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
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 individual’s 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).
I attended The Doctor of the Future Seminar in Denver in March of 2003. I had returned to Colorado in mid 2001 and had been back in practice for about a year and a half when I attended this seminar. I had lived and practiced in Southern California for 4 years before moving home. I had gone through a painful (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm was less than for life and practice was less than for life and practice was less than for life and practice was less than for life.

My experience of life forever. I applied many of the principles taught and have now known a level of success I had never imagined. The relationships I now create with my patients (friends and family too) is wonderous. My own health has improved exponentially.

I have a 98% cash nutrition, chiropractic and acupuncture practice that is 100% referral. We do no advertising and have not since 2004. 2008 was my best year ever with the highest collections in December. I know 2009 will be even better. Thank you Dr. White for your time, transparency and enthusiasm for what you do. You are truly infectious!

Dr. White’s presentation really stirred something in me. I had never attended a workshop that was so motivating, knowledgeable, confident and FUN! The seminar content that they should really be called diamonds they are so valuable) the material presented on Mastery is what changed (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm (and of course costly) divorce and my enthusiasm was less than for life and practice was less than for life and practice was less than for life and practice was less than for life and practice was less than for life and practice was less than for life.

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You are truly infectious!

Teaching is not the filling of the pail, but the lighting of the fire! William Butler Yeats
Dr. Stuart White
January 22, 2009
Mentoring the Mentors

Carbon Based Consciousness

- If we were to stop respiration for over 8 minutes -
  - What would you be feeling?
  - How would your state of consciousness be?
  - What would your state of consciousness be?
  - What would your state of consciousness be?

Biochemistry and physiology effect consciousness

Thus choices/behavior are influenced and then
  - This choices/behavior are biochemically based
  - Biochemistry and physiology effect consciousness

Ergo if you improve the biochemistry, you improve the
  - thinking and feeling, and maybe the spiritual awareness

Therefore, diet and lifestyle can be delayed in onset disease, asthma and HIV/AIDS,

This nation is facing a true epidemic

- Heart disease, diabetes, prostate cancer, breast cancer and obesity
- Genes associated with cancer, heart disease, asthma and HIV/AIDS are largely preventable and even reversible by changing diet and lifestyle.

The Revolution Happened!

- If not prevented entirely, the number of Americans suffering from chronic diseases such as obesity, diabetes, heart disease, asthma and HIV/AIDS account for 75% of health care costs for 75% of health care costs for 75% of health care costs

The Lancet, September 2004

A recent study published in the Proceedings of the National Academy of Sciences found that these approaches, which change the way we think and feel, may even change gene expression in hundreds of genes in only a few months.

- Genes associated with cancer, heart disease, asthma and HIV/AIDS may even change gene expression in hundreds of genes in only a few months.
- Genes associated with cancer, heart disease, asthma and HIV/AIDS may even change gene expression in hundreds of genes in only a few months.
- Genes associated with cancer, heart disease, asthma and HIV/AIDS may even change gene expression in hundreds of genes in only a few months.

Small picture: President Obama, Wall Street Journal, Friday, January 9, 2009
Eternal truth -
I am tired of hearing that our country doesn’t work – it isn’t supposed to work. We are supposed to make it work.

Alexander Woolcott

Therapeutic Rationale

- If we speak our rationale out loud and listen to ourselves we will always be rational
- If the medical profession were to describe the rationale behind its endeavors it would hold off
- We must be interested in the meaning of processes and the purpose of people’s lives to find the rationale
- Peoples; lives are too precious to waste on symptoms that are not speaking of deeper issues and only need suppressing
- The rationale dissolves the mystery, which is the only terror on our lives
Rationale as a map: Never lost

- The rationale is a combination of the patient’s story and the doctors understanding.
- Often times for myself there was fear while I stood without understanding in the midst of a process – then understanding would emerge – then confirmation of that understanding would show itself – then confidence would build.
- Symptoms make sense, processes can be trusted.
- At the root of all fear is the idea that God is not in control.
- Our patients must come to expect the therapeutic rationale in all their interactions – then they are protected from standard of care and malpractice.

Building Rationale

Patient details + Practitioner understanding = Therapeutic Rationale

Meaning and Purpose

Increased Life
Dr. Stuart White

Mentoring the Mentors

January 22, 2009

Anything’s possible ...

Virgil

Chin Lao – 67 years old entered hospital for routine angioplastic procedure for cardiac ablation to correct arrhythmia – hospital acquired infection in the groin resulting in 60 days in hospital, five rounds of IV antibiotics, Sartorius muscle graft and complete removal of all lymph structures in the groin, sent home to die. Entered with severe weakness, entire leg swollen and febrile – 1 month later walked in with 99% of heat in leg gone, graft repairing – the game is on!
How to Keep the Hospital From Making You Sicker
Surgical Infections Become Harder to Treat, Prompting Stepped-Up Prevention Efforts

Surgery – Global Concerns

- Activation of significant repair mechanisms for many exceed their physiological competence and therefore result in inflammatory cascades that exceed the possibility of completion and therefore increasing the cumulative repair deficit (inflammatory burden)
- Acidosis secondary to tissue damage, drugs, and anesthetic exaggerates inflammation and discomfort and depletes body of mineral status
- Endocrine disruption and insult with further adrenal stress and resultant fatigue result in the person never feeling quite ‘right’ again after surgery (or at least for a long time), with subsequent loss of mentation and focus, memory impairment, loss of stamina, changes of personality, loss of lifestyle and resultant physiological chaos
- Immunological strain and reduction with immediate potential for infection (the number one complication of surgery) and long term potential for bone marrow depletion and fatigue and immunological modulation toward more tolerance of fungal, viral, and proliferative risks. The person has taken a significant step forward in the aging process and nobody is admitting it.
- So many people take months to regain the physiological efforts they were engaged in prior to surgery – thus the healing process is disrupted
- Most surgery solves the results of aberrant physiology but not the causes of it, and delivers people to an unburdened place ideal for more ambitious action to correct the causes of disease, but the mind set is that it is finished and there is nothing more to do

Hospital Acquired Infection
780,000 annually, 2.6% of all surgeries, some surgeries infection rate is 11%
**Protocol - Surgery** (begin 2 weeks prior and continue for 3 months)

- **Promote collagen and elastin activity:**
  - *Gota Kola Complex* (4)

- **Promote general immune competence:**
  - *Echinacea Premium* (4)
  - *PMG of target tissue*

- **Promote HPA Axis recovery from trauma and reduce the 'daze':**
  - *Symplex F/M* (4)
  - *Hypothalmex/us* (2)
  - *Black Currant Seed Oil* (2)

- **Promote general nutrition:**
  - *Catalyn* (4)
  - *Organic Minerals* (4)
  - *L-Glutamine* (1500 mg)

- **Reduce inflammatory vectors:**
  - *Tuna Omega* (4)

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**New Product Alert – Read All About It!**

- *Gota Kola Complex* released three months ago is slow to catch on due to lack of awareness on the part of doctors of the requirements for physiological wound and tissue repair. As yet physicians are ignorant of the ways to promote recovery after surgical intervention, and so they let patients go through minor and major surgery with no nutritional and herbal support.

- "There is so much surgery that it is time to perfect the process with protocols for pre and post surgical events"

- *Gota Kola Complex*:
  - *Gotu Kola 250 mg* (containing 50 mg of Triterpines) supplies triterpines that support the production of collagen in new tissue repair
  - *Grape Seed Extract 30 mg* (containing 25.5 mg of Procyanidins) supplies antioxidants that support new tissue repair especially the elastin and existing collagen within vein walls
  - *Gingko Biloba* thins the blood and promotes increased capillary supply and formation leading to more rapid and complete healing with more blood supply
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

The possibility of human greatness (all manner of healing)

Genetic physiological genius

Foundational parthenon of health - homeostatic optimization
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

#1 Core Physiologic Principle

Stressors ➔ Hormonal/endocrine adaptation ➔ Glandular fatigue & imbalance

- Depletion of organ reserve and nutrient/mineral substrates
- Reduced homeostatic mechanisms
- Stress hyper/hypo reactivity
- Altered psychoneuroimmunologic mechanisms

Nutrient repletion – target fortification

Symptoms - physical/personality modulation ➔ Increased glandular strength/resilience

Disease diagnosis – chronic progression ➔ Restored adaptive mechanisms

Medical Intervention – Drugs & Surgery ➔ Increased organ reserve – repletion of substrates

Death ➔ Enhanced physiology/personality
BRAIN-H-P & IS EXAMPLE

Cerebral Cortex

Limbic System

Hippocampus

Amygdala

Hypothalamus

Anterior Pituitary

Thyroid

Adrenal Cortex

Adrenal Medulla

Gonads

HORMONES OF THE HYPOTHALAMIC-PITUITARY AXIS

Cerebral Cortex

Limbic System

Hippocampus

Anterior Pituitary

Thyroid

Adrenal Cortex

Adrenal Medulla

Gonads

Cortisol

Ampullae

Insulin

Growth Hormone appears to have little direct effect in the body. Somatomedins are the active forms of GH.

Liver converts GH to somatomedins AKA Insulin-like growth facts (IGF)

GHRH—Growth hormone releasing hormone

TRH—Thyrotropin releasing hormone
(also stimulates prolactin release)

GnRH—Gonadotropin releasing hormone

CRH—Corticotropin releasing hormone

Somatostatin—inhibits growth hormone.

Extra neural pathways run between GHRH & the limbic system

Protocin—inhibiting hormone

Somatomedins are the active forms of GH.
HORMONES OF THE HYPOTHALAMIC-PITUITARY AXIS

All hypothalamic releasing hormones are pituitary in their secretions. For example, GnRH releases in spurts about every 80 minutes. A continuous release of GnRH would suppress gonadal function.

GnRH  
Growth hormone-releasing hormone  
Thyrotropin releasing hormone (also stimulates prolactin release)

Anterior Pituitary

Hypothalamus

Cerebral Cortex

Extra neural pathways run between GnRH & the limbic system

Prolactin—mammary gland hormone

Prolactin—mammary gland hormone

Somatostatin—inhibits growth hormone,


typical hypothalamic

Black Currant Seed (1,1)

The expanded HPTA Axis

The future

Figure 32.3 The female neuroendocrine system
**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)
  - **Pituitary 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**
    - Bugleweed (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**
    - Wheatgerm 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), 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)
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

Agent of change -

The most powerful agent of growth and transformation is something much more basic than any technique – a change of heart.

John Welwood
Heart/CVA – Inflammatory chaos

A Rational Intervention & Discussion of Method

Cornerstone issue of Functional Practice

Heart – Inflammatory chaos

- Heart disease accounts for over 50% of US deaths per year and over $50 billion annually
- Asymptomatic until greater than 90% occlusion
- Studies reveal no difference in life expectancy between elected and non-elected surgery, which gives us room for rational intervention
- Signs & symptoms include:
  - Chest pain (angina), especially with exertion
  - Leg cramps
  - Dizziness
  - Heartburn
  - Fatigue, exhaustion
  - Dyspnea
  - Palpitations, flip-flops, murmurs, tachycardia
  - Edema, ankle and foot swelling
  - Anxiety
  - Hacking cough
  - Ear lobe crease
  - Cyanosis (blue, gray or dark purple skin discoloration)
  - Abnormal EKG
Heart – Inflammatory chaos

Unified mechanisms of disease are:

- Intimal inflammatory status – due to general inflammatory up-regulation, oxidative free radical species exposure, lack of collagen formation (subclinical scurvy) resulting in arterial intimal layer disruption, infectious agents such as Chlamydia pneumoniae, stress which increases free radical production and adrenaline increase.
- Homocysteine – more velcro protein on the wall for attachment.
- Lipoprotein A – more ‘fix-a-flat’ large molecule lipid repair for plaquing around collagen synthesis deficiency.
- Excessive heart loads due to lack of exercise, smoking, obesity, hypertension all of which increases mechanical stress and subsequent repair/inflammatory burden.
- Dehydration secondary to alcoholism, lack of electrolytes/minerals, lack of hydration contributing to hypovolemia and blood viscosity dyscrasia.
- Dyslipidemia and dysglycemia.

Heart – Nutrient applications

The following are exclusively research based:

- Vitamin C – mortality reduction 40%.
- Vitamin E – prevents lipid peroxidation and platelet aggregation.
- Selenium – increases glutathione peroxidase.
- Beta-carotene.
- Coenzyme Q10.
- Homocysteine regulation with B6, B12, folic acid, betaine hydrochloride (DMG & TMG), molybdenum.
- Niacin – reduces LDL & triglycerides, increases HDL.
- Pantothenic acid.
- Magnesium reduces vasospasm and acidosis.
- Calcium reduces acidosis and infection by immune targeting.
- Chromium assists in glycemic regulation.
- L-Carnitine.
- Proteolytic enzymes.
Heart – Nutrient applications continued

The following are exclusively research based:

- **Omega 3 & 6 fatty acids**
  - Modulate inflammatory status
- **Zinc to copper ratio**
- **Lecithin**
- **Inositol**
- **L-tyrmine**
- **Quercitin**
- **Isoflavones and genisten**
- **Beta-glucans – fiber**
  - Polysaccharide binding cholesterol in feces
- **Hawthorne Berries**
- **Cayenne**
- **Garlic contains sulfur compounds**
  - That dissolve blood clots and have antioxidant effect
- **Ginger**
- **Kelp**
- **Onions**
- **Gingko Biloba**
- **Guggal**
- **Coleus Forskohlii**
  - Activates adenylate cyclase enzyme to promote vascular dilation and inhibit platelet activating factors (pro-inflammatory substance)

Heart health protocols

- **Circulatory support – pillar 6**
- **Tuna Omega (4)**
  - May be significantly increased to attempt reduction of inflammatory status
- **Reduce inflammation & hypertension from sympatheticotonia – food allergens and pillar 4**
- **Reduce immune burdens (pillar 5)**
  - As some conditions are speculated to be infections or viral or nanobacterial
- **Reduce toxic burdens especially focusing on metal burdens that could be disrupting the vascular wall function – use Chelaco (1-2 at bedtime) consider other provocative metal flushing (Spanish Black Radish and Cilantro)**
- **Use PMG extracts to target affected tissue – Cardioplus (6), Vasculin (6)**
- **Employ Garlic 5000 (2), Cayenne (2), Horse Chestnut (2), Hawthorne (2) to reverse CAD for 3-6 months**
- **Use anti homocysteine formula**
- **Balance dysglycemia with Phase II diet and pillar 2**
- **Niacinamide/B6 (2) & Cataplex C (2) to reduce LpA and lipids**
- **Electrolyte and mineral depletion to reduce dehydration, pillar 3**
- **Tribulus (2-4) to promote heart muscle strength**
- **Coleus (2)**
Neurological Health & Healing -
A Rational Intervention
&
Discussion of Method

Cornerstone issue of Functional Practice
Neurological Health & Healing

First objective is to stop the progression of the disease, as recovering lost neurological function is unlikely.

- Reduce inflammation
- Promote membrane physiology as nerves are membrane specialized structures
- Reduce toxic disrupters, detox mercury and other heavy metals
- Promote mineral balance as nerves are mineral electrical events

All neurological cases may benefit from significant EPA/DHA doses up to 30g/day

Neurological Health & Healing

- Protocol standard
  - Endocrine support – pillar 1
  - Tuna Omega (4) – may be significantly increased to attempt profound neurological repair
  - Reduce inflammation & neurological tension including sympatheticotonia – food allergens and pillar 4
  - Reduce immune burdens (pillar 5) as some conditions are speculated to be infections or viral
  - Reduce toxic burdens especially focusing on metal burdens that could be disrupting the neurological function – use Chelaco (1-2 at bedtime) consider other provocative metal flushing (Spanish Black Radish and Cilantro)
  - Use PMG extracts to target affected tissue - Neurotrophin PMG (4), Neuroplex (4)
  - Employ Gotu Kola Complex (2) to adapt to stress and support mental endurance while promoting repair
  - Promote circulatory/lymphatic health potentially restoring function
Protocol - Alzheimers

- Promote hepatic repair and trophic activity:
  - Hepatrophin

- Promote hepatocyte resistance to viral entry with membrane strengthening:
  - Co enzyme Q1 100 mg (solubolized to increase absorption)
  - Livco (4) providing Schizandra Berry

- Reduce liver inflammation and secondary fibrotic activity:
  - Silymarin (4)

- Promote Phase II detoxification:
  - SP Greenfood (6)
  - Cruciferous Complete (4)
Eternal Truth

Celebrate what you want to see more of ...

Tom Peters
Revisiting the physiologic possibility

7 pillars of foundation strength and physiological potency (unified mechanisms of disease)

Physiologic possibilities have not been explored or metered so we remain dependent on external intervention as the primary modulator of disease process

The practice of rational intervention will deliver the practitioner and therefore the patient to profound process that can be measured and will create a new culture for healing in our nation – it is time for change and real survival

Essential to the rational is the understanding of the unified mechanisms of disease that will cause the same results every time they are activated or burdened – laws are so much better than opinions

Give generously

As you have received