



**Mentoring the Mentor**

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

2

---

---

---

---

---

---

---

---

**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

3

---

---

---

---

---

---

---

---

### Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4<sup>th</sup> 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

4

---

---

---

---

---

---

---

---

### 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

5

---

---

---

---

---

---

---

---

### 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

6

---

---

---

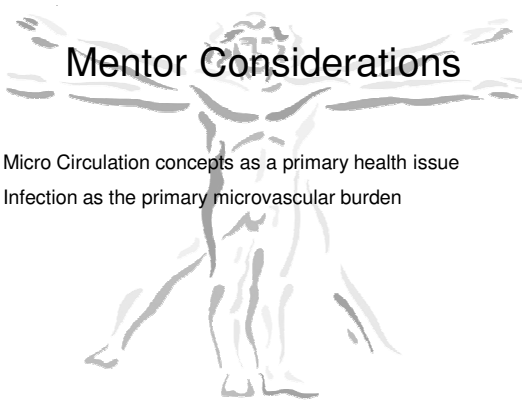
---

---

---

---

---



### Mentor Considerations

Micro Circulation concepts as a primary health issue  
Infection as the primary microvascular burden

---

---

---

---

---

---

---

---

### Enabling Strategies – Kerry Bone

- 1 – Micro Circulation
- 2 – Mitochondrial Function
- 3 – Dysbiosis
- 4 – Detox
- 5 – Stealth pathogens & Persistent Virus
- (6 – Nrf2 activation)

---

---

---

---

---

---

---

---

### Seven Pillars Unified Mechanisms of Health

Promoting Physiology

---

---

---

---

---

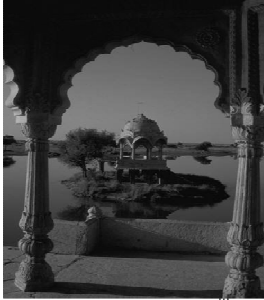
---

---

---

**7 Pillars of Healing**  
7 Unified Mechanisms of Health

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




---

---

---

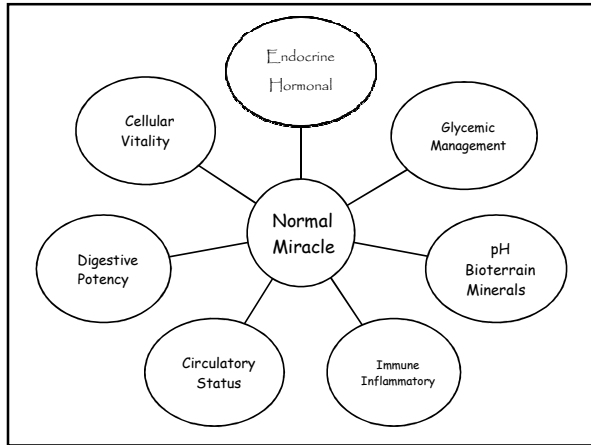
---

---

---

---

---




---

---

---

---

---

---

---

---

**Tradition & Science**

- The wholistic model includes both whole foods and whole herbs – which is exactly why SP and MediHerb fit together so well inside the modern day clinical setting
- Whole Foods – Fuel
- Whole Herbs – Activation
- The SAD is missing both and the food substrates and soils are depleted resulting in pandemic deficiencies
- Science is using folk medicine and remedies to find its way back to proving and understanding health

12

---

---

---

---

---

---

---

---

### How we developed

- Indeed when you consider that all life evolved by including lower forms of life and integrating them into higher forms it becomes apparent why we are so programmed to understand and respond to whole food and whole herbs

13

---

---

---

---

---

---

---

---

### Nutritional Paradigm Principles

- ↪ To practice nutrition effectively the practitioner requires a paradigm that explains and supports his clinical experience
- ↪ There are many principles that comprise this new paradigm with the following representing an overview of unique principles to this approach
- ↪ Without principles one's ethics may be questioned – with principles one can only be accused of being consistent and adhering to different ideas
- ↪ When we understand these principles we will see them in practice – then we should teach them
- ↪ Principles will keep you out of trouble and guide you when cases are confusing

14

---

---

---

---

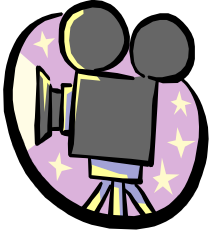
---

---

---

---

### Nutritional Paradigm Principle Complete Tropho- Restorative Cycles



- ↪ Healing responses play like a movie – equilibrium, crisis, resolution, equilibrium.
- ↪ Most allopathic approaches are not only against the disease but also against the physiology – interruption
- ↪ Fever, catarrhal symptoms, inflammation, diarrhea, etc.
- ↪ Re-wounding

15

---

---

---

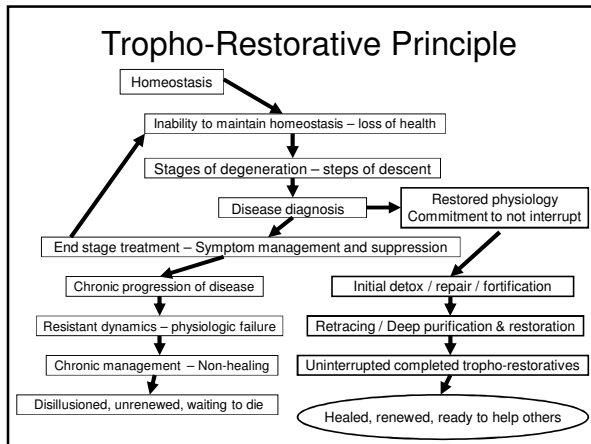
---

---

---

---

---




---

---

---

---

---

---

---

---

## Eternal truth -

☞ One of the biggest tragedies of human civilization is the precedence of chemical therapy over natural, of poison over food, in which we are feeding people poisons trying to correct the reactions of starvation.

Dr. Royal lee

---

---

---

---

---

---

---

---

### Nutritional Paradigm Principle

#### Trophology

☞ The study of that which promotes growth. It is derived from the Latin word Trophos, which means growth.

☞ Royal Lee combined the words Applied Trophology to refer to the study and application of nutritional principles which promote growth in specific tissues, organs, and systems.

☞ The new term for this is 'tropho-restorative'. All nutrients and some herbs are trophic in their nature.

☞ One of the principle drivers of this is the Protomorphogen (PMG) which was first extracted and identified by Lee. The PMG is a protein-mineral complex which is primitively similar in all mammalian life forms.

☞ These PMG's are theorized to act as growth limiting and growth directing substances in and around the cell.

☞ The ability to stimulate cellular and organ repair and renewal in specific tissue targets is unique to nutritional approaches.

---

---

---

---

---

---

---

---

### Trophology

- ⌘ The discovery of the physiological mechanism of the automatic regulation of growth and repair
- ⌘ Initial "histamine reaction" indicates accuracy and effectiveness of therapy
- ⌘ PMG is a protein/mineral complex that can act as a decoy to the natural tissue antibodies, thus reducing the catabolic load of a tissue
- ⌘ Use of PMG is clinically observed within two weeks of onset of therapy

19

---

---

---

---

---

---

---

---

### Trophology

- ⌘ PMG's have been nicknamed "nuclear vitamins" because they activate and support the nuclear DNA/RNA repair synthesis mechanisms
- ⌘ Tissue response requires vitamin/mineral supply as well as PMG to repair target tissue
- ⌘ Always start with PMG and general nutrition before employing herbal stimulants/depressants or hormone precursors or HRT

D.C. ?

XXXXXXXX, M.D.  
 XXXXXXXXXXXXXXX  
 Santa Ana, California

Dear Mr. XXXXXXXXXXX

This is in reply to your post card of December 7 in Dallas/Texas.

Chemically this product is the deproteinized nucleus protein from beef heart tissue with sodium chloride used as a preservative — approximately 25 percent cellularity. The purpose of it is to provide the specific antigenic factors of beef heart and its effect can be shown by immunization in electrocardiograph recordings where it is indicated.

In fact, this heart product shows an improved heart function within 10 or 15 minutes after a tablet or two have been administered by sublingual absorption, whereas it would represent only a 3-grain dosage of nutritional protein from beef heart.

The patient who responds is assumed to do so because of the action of the antigenic proteins that combine with antibodies that otherwise inhibit the heart function. These antibodies are assumed to develop after some trauma of the heart that permits a leak of heart proteins into the blood stream. The presence of such neutral tissue antibodies is well established.

Very truly yours,  
 STANDARD PROCESS LABORATORIES

ELISE  
 Royal Lee, President

---

---

---

---

---

---

---

---

### Protomorphagen / Elutagen

- ⌘ Royal Lee suggested in his book Protomorphology that the protomorphagen (PMG) was not an isolated factor found external to the body, but rather was any substance that promoted a tropho-restorative action
- ⌘ This it is possible to have intrinsic PMG events be activated in and around the cell
- ⌘ Elutagen was a term he used to name any substance that would activate the PMG (innate healing response)

21

---

---

---

---

---

---

---

---

**Protomorphagen – Micro RNA**

- ⌘ Currently new findings show that the PMG described by Royal Lee may in fact be the non-coding micro RNA that is involved with cell regulation
- ⌘ This again is an advancement of science in being able to define what the PMG theory and clinical evidence suggested

22

---

---

---

---

---

---

---

---

**Protomorphagen / Elutagen**

<b>PMG</b>	<b>EMG</b>
Intrinsic factors that promote repair	Intrinsic factors that activate PMG
Extrinsic factors that promote repair	Extrinsic factors that activate the PMG
Animal glandular extracts	Minerals, phospholipids
Hormones & Prohormones	HRT & endocrine modulation
Inflammatory cytokines	Detoxification & antioxidant sparing Progesterone for detox

23

---

---

---

---

---

---

---

---

**Protomorphagen / Elutagen**

<b>PMG</b>	<b>EMG</b>
Animal source PMG's	Super Eff, Circuplex, e Poise
Animal source cytosol extracts – Hypothalmex, Thymex, (Drenex)	Immuplex, Congaplex, Thymex, Allerplex, Cataplex AC, Zymex, Gut Flora Cx, Zymex II, Multizyme, Wormwood, Livaplex
Hgh, Precursors	SP Purification Program 21 days, Detoxification
Protein, Amino Acids, EFAs	Omega 3 fatty acids – Tuna, Linum/B6
	Antioxidants - Vitanox Circulation increase – Gingko, Bilberry, Cyruta Plus, Collinsonia Root

---

---

---

---

---

---

---

---



### Nutritional Paradigm Principle Post Biological Development

- ⌘ The completion of normal biological cycles that have been interrupted at a time later than is naturally intended
- ⌘ Cycles are interrupted by insulted endocrine, neurological and nutritional processes
- ⌘ Insults can be physical and metaphysical
- ⌘ Idea first introduced by Joseph Chilton Pierce



25

---

---

---

---

---

---

---

---

### Eternal truth -

- ⌘ The complicated mechanism of the body must be taken into consideration, and the ways it takes to reach its goals are not always the straight paths envisioned in our calculations.

Max Rubner

The Laws of Energy Conservation in Nutrition, 1902

26

---

---

---

---

---

---

---

---

### Nutritional Paradigm Principle Adaptogenic -

- ⌘ Unique to nutrients and some herbs
- ⌘ The ability to bring to center, to promote homeostasis - if it's hypo it will encourage and increase, if it's hyper it will reduce it
- ⌘ All nutrients generally are adaptogenic

27

---

---

---

---

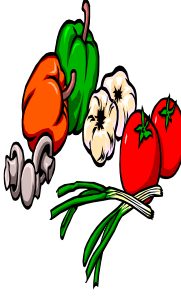
---

---

---

---

**Nutritional Paradigm Principle**  
**Whole Food Concentrates -**



- ⌘ Unique combinations of nutrients occur consistently by genetic design to which we have evolved genetically to use
- ⌘ Function collectively better than individually (eg. B6, B12 and Folic Acid together lower blood homocysteine significantly even though each one has a limited effect)
- ⌘ Greater nutrient density – a leaf of spinach contains over 10,000 different chemical components
- ⌘ MediHerb believes in herbal complexes with whole spectrographic integrity<sup>28</sup>

---

---

---

---

---

---

---

---

**Natural vs. Synthetic**

⌘ More potent nutrient with left rotated body of light intact	⌘ Right rotated foreign to living systems – lacking body of light
⌘ Factors known and as yet unknown present	⌘ Missing synergistic factors as yet undiscovered
⌘ Less biochemical bottlenecks – running out of pathway supply	⌘ Creates biochemical bottlenecks by using up cofactors upstream
⌘ Cascade multiple system support – shotgun results	⌘ Single event results – work at first then stop
⌘ Synergists increase potency thus reducing dosages	⌘ No synergistic support leading to less potency and higher dosages
⌘ Simultaneous multiple general support	⌘ Isolated specific results
⌘ Less contraindications and reactions	⌘ Better to do research with – limited variables
⌘ More bio-availability	⌘ More potential for reactions
	⌘ Less available, more foreign

---

---

---

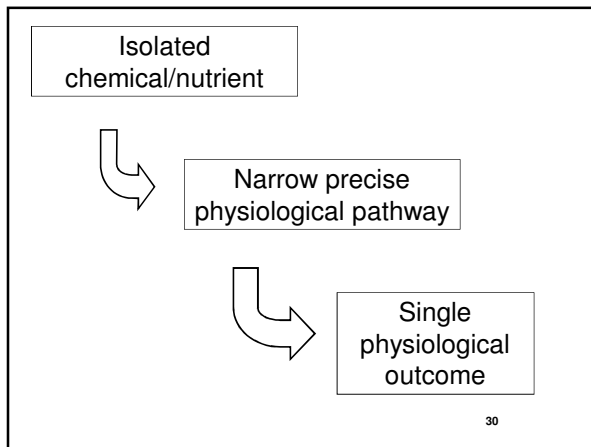
---

---

---

---

---




---

---

---

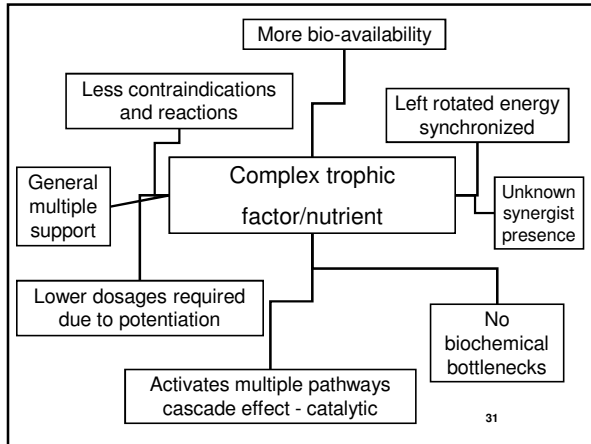
---

---

---

---

---




---

---

---

---


---

---

---

---

### Nutritional Paradigm Principle Wound Intelligence -



- ⌘ The inherent tendency of wounds is repeat the trauma and repair
- ⌘ Physical, emotional and spiritual wounds will try to repeat in a new way original experiences
- ⌘ The healing process will eventually encourage these deep processes to surface – re-wounding

32

---

---

---

---

---

---

---

---

### Eternal truth -

⌘ It is incredible that in twentieth century America a conscientious physician should have his hard-won professional reputation placed on the line for daring to suggest that an obesity victim might achieve some relief by cutting out sugars and starches.

Robert Atkins  
Testifying before Congress, April 12, 1973

33

---

---

---

---

---

---

---

---

**Nutritional Principle**  
**Instant results -**

- ↪ One of the best ways to enroll people in long term corrective care is through short term palliative support
- ↪ No patient comes to our office already believing in tropho-restorative care
- ↪ Short term results open the way to chronic care

34

---

---

---

---

---

---

---

---

**The red carpet approach**

- ↪ Try supporting normal physiology first and then drugs/intervention as needed
- ↪ Fever – Sesame Seed Oil Perles (6-15)
- ↪ Vertigo – Thymex (10-20), Echinacea Premium (6-12)
- ↪ Nausea/Diarrhea – Cataplex AC (12-18), Lact Enz (6-10)
- ↪ Kidney/Bladder – Arginex (6-12), Albaplex (6-12), Cranberry Complex (4-8)
- ↪ Sinus headache – Thymex (10-20), Antronex (9-15)
- ↪ Sore throat – Congaplex (15-25), Echinacea Premium (6-12), SSO (6-12)
- ↪ Low back/hip pain(recurrent non-traumatic origin) – Zymex (9-12), Lact Enz (6-10)
- ↪ Mastitis – Albaplex (6-12)
- ↪ Infant fever – slice of tofu over sacrum
- ↪ Hemorrhoids – AF Betafood (12-18), Choline (6-9), Collinsonia (6-9)

35

---

---

---

---

---

---

---

---


**Nutritional Principle**  
**The Use of Rationale**

The therapeutic use of rationale refers to the use of conscious concepts to amplify the clinical effectiveness of treatment measures


For example:

The Nutritional Process of Healing includes 3 steps:


1 - Detoxification/ Cleansing/ Purification



2 - Fortification/ Repair/ Strengthening/ Trophic



3 - Balancing/ Harmonization/ Symphony



↪ Each product dispensed with rationale for why and how they work and how long it will be required

↪ No "doctor's orders"

↪ Establish rationale as what the patient expects from your office

↪ Rationale is where CAM leaves traditional medicine behind

↪ Rationale causes your patients to educate you on your behalf

---

---

---

---

---

---

---

---

**Nutritional Paradigm Principle**  
**Completing Processes**

- ⌘ Take products until they test weak, or if you don't muscle test at least 1 to 3 months
- ⌘ Do not reduce dosage when the symptoms resolve, but continue straight on through the silent reparative processes to accomplish tissue strengthening
- ⌘ Over time when weaknesses and symptoms return chronically it is due to two reasons:
  - ⌘1 The process of repair and detoxification was not completed
  - ⌘2 A second weakness is influencing the failure of the first

---

---

---

---

---

---

---

---

**Nutritional Paradigm Principle #10**  
**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 promoting glutathione production – 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

---

---

---

---

---

---

---

---

**Nutritional Paradigm Principle #11**  
**Bio-Accumulation -**

- ⌘ It seems mysterious why some become toxic and others don't when many have similar toxic exposure
- ⌘ Bio-accumulation is for 2 reasons: 1) Inability to excrete toxin, 2) Biochemical/electro-magnetic resonance with toxin
- ⌘ Limit to excretion due to biochemical pathway bottleneck or genetic limitation to direct pathway – employ whole food concentrates to replete and fortify the genetic insufficiency
- ⌘ Resonance is addressed with strengthening the individual toward making evolutions toward wholeness and taking spiritual steps

---

---

---

---

---

---

---

---

**Nutritional Paradigm Principle #12**  
**Sequential Immune Up-Regulation -**

- ⌘ Immune bolstering sequentially in different directions leading ultimately to global reduction of body's immune burdens
- ⌘ Each aspect of immune activity nurtured and encouraged will result in initial strengthening, increase in energy, subsequent cleansing, tissue fortification, and usually emotional/spiritual enhancement
- ⌘ Start with pervasive immune up-regulation with bone marrow support of hemopoiesis using Sesame Seed Oil Perles (6) and Echinacea Premium (2) for 2 months
- ⌘ More precise immune targeting can be achieved in any order sequentially as follows: Thymex (10) for 2 months, Congaplex (12) for 1 month, Allerplex (12) for 1 month, Immuplex (6) for 1 month, Zymex (6) for 1 month, Zymex II for 2 months adding Multizyme (4) after the first month, Wormwood (4) for 2 months

---

---

---

---

---

---

---

---

**Nutritional Paradigm Principle**  
**Therapeutic Dosage -**

- ⌘ Essential Concept of the professional nutritionist – squirt gun to put out fire is not enough of the right idea
- ⌘ Larger dosages up-regulate the nutrient to a nutraceutical device which in turn creates therapeutic results and healing inertia
- ⌘ Using larger dosages usually creates immediate physiological results and thus confirm the doctor's accuracy
- ⌘ Determine therapeutic dose with cookbook formulae or bio-acceptability resonance muscle testing

---

---

---

---

---

---

---

---

**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

42

---

---

---

---

---

---

---

---

## 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
- ↪ See the concept of micro circulation dynamics as a unified mechanism of disease and a source to health
- ↪ 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

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---