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Mentoring the Mentor

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Survey of our Medical System

"The chassis is broken, and the wheels are coming off."

Andrew Weil, MD
Archives of Internal Medicine, 162, Page 399, 2002

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How are we doing?

Here’s a wrenching fact: If the United States had an infant mortality rate as good as Cuba’s, we would save an additional 2,212 American babies each year.

Nicholas Kristof, Pulitzer prize winning journalist, New York Times, 01/14/2005
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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

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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)
Application of interest

The world, after all our science and sciences, is still a miracle. Wonderful, inscrutable, magical and more to whosoever will think of it.

Thomas Carlyle

Mystery vs. Principle

- Most in practice find a mixture between the application of known and learned principles and the mystery of why things happen as they do.
- Who gets well and who doesn't is by principle and mysterious at the same time – How the practice builds and shrinks – How to get new patients – The dynamic of patient visit follow through
- As I have said before the practitioner will stay open to serving and learning as long as the satisfaction and self respect outweigh the pain and suffering we go through

The following four principles explain the steady and mysterious success of my clinical practice

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 – that make a difference to yourself, your family, your loved ones, your friends, the patients, 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
- People will take a risk when you are with them – how to communicate what is at stake for both practitioner and patient – whenever it works I grow stronger, when it doesn’t I lose confidence
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**Mission Control:**
- Passion is evidence of mission.
- To show passion is intimate, the patient sees who you really are and can trust that. (I have been wrong many times, but as far as I know I have never been called uncaring or selfish.)
- When the cases get confused mission is what directs my actions and calms my heart.
- Mission causes me to exceed my limitations—there is not enough money to make it worth my pride sometimes, but I will do anything for mission, no matter what the personal cost.
- Serving mission is why I will follow my vision even when it exceeds my comfort zone.

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**Vision & Leadership:**
- “Where there is no vision the people perish.”
- Vision includes your understanding of biochemical modulation and enhancement, as well as the process of healing on physical and metaphysical levels, as well as your understanding of the law at work in the health and disease of the patient, as well as a sense of what longs to happen.
- When you see, you naturally lead, and you find patience with people’s lack of vision.
- When you are not sure of what you see, or you are trying to see, you may move into fanaticism—this stage “get thee to a mentor.”
- This is the way to part shadow from form, and clear dogma from vision. (This is the highest work with a mentor.)

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**The Paradox of Feminine & Masculine:**
- Feminine—responsive, enfolding, encompassing, listening, understanding, reinforcing, receptive, yielding, partnering, connected
- Masculine—assertive, penetrating, poignant, speaking, leading, directive, corrective, ambitious, compelling, intentional
- These two aspects of spirit at work in the practitioner allow excursion equally in both directions—indeed the continued development of either aspect brings the equal and opposite development.
- The patient will often test you to see if you are developed equally. Aspects and the graceful shift from one to another is a form of mastery.
- Can you assert while simultaneously surrendering the initiative to where energetically it becomes the patient’s idea and not your intention? (And when it is equally okay for them to say yes or no, now or later?)
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Building & Collapsing Ego:

- Merlin said, “Nothing is impossible if you don’t care who gets the credit”
- The practitioner does not get the credit for the healing nor for the fail; it is a constant practice to exceed the need for credit (acknowledgment from without)
- The antidote is acknowledgment from within – “Above all know thyself”
- Yet the practitioner must be able to borrow from the energy of the working of the law (healing) to develop personality, confidence, personna, abundance, always knowing that these are but clothing for the soul and may be shed with a moment’s notice
- When the practitioner’s ego disappears it is immediately about the patient as they are alone in the room for that moment

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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

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

Genealogical genius
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Revisiting the parthenon of health

- 7 pillars of foundation strength and physiological potency
- 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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Engaging the Cure

Nature, to be commanded,   
Must be obeyed.

Francis Bacon

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

**Enhanced physiology/personality**
- 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)**
- Hypothalamex/us(1,1)
- Black Currant Seed(1,1)

**Endocrine Axis Support**
- Symplex F/M:
  - Pituitrophin PMG
  - Thytrophin PMG
  - Drenatrophin PMG
  - Orchic PMG/Ovex
- Hypothalamex:
  - Hypothalamus cytosol extract
- Hypothalmus PMG:
  - 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

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**Endocrine Axis Support**
- Symplex F/M:
  - Hypothalamex/us(1,1)
  - Black Currant Seed(1,1)
  - Folic Acid/B12
- Hypothalamex:
  - Hypothalamus cytosol extract
- Hypothalamus PMG:
  - Hypothalamus PMG
- Black Currant Seed Oil:
  - Omega 6 fatty acids (19 times more Gamma Linoleic Acid)
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2 - Glycemic Management

- Phase II diet limiting glycemic index
- Prevent insulin spikes
- Protein three times per day
- 60% CHO, 30% protein, fat
- Sugars are source of cravings
- Encourage sucrose, avoid processed protein and fat

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2. Core Physiologic Principal

1. Increased blood glucose
2. Increased energy/stamina/productivity/independence

#2 Core Physiologic Principal

- Insulin up regulation
- Cells absorb sugar – store as triglycerides
- Hunger – sugar cravings
- Hypoglycemia – blood sugar too low
- Anabolic weight/fat gain
- Stress – increased Cortisol
- Increased inflammation & anxiety
- Adaptation – Insulin Resistance
- Adrenal/Pancreas stress
- Protein/fat increased
- Glycogen reserve depletion
- Increased gluconeogenesis
- Mitochondria proliferate
- Glycemic dysregulation, food dependency, fatigue

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Protocol - Glycemic Pillar

1. General Glycemic Regulation
   - Phase II Diet
   - Protefood (6)
   - SP Complete (2Tbsp)

2. Adrenal / Cortisol Regulation
   - Drenamin (6)
   - Protefood (6)
   - Nutrimere (4)

3. Pancreas Support
   - Pancreatrophin (6)
   - Paraplex (6)
   - Cataplex GTF (6)

4. Glycogen Reserve (Liver)
   - AF Betafood (14)
   - Livaplex (6)

5. Insulin Receptor Up-regulation
   - Gymnema (6) minimal dose
   - Zinc Liver Chelate (6), Chezyn (6)
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Glycemic Management - How to steward transformation

- Step One: Phase II Diet, SP Complete (2 Tbsn), L-Glutamine (1.5 g)
- Step Two: Phase I Diet, fruit elimination, 6 meals per day, Protefood (6), Nutrimere (4)
- Step Three: Stimulant Elimination, Food Allergy removal
- Step Four: Thyroid Support, Barnes Thyroid Temperature Monitoring, Iodine Patch Testing, Barnes Thyroid Temperature Monitoring
- Step Five: Insulin Receptor Sensitivity Recovery, Gymnema (6) minimal dose, Zinc Liver Chelate (6), Chezyn (6)
- Step Six: Adrenal Balance, Drenamin (6), Withania Complex (4), Eleuthero (6), Adreno Distress Guard (4) – Perque

Absolute starch elimination must be present throughout this process or each increment will be invalidated – only go to whatever step achieves 4 to 10 lbs per month weight loss.

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3 - pH Bioterrain

- Net Acid Excess (NAE)
- Controlling H+ ions as complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- Salivary and urinary pH quickly tells the story
- Acidosis increases intensity, inflammation, anxiety

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#3 Core Physiologic Principal

- Increased inflammation
- Adrenal cytokine proliferation
- Reduction of 3 "I"'s
- Adrenal fatigue and reactivity
- Increased buffering – acid reduction
- Increased anxiety – sleep disturbance
- 3 "I"'s of acidosis – Inflammation Intensity, Anxiety
- Improved sleep, renewal, repair
- Increase degenerative disease
- Mineral/protein repletion
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Protocol – Bioterrain Pillar

- General Mineral Status:
  - Calcium Lactate (6), Powder (1 tsp)
  - Calsol (6)
  - Calamo (6)
  - Magnesium Lactate (3)
  - Organically Bound Minerals (6)
  - Trace Minerals/B12 (6)

- Acid/Alkaline Issues:
  - Sp Greenfood (6)
  - L-Glutamine (1.5 g)
  - Organically Bound Minerals (6)

- Iodine Issues:
  - Prolamine Iodine (1-6)
  - Iodomere (6)
  - Cataplex F Tablets (6)

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

Hippocrates, father of medicine 400 BC

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4 - Inflammatory status

- Cumulative Repair
- Deficit: functional definition
- Cytokine driven inflammatory levels drive the adrenals
- All inflammation perceived as a wild animal by the body's response – fight or flight
- Cortisol increases, adrenals fatigue
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#4 Core Physiologic Principal

Stressors
- Tissue damage / cytokine release
- Activation 10 stages of inflammation
- Restorative functions unable to meet demand
- Cumulative Repair Deficit

Liberated repair / renewal mechanisms
Graceful aging

Symptoms
- Chronic infection/toxic burdens
- Food allergy reduction
- Disease diagnosis

Medical Intervention
- Anti-inflammatories
- Reduced inflammation / immune burden

Unburden inflammatory burdens

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Protocol – Inflammatory Pillar

General inflammatory downregulation:
- Food Allergy determination
- Antronex (6-12)
- Cataplex ACP (6)
- Boswellia Complex (6)

Adrenal Imbalance:
- Drenamin (6)
- Sleep restoration (Phase 1-4)
- Withania (4)

Autoimmune inflammatory cascades:
- Rehmannia Complex (4)
- EFA support (Tuna, Linum) (4)

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5 - Immune Burdens

Hidden cavitated infection/infestation continually upregulates the immune system fatiguing bone marrow and adrenals

Infections
- Congaplex (15), Thymex (15), Immuplex (9), SSO (9), Allerplex (15), Echinacea (6), Golden Seal (6), Astragalus (4)

Infestations
- Zymex II (6), Multizyme (6), Lact Enz (6), Wormwood (6)

Heavy metal toxicity
- Homocysteine pathway & variable protocols

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#5 Core Physiologic Principal

- Immune burdens
  - Increased immune and inflammatory responses
  - Bone marrow fatigue/calcium depletion
  - Enhanced IDRS protection

- Immune depression
  - Increased cavitated infections / toxic accumulations
  - Unburden immune system
  - Decreased protection from abnormal cell activity

- Disease diagnosis – chronic progression

- Drugs & Surgery
  - Bone marrow repletion – immune liberation

- Cause of death

- Sequential Nutrient
  - Immune up – regulation

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Protocol – Immune Pillar

- General Immune Up – regulation:
  - Sesame Oil Perles (6)
  - Immuplex (6)
  - Cyruta Plus (6)
  - Echinacea Premium (4)

- Infection (Acute or Chronic):
  - Thymex (10)
  - Cataplex AC (12)
  - Congalex (14)
  - Allerplex (14)
  - Broncafect (6)
  - Albaplex (6) Kidney
  - Arginex (6) Kidney
  - Cat’ s Claw Complex (4)
  - Golden Seal (4)
  - Burdock Complex (4)
  - Inf Fighter (100 Drops)

- Infestation parasites:
  - Zymex II (6)
  - Multizyme (4)
  - Lact Enz (4)
  - Wormwood (4)

- Bone Marrow Depletion:
  - Arginex (6)
  - Astragulus (4)

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6 – Circulatory Status

- Circulatory status determines tissue nutrition and detoxification
- One of the primary etiology for all degenerative disease
- Parasympathetic vs. sympathetic
- Circulatory health includes blood quality and vascular integrity
- Loss of circulation induces hypoxia, toxicity, apoptosis, adaptive functions
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#6 Core Physiologic Principal

- Decreased circulatory status
- Intimal inflammatory fertile for atherous activity
- Nutrient & mineral insufficiency for repair
- Profound physiologic modulation

## #6 Core Physiologic Principal

- Arterial, Venous, Lymphatic congestion
- Multifactorial fertility for vascular degenerative processes
- Restored circulatory status (oxygen & nutrients)
- Hypoxia in distal tissues/congestion proximal
- Reversal of degenerative processes
- Chronic degenerative progression

Disease diagnosis:
- Drugs & Surgery
- Increased tissue repair & resilience
- Nutrient repletion promoting vascular health
- Confidence in healing

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Protocol - Circulatory Pillar

- General support:
  - Circuplex (6)
  - Horse Chestnut (4)
  - Vasculin (6)
- Heart support and renewal:
  - Circulatory - Cardioplus (6)
  - Vasculin (6)
  - Garlic 5000 (2)
  - Cayenne (4)
  - Hawthorne (4)
  - Horse Chestnut (2)
- Electrical:
  - Cataplex B (6)
  - Cataplex G (6)
  - Organically Bound Minerals (6)
  - Cardiomyopathy (viral)
  - Cataplex AC (12)
  - Sesame Oil (6)
- Claudication:
  - Collinsonia Root (6)

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7 - Digestive Potency

- Digestion must bring in substances that provide energy and sustenance, and remove wastes
- 80% of immune system resides in the GI mucosal barrier - GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- Famine in the midst of plenty
- Fasting as repair
Slide 40

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

#7 Core Physiologic Principal

- Adaptive response
- 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
- Chronic tissue degeneration – leaky gut
- Balanced physiology creates balanced diet
- Palliative medication and decline

Supported physiology

Strengthening functions

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Protocol – Digestive Pillar

- General support:
  - Cataplex AC (10) – epithelial repair
- Dysbiosis:
  - Lact Enz (4) – probiotic
  - Zymex (6) – antifungal
  - Zymex II (6) – anti parasitic
  - Multizyme (4) – anti parasitic
  - Wormwood (4) – anti parasitic
  - Lactic Acid Yeast (4) – anti candida
  - Cyroyeast (4) – anti candida
- Leaky Gut (thinning gut lining):
  - Chlorophyll (4)
  - Gastro Fiber (6)
  - Okra Pepsin (6)
  - Food sourced Immuno Gamma Globulins (IgG)

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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, AF Betafood, Betafood
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 wherein moderating and reactive events create a net summary called a macroscopic event (e.g., allergic response, immune response, CAD plaquing, getting repair, hormonal status, etc.)
- To know the summary effect nature to the body is to be wise and able to explain outcomes and limitations of outcomes.
- It also explains the holistic nature of the person who is a sum of physical, mental, emotional, spiritual, social influences.
- "All the factors add together to tell us plainly whether life or death shall come."

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

Visit after visit – Start Monday

- Start every patient with the principles that give them potency and process in their living.
- Employ the principles of the seven pillars as way of seeing disease as the expression of manifestation. Application of pillars is sequential and at the discretion of the doctor. Change start with anger for the chief complaint, the pillar that relates to that, and be assured physiology quickly (e.g., immune).
- The purpose of the pillars is to create a conceptual framework to organize these multiple ramifications of nutritional care, so that method can emerge.
- Continue your practice for the principles that become essential to the greater mystery of healing. Build and collapse your ego, risk it all for the success you desire. Allow all the portals to be known, honored, and healthy voices.
- Change outcomes, stop disease progression, and accelerate health.
- Tune in, turn on, evolve and blow them away!
Change the world
It wants to