioner every technique I employ and every action I take with a patient is part of this 7-pillared map for success that has revealed itself to me through clinical practice.
3. All initiatives with patients must play onto this map/paradigm which creates confidence and direction in both practitioner and patient.
Slide 10

Eternal Truth

I want to warn you not to copy me, but work out your own method. Our people tell us to be original. If you can watch the method, though, and the way I go about it, maybe that would give you some thoughts about what to follow, what it’s all about. Then you work out your own substance, your own songs, your own prayers, and things to go with it...

Rolling Thunder

Slide 11

Detoxification:

- Every cell in the body has detoxification processes at the molecular entry level, and within the cell, as well as certain systems organ systems in the body are devoted to the larger global detoxification required to prevent biochemical strangle.
- Selenium and glutathione have received a lot of attention as central players in the detox process, and they are certainly included in a comprehensive system of detoxification systems dedicated to removing substances and toxins from the body.
- Whole food concepts do not equate to glutathione and selenium levels of focus, but they do support the entry level systems supporting the global pathways that move glutathione up-regulation and selenium repletion.
- SP Greenfood is a remarkable product making these contributions. It’s maintenance provides great to depletion and illness pathways supported.
- Cataplex E as a selenium contribution can help address cold extremities and simply referred to being metal content of T4 to T3 conversion.
- Every disease will respond to these efforts, and requires such.

Slide 12

On task -

Mastery in life is the opposite of control.

Eckhart Tolle
Normal Miracle -

Realize ordinary life as an unbroken flow of normal miracle!

Andrew Harvey

7 Pillars of Healing

Endocrine/Hormonal - Disruption & Depression
Glycemic Management - Insulin/Cortisol Dysregulation
pH Bioterrain - Net Acid Balance
Inflammatory status - Cumulative Repair Deficit
Immune burden - Toxicity, Infection & Infestation
Circulatory Status - Arterial, Venous & Lymphatic Competence
Digestive Potency - Fuel absorption, waste removal, Immune modulation
Slide 16

Revisiting the parthenon of health

- 7 pillars of foundation strength and physiological potency
- Original parthenon represented the wholeness of Greek life - their math, science, art, sense of proportion, sacred geometry, and philosophy all together in one place and in perfect proportion.
- The parthenon of health upon the foundational pillars of mammalian/human design is a place wherein possibilities are realized - healing, thinking, forgiveness, wisdom, leadership, spiritual fulfillment.
- My practice experience has shown me that constructing the pillars is all that is needed - the elegance, power and design of greatness follows in people facilitated this way.

Slide 17

7 - Digestive Potency

- Digestion must bring in substance 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 degeneration, leakage.
- Fasting

Slide 18

#7 Core Physiologic Principal

- Ingestion Normal reduction of food to nutrient components
- Abundance of CHO's, additives, toxicity
- Healed, renewed, vital, repairing

- Restoration of gut integrity and health
- Loss of digestive ecology
- Initial detox / repair / fortification
- Increased immune burdens - leaky gut
- Chronic tissue degeneration - inflammation
- Balanced physiology creates balanced diet
- Palliative medication and decline
- Supported physiology
- Strengthening functions

#7 Core Physiologic Principal

- Understanding Factor
- Adaptive response
- Chronic weakened systems unable to break down food
- Restoration of gut integrity and health
- Loss of digestive ecology
- Initial detox / repair / fortification
- Increased immune burdens - leaky gut
- Chronic tissue degeneration - inflammation
- Balanced physiology creates balanced diet
- Palliative medication and decline
- Supported physiology
- Strengthening functions
**Slide 19**

**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, balance, patience, peace.
- Thickens gut lining with Cataplex AC (10), Gastrofiber (3), Chlorophyll (4), LactEnz (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 20**

**The Nano-Bacterial Challenge:**

- Nano bacteria represent particles of bacteria that have the same immune/inflammatory provocation as a fully viable bacteria.
- Reports say that this is a problem secondary to experiments in the stratosphere.
- Symptoms include cystitis, kidney infections, and finally heart infections leading to CAD.
- Garlic 5000 (4) is best protector from this while backing up Albaplex (8), Arginex (8), Cranbery Complex (4).
- Symptoms can resolve quickly but exacerbate repeatedly.

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**Slide 21**

**Proliferative tendencies as a foundation concept in Cancer**

- Increased vascular supply created increased fertility for cell growth just as reduced vascularity creates cell degeneration and ultimately death.
- Perhaps the body has a balance about its own vascular state that creates proliferative stability.
- Factors that increase vascularity chronically may increase the soil conditions for proliferative events.
- Cherry hemangiomas may signal a tendency towards vascular proliferation.
- Inflammation may promote vascularity.
Slide 25

Aspartate (AST)

> 56 normal

Started Supplements

11/29

Added

12/14

Supplements

Stopped

12/21

Supplements

Started

12/28

Supplements

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___________________________________

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___________________________________

Slide 26

Aspartate (AST)

> 35 normal

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Slide 27

CANCER ANTIGEN 19-9

Started

Rifing

4 hrs day 2/7

Stopped

4/20

Enzymes

Enzymes

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Slide 28

A Clinical study – Supporting seizures

Richard

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Slide 29

Eternal truth -

Wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.

Eckhart Tolle

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Slide 30

Give generously

As you have received

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