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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 included? – Self selection, you pick yourself
Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4th Thursday of every second 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 SF rep who will compile and include in next teleconference (must be submitted 10 days prior).

The Mandate

Effective health care professionals are those who listen to and understand the communication of the resident expert disguised as a patient.

Effective healers will honor the resonance of their own awakening to think anew upon the information presented (perhaps a thousand times before) as an opportunity to embrace new possibilities for empowering growth.

Effective providers will constantly increase their understanding of cause, process, and effect in healing of self and the world.

Doctor of the Future seminar participant, Oklahoma City

Energizing the transformative process –

A lifestyle of growth and evolution
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**Energization as the doorway**

- The biochemical practitioner is a facilitator of transformation, in that micro and macroscopic changes may be initiated by biochemical modulation.
- Mental, emotional, spiritual changes arise out of physical shifts it is possible to rewire one to think and expand consciousness. This is the dynamic of assisting the patient through evolutions.
- Before patients can be introduced to the subtle long-term outcomes they must experience short-term results that engage their sense of possibility for more.
- Increase in vital force, which we will call vitalization makes the work of detoxification a possibility.

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**Vitality as a precursor**

- The world at large is engaged in an energy crisis—most people daily consciously and subconsciously are in a search for sources of energy.
- Physical sources—foods, stimulants, entertainment.
- Mental—issues, dramatization, entertainment.
- Emotional—confrontation, escapism.
- Spiritual—retreats, dogma, celebrity referenceism.
- Increase in vital force eases the energy crisis and the pursuit and makes other activities optional.

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**After seeking—the finding**

- When the body is abundant in energy it naturally begins to detoxify and repair itself.
- As patients are modulated to more refined levels of biochemical efficiency there is no need to direct these tropho-restorative events; they naturally arise driven by a innate genetically written program that is activated when energy is provided in surplus to survival defense programs.
- The subtle refinement of self found in the detoxification/restorative process is accessible only when there is enough vitality to enter and sustain repair.
- New thinking and therefore new behavior arises from the snowball of biochemical transformation.
A Clinical Study - Infection

Shelley (41 years old) first attended 08/05

- Fibromyalgia; severe aching with frontal headaches,
- Burning eyes, sinus plugging and post-sinus drip,
- Allergies, cold hands and feet, lymph gland swelling
- Leg anxiety/aching, allergies, frontal headaches,
- Depression, urgent urination, mild panic disorder,
- Lymph gland swelling systemically, leg anxiety/aching

Case study & history, Kinesiological exam, Calcium cuff,

- Began supporting the Endocrine pillar with Symplex F(6),
- EFA’s, Immune pillar with Sesame Oil Perles (6) & Cataplex AC (10), Thymex (10),
- Bioterrain pillar with Calcium Lactate Powder (1 tsp), Magnesium Lactate (3)

Shelley returned monthly

2nd visit revealed headaches gone, less vertigo, eye burning gone,
- less fatigue, leg anxiety/aching gone, bruising gone, insomnia gone,
- Anxiety gone, dysmenorrhea reduced, 3 PM low gone, palpitations gone

Repeated muscle testing exam showing next layer of correction, explained rationale

Continued former regimen, added Hypothyroxine (2), Immune pillar – Congaplex (6),
- Spleen PMG, Immuplex (6) & immune to::
- repeated muscle testing moved into Immune pillar with Spleen PMG, Immuplex (6),
- continued former regimen, added Hypothyroxine (2), Immune pillar – Congaplex (6),
- Spleen PMG, Immuplex (6) & immune to:

4th visit showed total resolution of all symptoms and a very happy woman fully relieved of the deep anxiety about her body she had presented with – repeated exam and moved into Endocrine pillar

Evoking the innate healing force
- Natural forces within us Are the true healers.

Hippocrates, father of medicine 400 BC
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Mechanisms to initiate vitalization and snowball development

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The real work...

All healing is self healing.

Robert Groves

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7 Pillars of Healing

1. The possibility of human greatness (all manner of healing)
2. Genetic physiological genius
3. Foundational parthenon of health – homeostatic optimization
4. Innate immunity
5. Circulation
6. Communication
7. Digestion

Genetic physiological genius
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Revisiting the parthenon of health

- 7 pillars of foundation strength and physiological potency
- Original parthenon represented the whole-ness 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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Foundations

[Quote by Henry David Thoreau]

- I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours. He will put some things behind, will pass an invisible boundary, new, universal and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings. In proportion as he simplifies his life, the laws of the universe will appear less complex, and the solitude will not be solitude, nor poverty poverty, nor weakness weakness. If you have built castles in the air, your work need not be lost: that is where they should be. Now put the foundations under them.

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1 - The Endocrine Axis

- Most powerful system to activate the rest of body
- 7 glandular levels
- PMG's first, lifestyle modification second, herbs third, HRT last
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1. Core Physiologic Principal

- Hormonal/endocrine adaptation
- Glandular fatigue & imbalance
- Depletion of organ reserve and nutrient/mineral substrates
- Reduced homeostatic mechanisms

Enhanced physiologic response

- Stress hyper/hypo reactivity
- Altered psychoneuroimmunologic mechanisms
- Restored adaptive mechanisms

Symptoms

- Physical/personality modulation

Disease diagnosis

- Chronic progression

Medical Intervention

- Drugs & Surgery
- Increased organ reserve
- Repletion of substrates

Death

Nutrient repletion

- Target fortification

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Symplex

F/M (3,3)

Hypothalamus (1,1)

Black Currant Seed (1,1)

Endocrine Axis Support

- Symplex F/M
  - Pituitrophin PMG
  - Thytrophin PMG
  - Drenatrophin PMG
  - Orchic PMG/Ovex

- Hypothalamus
  - Hypothalamus cytosol extract

- Hypothalamus PMG

- Black Currant Seed Oil
  - Omega 6 fatty acids (19 times more Gamma Linoleic Acid)

- Folic Acid/B12
  - Folic Acid support and detox support, DNA/RNA transcription

- E-Poise
  - Electron positioning theory to potentiate bioelectrical potency and therefore responsiveness

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7 Pillars Protocols
- Endocrine/Hormonal - Symplex F/M, Hypothalmex, Black Currant Seed Oil
- Glycemic Management - Phase I/II Diet, AF Betafood, Gymnema
- pH Bioterrain - Calcifood, Calcium Lactate, Magnesium Lactate, Green Food, Organic Minerals
- Inflammatory Status - Eliminate food allergies, Cataplex AC
- Immune Burden - Thymex, Sesame Seed Oil, Congaplex, Allerplex, Immuplex, Zymex, Zymex II, Multizyme, Wormwood
- Circulatory Status - Cardioplus, Vasculin, Cayenne, Garlic, Hawthorne, Horse Chestnut
- Digestive Potency - Gastrex, Okra Pepsin, Zypan, LactEnz, Gastrofiber, Chlorophyll, Digest, A F Betafood, Betafood

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Epidemic Intolerance
- In last 50 years there has been a 40 fold rise in allergic asthma in the developed world - the same period marks no rise in the developing world
- 1 in 7 children born in the developed world will develop allergic asthma
- Juvenile Diabetes has risen 5 fold in developed world - no increase in developing world
- Environmental pollution has been eliminated as the suspected cause
- Children with juvenile diabetes had fewer childhood infections
- Children with no infections during the first year of life are 5 times more likely to develop diabetes or asthma
- Every infection in the first year of life correlates with a 20% reduction in the risk of developing diabetes
- Measles sufferers have 3 fold lower incidence of allergic diseases as an ABA who was not infected in first 2 years of life increase teenage allergic risk
- Sterile artificial environments weaken the developing/learning immune system

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Nutrient Strategies
"Let’s cause a change in the outcome!"
- Gut lining repair is a complex chronic project
- Probiotics - Lact Enz (4), Lactic Acid Yeast (4), Zymex (6)
- Prebiotics - Soluble fiber in Gastrofiber (4), Lining repair and inflammatory down regulation with Chlorophyll (2), Cataplex AC (10)
- Dysbiosis - Parasites controlled with ZymexII (6), Multizyme (4), Calamo (6), Garlic (Mediherb) (2) enteric coated, Wormwood Complex (medicin) (2)
- Immune facilitation - Echinacea (2), Ganoderma Shiitake (2), Cat’s Claw Complex (2), Astragulus (2) (discontinue when febrile)
- Immune bolstering - Immuplex (6), Sesame Seed Oil (6), Thymex (8), Cyruta Plus (6), Congaplex (10), Allerplex (10)
- Toxic Metal Cleansing - Chelaco (2), Cruciferous Complete (2), Spanish Black Raddish (6), Livaplex (6), Cholacol II (6)
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Autoimmunity as early immune signaling
- Autoimmune conditions are nothing more than undifferentiated immune failure, ultimately leading to defined cancers, infections, and degeneration.
- Natural tissue antibodies are the first seen up-regulation wherein the immune system is attempting to confront the burden of unmethylated DNA (nuclear proteins) in the blood.
- Lack of methylation, inability to accomplish Phase I and Phase II detoxification results in failure of methylation processes and subsequent accumulation of nuclear proteins in the blood compelling an immune response.
- The primary factors that contribute to autoimmunity are genetic predisposition to methylation difficulty, toxic burdens, psychological stress, and immune dysregulation due to immune burdens chief of which is leaky gut syndrome.

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Autoimmune antecedents schematic

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Autoimmunity – Estimated US prevalence
- Psoriasis – 7 million cases
- Celiac Disease – 1.7 million cases
- Vitiligo – 3.5 million cases
- Rheumatoid Arthritis – 2.1 million cases (200-500,000 children)
- Celiac Disease – 2 million cases (1 in every 133 people)
- Hashimoto’s Thyroiditis – 1.5 million cases
- Inflammatory Bowel Disease – 800,000 cases (~2.7/10,000 people)
- Type I Diabetes – ~50-350,000 cases
- Multiple Sclerosis – 350-550,000 cases
- Systemic Lupus Erythematosus – 240,000 cases
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Autoimmunity – Is it increasing?
- Chronic inflammatory disease is clearly increasing worldwide (atopic syndrome, asthma, metabolic syndrome, atherosclerosis)
- Corresponding epidemiological data on autoimmune disease is limited because AD not reportable
- Estimates of incidence and increase are much lower than actual, many estimates on incidence is decades old and based on small sample size, apparent increase in incidence could be due to improved diagnostics
- Despite poor reporting it appears AD increases, especially 30.000 new cases annually of Type 1 Diabetes, Crohn’s Disease has more than tripled in last 30 years, MS has doubled in Europe, US data shows significant increase in women

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Autoimmunity – Juvenile Diabetes Models Hope
- In the hopeless Juvenile Diabetes condition there is now evidence of hope through understanding that comes from watching
  - "Honeymoon period" follows initial insulin dependency showing an initial beta cell proliferation and corresponding decrease in insulin dependency – then a return to complete insulin deficiency
  - Ongoing islet cells immune attacks from lymphocytes (NTA’s) finally destroy the regeneration beta cells such that regeneration is only transient
  - It appears that islet regeneration attempts are prominent for the first 18 months following onset of JD
  - If autoimmune cascades can be modulated and suppressed regeneration may continue free of lymphocyte attack and degeneration
- Tolerance induction is a growing concern in autoimmune disease to promote endogenous regeneration

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Autoimmunity – A protocol for tolerance induction
- Repair cytoplasmic and nuclear membranes with EFA repletion – Tuna Omega (5), Rehmannia Complex (2), BCSO (4), SSO (6), Super EFF (2)
- Reduce adrenal reactivity – Rehmannia Complex (4), Drenamin (6)
- Address immune burdens teasing out immune up-regulation adjacent to autoimmune targets (Sequential Immune Up-regulation)
- Promote gut-lining health – pre and probiotic efforts – LactEnz (4), Chlorophyll (4), Zymex (6), Zymex II (6), Multizyme (4), Wormwood (4)
- Use protomorphagen technology (TMG) – Specific TMG case for each tissue
- Detoxify toxic metals and endogenous toxins
- Balance dysglycemia and insulin resistance (the major dietary cause of inflammation) – Phase II diet
- Remove food allergies – Elimination/reintroduction phenomenon – gluten, casein, corn, soy, eggs, citrus
- Decrease sedentary lifestyle
- Address malnutrition with improved diet – raw food sources, minerals
- Address psychological stress - promote widespread physiological potency
- Address psychological stress
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A Clinical Study: Autoimmune

Yvonne first attended 08/04 – Lupus onset 95, presenting stomach disorder, multiple joint pains, night sweats, bruising, IBS, Raynaud’s, foot numbness.

Cataplex AC (8), Symplex F (6), Ruggo (2), BCSO (6), Sesame Oil (3), L-Glutamine (3), Calcifood (2), AF Betafood (12), Choline (6)

Within three months, no joint pains, off all medications, training for marathon.

Ran 2 marathons within three weeks – came down with severe viral flu – exacerbated the autoimmune condition – frightened her like original onset in ‘95 – returned to drugs – required another three months to quiet things down.

Use autoimmune handout attachment to create chronic strategy.

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A Clinical Study – Auto-Immune

Charlie (56 years old), retired police officer presented 10/26/02 with diagnosis of Myasthenia Gravis with chronic respiratory infection and reflux both secondary to long-term prednisone use, loss of taste, low energy, slow start, loss of taste, hair loss, eye puffiness, cramps, and heartburn.

Recorded extensive case history: Calcium cuff test 150 mm, Ragland’s reclining 156/96 (66) standing 128/75 (82), Muscle testing 55, determined to begin: Endocrine Pillar - Symplex M (3-3), BCSO (1-1), Essential Fatty Acid blend; Bio-terrain Pillar - Calcifood (1 Tbsp), L-Glutamine (1.5 g); Circulatory Pillar - Cardioplus (3-3); Immune Pillar - Cataplex AC (6-6), Sesame Oil (3-3), Allerplex (7-7), Broncafect (2-2).

Returned one month reporting no dry eyes, recovery of taste, loss of eye puffiness, less neck stiffness, reflux gone (med. stopped), cramps & aches gone, hair loss gone, depression and worry gone, energy level up.

Full of hope and renewed in his work.

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Charlie continued

Throughout the course of next four years, achieved multiple successes including reversal of CAD by 30% in 3 months, obviating the need for an angiogram, complete consistent control of respiratory infections with no use of antibiotics, and no recurrence.

Finally after five years, reported from neurologist complete remission of MG due to chronic repair of autoimmune factors especially cell membrane repair.
Sequential Immune Up-Regulation
- Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities.
- Sequential immune bolstering protocols for one month each at therapeutic dosage – “deep cleaning”
- Up-regulate immune system gradually beginning with Sesame Oil Perles (6/day), followed by Thymex (10/day), Collagen (5/day), Allergen (5/day), Echinacea (4/day), Astragalus (6/day).
- Clear infection with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (5/day) – also treat mycoplasmic infections.
- Finally use Chaparral with NDGO (strongest known antioxidant) – will clear systemic infection including bowel dysbiosis and infections.

The Summary Effect
- Physiological enhancement through biochemical modulation is a summary effect – with each summation you gain a more profound effect – this is why program after program of detox and fortification is our way.
- Physiology is a summary effect – almost every physiological mechanism is a series of events when malnourishing and reactive events create a net summation (allergic response, immune response, CAD plaque, gut lining repair, hormonal status, etc.)
- To know the summary effect nature to the body is to be wise and able to explain outcomes and limitation of outcomes.
- It also explains the holistic nature of the person who is a summary of physical, mental, emotional, spiritual, social influences.
- “All the factors add together to tell us plainly whether life or death shall come.”
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On Task

The aim of medicine is to prevent disease and prolong life; The ideal of medicine is to eliminate the need of a physician.

William J. Mayo, Founder of the Mayo Clinic

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Visit after visit — Start Monday

- Introduce a profound energizing program for each patient to lead them to the possibilities of what requires energy, namely detailed action.
- Teach every patient the principles that give them potency and purpose in their living — when they have energy, introduce them to the next steps of the process.
- Employ the principles of the seven pillars as a way of making difficulties in the process of manifestation. Application of principles is sequential and at the discretion of the doctor. Change starts with caring for the chief complaint, the pillar that relates to that issue, and the desired physiological priority (e.g., immune).
- The purpose of the pillars is to create a conceptual framework to organize the diverse modalities of nutritional care, so that method can emerge.
- Examine your practice for the principles that occasion success and evoke the greater mystery of healing. Then tell these stories to your staff and other patients.
- Change outcomes, stop disease progression; reveal the inherent healing potential by using principles and products that express The Law (the way it was made to work).
- Tune in, Turn on .. Evolve and blow them away!

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Change the world

It wants to