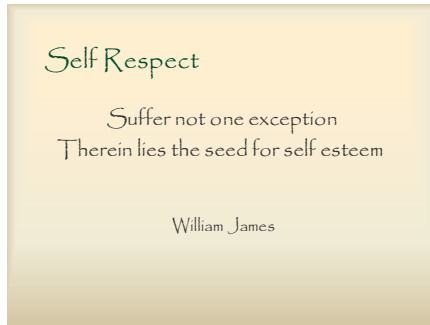


Slide 1



Slide 2



Slide 3



Slide 4

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 5

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 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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Slide 6

Standard Process
The Hydraulic Effect

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Slide 7

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 goes up- Law

Slide 8



Slide 9

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 full 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

Slide 10

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

Slide 11

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

Slide 12

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

Slide 13

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, lets 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

Slide 14

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

Slide 15

Application of will

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

Thomas Keating

Slide 16

A Clinical study – Brain trimming!

- Richard (8 years old) presented 6/20/07 with 3-5 major seizures daily for over two years (onset 01/05) – no school in two years due to seizure disorder using potent psychotropic anti-seizure medications
- Presented with right ear ache, dizziness, allergies, canker sores, sternal ache, sharp heart pains, leg cramps, jolts while sleeping, depression, irritability, anger, frustrations, nervous, fear, anxiety, memory impairment, slow morning start.
- Began Thyrox (6), Alleplex (6), SSO (4), Cataplex B (2), Simplex M (2), BCSO (2), Tuna Omega (2), L3-TTP, and removed corn and milk food allergies
- 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 seizure activity – so we titrated each product
- What's next – neurologist wants to trim brain again – mother is furious – quits medications and has a seizure
- He is done and back in school and getting on with the life he was meant to live with most of his brain

Slide 17

Understanding

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

Ralph Waldo Emerson

Slide 18

7 Pillars of Healing

The possibility of human greatness (all manner of healing)

Foundational parthenon of health: homeostatic optimization

Genetic physiological genius

Slide 19

Revisiting the parthenon of health

- ⌘ 7 pillars of foundation strength and physiological potency
- ⌘ 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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Slide 20

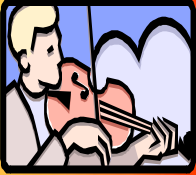
How do we live?

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

Slide 21

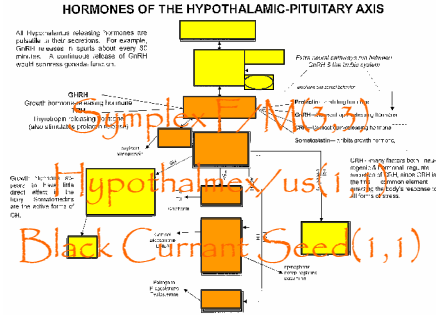
1 - The Endocrine Axis 



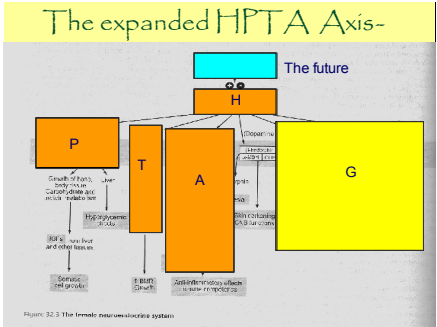
- ⌘ Most powerful system to activate the rest of body
- ⌘ 7 glandular levels
- ⌘ FMG's first, lifestyle modification second, herbs third, HRT last

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Slide 22



Slide 23



Slide 24

Brain chemistry – Neurotransmitters (Neurohormonal)

- Serotonin – Tryptophan dependent feeds Melatonin formation
 - Well stocked: Positive, confident, flexible, easygoing
 - Poorly stocked: Negative, obsessive, irritable, low confidence, sleepless
- Catecholamines – Tyrosine dependent forms Dopamine, Norepinephrine, Adrenaline
 - Well stocked: Energized, up beat, alert, focused
 - Poorly stocked: Lethargic, flat, blabla
- GABA – GABA dependent
 - Well stocked: Relaxed, Stress free
 - Poorly stocked: Clutight, overwhelmed, stressed
- Endorphins – Phenylalanine dependent
 - Well stocked: Comfort, pleasure, euphoria
 - Poorly stocked: Overly sensitive, crying easily

General protein increase will downstrean more amino acid fuel for neurotransmitter formation and greater reserve stores for supply through stressful demands

Slide 25

Menopause -

- ⊗ Defined as loss of ovarian function to respond to pituitary signaling resulting in a decrease in estradiol with a concurrent increase in FSH (Follicle Stimulating Hormone) and LH (Luteinizing Hormone) causing secondary progesterone receptor reduction and resultant anxiety increase, weak estrogen priming causes inability to respond to progesterone
- ⊗ Progesterone is calming and may be taken at bedtime- Oves helps convert pregnenolone to progesterone and may be taken throughout the female cycle- initially progesterone may exaggerate the symptoms of estrogen dominance
- ⊗ Progesterone and 17OH Progesterone appear to have exclusive adrenal origin following menopause- ovaries and adrenals should be considered together since estrogen feedback seems to occur on the hypothalamic CRF (Cortisol Releasing Factor)
- ⊗ DHEA is primarily produced in the adrenals, and modestly in the ovaries
- ⊗ Principle 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

Slide 26

Menopause -

- ⊗ Women in the late 40s 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 Diagnos Techs "FemM" saliva test- two sample test over two weeks DHEA, Testosterone, Estrone, Estradiol, Estriol (estrogen burden)- if both samples are similar it indicates menopause, if they are different there is indication that cycling is still occurring even though menses are absent
- ⊗ Symptoms may include: hot flashes, mood swings, depression, pessimism, insomnia, asthenia, myasthenia, withdrawal, loss of mentation, insulin resistance, hypertension, mid-body fat gain, dysglycemia, loss of libido, erectile dysfunction, osteoporosis, urinary problems, thin dry skin

Slide 27


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.) starved estrogen receptors will morph themselves to satisfy their hunger to have union with 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 estril, progesterone and minute 2% estradiol (sublingual) can saturate these receptors with a easily degradable form of estrogen and prevent the environmental saturation
- ⊗ Bezecken Products
 - ⊗ Phyto B 80% estril, 2% estradiol, 18% progesterone (up to 8 BID sublingual) titrate to dose that resolves symptoms
 - ⊗ Progon B (up to 8 BID sublingual) progesterone only

Slide 28

Endocrine Management – How to steward the pause

- Step One: Endocrine Pillar
- Step Two: Sleep hygiene
- Step Three: Stimulant Elimination, Food Allergy removal
- Step Four: Prevent estrogen dominance, Cruciferous Complete (4) Greenload (4), SP Purification program
- Step Five: Reduce insulin resistance, Phase II diet, Gymnema(6)
- Step Six: Promote androgen dominance, reduce stress, balance cortisol and its intermediates, give Zinc Liver (6) to men Tribulus (2), Bezwecken products for women



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Slide 29

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

Slide 30

Why change now?

Global change happens when courage and responsibility come together.

Jeffrey Slocum, DC

Slide 31

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 at this stage in 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 stability to successfully complete their journey
- Begin to use the principles to fuel the engine of your service as you confidently lead through the process – sometimes you will be navigating by your principles/instruments until things clarify and the way is clear
- Application of pillars is sequential and at the discretion of the doctor – always start with caring for the chief complaint, the pillars that relate to that issue, and the deemed physiological priority (e.g. 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, reverse scarring and damaged-term, reveal the inherent healing potential and miracle by using principles and products that follow applications that have not been dreamt of yet in allopathic symptom obsessed paradigm – namely bolster, unburden, repair and evolve
- Tune in, Turn on... Enjoy!

Slide 32

