



Mentoring the Mentor

Stuart White, DC, DACBN
 Whole Health Associates
 1406 Vermont
 Houston, Texas 77006
 713/522-6336
 stuartwhite@wholehealthassoc.com
www.wholehealthassoc.com
www.doctorofthefuture.org

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 every 2nd month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based holistic practice
- Each participant chooses how to convey the notes and information to their world and community – no information squandering

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Review - Distinguish yourself

- It is more apparent why people are choosing alternative health care professionals who specialize in a functional approach
- No matter you specialty or technique you must distinguish yourself as an expert – people are just seeking to understand and they need you to do so
- Typically in the healthcare industry people are receiving shallow answers that leave them puzzled with the mystery of "Why is this happening to me?" and "What can I do about it?"
- Trends research over 10 years ago identified a number of factors essential to being successful in the nutritional field – one of those was establishing yourself as an expert

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Review - Explanation as hope

- The practitioner's ability to explain health issues and therapeutic outcomes creates an inflation of understanding in the patient which feels like hope
- Today in the professional world there is so much avoidance of 'giving false hope' that often we end up offering little hope at all
- I propose another model that bolsters hope and expectation and subsequently practices accountability as to whether the therapeutic endeavors are achieved or not
- As long as the hope that has been instilled is revisited and acknowledged as being accomplished or not the betrayal of false hope can be avoided
- So as an example, if a practitioner was describing the potential for nutritional intervention through supplements and diet modification to improve the lipid profile, then s/he would need to revisit to success or failure of the experiment within a reasonable period of time
- Our community is starving for legitimate hope, as a starting place, as empowerment to begin, as an idea to act upon
- There is genius in hope

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Symposium on Nutrition
 August 8-10, 2014 - Traverse City, MI
 Grand Traverse Resort and Spa
 800.236.1577 - www.grandtraverseresort.com
Use promo code STP0814 or Mention Standard Process for special room rate of \$199 - \$229

Dr. Stuart White Dr. Randy Tent
 Dr. Chad Guess Dr. Davis Brockenshire

Topics to be discussed

Why everyone should be testing for methylation	New understanding about viruses
What is a Dynamic Wellness Practice	Neurotransmitter dysfunction
When is muscle testing at its best	The Spleen – the most neglected gland of the 21st century
How to spot the Inflammation markers of cardiovascular disease	Helping people be the best version of themselves plus... a round-table discussion with the speakers

Standard Process Nutrition of Southeast Michigan
 800-959-3078 info@spnutrition.com
 www.spnutrition.com



Mentor Considerations

Therapeutic Rationale
 Osteoarthritis concepts

Therapeutic Rationale -

Understanding, and action proceeding from understanding and guided by it, is the one weapon against the world's bombardment, the one medicine, the one instrument by which liberty, health, and joy may be shaped or shaped toward, in the individual and in the race.

James Agee

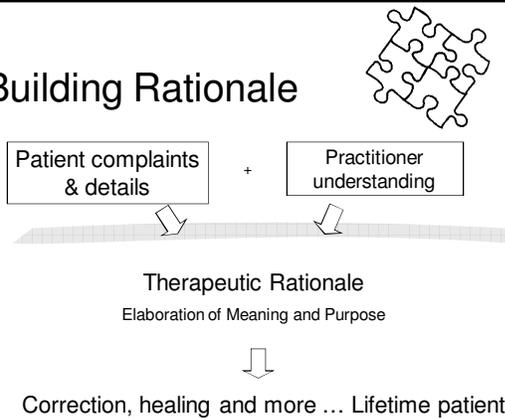
Therapeutic Rationale

- ↻ 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



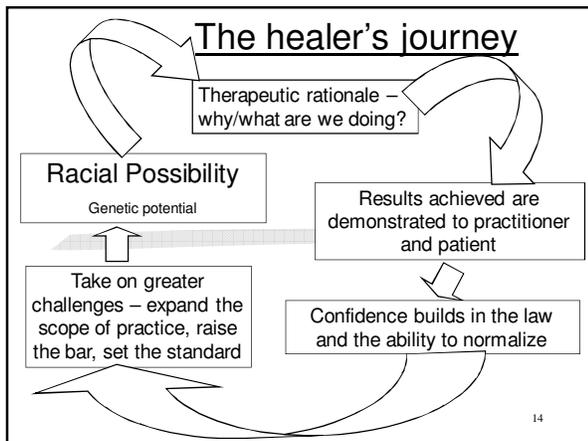
Functional Medicine

Functional medicine could be characterized, therefore, as upstream medicine or back-to-basics – back to the patient’s life story, back to the processes wherein disease originates, and definitely back to the desire of healthcare practitioners to make people well, not just manage symptoms.

Edward Leyton, MD, 2005

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The healer’s journey



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Hypothesis -

We are cognizant of the inevitable danger of errors of interpretation that must, by the nature of our method, be inherent in this exposition. We realize that there is scarcely a paragraph in this volume that cannot be interpreted in many different ways other than that in which we have.

Royal Lee, Preface to Protomorphology

Experience as confidence:

- Experience makes you confident and an expert
- Most doctors limit their confidence by limiting their experience
- We must try more, work on ourselves more, and finally become more familiar with the transformative process, so that we become versed in healing and the devices of healing
- The expert knows the terrain and is never surprised

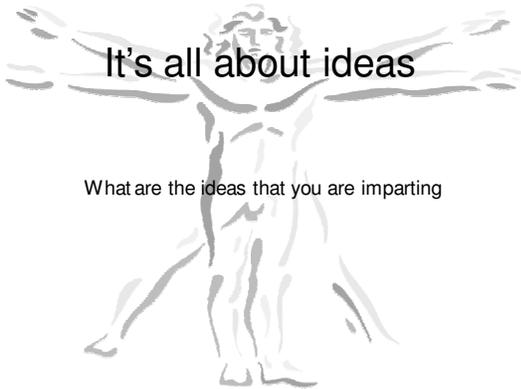
Principles at work

- Sufficient clinical observation allows mechanisms to be revealed that will remove the idiopathic mystery of hypertension and return it to a simple physiological modulation and resultant augmentation in function, balance, tissue fortification and promotes healthy genetic expression
- This allows the symptom resolution to occur as a result of system 'mosaic' change, and then of course the downstream events occur
- The longing in the public is for this sort of detective work to find the cause and make the correction – increasingly food is seen as medicine and people are asking more and more for what foods will change their health patterns

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It's all about ideas

What are the ideas that you are imparting



Top 5 Conditions:

- Each case is unique and generalities are always ambitious
- Yet there is value in examining what we see most in practice as examples of therapeutic rationale
 - Osteoarthritis
 - Autoimmune dysregulation
 - People with cancer
 - Heart disease
 - Sleep and anxiety disorders

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Defined:

- Most medical approaches define the disease process and further reinforce the hypothesis that nothing can be done other than symptomatic management
- Instead you may define the antecedents to imbalance and automatically describe by doing so what may be done to change the events that have resulted in a certain outcome
- So we must think etiology and upstream antecedents and convey that to the patient

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Investigated:

- Investigation for the functional practitioner starts with the history, then the symptom survey and association and is completed in the assessment tools employed
- History – always inquire when these symptoms began and then thoroughly consider the two year prior to that onset – while we are looking for emotional and spiritual challenges the physical subclinical events are more suspicious for allowing the cascade of distorted physiology to occur (eg, travelling to another country and getting sick while there)
- Symptom survey – assesses the manifestation of imbalance and suggests possible mechanisms that may be involved – and of course this points to what may be done to support and change the manifestation
- These two steps performed repeatedly will develop insight and understanding that will assist in navigating the challenging nature of transformative medicine (getting the change to happen)
- Finally the assessment tools we use to evaluate patient physiology (eg, Meridian stress analysis, muscle testing systems, physical signs, lab testing) can help to suggest actions – these ideas can make better sense when embedded in the above pattern of history and symptoms

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Resolved:

- Follow up care and evaluation is the most important aspect of transformational medicine as it defines the change process and the influence upon the antecedents to the disease
- The 2nd visit is the most important visit of all!
- Like any spiral process the resolution returns again to the definition and investigation to further elaborate the initial insights
- In other words the resolution delivers the patient and practitioner again to a new level of definition and investigation and further resolution
- This process is pursued results in long term care and profound change

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Top 5: Osteoarthritis

- So before the protocol comes the strategy and functional explanation
- OA involves remodeling of the bony architecture due to bone compression secondary to loss of bone density and strength
- Two primary etiologies exist to explain this event:
 - 1) loss of bone metabolic activity for idiopathic and known reasons (eg loss of androgen activity resulting in reduced osteoblastic activity or increased steroid activity resulting in increased osteoclastic activity as seen in extensive steroid therapy)
 - 2) loss of microcirculation in the bone resulting in osteonecrosis and reduced metabolic activity

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Top 5: Osteoarthritis

- To promote osteoblastic activity:
 - Vitamin D3 supplementation seeking to achieve 150K units per month (Cataplex D 3 bid)
 - Epimedium to up-regulate the beta estrogen receptors in the bone and promote osteoblastic activity (Bone Complex 1 bid MediHerb)
 - Gotu Kola to promote collagen synthesis and thus increase bone repair (Gotu Kola Complex 1 bid MediHerb)
 - Microcrystalline hydroxyapatite as found best in bone meal products to promote more osseous repair (Calcifood 1 Tbsp bid or wafers 3 bid)

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Top 5: Osteoarthritis

- To promote osseous vascular health:
 - Address plaquing in the in distal osseous structures that have become limited in circulation
 - Garlic thins the blood and acts to increase vascular health (Garlic Forte 1 bid MediHerb)
 - Cayenne pepper may help the intimal layers of the vascular system to be less inflamed and sticky and thus reverse the reason for vascular plaque buildup (Cayenne 1 bid)
 - Hawthorne acts as a vascular beta blocker essentially dilating the larger vessel blood flow and reducing constriction (Hawthorne Complex 1 bid MediHerb)
 - Horse Chestnut promotes vascular integrity and prevents certain vascular degenerative activity thus promoting vascularity over time (Horse Chestnut Complex 1 bid MediHerb)

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Top 5: Osteoarthritis

- When results are not realized in reduction of OA symptoms within 2 months other mechanisms may be utilized:
 - Cyruta and Soy Bean Lecithin can help increase the solubility of plaque and cholesterol resulting in reduction of plaque (3 bid) – note that if extensive plaquing exists the application of this product may result in elevated lipid measurements for a number of months while the body eliminates the liberated cholesterol
 - Enzymes that eat plaque from the vascular walls such as nattokinase and lumbrokinase can be adjunctive as well, but only necessary in cases that are stubborn to respond

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Top 5: Osteoarthritis

- Because the functional approach if to observe the physiological and biochemical mechanisms involved in isolate these explanations apply to more than the presenting issues
- Therefore the following condition all fall into this general consideration of bone health:
 - Bunyons
 - Stenosis
 - Osteoporosis
 - Torus and Exostosis



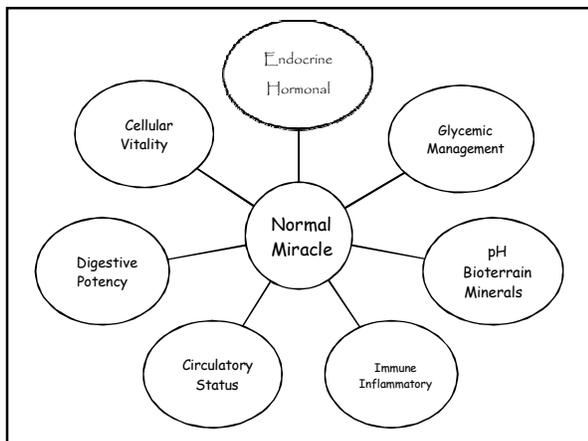
**Seven Pillars
Unified Mechanisms
of Health**

Promoting Physiology

7 Pillars of Healing
7 Unified Mechanisms of Health

- ↪ Endocrine/Hormonal
- ↪ Glycemic Management
- ↪ pH Bioterrain
- ↪ Immuno-Inflammatory
- ↪ Circulatory Status
- ↪ Digestive Potency
- ↪ Cellular Vitality





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Sequential Intervention

- ↳ By giving hope through discussion of therapeutic rationale and then accountably determine if the therapy had efficacy it is possible to initiate activity that may assist a person to make the changes that result in healing
- ↳ Sequential intervention and accountable follow-up can show what has worked and what may still need to be employed
- ↳ Promote an understanding of intervention that creates evolutions in individual physiology and show the effect of that intervention
- ↳ Allow every condition to become a strategic consideration of possible etiology and therapeutic rationale – people are in search of experts – reveal yourself
- ↳ 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
- ↳ If the practitioner is accountable s/he will be allowed to experiment with reasonable ideas



Change the world
It wants to

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