

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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Slide 5

### 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

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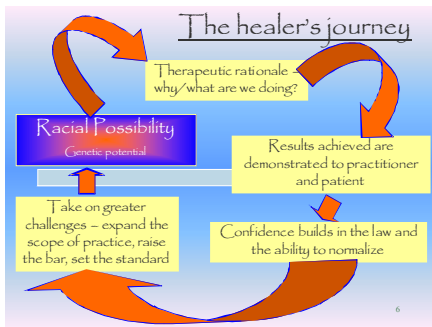
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Slide 6



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Slide 7

Paradigm shift: (if you want one)

7 Pillars of Health  
Same for every person, regardless of age or health status

Growth/Repair Promotional  
Promotes physical, mental, emotional, spiritual improvement

Health/Physiology Promoting  
Disease Prevention/Disease Correction

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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, Proliferation & Synchrony

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Slide 9

7 Pillars of Healing  
The possibility of human greatness (all manner of healing)

Foundational Parthenon of health: homeostatic optimization

C  
I  
B  
E  
G  
I  
C

Genetic physiological genius

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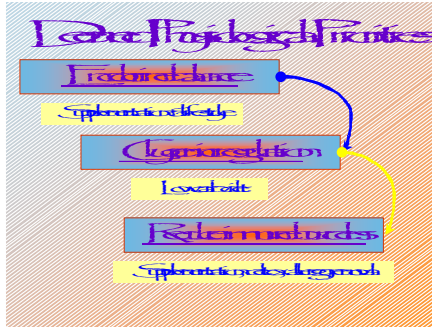
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Slide 10



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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 Lopez, MD, 2003

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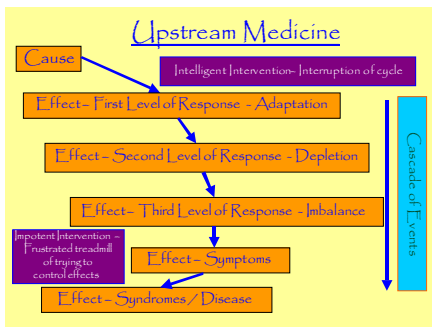
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Slide 12



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Slide 13

Cause -

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

Dr. Linus Pauling, Winner 2 Nobel Prizes

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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/Strengthening/Trophic

3 - Balancing/Harmonization/Symphony

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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

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Slide 16

Normal Physiology

- ↳ Every macro or microscopical event contributing to homeostasis
- ↳ Including normal physiology events designed to return the body to homeostasis (eg, Acid buffering mechanisms, fever)

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Slide 17

Normal Miracle -

↳ Realize ordinary life as an unbroken flow of normal miracle!

Andrew Harvey

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Slide 18

Champions of Normalcy

- ↳ Assisting everyone healthy or diseased toward homeostasis
- ↳ Helping people discover what is possible
- ↳ Completing body processes without complicating



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Slide 19

Treating Normal vs. Abnormal

↳ Treating systems	↳ Treating symptoms
↳ Treating health	↳ Treating disease
↳ Treatment never ends	↳ Disease is cured - treatment ends
↳ Principles are universally relevant	↳ Approaches only apply to a few

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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 our own cognizance is merely an individual expression, but with its roots in the common consciousness of all mankind. This database is the realm of genius, because to be human is to participate in the database everyone, by virtue of birth, has access to genius. 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 in any place. This is indeed an astonishing discovery, bearing the power to change lives, both individually and collectively, to a degree never yet anticipated.

David R. Hawkins  
Power/Va Force

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Slide 21

Trophology

The study of that which promotes growth. It is derived from the Latin word Trophos, 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 'tropho-restorative'. All nutrients and some herbs are trophic in their nature.

One of the principle drivers of this is the Protomorphogen (PMG) which was first extracted and identified by Lee. The PMG is a protein-mineral complex which is primitively 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. 21

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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



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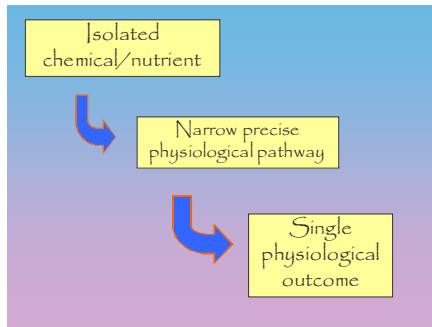
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Slide 26



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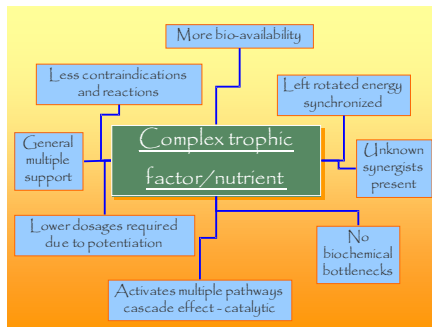
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Slide 27



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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 Hurdley

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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.

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Slide 30

**Power ~**

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

Dr. B. J. Palmer

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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

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Slide 32

Cancer

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

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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 FMC
- ⌘ Promote healthy membranes with EFAs and Chlorophyll Complex
- ⌘ Explain 3 theories of autoimmunity
  - ⌘ Molecular mimicry - eg vaccine
  - ⌘ Dual signal hypothesis - cytokines mediate both events
  - ⌘ Unknown origin - immune dysregulation

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Slide 34

**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

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Slide 35

**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
- ⌘ Fosomax 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

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Slide 36

**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 infection - Thymex(15), SSO(12)
- ⌘ Basal headaches usually relate to stomach and upper digestive functions: Okra Pepsin (6), Gastrex (6), LactEnz (6)

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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 (2tsp), Gastrofiber (6), Chlorophyll Complex (6), Cataplex AC (12)
- ⌘ Probiotic– LactEnz (6)

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Slide 38

**Memory, Concentration, Senility**

- ⌘ Low glycemic diet to promote adrenal strength
- ⌘ EFA's to promote nerve function
- ⌘ OPC Synergy to support synaptic strength
- ⌘ Minchex (6), Neurotrophin PMG (2), Protefood (3)

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Slide 39

**Musculoskeletal, Fibromyalgia**

- ⌘ Reduce inflammation through low antigenic diet, strengthen adrenals
- ⌘ Lymphatic overload backed up into muscles – reduce immune burdens, strengthen immune system
- ⌘ Eliminate aspartame

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Slide 40

### 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”

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Slide 41

Began 11/24/06 exploring support and diagnosis of pancreatic cancer

everything improved - happier

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

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Slide 42

### A Clinical study - Supporting Chronic Degenerative Disease

- Jeff presented 2/7/06 with pulmonary interstitial fibrosis, reduced muscle tone, low energy, blurry vision, joint pain, short of breath, loss of libido, snoring
- Began endocrine pillar - Simplex M (6), Hypothalmex (2), EFA (4), Immune pillar - Sesame Seed Oil (6), Allerplex (14), Calsol (4), pff
- Bioterrain pillar - Calcium Lactate powder (1 tsp), 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, left elbow pain gone, less calf fatigue with exercise, libido increased, orgasm stronger.
- Continue protocol and added Immune pillar - Zymex II (4), Bioterrain pillar - Magnesium Lactate (3)

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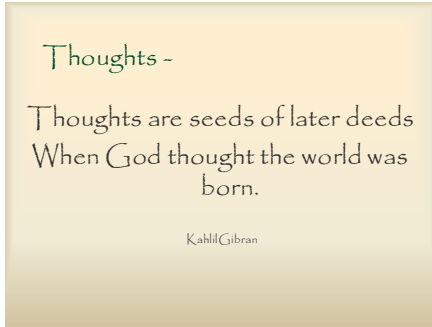
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Slide 46



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Slide 47



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