Slide 1

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 is included? – Self selection, you pick yourself
Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4th Thursday of month) creating a roundtable 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 rep who will compile and include in next teleconference (must be submitted 10 days prior).

Therapeutic Rationale:

Understanding, and action proceeding from understanding and guided by it, is the one weapon against the world's bombardment, the one medicine, the one instrument by which liberty, health, and joy may be shaped or shaped toward, in the individual and in the race.

James Agee

The healer's journey

Therapeutic rationale – why/what are we doing?

Racial Possibility

Genetic potential

Confidence builds in the law and the ability to normalize.

Take on greater challenges – expand the scope of practice, raise the bar, set the standard.
Slide 7

Paradigm shift: (if you want one)

7 Pillars of Health
- Home for everyone, regardless of age or health status
- Growth/Repair Promotional
  - Promote physical, mental, emotional, spiritual improvement
- Health/Physiology Promoting
  - Disease Prevention / Disease Correction

Slide 8

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, Fortification & Synchrony

Slide 9

7 Pillars of Healing

The possibility of human greatness (all manner of healing)

Genetic physiological genius

Foundational Parthenon of health

- Endocrinology
- Gynecology
- Immunology
- Inflammation
- Circulatory
- Complete Tropho-Restorative Cycles

Genetic physiological genius
Slide 10

Deemed Physiological Priorities

Endocrine balance

Glycemic regulation

Reduce immune burdens

Supplementation & lifestyle

Low carb diet

Supplementation, detox, allergy removal

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Slide 11

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.

Edward Leyton, MD, 2005

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Slide 12

Cause

Effect – First Level of Response - Adaptation

Effect – Second Level of Response - Depletion

Effect – Third Level of Response - Imbalance

Effect - Syndromes / Disease

Intelligent Intervention – Interruption of cycle

Impotent Intervention – Frustrated treadmill of trying to control effects
Slide 13

Cause -
You can trace every sickness, every disease, and every ailment to a nutritional deficiency.

Dr. Linus Pauling, Winner of Nobel Peace

Slide 14

The Use of Rationale
The therapeutic use of rationale refers to the use of conscious concepts to amplify the clinical effectiveness of treatment measures.

For example:
The Nutritional Process of Healing includes 3 steps:
1. Detoxification/Cleansing/Purification/Unburdening
2. Fortification/Repair/Enforcement/Strong
3. Balancing/Harmonization/Symphony

Slide 15

The Possibility of Normal Physiology
- It used to be that enhancing normal physiology was a way to talk about nutritional therapy to avoid practicing medicine without a license.
- That containment created a great deal of healthy evolution in nutrition.
- Many people today use nutritional therapy in an allopathic way.
Slide 16

Normal Physiology
- Every macro or microscopical event contributing to homeostasis
- Including normal physiology events designed to return the body to homeostasis (e.g., Acid buffering mechanisms, fever)

Slide 17

Normal Miracle -
- Realize ordinary life as an unbroken flow of normal miracle!

Andrew Harvey

Slide 18

Champions of Normalcy
- Assisting everyone healthy or diseased toward homeostasis
- Helping people discover what is possible
- Completing body processes without complicating
Slide 19

Treating Normal vs. Abnormal

- Treating systems
- Treating health
- Treatment never ends
- Principles are universally relevant

- Treating symptoms
- Treating disease
- Disease is cured – treatment ends
- Approaches only apply to a few

Slide 20

Normal Miracle -

The individual human mind is like a computer terminal connected to a giant database. The database is human consciousness itself, which contains all experiences of all individual experiences, but within limits in the common consciousness of all mankind. The database is the realm of genius, inaccessible to few, but accessible to all. The unlimited information contained in the database has now been shown to be readily available to anyone in a few seconds, at any time and any place. This is an astonishing discovery, bearing the power to change lives, both individually and collectively, to a degree never before anticipated.

David R. Hawkins

Power Vs. Force

Slide 21

Trophology

The study of that which promotes growth. It is derived from the Latin word Trophe, which means growth. Royal Lee combined the words Applied Trophology to refer to the study and application of nutritional principles which promote growth in specific tissues, organs, and systems. The new term for this is trophorestorative. All nutrients and some herbs are trophic in their nature.

One of the principal drivers of this is the Protomorphogen (PMG) which was first extracted and identified by Lee. The PMG is a protein-mineral complex which is primordially similar in all mammalian life forms. These PMG’s are theorized to act as growth limiting and growth directing substances in and around the cell.

The ability to stimulate cellular and organ repair and renewal in specific tissue targets is unique to nutritional approaches...
Slide 22

**Trophology**

- The discovery of the physiological mechanism of the automatic regulation of growth and repair
- Initial "histamine reaction" indicates accuracy and effectiveness of therapy
- PMG is a protein/mineral complex that can act as a decoy to the natural tissue antibodies, thus reducing the catabolic load of a tissue
- Use of PMG is clinically observed within two weeks of onset of therapy

Slide 23

**Trophology**

- PMGs have been nicknamed "nuclear vitamins" because they activate and support the nuclear DNA/RNA repair-synthetic mechanisms
- Tissue response requires vitamin/mineral supply as well as PMG to repair target tissue
- Always start with PMG and general nutrition before employing herbal stimulants/depressants or hormone precursors or HRT

Slide 24

**Adaptogenic**

- Unique to nutrients and some herbs
- The ability to bring to center, to promote homeostasis - if it's hypo it will encourage and increase, if it's hyper it will reduce it
- All nutrients generally are adaptogenic
Slide 25

Post Biological Development

- The completion of normal biological cycles that have been interrupted at a time later than is naturally intended
- Cycles are interrupted by insulted endocrine, neurological and nutritional processes
- Insults can be physical and metaphysical
- Idea first introduced by Joseph Chilton Pierce

Slide 26

Isolated chemical/nutrient

Narrow precise physiological pathway

Single physiological outcome

Slide 27

Complex trophic factor/nutrient

More bioavailability

Lower contraindications and reactions

Lower dosages required due to potentiation

No biochemical bottlenecks

Activates multiple pathways cascade effect - catalyst
Slide 28

Precious service

Service is the virtue that distinguished the great of all times and which they will be remembered by. It places a mark of nobility upon its disciples. It is the dividing line that separates the two great groups of the world; those who help and those who hinder, those who lift and those who lean, those who contribute and those who only consume. How much better it is to give than receive. Service in any form is comely and beautiful.

To give encouragement, to impart sympathy, to show interest, to banish fear, to build self-confidence and awaken hope in the hearts of others, in short - to love them and to show it - is to render the most precious service.

Bryant Hinckley

Slide 29

Foundational Therapies

- Basic strategic approaches are common for all conditions - use the six pillars of health
- Prepare with strategy and handouts for typical presentations - cancer, autoimmune (MS, asthma, thyroiditis, Lupus, RA, alopecia, ALS, sclerosing cholangitis, et al), etc.

Slide 30

Power

There is nothing more powerful than an idea whose time has come.

Dr. B. J. Palmer
Slide 31

How to create -

In the beginning is the Word and The Word is with God ... and without The Word was nothing made that was ever made.

The Bible

Slide 32

Cancer

- Prevention is best approach
- Check family history and cancer potential survey to determine potential
- Burdock Complex is Essiac formula in tablet form, Cat's Claw, Vitamins, EFA's includingCLA (anti-tumor)
- Promote systemic cannibalistic state, prevent insulin spikes, all primitive cells like cancer feed on sugar
- Unburden the immune system, unburden the liver

Slide 33

Autoimmune disease

- Down regulate the immune system, relax the adrenals (Drenamin (6), Rehmannia Complex (4), Licorice (2 tsp.) - do not use with hypertension)
- Employ low antigen diet (avoid milk, soy, wheat, corn) to reduce inflammation
- Treat target tissue with PMG
- Promote healthy membranes with EFA's and Chlorophyll Complex
- Explain 3 theories of autoimmunity
  Molecular mimicry – antigenic
  Dual antigen hypothesis – cytokines mediate both events
  Unknown origin – immune dysregulation
Heart & Circulatory disease
- Autopsy has never revealed a 100% blocked artery without associated vasoconstriction.
- CRP – less than 0.4, levels between 2 and 3 are associated with colon cancer; acute infection can elevate levels above 6.
- Homocysteine – the protein (velcro) on the lining of the artery to which plaque may attach itself.
- Cholesterol is controlled through triglycerides. Oral chelation technique use Garlic (2/day), or Mediherb 3/day), Cayenne (2/day), Horse Chestnut 2/day, Hawthorne 2/day), EFA support.

Arthritis & Osteoporosis
- OA and Osteoporosis are cousins.
- Compression of bone due to loss of matrix strength and protein cause remodeling to occur.
- Thumping (20) and exercise.
- Low glycemic diet with urine and saliva pH monitoring.
- Fosamax recent study showed no reversal to long-term use, but it was a small inconclusive study.
- Repeat bone density studies in 9 months (as soon as 6 months) to document improvement.

Migraines & Headaches
- Distinguish migraines by presence of photophobia and nausea.
- Migraines treat upper digestive (usually gallbladder) affecting mechanism of Vagus sensory nerve feedback.
- Frontal headaches usually sinus/tooth infections – Thymex (15), SSSO(12).
- Basal headaches usually relate to stomach and upper digestive function – Cored Fypan (6), Gastronex (6), LactEnz (6).

12
Slide 37

**Digestive disorders**
- Distinguish upper from lower digestive disorder (GERD, colitis, GB, acid, parasites, yeast, irregularity)
- Outline step by step strategy
- Start at the top — stomach, gallbladder, etc.
- Clear yeast — Zymex (6), Spanish Black Radish (6), Garlic (2)
- Clear infestations — Zymex II (6), Multizyme (6), Wormwood (6)
- Promote prebiotic gut lining repair — Aloe (2 tsp), Gastrofiber (6), Chlorophyll Complex (6), Cataplex AC (12)
- Probiotic — LactEnz (6)

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**Memory, Concentration, Senility**
- Low glycemic diet to promote adrenal strength
- LFA’s to promote nerve function
- OPC Synergy to support synaptic strength
- Minchex (6), Neurotrophin PMG (2), Protefood (3)

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**Musculoskeletal, Fibromyalgia**
- Reduce inflammation through low antigenic diet, strengthen adrenals
- Lymphatic overload backed up into muscles — reduce immune burdens, strengthen immune system
- Eliminate aspartame
The Experiment

- Everyday is an experiment – people are very experimental if you can demonstrate safety and gain (what did we learn)
- Experiments are a success regardless of outcome – whether healing happens the experiment proves something
- Explain, “I learn by what works and what doesn’t work – both outcomes tell me about you and how your machinery works”
- Handout paper “The nutritional experiment”

Kirk

- Pancreatic Cancer
- Going great with supplements, emotional work, Rife frequency generator, declined medical therapies, choosing hope, having a love affair – never been happier

Began 11/22/06 exploring support and diagnosis of pancreatic cancer

Presented severe jaundice, enzymes and bilirubin severely out of range, pale stools, insomnia, low energy, mentation difficulty, heartburn, halitosis, nocturnal urination 3/night, itching all over

Introduced therapeutic rationale, began seeing him weekly, began endocrine pillar support, immune pillar support, bioterrain pillar support, glycemic pillar support

Immediate improvement in energy, increased libido, sleep improved, everything improved

One month later elected to decline conventional cancer therapies and pursue physiological enhancement – all parameters continue improvement

A Clinical study – Supporting Chronic Degenerative Disease

- Jeff presented 9/7/06 with pulmonary interstitial fibrosis, reduced muscle tone, low energy, blurry vision, joint pain, short of breath, loss of libido, hearing problems, and depression

- Began endocrine pillar – Symplex 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 a month 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, increased energy, stronger

- Continue protocol and added Immune pillar – Zymex II, Bioterrain pillar – Magnesium Lactate (3)
A Clinical study – Supporting Chronic Degenerative Disease

Jeff 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 – Symplex 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), Biorepair pillow – Magnesium Lactate (3)

Therapeutic Rationale –

Cataplex AC – Catalytic complex of vitamins A & C with adrenal support primarily designed to promote gut lining repair and usually results in increased bowel movements and emotional independence from worldly effects

A F Betafood – Combination of vitamins A, F, beets and a little bit of iodine all acting as a cholagogue forming more bile and thus washing the liver and gallbladder – the bile in turn acts as a detergent to the digestive tract and stimulates increased GI motility

Allerplex – Combination of Fengre to thin the mucous, Yakitron which is a beef protein that helps liver breakdown of histamine, adrenal extract to strengthen the immune response, Spanish black radish to purify the lungs and Cataplex AC to provide antiviral support, primarily to support lung and sinus immune burdens and fungal types of infections

Congaplex – Combination of Thymex and Cataplex AC to provide antiviral support, mushroom powder for immune up-regulation, and calcium lactate to promote immune activity to support lymphatic congestion and infection

Sesame Seed Oil – Contains a factor T that supports trophoblastic activity in the bone marrow and thus promotes hemopoietic activity and blood cell production of white, red and platelets, especially good for fever and other infectious processes

Visit after visit – Start Monday

Therapeutic rationale must be employed every step of the way from beginning to maintenance – an approach without strategy will fail with lack of achievement

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 inflate people from despair to hope and the potency to try

The rationale must be visited again and again throughout the length of care – it is the idea that people will try to achieve

Never give a product without a rationale – the rationale provides a focus of what to expect and watch for

Functional medicine dictates rationale for every approach it takes

It is the idea that distinguishes functional approaches from palliative care

Only the idea exists above the cynicism of the outcome
Slide 46

Thoughts -
Thoughts are seeds of later deeds
When God thought the world was born.

Kahlil Gibran

Slide 47

Give generously
As you have received