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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
- Elimination of misinformation 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/exploration of the dynamics and details of a nutrition-based holistic practice
- Each participant chooses a colleague in his/her world to convey the notes and information in information-requiring
- 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 reps who will compile and include in next teleconference (must be submitted 10 days prior)

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 uniting field of awareness. It is the healer of separation.

The Roundtable of Wisdom

This medium has always expressed the interest of building a dialogue of current theory and practice
- Dr. John Hernandez of San Antonio, Texas has offered to present his paradigm of healing for our review tonight
- Seeing through another person’s eyes leads to clearer sight for ourselves
- The greatest dialogue occurs when there is room and integration of everything - this is achieved through understanding, inquiry, and finally contrast and comparison with the known systems
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Improving Clinical Outcomes in the Chronically Ill Patient: An Overview

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Why Are We So Sick & What Can We Do About It?

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Contributors To Chronic Illness

- Nutrient deficiencies
  - Macronutrients
  - Micronutrients
- Toxicity
  - Chemicals
  - Toxic Metals
- Chronic Infections
- Interference fields/Healing blocks
  - Dental
    - Amalgam fillings/cavities
    - Root canals
    - Implants
    - Cavitations
    - Periodontal disease
Contributors To Chronic Illness (cont.)
- Emotional trauma/issues
- Head injury
- Scars
- Subluxations
- EMFs

Therapeutic Considerations & Guidelines

Tonification (beginning of the healing spiral)
- General Macronutrient Support
  - Modified elimination diet (no wheat, sugar, or dairy to start) KEY! The sicker the patient the more critical the dietary changes.
  - Increase alkalineforming foods and decrease excessive acid forming foods
  - Hydration
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**General Micronutrient Considerations (as needed)**
- Minerals - the KEY that is often minimized or missed
- Vitamins/antioxidants
- Essential fatty acids
- Green foods
- Enzymes
- Whey protein (consider limiting soy)
- Fiber

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**Organ Support**
- Hepatic, Renal, Intestinal Support/Drainage
- Endocrine Support (especially HP axis and adrenals)

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**Lymphatic Support/Drainage**
(generalized and organ specific)
Detoxification

- Clear chemical toxins
- Reduction of chronic microbial loads
- Protect body against adverse effects of toxic metals (but do not “mobilize” metals in early phases)
- Minimize effect of EMFs
- Emotional “detoxification”
- Remove other “healing blocks”

Rejuvenation/Wellness/Maintenance

A Few Healing Concepts

- Healing often requires addressing 2 levels: raw materials and bio-energy.
- The body will often heal more effectively when dealt with in holistic and synergistic ways.
- Healing is, ultimately, not your responsibility; it’s the patient’s.
- It may be more accurate to say that the health care professional is a “facilitator” to the healing process.
A Few Healing Concepts (cont.)

- Synergistic and simultaneous support of organ systems will often lead to more rapid healing than linear, sequential support of organ systems.
- Appropriate synergistic nutrient blends will often outperform isolated, single nutrients.
- The role of emotions in physical healing is frequently significant and sometimes profound.
- There may be a higher purpose to our “healing” modalities: Communication.

Questions

Give generously
As you have received