



Mentoring the Mentor

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Mentor goals:

- ⑨ To declare what is possible and establish a commitment to that possibility
- ⑨ Address personal and professional barriers limiting the ability to serve
- ⑨ Evolution of vision/mission/ethics that drive success
- ⑨ Create immediate action steps to apply learning and growth
- ⑨ Construct the round table of applied trophologists

Mentoring the mentor:

- ⑨ Who are the mentors? ~ Practitioners
- ⑨ Who are we mentoring? ~ Patients and GAP
- ⑨ What's the purpose? ~ Optimized life
- ⑨ How does it work? ~ Whatever you learn you teach someone else (anyone else)
- ⑨ Who's is included? ~ Self selection, you pick yourself

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Mentoring the mentor:

- ⑨ 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
- ⑨ Each participant chooses a colleague in his/her world to convey the notes and information ~ no information squandering
- ⑨ Issues/problems/questions are considered a learning process for everyone, although individual's remain anonymous
- ⑨ 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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Suzanne - Shape Shifter

- ⌘ Presented 9/23/08 for support of conception (no success for 1 year) and energy level deficiency with bouts of depression
- ⌘ Symptoms included grinding teeth at night, swollen and coated tongue, salivary pH of 6.0, occ. eye tearing, leg cramps, nocturnal urination, difficulty falling asleep, emotional episodes of sadness, depression, moodiness, irritability, nervousness, frustration, anxiety, memory & concentration difficulty, diminished libido, bruising, left thumb pain, afternoon low at 4 pm, 139 lbs, 5'7", regular menses with PMS including breast tenderness, clots and fluid retention, lymphatic congestion in lower legs secondary to severe burns bilaterally as a child, and subsequent multiple skin grafts, WHR of .85, medication Clomid
- ⌘ Began endocrine pillar with Symplex F (6), Hypothalmex (2), Trace Minerals (4), White Peony (1 tsp), L5-HTTP: Bioterrain pillar with multiminerals: immune pillar with Immuplex (6), Sesame Seed Oil (6), Cataplex AC (10), and digestive pillar with S. Boulardi probiotic, L-Glutamine (1.5g), turmeric
- ⌘ 2nd visit showed grinding teeth gone, tongue coating gone, swollen tongue less,

Suzanne - Shape Shifter

- ⌘ 2nd visit showed grinding teeth gone, tongue coating gone, swollen tongue less, menses normalized with no more breast tenderness, clots or fluid retention, leg cramps gone, difficulty falling asleep gone, less sadness, depression, moodiness, irritability, nervousness, anxiety, frustration gone, left thumb pain less, energy improved, less 4 pm fatigue, libido increased, loss of 2 lbs
- ⌘ Added Capsella (1 tsp) and Ovatrophin (3) and Tribulus (2) day 5-14 of cycle to endocrine pillar, Mintran (6) to bioterrain pillar, Allerplex (10) to immune pillar, Folic Acid (2) for pregnancy prep
- ⌘ 3rd visit showed swollen tongue gone, salivary pH up to 7.0, cherry hemangiomas less, difficulty sleeping gone, sadness gone, depression gone, nervousness gone, anxiety gone, less moodiness irritability, increase in libido, additional 1 lb weight loss (total -3 lbs), and lymphatic congestion in chronic ankle swelling 50% reduced - the shape is shifting!
- ⌘ She is ecstatic and enrolled, and ambitiously asking for more - referred to acupuncturist and vital force practitioner

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Changing the shape of things to come



- ⌘ To change body shape is to be a wizard
- ⌘ Proven endocrine shape influence for arms, legs, and trunk
- ⌘ Projected influence for shape of face, posture, attitude as expressed in body language, gesticulations
- ⌘ Hormone level is a snap shot view – the shape of the body reveals the summary chronic nature
- ⌘ Demonstrate shape change to establish wizard level status
- ⌘ Endocrine status equals hormonal concept of age – the key is to keep the glandular system young

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WHR

- ⌘ Waist to hip ratio is WHR is the comparison of the circumference of the waist (belly fat) to the circumference of the hips (hip fat), finding that those with more fat deposited around the middle are at higher risk for heart disease and diabetes
- ⌘ A waist measurement of over 35 inches in women and 40 in men also describes an increased risk
- ⌘ WHR is not accurate for children under age 12 and those who are less than five feet tall or who have a BMI of over 35
- ⌘ When WHR is used to predict heart risk the risk pool increases 300% over the traditional risk predictors
- ⌘ Central obesity is associated with heart disease, hypertension, insulin resistance, diabetes type 2, and metabolic syndrome
- ⌘ The hip measurement also includes the large muscle mass of the buttocks and thus as it describe is describes muscular wasting with increased fat deposition

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WHR

- ⌘ Waist is measured at the thinnest point around the middle usually at the umbilicus
- ⌘ Hips are measured at the largest area around the hips usually at the widest part of the buttocks
- ⌘ If WHR exceeds 1.0 the CDC consider this at risk for heart disease and other problems associated with obesity
- ⌘ Studies suggest a moderate correlation between WHR and intelligence of offspring – findings showed children performance of cognition tests was linked to their mother's WHR (an indication for how much fat she stores on her hips) children whose mothers had wide hips and low WHR scored highest suggesting that fetuses benefit from hip fat rich in polyunsaturated fatty acids essential for fetal brain development
- ⌘ Higher WHR suggest more fat stored around the belly giving the apple shape, whereas more fat around the hips gives the pear shape
- ⌘ Middle abdominal weight is associated with heart disease and diabetes
- ⌘ This ratio is an excellent demonstration of the transformative process the patient is moving through and enrolls the patient in a degree of sobriety about their health status

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WHR Calculator – Demonstrate change

Hip to Waist ratio calculator

Date 9/30/2008
Name Stuart White

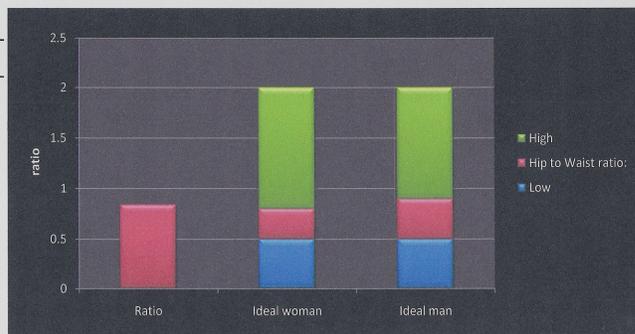
Waist circumference 36

Hip circumference 43

Ratio

Low Hip to Waist ratio: 0.84

High



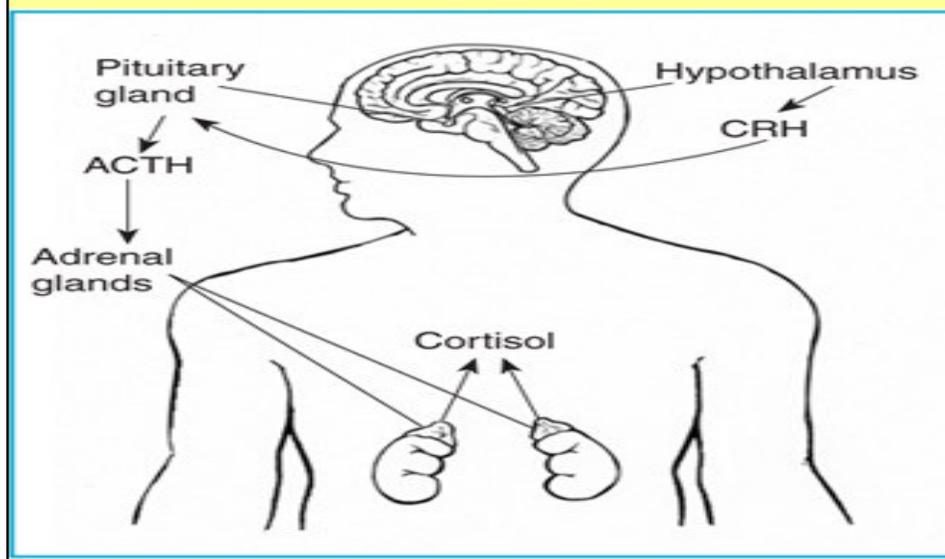
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Protocol - Endocrine Pillar

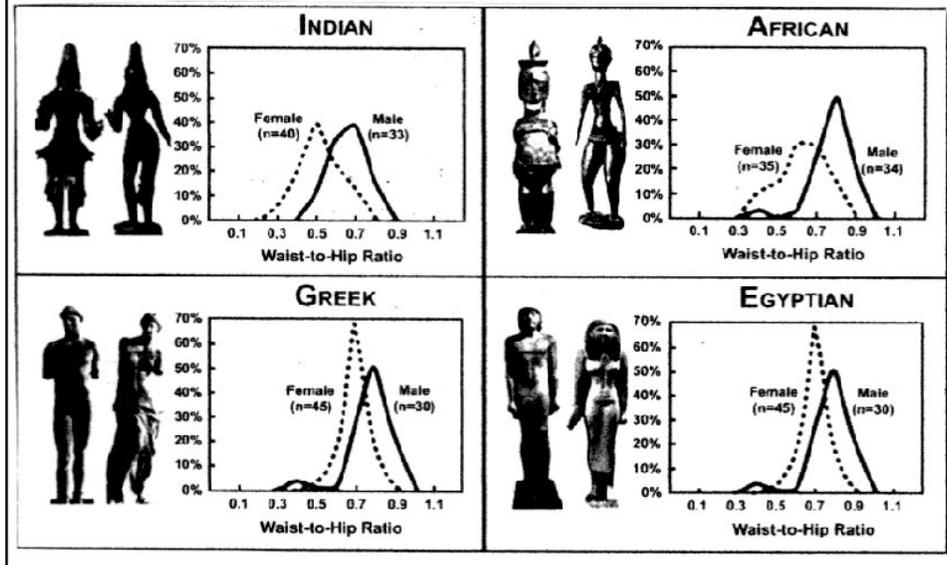
- ⊕ General HPA endocrine repair:
 - Symplex F/M (6)
 - Hypothalmex (2)
 - Black Currant Seed (2)
- ⊕ Address Estrogen/Xeno Dominance (Phase I/II detox):
 - Cruciferous Complete (6)
 - Greenfood
 - Livaplex (6)
 - Transulfuration - Folic Acid (6), Fortil (6), B6 (4)
 - SP Complete (2 Tbsp)
- ⊕ Individual Gland Support: after general up-regulation for 3 months
 - Pituitary - Pituitrophin (4), Trace Minerals (6), E-Manganese (2)
 - Thyroid - Thytrophin PMG (4), Thyroid Complex (2)
 - Adrenal - Drenamin (6), Eleuthero (4), Withania (4)
 - Gonads - Ovex (4), Ovatrophin (4), Orchic (4)
 - Uterus - Utrophin (6)
 - Prostate - Prostate PMG (4), Prost-x (6), Prostaco (4)

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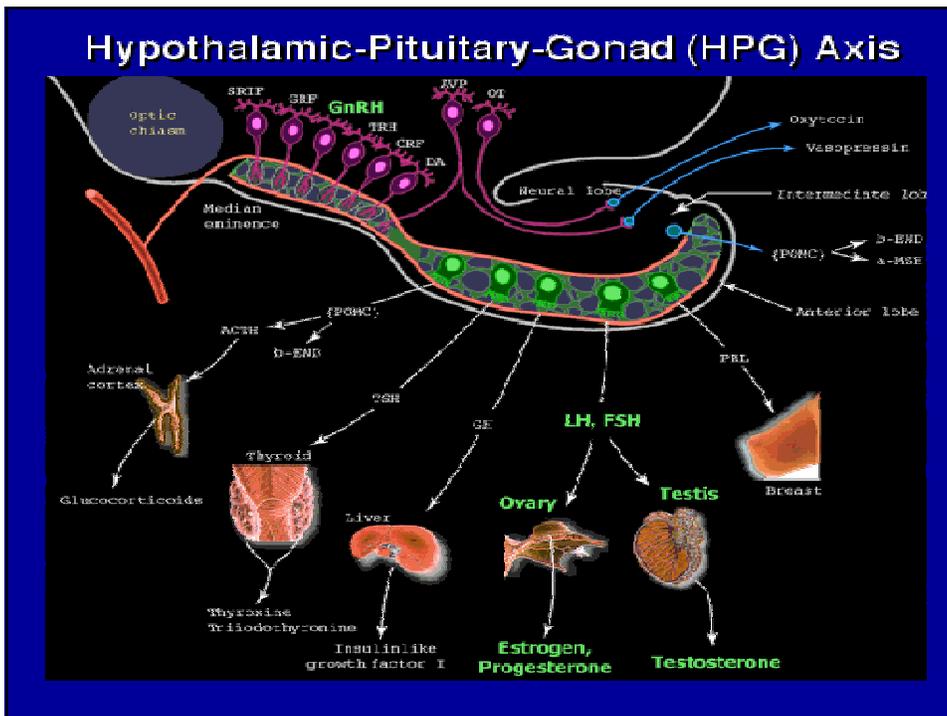
HPA Regulation of Cortisol



Racial Variation Tells a Story



Hypothalamic-Pituitary-Gonad (HPG) Axis



Leptin - Hormones, Peptides, & Weight

Leptin is a hormone secreted by adipose tissues that acts to regulate long-term appetite and energy expenditure by signaling the state of body fat reserves.

Leptin - Physiological Effects

- Regulation of food intake, energy expenditure, and body weight
- Thermogenesis
- Reproductive Function
- Suppressed bone formation
- Directly act on cells of liver and muscle
- Related to inflammatory response
- Contribute to early hematopoiesis

NPY – Neuropeptide Y

- There is an increased secretion of Neuropeptide Y (NPY) in the presence of a high-carbohydrate, high-fat diet.
- NPY secretion inhibits the actions of catecholamines (autonomic nervous system function) which increases fat cell proliferation and vascularization.

NPY (continued)

- NPY is a major neurotransmitter in the central and peripheral nervous system, hormone and immunomodulator.
- Activities of NPY include appetite stimulation, obesity, anxiety reduction, & modulation of certain endocrine functions including secretion of insulin and the pituitary-adrenal hormones (especially in response to leptin)

Feedback Loop

- Food intake triggers output of glucocorticoids and insulin
- Fat accumulation increases Leptin production
- Leptin travels to hypothalamus
- Regulates body mass & controls body energy intake and expenditure
- NPY also regulates body fat mass

Leptin - Regulation of food intake & body weight

- Decrease hunger and food consumption - inhibition of neuropeptide Y synthesis
- Food intake linked to its ability to regulate the neuroendocrine system

Leptin - Role in reproduction

- Fertility influenced by stored body fat
- Signals onset of puberty
- Regulates hypothalamic-pituitary-ovarian function

Cortisol

- □ Melatonin increases Cortisol levels in postmenopausal women. Aging and hypoestrogenism are believed to impair the regulation of the hypothalamo-pituitary-adrenal axis.

Cortisol (continued)

- Cortisol receptor cells are activated in the presence of the “helpless” kind of stress, increasing the storage of fat in the belly
- “Eu-stress” does not increase the cortisol levels.

Glucocorticoids

- Animals become fat when exposed to increased amounts of glucocorticoids and certain kinds of stress.
- Animals lose muscle and gain fat, especially in the abdomen.

Glucocorticoids (continued)

- The actions of glucocorticoids require increased insulin secretions.
- When under stress, animals secrete norepinephrine which melts fat in the presence of glucocorticoids.

Gender Bias in Fat Distribution

Estrogen & Testosterone

Estrogen

- Estrogen is the major hormone contributor for the deposit of fat in hips and buttocks.
- Fat stored in the hips and buttocks is difficult to remove through exercise or diet.
- Hip and buttocks fat is stored long term and is particularly in demand during the last trimester of pregnancy and the first three months of lactation.
- Lack of estrogen will begin to shift body fat to the abdomen. (use of birth control pills can cause increase of belly fat due to its function of mimicking pregnancy)

Effect of FEMALE Abdominal Obesity

Risk of Various Disorders In Women With **Lower WHR (<0.8)**
Than Women With Higher WHR (>0.8)

Area of Investigation	Anticipated Outcome
I. General Physical Health	<p>LOWER RISK for</p> <ul style="list-style-type: none"> • Cardiovascular disease • Adult-onset (Type 2) diabetes • Gallbladder disease • Lung function impairment • Carcinomas (endometrial, ovarian, breast) • Lower all-cause mortality
II. Psychological/Mental Health	<p>LOWER RISK for</p> <ul style="list-style-type: none"> • Anxiety (including phobic social anxiety) disorders • Depression • Hyposexual function <p>HIGHER LIKELIHOOD of</p> <ul style="list-style-type: none"> • Efficient stress coping (based on cortisol release)
III. Reproductive Potential/Outcome	<p>LOWER RISK for</p> <ul style="list-style-type: none"> • Hyperandrogynism and hirsutism • Menstrual irregularity, anovulatory cycles <p>HIGHER LIKELIHOOD of</p> <ul style="list-style-type: none"> • Optimal sex hormone profile (higher 17-β-estradiol level, lower level of bioavailable testosterone) • Normal endocervical mucus pH (facilitates sperms' viability) • Greater probability of successful pregnancy outcome in artificial insemination and IVF embryo transfer programs

Testosterone

- *Testosterone* is the major hormone contributor for the deposit of fat in the abdomen.
- Stored belly fat is easy to eliminate, especially through exercise.
- Belly fat is used as an immediate source of energy: fight - flight syndrome, physical demands, exercise, etc. These needs may be seen as immediate.

Effect of MALE Abdominal Obesity

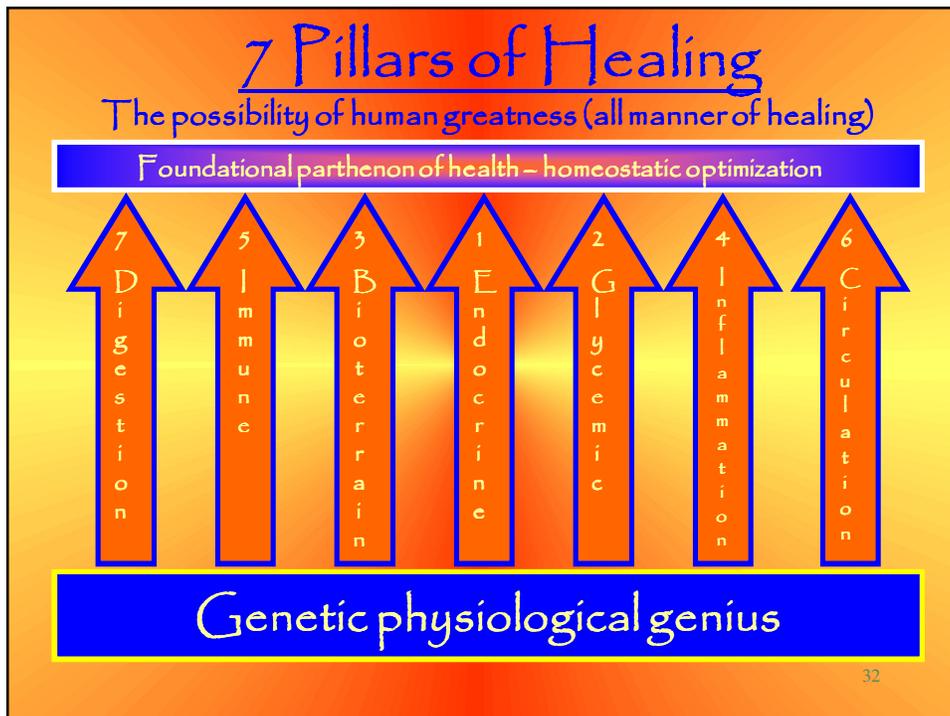
(Waist-to-Hip Ratio 1.0 or greater)

As an Independent Predictor for Various Health Conditions

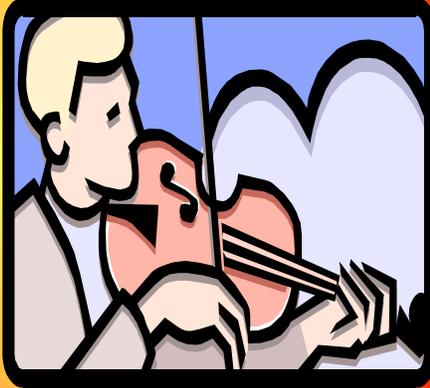
Area of Investigation	Population Tested	Findings
I. General Health		
a. Adult Onset Diabetes	Jamaica (n=290)	Greater incidence of diabetes
b. Cardiovascular	52 Countries (European, Middle East, South Asia, Australia, China) (n=27,098)	Independent precursors for heart attack
c. Chronic Inflammation	Greek (n=1514)	Higher incidence of inflammatory markers (c-reactive protein, tumor necrosis factor alpha, interleukin-6)
d. Stroke	U.S.A. (n=28,643)	Increased risk of chronic stroke
e. Respiratory Function	British (n=2744)	Diminished expiratory volume; inverse link with lung function
f. Renal Function	Dutch (n=8,592)	Impaired kidney function
g. Depression	Finnish (n=4029)	Higher risk for physician diagnosed depression
II. Neurological Function	Mexican-American (n=112)	Increase in age-relation Dementia; 27% decrease in hippocampal volume
III. Reproductive Function	British (n=511)	Negative relationship with androgen levels
	Japanese-American (n=110)	Lower testosterone levels
	Norwegian (n=1565)	Variation of testosterone Linked with WHR variation
	Hungarian (n=81)	Lower testosterone levels; lower sperm count
	Canadian (n=127)	Lower testosterone levels

7 Pillars of Healing

- ⌘ Endocrine/Hormonal – Disruption & Depression
- ⌘ Glycemic Management – Insulin/Cortisol Dysregulation
- ⌘ pH Bioterrain – Net Acid Excess
- ⌘ Inflammatory Status – Cumulative Repair Deficit
- ⌘ Immune Burden – Toxicity, Infection & Infestation
- ⌘ Circulatory Status – Arterial, Venous & Lymphatic Competence
- ⌘ Digestive Potency – Fuel absorption, waste removal, Immune modulation

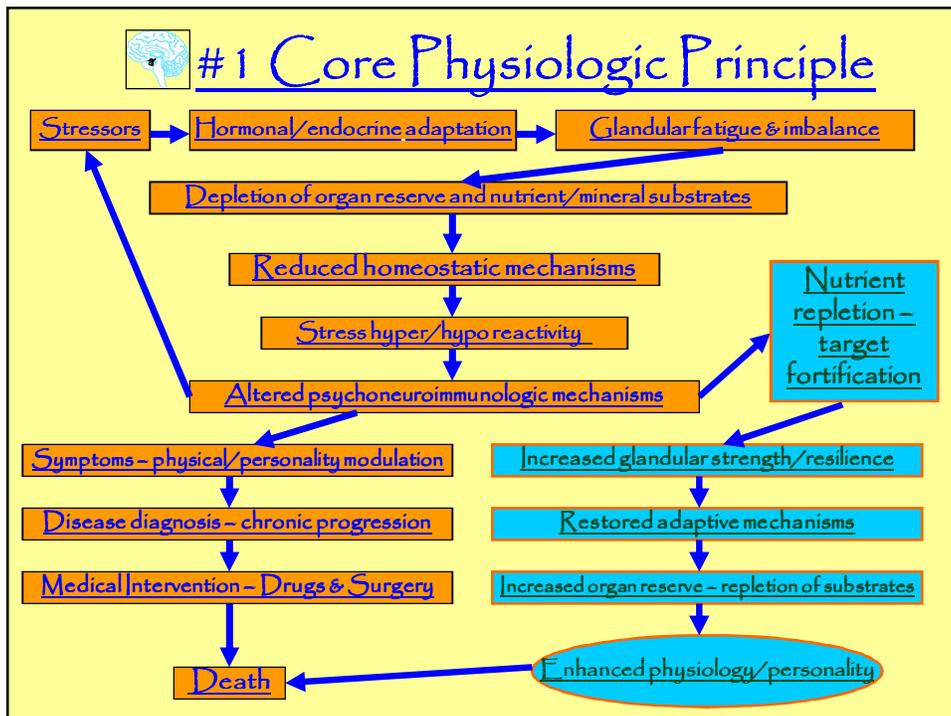


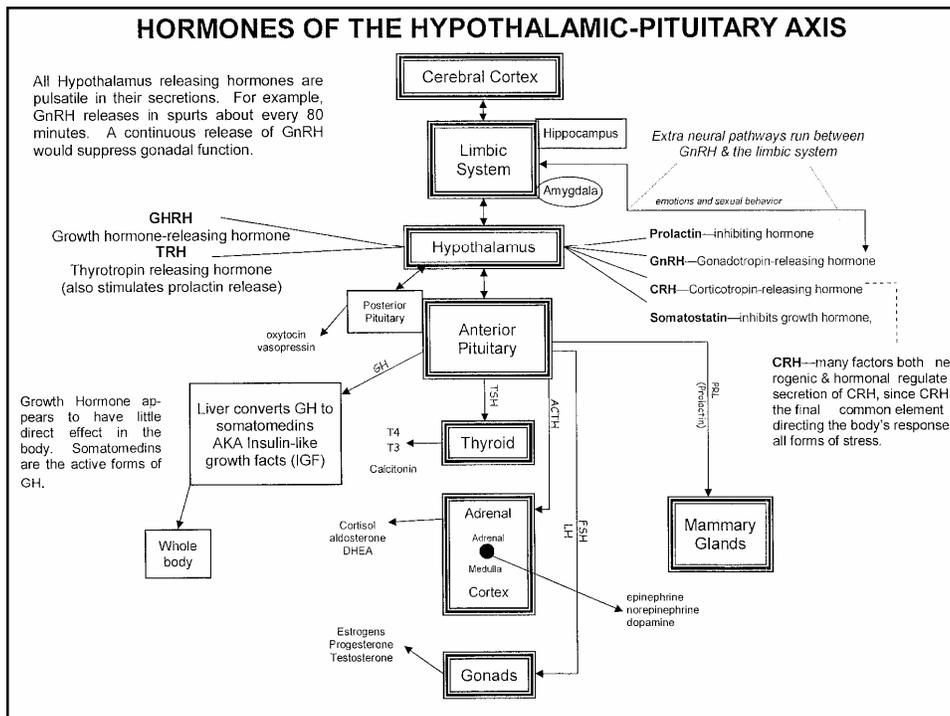
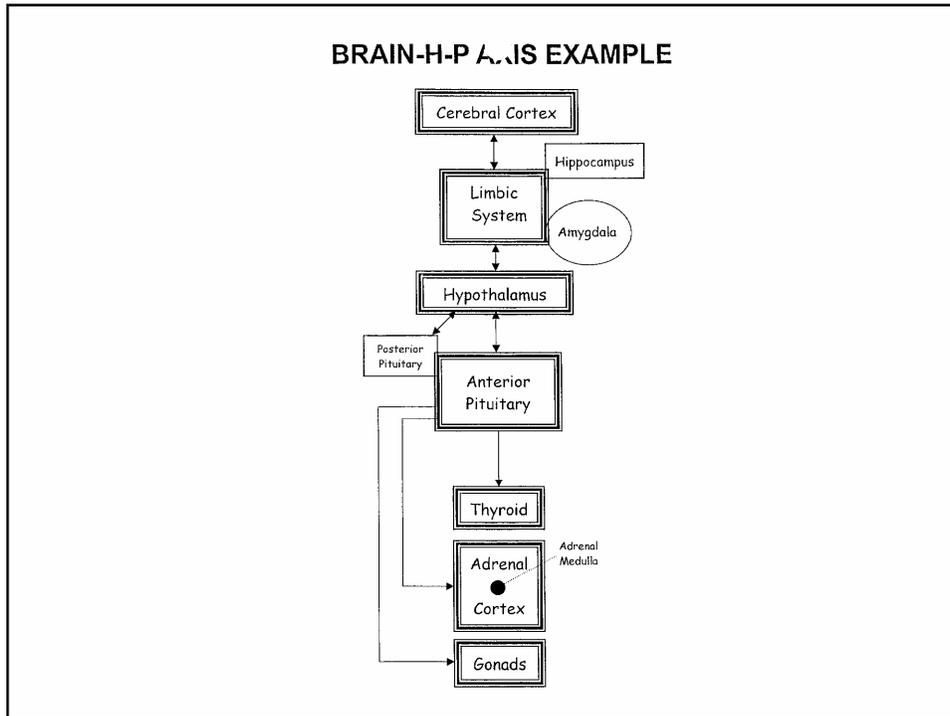
1 - The Endocrine Axis

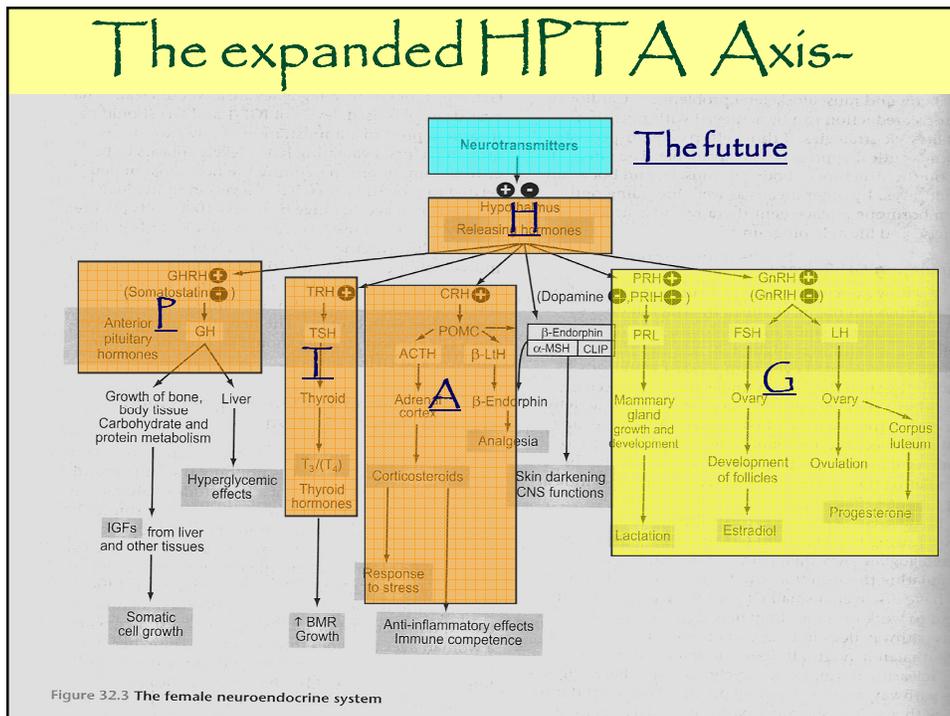
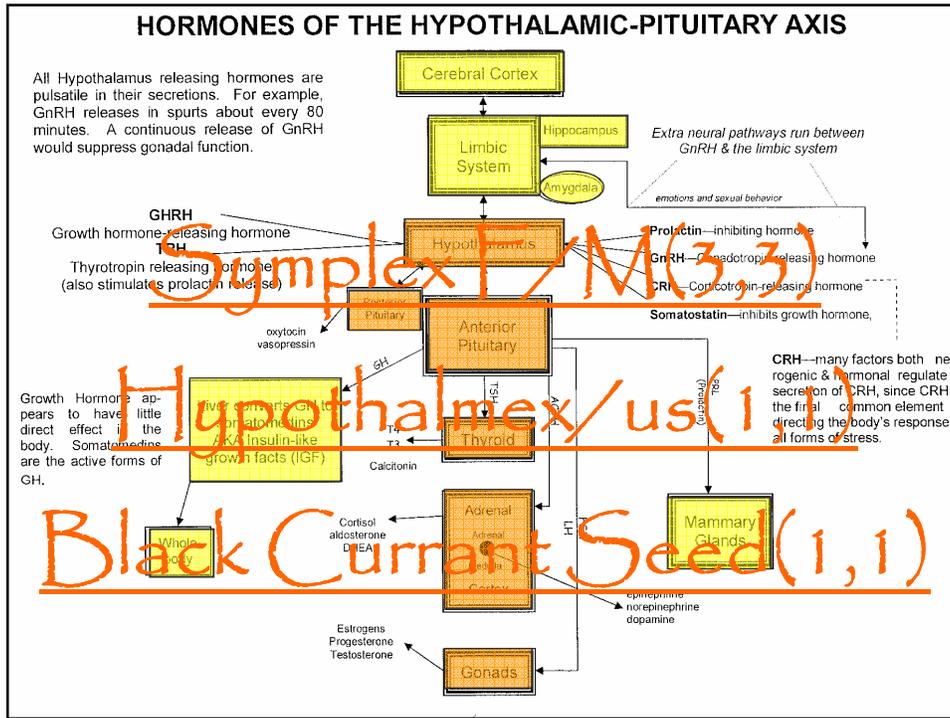



- ☞ Most powerful system to activate the rest of body
- ☞ 7 glandular levels
- ☞ PMG's first, lifestyle modification second, herbs third, HRT last

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Endocrine Axis Support

- ☞ Symplex F/M:
 - Pituitrophin PMG
 - Thytrophin PMG
 - Drenatrophin PMG
 - Orchic PMG
- ☞ Hypthalmex:
 - Hypothalamus cytosol extract
- ☞ Hypothalamus:
 - 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

- ☞ Start with general HPTA support for 2-3 months and then target individual glands for further strengthening
- ☞ Symplex F/M typically reduce to maintenance minor sustaining dosage (1-2/day)
- ☞ Individual gland strengthening:
 - Pineal - Folic Acid (6)
 - Pituitary Anterior - Pituitrophin PMG (6), E-Manganese (6)
 - Posterior - Pituitrophin (6), Trace Minerals/B12 (6)
 - Thyroid Hypo - Thytrophin PMG (6), Thyroid Complex (4), Prolamine Iodine (1/2/3/4) or other source of iodine, Cataplex E (6) or other source of selenium
 - Hyper - Bugelweed (1-2 tsp), Motherwort (1-2 tsp with heart arrythmias)
 - Thymus - Thymus PMG (6), Immuplex (6)
 - Pancreas - Pancreatrophin (6), Paraplex (6), Cataplex GTF (6)
 - Adrenals - Drenamin (6), Drenatrophin PMG, Whole Dessicated Adrenal (4), Eleuthero (4), Withania (4)
 - Gonads - Wheat germ Oil Fort. (4), Wild Yam Complex (4), Tribulus (4), Fortil B12 (4)
 - Male - Orchic PMG, Super EFF (4), Prost-x (6)
 - Female - Ovex (6), Ovatrophin (6), Dong Quai (4), 40 Utrophin (6)

Brain chemistry – Neurotransmitters (Neurohormonal)

- ❖ Serotonin – Tryptophan dependent feeds Melatonin formation
 - Well-stocked: Positive, confident, flexible, easy-going
 - Poorly stocked: Negative, obsessive, irritable, low confidence, sleepless
- ❖ Catecholamines – Tyrosine dependent forms Dopamine, Norepinephrine, Adrenaline
 - Well stocked: Energized, upbeat, alert, focused
 - Poorly stocked: Lethargic, flat, 'blahs'
- ❖ GABA – GABA dependent
 - Well stocked: Relaxed, Stress-free
 - 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 (Minchex 2-6, Protefood 2-6)⁴¹

On task –

Mastery in life is the opposite of control.

Eckhart Tolle

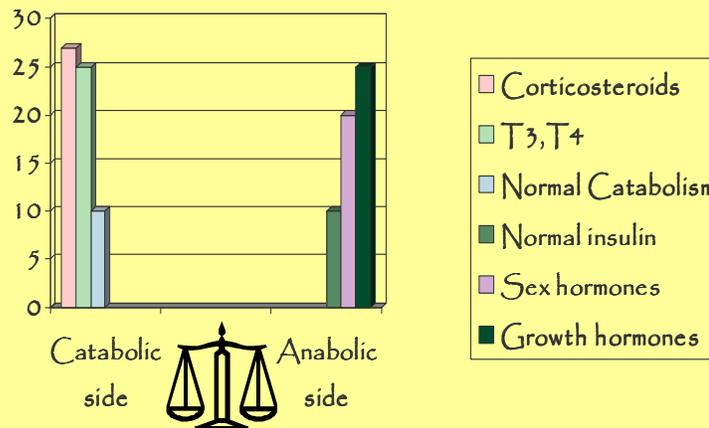
2 - Glycemic Management



- ⌘ Phase II diet limiting glycemic index
- ⌘ Prevent insulin spikes
- ⌘ Protein three times per daily
- ⌘ 40/30/30 CHO/protein/fat
- ⌘ Starches are source of cravings
- ⌘ Cravings mean insufficient protein and fat

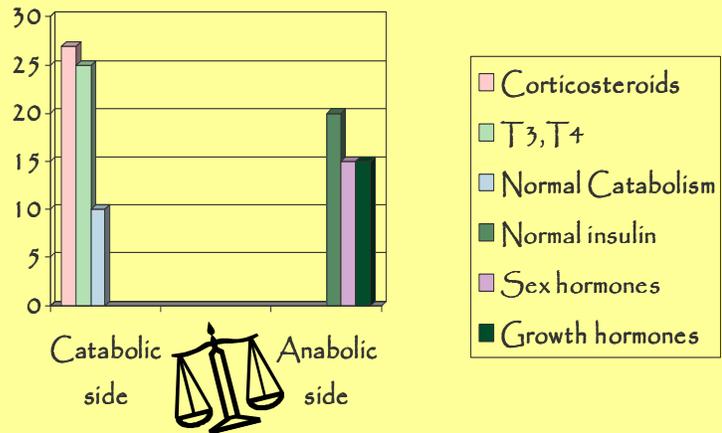
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Carbs & Hormones



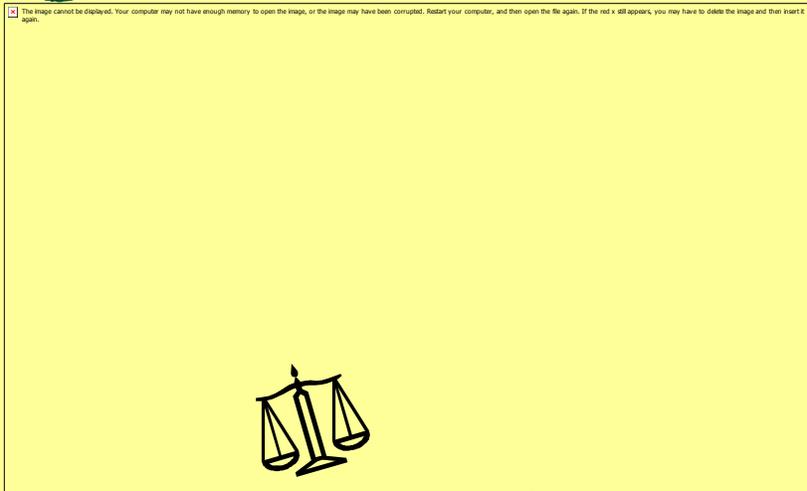
Modified from *Life Without Bread*.⁴⁴
 Allen & Lutz, Keats Publishing, 2000

Anabolic Adaptation



Modified from Life Without Bread.⁴⁵
Allen & Lutz, Keats Publishing 2000

Catabolic shift



Modified from Life Without Bread.⁴⁶
Allen & Lutz, Keats Publishing 2000

Number One Stress in the world

☞ The primary way to increase cortisol (stress hormone) is:

Blood Sugar Variations
inducing hypoglycemia and
activating cortisol up-regulation

PHASE II FOOD PLAN FOR BALANCING BODY CHEMISTRY

MEAT	FISH	FOWL	EGGS	VEGETABLES	MISCELLANEOUS
<p><u>VEGETABLES</u> 3% or less carbs</p> <p>Asparagus</p> <p>Bamboo Shoots</p> <p>Bean Sprouts</p> <p>Beet Greens</p> <p>Bok Choy Greens Broccoli</p> <p>Cabbages Cauliflower</p> <p>Celery</p> <p>Chards</p> <p>Chicory</p> <p>Collard Greens Cucumber</p> <p>Endive</p> <p>Escarole</p> <p>Garlic</p> <p>Kale</p> <p>Kohlrabi</p> <p>Lettuces</p> <p>Mushrooms</p> <p>Mustard Greens Parsley</p> <p>Radishes</p> <p>Raw Cob Corn</p> <p>Salad Greens Sauerkraut</p> <p>Spinach</p> <p>String Beans Summer</p> <p>Squashes Turnip Greens</p> <p>Watercress</p> <p>Yellow Squash Zucchini</p> <p>Squash</p>		<p><u>VEGETABLES</u> 6% or less carbs</p> <p>Bell Peppers</p> <p>Bok Choy Stems</p> <p>Chives</p> <p>Eggplant</p> <p>Green Beans</p> <p>Green Onions</p> <p>Okra Olives</p> <p>Pickles</p> <p>Pimento</p> <p>Rhubarb</p> <p>Sweet Potatoes</p> <p>Tomatoes</p> <p>Water Chestnuts</p> <p>Yams</p> <p><u>VEGETABLES</u> 7-9% carbs</p> <p>Acorn Squash Artichokes</p> <p>Avocado</p> <p>Beets</p> <p>Brussel Sprouts Butternut</p> <p>Squash</p> <p>Carrots</p> <p>Jicama</p> <p>Leeks</p> <p>Onion</p> <p>Pumpkin</p> <p>Rutabagas</p> <p>Turnips</p> <p>Winter</p> <p>Squashes</p>	<p><u>EGGS</u></p> <p>Celery</p> <p>Chickpeas</p> <p>Cooked Corn</p> <p>Grains, Sprouted</p> <p>Horseradish</p> <p>Jerus. Artichokes</p> <p>Kidney Beans</p> <p>Lima Beans</p> <p>Lentils</p> <p>Turnips</p> <p>Beans</p> <p>Seeds, Sprouted</p> <p>Sunflower Seeds</p> <p>Fruits</p> <p>In Limited Quantities</p> <p>On Limited Basis (Snacks only)</p> <p>Apples</p> <p>Berries</p>	<p><u>VEGETABLES</u> (No Limit on Servings)</p> <p>VEGETABLES</p>	<p><u>MISCELLANEOUS</u> In Limited Amounts</p> <p>Butter, Raw</p> <p>Caviar</p> <p>Cottage Cheese, Raw</p> <p>Dressing - Oil/ Cider Vinegar only Jerky</p> <p>Kefir, Raw (liquid yogurt)</p> <p>Milk, Raw</p> <p>Nuts, Raw (except Peanuts)</p> <p>Oils - Vegetable, Olive (no Canola) preferably cold-pressed</p> <p><u>BEVERAGES</u></p> <p>Beef Tea</p> <p>Bouillon - Beef, Chicken Herbal (Decaffeinated) Teas Filtered or Spring Water</p> <p>Red Wine only (3 glasses max)</p> <p><u>DESSERT</u></p> <p>Plain Gelatin only</p>

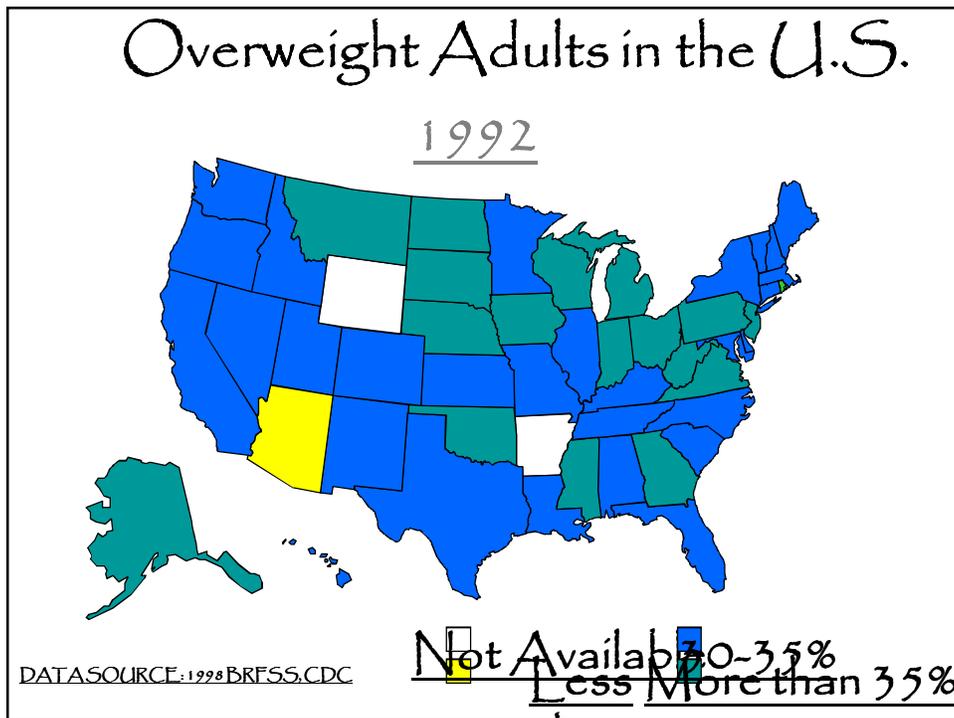
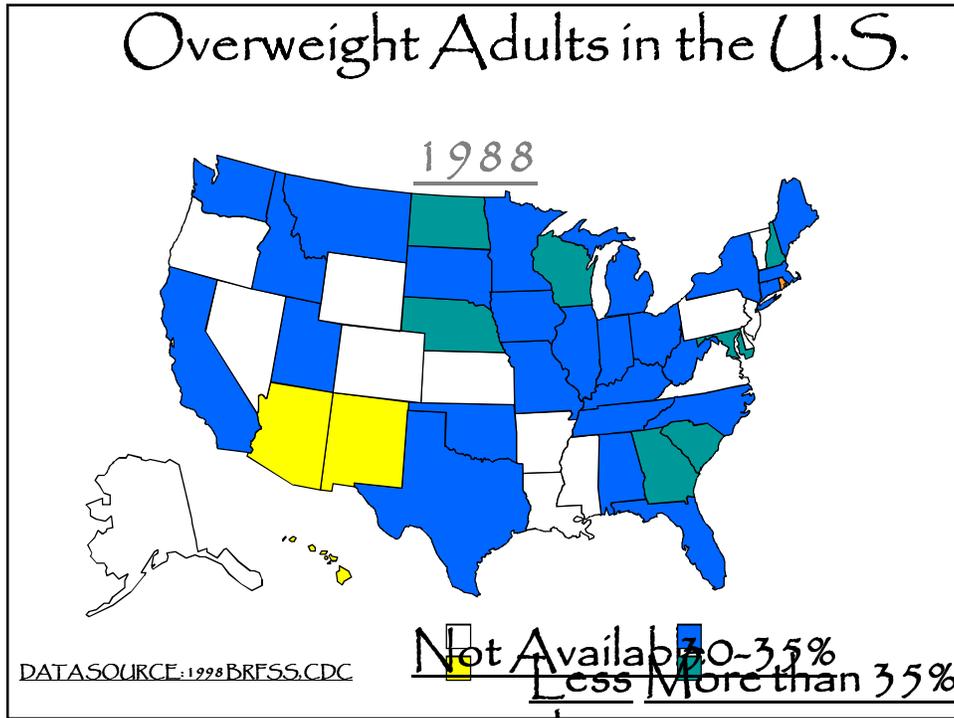
⊘ VEGETABLES

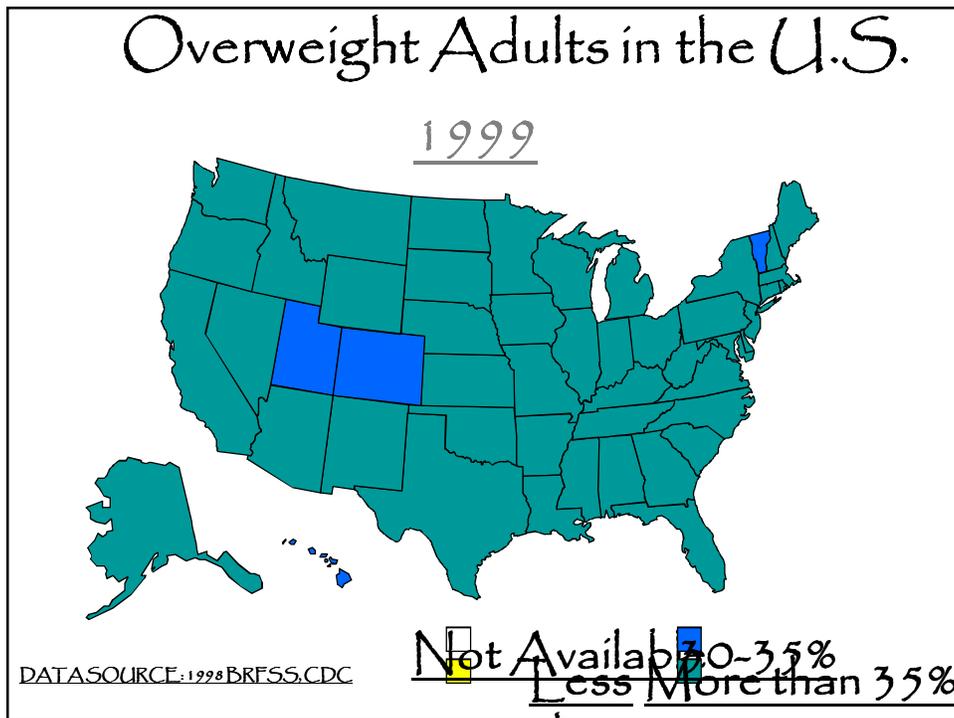
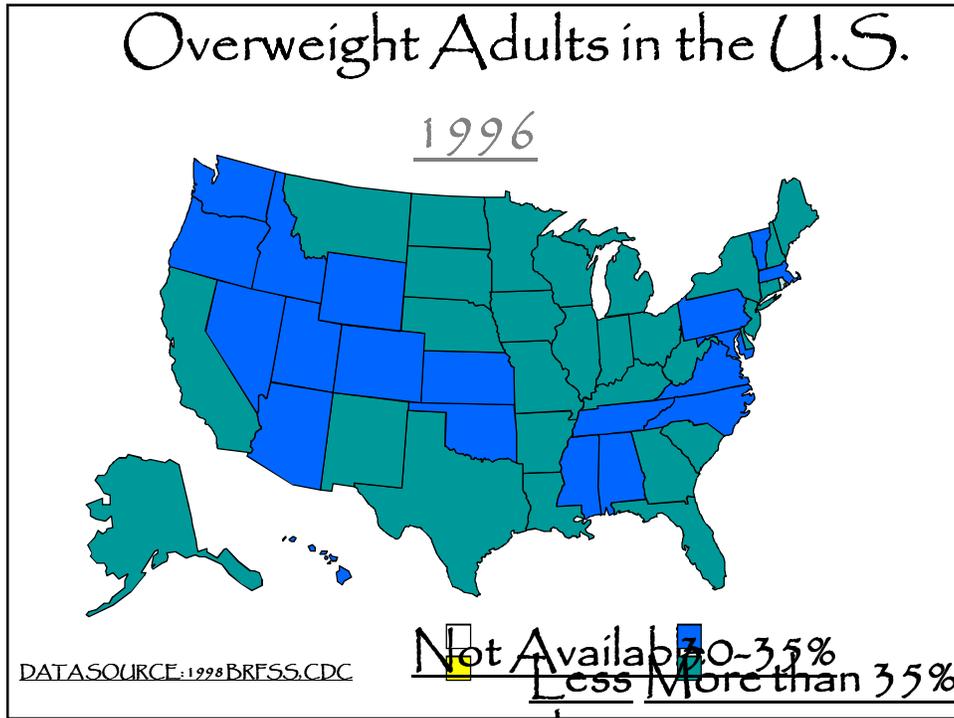
⊕ FOODS EATEN CLOSEST TO THEIR RAW STATE HAVE THE BEST DIGESTIVE ENZYME ABILITY.

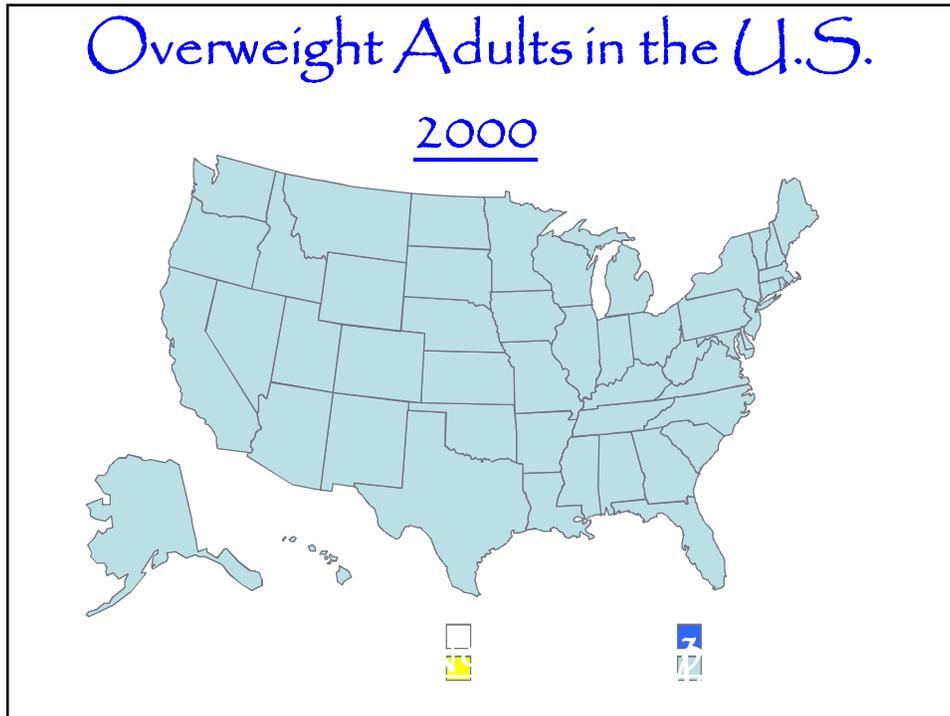
⊖ TAKE FLUIDS MORE THAN ONE HOUR BEFORE OR MORE THAN TWO HOURS AFTER MEALS.

⊙ LIMIT FLUID INTAKE WITH MEALS TO NO MORE THAN 4 OZ.

⊛ NO PROCESSED GRAINS, WHITE FLOUR, SUGAR, SUGAR SUBSTITUTES.







Eternal Truth

✪ I want to warn you not to copy me, but work out your own method. Our people tell us to be original. If you can watch the method, though, and the way I go about it, maybe that would give you some thoughts about what to follow, what it's all about. Then you work out your own substance, your own songs, your own prayers and things to go with it...

Rolling Thunder

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Detoxification:

- ⌘ Every cell in the body has detoxification processes at the membrane entry levels and within the cell – as well certain systems/organs in the body are devoted to the larger global detoxification required to prevent toxicity and biochemical strangling
- ⌘ Selenium and glutathione have received a lot of attention as essential roles in the detox process, and they are certainly embedded in a complex cascade of eventual increments designed to move foreign substances out of the body in a safe way
- ⌘ Whole food concepts do not fractionate to the glutathione and selenium levels of focus, but they do include this level of function by supporting the global pathways that cause glutathione up-regulation and selenium repletion
- ⌘ SP Greenfood is a remarkable product making these contributions – 3/day maintenance provides great sulfur donors and detox pathway support, and greater dosages (10/day) can be employed to strongly support detox during stressful periods
- ⌘ Cataplex E as a selenium contribution can help address cold extremities and supply selenium for the heavy metal issues (T₄ to T₃ conversion)
- ⌘ Every disease will respond to these efforts, and requires such

Normal Miracle ~

- ⌘ Realize ordinary life as an unbroken flow of normal miracle!

Andrew Harvey

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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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Proliferative tendencies as a foundation concept in Cancer

- ⌘ Increased vascular supply created increased fertility for cell growth, just as reduced vascularity creates cell degeneration and ultimately death
- ⌘ Perhaps the body has a balance about its own vascular state that creates proliferative stability
- ⌘ Factors that increase vascularity chronically may increase the soil conditions for proliferative events
- ⌘ Cherry hemangiomas may signal a tendency towards vascular proliferation
- ⌘ Inflammation may promote vascularity

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

Eckhart Tolle



Give generously
As you have received

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