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Mentoring the Mentor

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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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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 round table discussion/exploitation 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)

Eternal truth - Indifference and apathy have one name – Betrayal.

Salvatore Quasimodo, Nobel Prize Winner

Nutritional Paradigm Principles

- To practice nutrition effectively the practitioner requires a paradigm that explains and supports his clinical experience
- There are many principles that comprise this one paradigm with the following representing an overview of unique principles to this approach
- Without principles one’s ethics may be questioned – with principles one can only be accused of being consistent and adhering to different ideas
- When we understand these principles we will see them in practice – then we should teach them
- Principles will keep you out of trouble and guide you when cases are confusing
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Nutritional Paradigm Principle #1
Complete Tropho-Restorative Cycles

- Healing responses play like a movie - equilibrium, crisis, resolution, equilibrium.
- Most allopathic approaches are not only against the disease but also against the physiology - interruption.
- Fever, catarrhal symptoms, inflammation, diarrhea, etc.
- Re-wounding.

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Tropho-Restorative Principle

- Disease diagnosis
- End stage treatment - symptom management and suppression
- Retracing / Deep purification & restoration
- Chronic progression of disease
- Initial detox / repair / fortification
- Resistant dynamics - physiologic failure
- Chronic management - non-healing
- Uninterrupted completed tropho-restoratives
- Disillusioned, unrenewed, waiting to die
- Restored physiology
- Commitment to not interrupt

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Eternal truth -

- One of the biggest tragedies of human civilization is the precedence of chemical therapy over natural, of poison over food, in which we are feeding people poisons trying to correct the reactions of starvation.

Dr. Royal Lee
**Nutritional Paradigm Principle #2**

**Trophology**

- The study of that which promotes growth. 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.
- One of the principle drivers of this is the Protomorphogen (PMG) which was first extracted and identified by Lee. The PMG is an intracellular protein/mineral complex which is structurally and functionally identical in all mammalian forms.
- Various PMGs 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 is specific to nutritional approaches.

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- 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.

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- PMGs have been nicknamed “nuclear vitamins” because they activate and support the nuclear DNA/RNA repair synthesis mechanisms.
- Tissue response requires vitamin/mineral supply as well as PMG, the biological target tissues.
- Always start with PMG and general nutrition before employing herbal stimulants/depressants or hormone precursors or HRT.
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Nutritional Paradigm Principle #3
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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Eternal truth -

- The complicated mechanism of the body must be taken into consideration, and the ways it takes to reach its goals are not always the straight paths envisioned in our calculations.

Max Kalmer
The Laws of Energy Conservation in Nutrition, 1922

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Nutritional Paradigm Principle #4
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
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**Nutritional Paradigm Principle #5**

**Whole Food Concentrates**

- Unique combinations of nutrients occur consistently by genetic design in which we have evolved genetically to use.
- Function collectively better than taking isolated B-6, B-12, and Folic Acid together has been found to reduce homocysteine more significantly even though each one has a limited effect.
- Greater nutrient density – a leaf of spinach contains over 1,500 different chemical components.
- MediHerb believes in herbal complexes with whole spectrographic integrity.

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**Natural vs. Synthetic**

- More potent nutrients with left-rotated body of light intact.
- Factors known and as yet unknown present.
- Less biochemical bottlenecks – running out of pathway supply.
- Cascade multiple system support – shotgun results.
- Synergists increase potency thus reducing dosages.
- Simultaneous multiple general support.
- Less contraindications and reactions.
- More bioavailability.

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**Isolated chemical/nutrient**

Narrow precise physiological pathway

**Single physiological outcome**

- Right rotated foreign to living systems – lacking body of light.
- Missing synergistic factors as yet undiscovered.
- Creates biochemical bottlenecks by using up cofactors upstream.
- Single event results work at first then stop.
- No synergistic support leading to less potency and higher dosages.
- Isolated specific results.
- Better to do research with limited variables.
- More potent for reactions.
- Less available, more foreign.
Complex trophic factor/nutrient

- Lower contraindications and reactions
- Left rotated energy synergized
- Kept bi-level, bioavailability
- Lowered dosages required due to potentiation
- Unknown synergists present
- Activates multiple pathways, cascade effect, catalytic

Our task -

The suppression of inconvenient evidence is an old trick in our profession... but ignoring difficulties is a poor way of solving them.

Raymond Greene
In a letter to Lancet, 1953

Nutritional Paradigm Principle #6

Wound Intelligence -

1. The inherent tendency of wounds to repeat the trauma and repair
2. Physical, emotional and spiritual wellness leading to repeat in a new way original experiences
3. The healing process will eventually encourage these deep processes to surface — re-wounding
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Eternal truth -

» It is incredible that in twentieth century America a conscientious physician should have his hard-won professional reputation placed on the line for daring to suggest that an obesity victim might achieve some relief by cutting out sugars and starches.

Robert Atkins
Testifying before Congress, April 12, 1973

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Nutritional Principle #7
Instant results -

» One of the best ways to enroll people in long-term corrective care is through short term palliative support

» No patient comes to our office already believing in tropho-restorative care

» Short term results open the way to chronic care

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The red carpet approach

» Try supporting normal physiology first and then drugs/intervention as needed

» Fever - Sesame Seed Oil Perles (6-12)

» Vertigo - Thymex (10-20), Echinacea Premium (6-12)

» Nausea - Cataplex AC (12-18), Lact Enz (6-10)

» Kidney/Bladder - Alphaplex (6-12), Cranberry Complex (4-6)

» Sinus headache - Thymex (10-20), Echinacea Premium (6-12), SSS (6-12)

» Low back/pain/segment - Zines (6-12), Lact Enz (6-10)

» Mastitis - Alphaplex (6-12)

» Hemorrhoids - AF Betafood (12-18), Choline (6-9), Collinsonia (6-9)
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**Nutritional Principle #8**

**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:

1. **Detoxification/Cleansing/Purification**
2. **Fortification/Repair/Strengthening/Trophic**
3. **Balancing/Harmonization/Symphony**

- Each product dispensed with rationale for why and how they work and how long it will be required
- No "doctor's orders"are needed
- Establish rationale as what the patient expects from your office
- Rationale is where CAM leaves traditional medicine behind
- Rationale causes your patients to educate on your behalf

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**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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**Nutritional Paradigm Principle #9**

**Completing Processes**

- Take products until they test weak, or if you don’t muscle test at least 1 to 3 months
- Do not reduce dosage when the symptoms resolve, but continue straight on through the silent reparative processes to accomplish bone strengthening
- Over time, when weaknesses and symptoms return chronically, it is due to two reasons:
  1. The process of repair and detoxification was not completed
  2. A second weakness is influencing the failure of the first
Nutritional Paradigm Principle #10

Detoxification

- Every cell, the body, has detoxification processes at the molecular entry points. The membranes and compartments in the body are equipped for large-scale global detoxification required for health and well-being.

- Nutritional principles have been identified that promote a state of health and contribute to the body's ability to detoxify.

- Detoxification is a fundamental process for maintaining health. It involves the body's ability to eliminate toxins and waste products.

- Selenium and glutathione have received a lot of attention as essential roles in the detox process, and they are certainly embedded in a complex cascade of events designed to move foreign substances out of the body in a safe way.

- Whole food concepts do not fractionate to the glutathione and selenium levels of focus, but they do include the global pathways that support the body's detoxification efforts.

- Greenfood is a remarkable product promoting glutathione production — 3/day maintenance provides great sulfur donors and detox pathway support, and greater dosages (10/day) can be employed to strongly support detox during stressful periods.

- Cataplex E as a selenium contribution can help address cold extremities and supply selenium for the heavy metal issues (T4 to T3 conversion).

- Every disease will respond to these efforts, and requires such support.

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Nutritional Paradigm Principle #11

Bio-Accumulation

- It seems mysterious why some become toxic and others don't when many have similar toxic exposures.

- Bio-accumulation is for 2 reasons: 1) Inability to excrete toxins, 2) Biochemical/electromagnetic resonance with toxins.

- Limit to excretion due to biochemical pathway bottleneck, or genetic limitation to detox pathway employing whole food concentrates to replete and fortify the genetic insufficiency.

- Resonance is addressed with strengthening the individual toward making evolutions toward wholeness and taking spiritual steps.

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Nutritional Paradigm Principle #12

Sequential Immune Up-Regulation

- Immune bolstering sequentially affects the immune system, leading ultimately to global reduction of body's immune burdens.

- Each aspect of immune activity is nourished and encouraged until it reaches a state of strength and equilibrium, leading to energy, well-being, tissue fortification, and overall mental/spiritual enhancement.

- Start with pervasive immune up-regulation with bone marrow support of hematopoiesis using Sesame Seed Oil, Perle (6) and Lymphonic Fusion (2) for 2 months.

- More precise immune targeting can be achieved in any order sequentially as follows: Thymex (10) for 2 months, Congaplex (12) for 1 month, Allergique (12) for 4 months, Protoplex (6) for 1 month, Zymex II (6) for 1 month, Zymex II (6) for 2 months, adding Multizyme (4) after the first month, Wormwood (4) for 2 months.
Eternal Truth

He who does not use his endeavors to heal himself is brother to him who commits suicide.

Proverbs 18:96
7 Pillars of Healing

1. Genetic physiological genius
2. Foundational homeostatic optimization
3. Biological foundation
4. Immunologic memory
5. Immune modulation
6. Digestive potentiating
7. Digestive potentiation

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

#7 Core Physiologic Principal

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

Supported physiology
- Strengthening functions
- Balanced physiology creates balanced diet
- Palliative medication and decline
- Chronic tissue degeneration
- 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
- - inflammation
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Digestion: Stage for Nutrition

1. Every living system (from cell to organ, to body, to community) must have 2 fundamental capabilities:
   - 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.
   - Elimination
     - The same digestive system must be able to identify the wastes and detrimental substances and subsequently process and eliminate those detriments through intact protection and defense systems.

2. The healthy digestive system must be recognized as part of the environment, where we judge the health of a person by the quality of the digestive system.

3. Over a lifetime a person will ingest 25 tons of food accompanied by pathogens and external toxins.

4. In 1999 1 billion pounds of pesticides were applied in the US, with 5.6 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 unmetabolized drugs through the urine.

5. Toxic exposure and environmentally related conditions account for $57-397 Billion dollars annually in the US and Canada.

6. The ability to protect from these xenotoxins must be part of the health digestive system.

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Armor for the world: gut lining

7. How thick is your gut lining?

8. Children are resilient and typically not hypersensitive because of this inherent gut lining integrity and thickness.

9. The world invades and overwhelms us through our gut lining, not through our skin.

10. Thickening the gut lining may serve to increase confidence, tolerance, resilience, patience, peace.

11. Thickening the gut lining with Complex 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.

12. 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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Secretory IGA

13. IgA produces two lines of defense: the localized secretory IgA, described as an ‘antiseptic paint’ covering the intestinal tract as the predominant immunoglobin on the surface of the GI mucosa.

14. IgA 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.

15. IgA produces 1-4 grams per day, which can also be found in the saliva and colostrum as well.

16. Low levels of IgA are associated with altered intestinal permeability and increased uptake of food antigens resulting in increased inflammatory and subsequent immune activation.

17. Antigens that escape the IgA surveillance enter the second layer of IgG, T, where the T cells & IgG mechanisms generate the antibodies and cytokines that represent full immune responses.
**Probiotics**

- The term probiotics is defined as live microbial supplementation that affects the host by improving the microbial balance.

- The two most important groups of probiotic bacteria are Lactobacilli and Bifidobacteria of which there are ten beneficial strains.

  - **Ten Beneficial strains:**
    - **B. infantis (LAB 11** [formerly R0052]) - of human origin, promotes regularity, antagonizes pathogens.
    - **B. lactis (LAB 14** [formerly R0715]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. acidophilus (LAB 03** [formerly R0215]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. casei (LAB 09** [formerly R0083]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. paracasei (LAB 10** [formerly R0070]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. plantarum (LAB 12** [formerly R0098]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. reuteri (LAB 13** [formerly R0112]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. rhamnosus (LAB 05** [formerly R0069]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. salivarius (LAB 07** [formerly R0101]) - of human origin, promotes regularity, antagonizes pathogens.
    - **L. acidophilus (LAB 10** [formerly R0070]) - of human origin, promotes regularity, antagonizes pathogens.
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Eternal truth -

A colleague once defined an academic discipline as a group of scholars who had agreed not to ask certain embarrassing questions about key assumptions.

Mark Nathan Cohen
Health and The Rise of Civilization, 1989

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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. SP 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 (allergy) responses are balanced with probiotics.

Conditions responsive to elimination diets include headaches, IBS, fatigue, AIDS, sensitivities, arthritis, skin disorders, fibromyalgia, CDMS.

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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 solid 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 non-solids and solids 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 of non-solid food).

All fasts should deliver the individual into a sound Phase II carbohydrate limiting diet.
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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, and bran, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and reducing cholesterol, promoting 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 ingestion 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 the most effective way to ensure fiber abundance in the diet.

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Proof:

Men who have excessive faith in their theories or ideas are not only ill-prepared for making discoveries; they also make very poor observations. Of necessity, they observe with a preconceived idea, and when they devise an experiment, they can see only a confirmation of their theory.

Claude Bernard
An Introduction to the Study of Experimental Medicine, 1865

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Protocol - Digestive Pillar

- General support: Cataplex AC (10) - epithelial repair
- Dysbiosis:
  - Lact Enz (2) - probiotic
  - Zymin (2) - anti-fungal
  - Zymin (1) - anti-parasitic
  - Multizyme (2) - anti-parasitic
  - Wormwood (2) - anti-parasitic
  - Lactic Acid Yeast (2) - anti-candida
  - Caprosolv (2) - anti-candida
- Leaky Gut (healing gut lining):
  - Chlorella (1)
  - Gastro fiber (1)
  - Okra pepsin (2)
  - Food sourced Immuno Gamma Globulins (IgG)
Visit after visit – Start Monday

- See each patient for the stages of evolution that they are personally completing. Watch for the healing principles that apply to them at things in their process.
- Teach the principles that give them position and potency in their process, so that they might have the added context and stability necessary to succeed.
- Begin to use the principles to fuel the engine of your practice serenely and confidently. Sometimes you will be navigating by your principles. Sometimes you will be following the stage clearly and other stages will unfold.
- Continue the lifelong project of digestion and support and unburdening the body to promote length in health and natural capacity.
- Begin Sequential Immune Up-Regulation to activate the innate healing response contributing to general immune unburdening.
- Change outcomes, stop progression, reverse scarring and damage long term, reveal the inherent healing potential and resilience by using principles and products that follow applications that have not been dreamt of or have been updated and advanced paradoxically: namely holistic, whole-body, regenerative, and natural.
- Tune in. Turn on. Enjoy!

Give Generously

As you have received