Mentoring the Mentor

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Slide 1

Self Respect

Suffer not one exception
Therein lies the seed for self esteem

William James

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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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

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 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 individuals 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).
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**The Hydraulic Effect**

- A substance is hydraulic because it cannot be compressed.
- Water cannot be compressed and therefore makes an effective hydraulic—air on the other hand can be compressed and to that degree has less hydraulic value.
- When water goes up, whatever is on top of it goes up.
- A non-compressible hydraulic substance operates by law.
- Food concentrates are not compressible—to that degree they are hydraulic in their effect and operate by law.
- Food concentrates go in physiology go up Law.

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**Law Ponder it**

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**What renews you?**

- Do you still think that the world is impressive—when jets fly, cell phones work, HDTV, surgery, breast implants, etc.
- Most people have been so out of touch with magic that these mundane shiny surfaces seem to fill their need for inspiration.
- What really renews us is the extraordinary—law, healing, human greatness, love, forgiveness, the eternal.
- Are you growing legendary practices full of enchantment and wonder and healing.
- And if so, are you sharing the inspiration with the rest of us in need of renewal.
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The Archer:

- When the archer sends his arrow from his bow most people watch the arrow to see how far it goes.
- But those that know watch the archer to see how far his mind goes.
- Are we watching the results or keeping our eye on the law that causes results?

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Experience as confidence:

- Experience makes you confident and an expert.
- Most doctors limit their confidence by limiting their experience (limiting risks).
- We must try more, work on ourselves more, and finally become more familiar with the transformative process, so that we become versed in healing and the devices of healing.
- The clinic must develop an internal and external culture of healing and growth, wherein value and worth is granted to the healing process.
- The expert knows the terrain and is never surprised.

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Risk taking:

- We are raised to play it safe and avoid/minimize risks.
- And yet self respect is only increased when risks are taken and we exceed what was formerly possible.
- Eventually we become experienced at risk taking, and we find that we want to live that way more and more.
- Not crazy dangerous risks, but personal risks with a purpose, and that make a difference to yourself, your family and loved ones, your friends, the community, and everyone in fact.
- We take risks by telling the truth, stepping out to help another, asking for help, but especially by being willing to plan and try to live our dreams.
Respecting risk takers:

- We don’t remember patients for the outcomes of their lives or disease processes, but rather cherish the memory for the way they lived their life, the risks they took.
- We watch the archer and let those that don’t know better watch the arrows sent out.
- America is a land of risk takers, SP is bred on the shoulders of people who risked everything.
- Let’s live this way, let’s build the culture of risk taking, let’s create value for the incredible bravery it takes to step forward each day into the accomplishment of your vision.
- These are the extraordinary people you are in the midst of.
- Renew yourself with your patients, renew your patients with your genuineness and risk taking.

A Practitioner’s Advice:

- Build your patients one step/product at a time.
- Try to find the patient’s rhythm — do it at their speed.
- Follow-up on results — connect the dots and pin the tail on the product.
- Realize how much the patient wants to succeed, but hardly believes they can.
- Interview the patient for what they deem as the physiological priorities in their body and support them in that as they open themselves to your expertise.
- Export sustainability — year after year — there is no finish line.

Application of will

The chief act of the will is not effort but consent.

Thomas Keating
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A Clinical study – Brain trimming!

1. Richard (8 years old) presented 6/20/07 with 3-5 major seizures daily, started in January 2005, started in his sleep, due to severe disorder using potent psychotropic anti-seizure medications.
2. Present with right ear ache, dizziness, allergies, cardiac nerve entrapment, sharp heart pains, leg cramps, jolts while sleeping, depression, irritability, anger, frustrations, memory impairment, slow morning start.
3. Began Thymex (6), Allerplex (6), SSO (6), Cataplex B (2), Symplex M (2), S5-HTP and removed corn and milk food allergies.
4. Seen 7/19/07 – no seizures after 3 days, 3 weeks later went golfing with Dad ate 3 corn chips – had a seizure, continued introducing new products each visit (learned every adrenal product resulted in seizures), started titrating each product.
5. What’s next – neurologist wants to trim brain again – mother is furious – quits medications and has a seizure.
6. He is done and back in school and getting on with the life he was meant to live with most of his brain.

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Understanding

Shallow men believe in luck, Strong men believe in cause and effect.

Ralph Waldo Emerson

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7 Pillars of Healing

The possibility of human greatness (all manner of healing)

Genetic physiological genius
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Revisiting the parthenon of health

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.

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How do we live?

Without belittling the courage with which men have died, we should not forget the courage with which men have lived. The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. A man does what he must—in spite of personal consequences, in spite of obstacles and dangers and pressures—and that is the basis of all human morality.

John F. Kennedy

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1 - The Endocrine Axis

Most powerful system to activate the rest of body

PMG’s first, lifestyle modification second, herbs third, HRT last
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HORMONES OF THE HYPOTHALAMIC-PITUITARY AXIS

- Symplex M(3,3)
- Hypothalamic ur(1,1)
- Black Currant S(1,1)

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The expanded HPTA Axis

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Brain chemistry - Neurotransmitters (Neurohormonal)

- Serotonin - Tryptophan dependent. Influences Melatonin formation:
  - Well-stocked: Pensive, confident, flexible, engaging
  - Poorly stocked: Negative, chronic, irritable, low confidence, depression

- Catecholamines - Tyrosine dependent. Dopamine, Norepinephrine, Adrenaline:
  - Well-stocked: Energized, upbeat, alert, focused
  - Poorly stocked: Lethargic, flat, ‘blahs’

- GABA - GABA dependent:
  - Well-stocked: Calm, focused
  - Poorly stocked: Uptight, overwhelmed, stressed

- Endorphins - Phenylalanine dependent:
  - Well-stocked: Comfort, pleasure, euphoria
  - Poorly stocked: Overly sensitive, crying easily

General protein increase will downstream more amino acid fuel for neurotransmitter formation and greater reserve stores for supply through stressful demands.
Menopause -

- Defined as loss of ovarian function to respond to pituitary signaling, resulting in decreased estradiol (resulting in a decrease in estrogen) and LH (Luteinizing Hormone) causing secondary progestrone receptor reduction and broadened anxiety increase, which estrogen priming causes inability to respond to progestrone.
- Progestrone is calming, and may be taken at bedtime. Ovex helps convert pregnenelone to progesterone and may be taken throughout the female cycle.
- Progesterone and 17OH Progesterone appear to have exclusive adrenal origin following menopause. Progesterone should be considered together since estrogen feedback occurs on the hypothalamic CRF (Cortisol Releasing Factor).
- DHEA is primarily produced in the adrenals, and modestly in the ovaries.
- Principal issue with menopause is decline in estrogen and progesterone signaling confusion. Testosterone, DHEA, androstenedione decline more slowly and are produced in both adrenals and post-menopausal ovaries.

Menopause -

- Women in the late 40's who have skipped a period for 6 consecutive months are defined as menopausal.
- Standard for evaluating menopause is elevated FSH (serum or saliva) above normal which represents the pituitary seeking to increase ovary function.
- Additional hormone information obtained from DiagnosTechs “PeriM” saliva test – two sample test over two weeks (DHEA, Testosterone, Estrone, Estradiol, Estriol) – if both samples are similar it indicates menopause, if they are different there is indication that cycling is still occurring even though menstruation is absent.
- Symptoms may include: hot flashes, mood swings, depression, insomnia, weight gain, loss of libido, erectile dysfunction, osteoporosis, urinary problems, thin dry skin.

Menopause - HRT

- Until recently it was assumed that the most natural approach after menopause was with no HRT, respecting the normal life cycles.
- However, due to the estrogen saturation of the modern world (pesticides, plastics, etc.), natural estrogen receptors will war themselves to satisfy their hunger to bind to environmental estrogens called xeno-estrogens.
- Xeno-estrogens once occupying the receptor sites are unable to be broken down and hence over-stimulate the proliferative responses to the receptors thus risking proliferative activity.
- Low level HRT, using minimally progestrone and minute 2% estradiol sublingual, can saturate these receptors with a readily degradable form of estrogen and prevent the environmental saturation.
- Bezwecken Products:
  - Phyto B 80% estriol, 2%estradiol, 18% progesterone (up to 8 BID sublingual) to dose that resolves symptoms.
  - Progon B (up to 8 BID sublingually progesterone only).
Endocrine Management – How to steward the pause

- Step One: Endocrine Pillar
- Step Two: Sleep hygiene
- Step Three: Standard Elimination Protocol (Foods and Allergens removal)
- Step Four: Prevent cytokine dysregulation, Enzyme Complex (P), Chromium and Q10, Cardiovascular program
- Step Five: Reduce oxidative stress, Phase I/II detox (Cytoprotects)
- Step Six: Prevent metabolic syndrome, reduce CYP activity, metabolites and inflammation, give of 2/3 Carnitine plus 5/6 Tribulus (3-5), Bioflavonoids, probiotics, etc.

Alignment

We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.

William Law

Why change now?

Global change happens when courage and responsibility come together.

Jeffrey Slocum, DC.
Visit after visit – Start Monday

- See each patient for the stages of evolution that they are personally completing, watching for the healing principles that apply to them in stages of their process.
- Teach every patient the principles that give them position and potency in their process, so that they might have the added context and stabilizing effect needed to complete their process.
- Begin to use the principles to fuel the engine of your service as you confidently lead through the process, empowering you to be engaged by your principles in order to work towards clarity, clarity, and the newly possible.
- Application of pillars is sequential and at the discretion of the doctor – always check with energy for the chief complaint, the pillars that relate to that issue, and the deemed physiological priority (eg. endocrine).
- The purpose of the pillars is to create a conceptual framework to organize the diverse ramblings of nutritional care, so that method can emerge.
- Change outcomes, stop progression, create new truths and demystifying terms, convert stagnation into healing potential, and evolve by using principles and products that follow applications that have not been dreamt of yet in allopathic symptom obsessed paradigms – namely bolster, unburden, repair and evolve.
- Tune in, Turn on... Enjoy!

Change the world
It wants to