



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 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 how to convey the notes and information to their world and community – 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)

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Eternal truth -

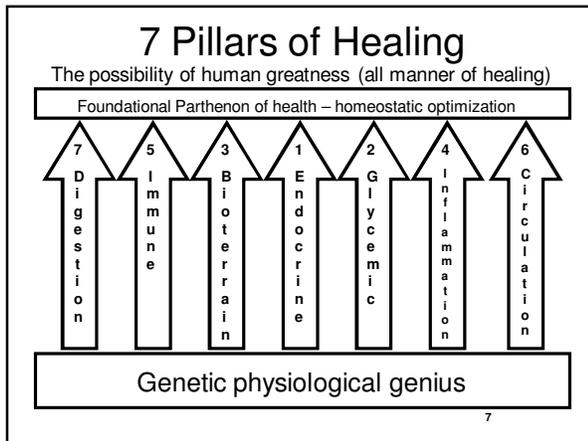
Wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.

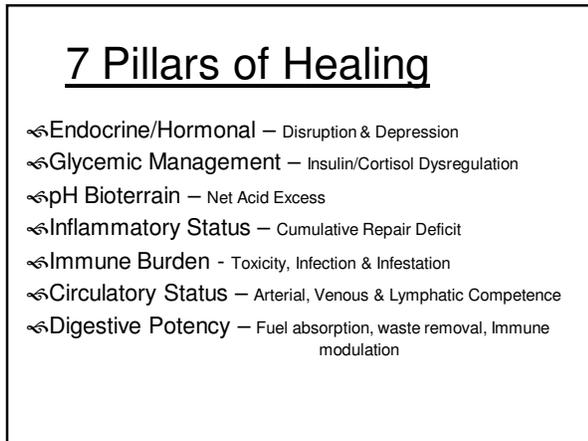
Eckhart Tolle

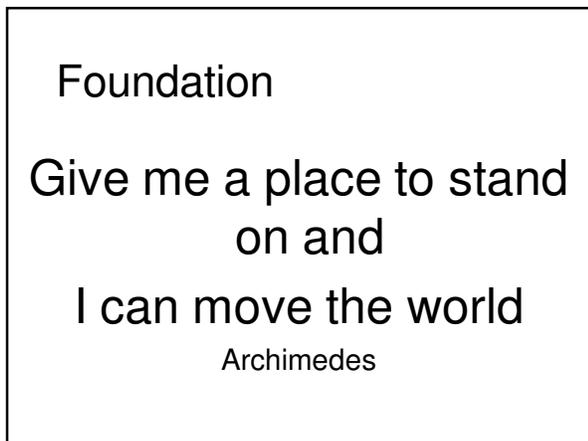
7 Pillars of Healing 7 Unified Mechanisms of Health

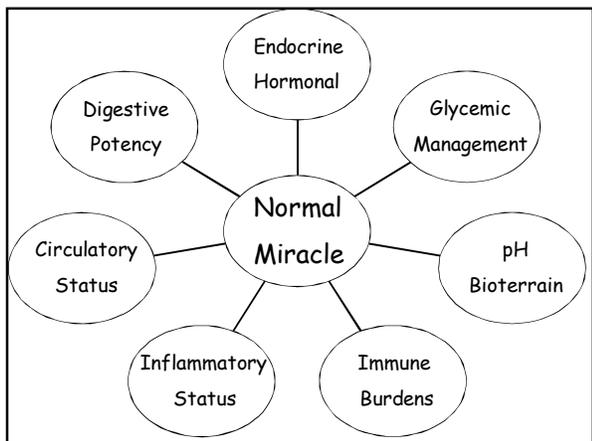
- ⌘ Endocrine/Hormonal
- ⌘ Glycemic Management
- ⌘ pH Bioterrain
- ⌘ Inflammatory status
- ⌘ Immune burdens
- ⌘ Circulatory Status
- ⌘ Digestive Potency











Evoking the innate healing force -

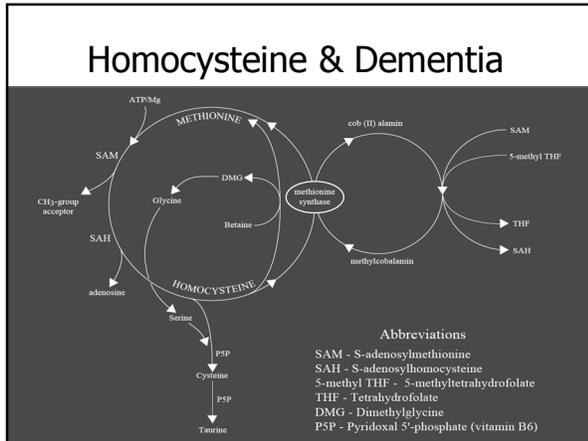
When a really challenging case presents to you, you need to lean forward, look them directly in the eyes and give them a really good report of findings!

Richard Murray

Food as Medicine

- With increasing research to show the impact food has on health it is a natural extension that many conditions will become regarded as deficiency issues and more alternatives will exist for Americans who want to influence upstream antecedents of disease instead of treating end stage symptoms
- Two examples of this are the story of homocysteine with the emerging understanding of its role in health, and niacinamide's influence on nerve health and subsequently brain function

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Article on relationship to cognition

 [Methionine, Homocysteine.pdf](#)

- Alan Miller, ND described the relative pathways that would impact brain function by direct relationship to the balance and health of the homocysteine pathway
- Hence homocysteine levels can be used to assess brain health and a benchmark in defining neurodegenerative states like dementia, AD and Parkinson's
- And since homocysteine is known to primarily be modulated by nutritional factors (Folate, B12, B6, and betaine) this acts to establish an example of purely nutritional efficacy in supporting brain health and aging
- To modulate homocysteine is to directly raise Sam-e levels which directly feed to brain levels of cysteine and taurine, essential to the prefrontal healthy function

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Homocysteine as a pivot point

- Homocysteine is a sulfur-containing amino acid produced in the metabolism of the essential amino acid methionine
- It acts as a critical juncture between methionine metabolism and the biosynthesis of cysteine and taurine
- It is usually metabolized in two ways: re-methylation converting it back to methionine and transsulfuration which converts it to cysteine and taurine
- High blood levels of homocysteine signal a breakdown in the biochemical process resulting in multiple downstream events
- It is one of the most direct descriptions of dietary deficiency due to its direct inverse relationship with folate, B12, B6, betaine

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Homocysteine as benchmark

- Homocysteine, since being isolated and identified by Kilmer McCully from Harvard, has been understood to influence vascular health and have a direct association with heart health
- It has also been epidemiologically and clinically implicated in neural tube defects, miscarriage, placental abruption, low birth weight, osteoporosis, and psychiatric disorders
- Some think it is associated with the development of certain cancers

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Homocysteine and studies

- Next to AD vascular dementia accounts for up to 40% of dementia – it is an independent risk factor for stroke and vascular dementia
- Multiple studies reveal the direct correlation between homocysteine elevation and brain health

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Influences on Homocysteine

- Dietary deficiencies are more significant: folate, B12, B6, betaine, and methionine
- Also may be influenced by altered B12 transport, poor conversion of B12, folate or B6 to active forms, poor renal function, and certain drugs (methotrexate, sulfonamides, nitrous oxide, antacids)
- It rises with age and is increased in men more than women
- Lifestyle factors causing increase are chronic alcohol and high coffee consumption (>5 cups/day), and smoking
- Genetic polymorphisms (SNPS) effecting enzyme action are: MTHFR, methionine synthase, and cystathione beta-synthase

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Niacinamide

- ❖ For many years Vitamin B3 has been known to change blood supply to the brain and periphery, but specifically a form of B3 called niacinamide (nicotinamide – an alkaline form of niacin) has the ability to alter nerve function
- ❖ Dr. Kim Green at the University of California at Irvine gave a human dose equivalent of 2,000 – 3,000 mg/day of niacinamide to mice with Alzheimer’s Disease (AD) – after 4 months it was discovered that “cognitively they were cured. They performed as if they never had the disease”
- ❖ He was also quoted as saying, “The vitamin completely prevented cognitive decline associated with the disease, bringing them back to the level they’d be at if they didn’t have the pathology”
- ❖ Additionally the study also showed improvement in memory and behavior in mice without AD – so this means it is not correcting a disease process as much as effecting a unified mechanism of physiology influencing brain physiology

Alzheimer’s Disease

- ❖ Alzheimer’s Disease (AD) was named after the German scientist who discovered it in the late 1800’s – he was a contemporary of Freud, who agreed with him that AD is an organic disease, not psychological
- ❖ In AD waxy clumps of protein fragments called beta-amyloid plaques form around and inside nerve cells, breaking vital connection and leading to nerve destruction
- ❖ Although some individuals live for 20 years with AD, the average lifespan is 8 years
- ❖ Over 5 million Americans now have the disease, and the growth rate estimates that this number will be 14 million by 2050
- ❖ Currently 10% of those over 65 manifest this disease, while 50% of those over 85 have it
- ❖ Worldwide estimates will increase from 26.6 million currently afflicted to over 100 million by 2050
- ❖ The current trend reveals one out of every eight baby boomers will have this disease
- ❖ In less developed countries, like Africa, the occurrence is almost non-existent, suggesting this is exposure to pollution and food aberration

Aniacinamidosis

- ❖ Alzheimer’s Disease organizations, the medical press and the medical community have virtually ignored this discovery of niacinamide, claiming there is danger in using high dose vitamins
- ❖ Dr. William Kaufman through his death in 2000 at 88 years old was meticulous in documenting the effects of niacinamide deprived and repleted physiology
- ❖ Kaufman used doses between 1,500 to 4,000 mg/day in multiple doses (8) because he discovered the effects of niacinamide were elevating in the blood after 15 minutes of ingestion, peaked after 90 minutes, and cleared after 3 hours – best dose 250 mg at a time taken 8 times per day in disease afflicted cases
- ❖ He found the vitamin deficiency involved depression, anxiety, personality changes, impaired balance, over reaction to noise, abnormal skin sensations, yellow or brown skin pigmentation, liver enlargement and tenderness, excessive fatigue, arthritis and impaired mobility, poor muscle strength, and diminished work capacity
- ❖ By the 1940’s he found that some of these conditions improved after industrial enrichment of grain processing – but unchanged were fatigue, decreased muscle strength and work capacity, loss of balance, depression, and impaired joint function



Our healing mission

Every person, all the events of
your life are there because you
have drawn them there.
What you choose to do with them
is up to you.

Richard Bach

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Sequential Intervention

- ↳ By documenting and observing the signs of tissue function and lifestyle and diet it is possible to modulate activity and attest to improvement in many aspects of health continuum
- ↳ Sequential intervention and accountable follow-up can show what has worked and what may still need to be employed
- ↳ To the global paradigm of human nutritional support cellular vitality and brain health become essential considerations
- ↳ Use the brain management sequence to modulate brain performance to the degree that is needed to optimize expression
- ↳ Consider homocysteine and niacinamide influences upon brain health
- ↳ The comprehensive nature of nutritional therapy means there is always more physiology to optimize and support leaving an individual constantly refining as long as they wish to further improve their status

Finally

Whatever is honorable,
 whatever is right,
 whatever is pure,
 whatever is lovely,
 whatever is of good repute,
 if there is any excellence
 and if there is anything
 worthy of praise,
 let your mind dwell on these
 things.

Philippians 4:8