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Whenever needed ...

We all have reservoirs of life to draw upon, of which we do not dream.

William James

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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, 4<sup>th</sup> Wednesday 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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### Mentor Considerations

Basic considerations of fungal and yeast overgrowth as an etiology for immune crisis and tolerance of danger

To elaborate the clinician's ability to promote wellness




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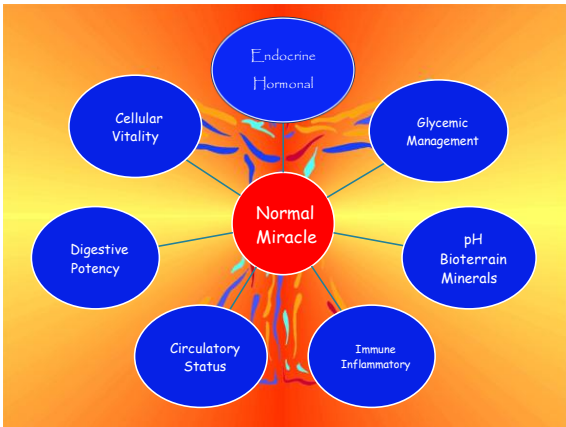
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### 7 Pillars of Healing

#### 7 Unified Mechanisms of Health

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




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# 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

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# 5 - Immune Burdens



- ↪ Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
- ↪ Infections - Congaplex (15), Thymex(15), Immuplex(9), SSO(9), Allerplex(15), Echinacea(6), Golden Seal(6), Astragalus(4) for bone marrow depression, Cat's Claw(6)
- ↪ Infestations - Zymex II(6), Multizyme(6), Lact Enz(6), Wormwood(6)
- ↪ Heavy metal toxicity – Homocysteine pathway & variable protocols

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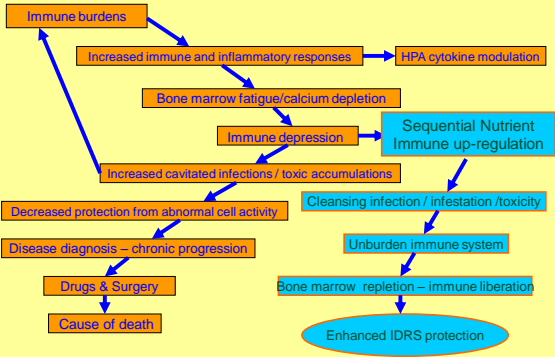
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# #5 Core Physiologic Principal




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### Immune Defense – 5 levels

- o A healthy Immune Defense/ Repair System (IDRS) equals ample capacity to neutralize foreign items (translate foreignness to friendliness) resulting in no delayed allergies or hypersensitivities
- o Five lines of defense:
  - o 1. Mucins – effective polysaccharide traps of toxins, pathogens, immunogens (mucins say if you are foreign, you are excluded)
  - o 2. Secretory IgA (slgA) - synthesize complex protective proteins
  - o 3. Probiotic Microflora – 8-24 billion mixed flora (9 strains) to degrade toxins and produce nutritives
  - o 4. Mucosal permeability barrier – excludes large molecular weight foreign substances (immunogens, antigens)
  - o 5. Dendritic cells including macrophages, fibroblasts, monocytes, endothelial cells ... - to recycle foreign invaders and cell debris responding the same to infectious and non-infectious invaders ( 50 billion consumer cells x 50 organisms / immune reactor = 2.5 trillion items consumed daily – brushing teeth introduces 2-4 million of foreign invaders) – able to handle easily any known pathogen (tuberculosis, Lyme's, Syphillis, etc.)

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### Cytokines – Immune Messages

- o Immune response results in the release of cytokines meant to direct local and distant immune function
- o These cytokine messenger molecules also drive HPA status and thus determine global brain status
- o Cytokines subsequently cause the release of WBC inflammatory mediators to direct the inflammatory process of repair
- o Therefore immune status and activity determine HPA/brain settings
- o Hypervigilant or depressed immune states reflect in brain states

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### Sequential Immune Up-Regulation

- o Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities like sinus, ears, pelvic, intestinal
- o Sequential immune bolstering protocols for one month each at therapeutic dosage – “deep cleaning”
- o Up regulate immune system gradually beginning with Sesame Oil Perles (6/day), followed by Thymex (10/day), then Immuplex (6/day), Congaplex (15/day), Allerplex (15/day), Echinacea (4/day), Astragalus (4/day)
- o Clear infestations with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (4/day) – also treats mycoplasmic infections
- o Finally use Chaparral with high concentration of NDGO (strongest known antioxidant) – will clear systemic infection including bowel dysbiosis and infections




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### Protocol – Immune Pillar

- ↳ General Immune Up-regulation:
  - Sesame Oil Perles (6)
  - Immuplex (6)
  - Cyruta Plus (6)
  - Echinacea Premium (4)
- ↳ Infection (Acute or Chronic):
  - Thymex (10)
  - Cataplex AC (12)
  - Congalex (14)
  - Allerplex (14)
  - Broncafect (6)
  - Albaplex (6) Kidney
  - Arginex (6) Kidney
  - Calf's Claw Complex (4)
  - Golden Seal (4)
  - Burdock Complex (4)
  - Inf Fighter (100 Drops)
- ↳ Infestation parasites:
  - Zymex II (6)
  - Multzyme (4)
  - Lact Enz (4)
  - Wormwood (4)
- ↳ Bone Marrow Depletion:
  - Arginex (6)
  - Astragalus (4)

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## Sesame Oil Perles



Sesame (seed) oil 385 mg




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## Thymex



Cholesterol 5 mg  
Vitamin C 5 mg

**Proprietary Blend: 370 mg**  
Calcium lactate, bovine thymus  
Cytosol™ extract†, and  
magnesium citrate.




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### Thymus PMG



Calcium	18 mg
Sodium	22 mg

**Proprietary Blend: 215 mg** Bovine thymus PMG™ extract† and magnesium citrate.

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### Congaplex



Vitamin A	900 IU
Vitamin C	6 mg
Calcium	80 mg
Magnesium	15 mg

**Proprietary Blend: 638 mg** Bovine thymus Cytosol™ extract†, ribonucleic acid†, bovine bone†, carrot (root)†, nutritional yeast†, defatted wheat (germ)†, bovine adrenal†, sweet potato†, dried alfalfa (whole plant) juice†, oat flour†, alfalfa flour†, bovine kidney†, veal bone†, veal bone PMG™ extract†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, rice (bran)†, sunflower lecithin†, vitamin E (sunflower), and carrot oil†.

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### Allerplex



Vitamin A	525 IU
Vitamin C	4 mg
Calcium	20 mg
Magnesium	12 mg

**Proprietary Blend: 830 mg** *Tillandsia usneoides*†, fenugreek (seed)†, betaine hydrochloride†, soy (bean)†, bovine lung PMG™ extract†, carbamide†, oat flour†, bovine adrenal PMG™ extract†, carrot (root)†, sweet potato†, bovine liver fat extract (yakriton)†, alfalfa flour†, dried alfalfa (whole plant) juice†, bovine bone†, dried buckwheat (leaf) juice†, defatted wheat (germ)†, bovine kidney†, veal bone†, sunflower lecithin†, rice (bran)†, vitamin E (sunflower), and carrot oil†.

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### Immuplex



Vitamin A	1,000 IU
Vitamin C	54 mg
Vitamin E	7.4 IU
Vitamin B <sub>6</sub>	2 mg
Folic Acid	100 mcg
Vitamin B <sub>12</sub>	2 mcg
Iron	5 mg
Zinc	9 mg
Selenium	6 mcg
Copper	180 mcg
Chromium	30 mcg

**Proprietary Blend: 538 mg** Bovine liver PMG™ extract†, veal bone PMG™ extract†, nutritional yeast†, bovine spleen PMG™ extract†, bovine thymus PMG™ extract†, bovine thymus Cytosol™ extract†, bovine liver†, bovine spleen†, and ovine spleen†.

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### Albaplex



Vitamin A	1,000 IU
Vitamin C	12 mg
Niacin	10 mg
Vitamin B <sub>6</sub>	2 mg

**Proprietary Blend: 925 mg** Choline bitartrate†, dried kidney (bean) juice†, oat flour†, betaine hydrochloride†, bovine liver PMG™ extract†, *Tillandsia usneoides*†, inositol†, calcium glycerophosphate, bovine adrenal†, bovine kidney PMG™ extract†, nutritional yeast†, carrot (root)†, sweet potato†, bovine thymus Cytosol™ extract†, soy (bean)†, dried pea (vine) juice†, bovine liver†, dried buckwheat (leaf) juice†, buckwheat (seed)†, dried alfalfa (whole plant) juice†, mushroom†, bovine bone†, bovine kidney†, defatted wheat (germ)†, dried beet (leaf) juice†, veal bone†, enzymatically processed *Tillandsia usneoides* and beet (root)†, rice (bran)†, vitamin E (sunflower), and sunflower lecithin†.

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### Arginex



Vitamin A	990 IU
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**Proprietary Blend: 353 mg** Dried buckwheat (leaf) juice†, buckwheat (seed)†, dried pea (vine) juice†, oat flour†, bovine liver†, beet (root)†, extract of *Rhizopus oryzae* grown on *Tillandsia usneoides* and beet (root)†, dried beet (leaf) juice†, and ascorbic acid.

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### Cyruta Plus



Vitamin C 3 mg

**Proprietary Blend: 308 mg** Dried buckwheat (leaf) juice†, buckwheat (seed)†, bovine adrenal Cytosol™ extract†, and oat flour†.



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### Zymex II



**Proprietary Blend: 884 mg** Defatted almond (nut)†, fig (fruit)†, papain†, bromelain†, amylase†, lipase†, and cellulase†.



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### Multizyme



**Proprietary Blend: 410 mg** Fig (fruit)†, defatted almonds†, pancreatin (3x)†, stearic acid (vegetable source)†, bromelain†, lipase†, cellulase†, papain†, and amylase†.



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### Zymex



**Proprietary Blend: 910 mg**  
 Defatted wheat (germ)†, lactose  
 (milk)†, and enzymatically  
 processed *Tillandsia*  
*usneoides*† and beet (root)†.

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### Wormwood Complex



Calcium	20 mg
Stemona root 5:1 extract from <i>Stemona sessilifolia</i> root 1.0 g	200 mg
Black Walnut hull 4:1 extract from <i>Juglans nigra</i> hull 100 mg	25 mg
Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg	25 mg
Clove bud ( <i>Syzygium aromaticum</i> ) essential oil	20 mg

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### Livco



Calcium	90 mg
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 1.0 g	167 mg
Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf 500 mg	100 mg
Milk Thistle seed 70:1 extract from <i>Silybum marianum</i> seed 2.1 g Containing flavanolignans calc. as silybin 24 mg	30 mg

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### Vitanox



Calcium	40 mg
Rosemary leaf 5:1 extract from <i>Rosmarinus officinalis</i> leaf	200 mg
1.0 g	
Green Tea leaf 25:1 extract from <i>Camellia sinensis</i> leaf	166.7 mg
4.2 g	
Containing catechins	83.35 mg
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome	80 mg
2.0 g	
Containing curcuminoids	70.4 mg
Grape seed 120:1 extract from <i>Vitis vinifera</i> seed	50 mg
6.0 g	
Containing procyanidins	42.5 mg

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### Cats Claw Forte



Calcium	40 mg
Cat's Claw bark 5:1 extract from <i>Uncaria tomentosa</i> bark	233.4 mg
2.1 g	
Containing pentacyclic oxindole alkaloids	5.7 mg

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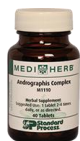
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### Andrographis



Calcium	40 mg
Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root	125 mg
500 mg	
Holy Basil herb 5:1 extract from <i>Ocimum tenuiflorum</i> herb	100 mg
500 mg	
Andrographis herb 10:1 extract from <i>Andrographis paniculata</i> herb	100 mg
1.0 g	
Containing andrographolide	10 mg
Holy Basil ( <i>Ocimum tenuiflorum</i> ) herb essential oil	10 mg

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### Echinacea Premium



Calcium	90 mg
Echinacea root 4:1 extract from <i>Echinacea angustifolia</i> root	600 mg
Containing alkylamides	2.0 mg
Echinacea root 6:1 extract from <i>Echinacea purpurea</i> root	675 mg
Containing alkylamides	2.1 mg

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### Garlic Forte



Calcium	80 mg
Garlic bulb 12:1 extract from <i>Allium sativum</i> bulb	300 mg
Containing alliin	12 mg
Garlic ( <i>Allium sativum</i> ) bulb powder	45 mg

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### Black Walnut Hulls



Black Walnut hull 1:10 extract from <i>Juglans nigra</i> hull	500 mg
	5 mL

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### 6 – Digestive Potency



- Digestion must bring in substances that provide energy and sustenance, and remove wastes
- 80 % of immune system resides in the GI mucosal barrier - GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- Famine in the midst of plenty
- Fasting as repair

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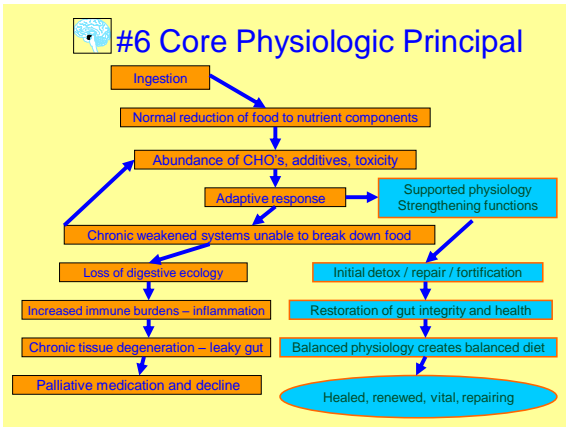
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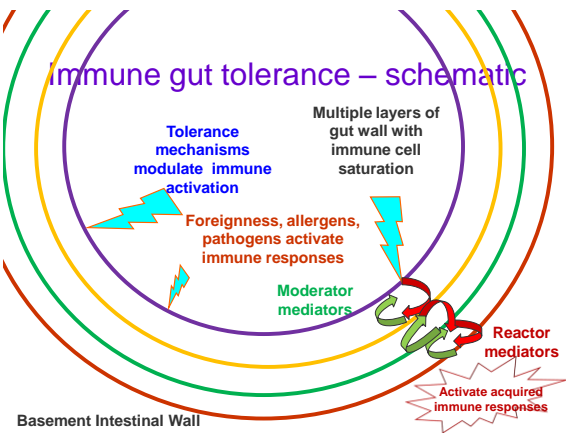
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### Bowel Transit Time -

- ⌘ Defined as the time required for ingested food to travel from the mouth to the anus
- ⌘ Diet affects transit time – foods high in fiber result in more rapid transit time and heavier, bulkier stools
- ⌘ Daily roughage should include 25 grams of fiber per day (twice what average diet includes)
- ⌘ Two types of fiber:
  - ⌘ Soluble – dissolves in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and this reducing cholesterol, promote epithelial repair
  - ⌘ Insoluble – does not dissolve in water, found in vegetables, whole grains, increase the bulk of the stool, reduce transit time
- ⌘ Charcoal or carmine red dye capsules may be employed, or use a more natural method with ingesting 2 whole beets
- ⌘ Normal transit time will appear as color in stool 12 – 14 hours after ingestions, with the last of the color within 36-48 hours
- ⌘ Increasing water intake reduces rectal cancer by 92% by reducing transit time according to Taiwanese study (International Journal Of Cancer 1999; 82: 484-489)
- ⌘ Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet

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### Protocol – Digestive Pillar

- ⌘ General support:
  - Cataplex AC (10) – epithelial repair
- ⌘ Dysbiosis:
  - Gut Flora Balance Program – 4 products – 6 weeks
  - Prosynbiotic – multiple probiotic + S. Boulardi
  - Lact Enz (4) - probiotic
  - Zymex (6) – antifungal
  - Zymex II (6) – anti parasitic
  - Multizyme (4) – anti parasitic
  - Wormwood (4) – anti parasitic
  - Lactic Acid Yeast (4) – anti candida
  - Cyroyeast (4) – anti candida
- ⌘ Leaky Gut (thinning gut lining):
  - Chlorophyll (4)
  - Gastro Fiber (6)
  - Okra Pepsin (6)
  - Prebiotic Inulin (1 scoop)
  - Food sourced Immuno Gamma Globulins (IgG)

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### Gut Flora Complex



- Anise (*Pimpinella anisum*) fruit essential oil 125 mg
- Andrographis ariel parts 10:1 extract from *Andrographis paniculata* ariel parts 1.0 g 100 mg
- Containing andrographolide 10 mg
- Phellodendron stem bark 20:1 extract from *Phellodendron amurense* stem bark 1.6 g 80 mg
- Containing berberine 36 mg
- Oregano (*Origanum vulgare*) leaf essential oil 75 mg

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### Cataplex AC



Vitamin A 1,500 IU  
 Vitamin C 11 mg

**Proprietary Blend: 490 mg** Echinacea (root)†, calcium lactate, sweet potato†, carrot (root)†, bovine adrenal†, bovine kidney†, nutritional yeast†, magnesium citrate, alfalfa flour†, dried alfalfa (whole plant) juice†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, bovine bone†, defatted wheat (germ)†, oat flour†, sunflower lecithin†, veal bone†, vitamin E (sunflower), rice (bran)†, and carrot oil†.

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### Enzycore



**Proprietary Blend: 538 mg** L-glutamine†, kale (aerial parts)†, beet (root)†, and vegetarian enzyme blend (acid maltase [1MaltU], alpha-galactosidase [45 GalU], amylase [1,800 DU], bromelain [32,880 FCCPU], glucoamylase [3 AGU], invertase [170 SU], lactase [325 ALU], lipase [230 FIP], peptidase [820 HUT], protease 3.0 [3 SAPU], protease 4.5 [4,930 HUT], protease 6.0 [1,640 HUT])†.

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### Digest Forte



Gentian root 2:1 extract from *Gentiana lutea* root 200 mg 100 mg  
 Tangerine fruit peel 5:1 extract from *Citrus reticulata* fruit peel 500 mg 100 mg  
 Feverfew leaf 3:1 extract from *Tanacetum parthenium* leaf 200 mg 66.7 mg  
 Ginger rhizome 10:1 extract from *Zingiber officinale* rhizome 250 mg 25 mg  
 Wormwood herb 4:1 extract from *Artemisia absinthium* herb 100 mg 25 mg  
 Tangerine (*Citrus reticulata*) fruit peel essential oil, cold pressed 12.5 mg

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### Prosynbiotic



**Proprietary Blend: 1,700 mg**  
 Inulin, galactooligosaccharide (GOS) (milk), and probiotic blend (*S. boulardii*, *L. acidophilus*, LA-5®, *L. paracasei*, L.casei 431®, and *Bifidobacterium*, BB-12®) (4 billion cfu).




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### Lact Enz



**Proprietary Blend: 960 mg**  
 Maltodextrin†, amylase†, protease†, cellulase†, lipase†, *Lactobacillus acidophilus* (milk)†, and *Bifidobacterium longum*†.




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### Lactic Acid Yeast



**Proprietary Blend: 842 mg**  
 Corn†, whey (milk)†, malt syrup†, and yeast (*Saccharomyces cerevisiae*)†.




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## 7 – Digestive Potency Pillar



- ↳ Digestion must bring in substances that provide energy and sustenance, and remove wastes
- ↳ 80 % of immune system resides in the GI mucosal barrier – GALT
- ↳ Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- ↳ Famine in the midst of plenty
- ↳ Fasting as repair
- ↳ Bowel transit time (12 hrs)
- ↳ Gut lining equals armor for the world

**Tests & Analysis**

- ↳ Secretory IgA as an indication of gut lining thickness and therefore integrity of function
- ↳ Stool analysis for dysbiosis, infection, and infestation
- ↳ Fasting as repair
- ↳ Test for transit time

- ↳ Epithelial Support – Cataplex AC (10), Gastro Fiber (3), Chlorophyll (4), Okra Pepsin (6), Food sourced IgG
- ↳ Dysbiosis –
  - ↳ Infestation – Zymex II (6), Multizyme (4), Wormwood (4)
  - ↳ Candida – Zymex (6), Spanish Black Radish (6)
  - ↳ Probiotics – Lact Enz (4), Lactic Acid Yeast (4), Cyroyeast (4)
- ↳ Fasting – one or more days
- ↳ Food allergen removal

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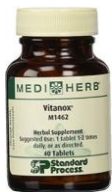
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## Vitanox



- Calcium 40 mg
- Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf 200 mg
- 1.0 g
- Green Tea leaf 25:1 extract from *Camellia sinensis* leaf 4.2 g
- 166.7 mg
- Containing catechins 83.35 mg
- Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 2.0 g
- 80 mg
- Containing curcuminoids 70.4 mg
- Grape seed 120:1 extract from *Vitis vinifera* seed 6.0 g
- 50 mg
- Containing procyanidins 42.5 mg

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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

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The greatest use of your time

Think New Thoughts

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