



**Mentoring the Mentor**

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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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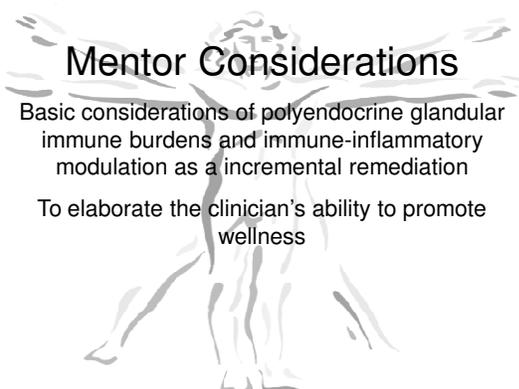
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### Mentor Considerations

Basic considerations of polyendocrine glandular immune burdens and immune-inflammatory modulation as a incremental remediation

To elaborate the clinician's ability to promote wellness

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### What are we seeing?

- It seems practice is presenting commonly widespread fatigue and immune-inflammatory symptoms and subtle to severe neurological impairment
- Some of the common themes I am caring for lately in practice have elaborated a generalized understanding and global concept to employ

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### Polyendocrine Burdens

- Multiple endocrine burdens present as:
  - Fatigue
  - Thyroid signs
  - Mid morning and afternoon slumps/crashes
  - Mentation limits
  - Loss of libido
  - Depression
  - Overwhelm
- Until two years ago it had not occurred to me to check for infection burdens in the glandular system, and now it seems to be an explanation of why the clinical picture paints the way it does

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### Coupling The Sequential immune Up-regulation and the NeuroEndocrine Pillars

- Sequential immune bolstering processes and unburdening the regulatory endocrine tissues of apparent microbial presence seems to restore vitality to the ability to adapt and thrive
- The other way to profoundly amplify immune vigilance and this address the chronic and cavitated burdens is with inflammatory modulation – the primary way to impact this is with diet modification and the use of various supplements
- Five day elimination of the 13 primary inflammatory foods can be an excellent way to instill immediate hope and modulate the system

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### How do we think without proof -

It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure.

Albert Einstein

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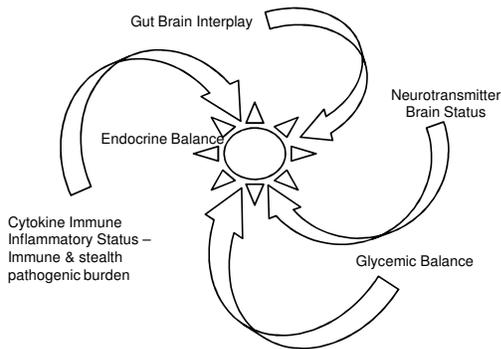
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### NeuroEndocrine Complexity



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### 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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### Determining Food Allergies

- Blood type sensitivities    Eat For Your Blood Type, D'Amatto
- Most food allergies are delayed sensitivity reactions – difficult to objectively determine
- Elisa Act lymphocyte response assay Dr. Russell Jaffe Serammune Labs, Virginia, 800/525-7372
- Elimination is the most accurate and labor intensive - 2 week elimination then reintroduce and watch for 4 days for reactions
- *Histaminic Reactions* (rash, red eyes, serous secretions) vs. *Immune Activity* (fever, catarrhal, lymphatic congestion, aching)
- Basic 4 allergies that most complicate healing process – wheat (gluten), corn, soy, milk (casein)
  - Additionally suspect chocolate, peanuts, tomatoes, beef



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### Food Allergies – Now & Later

Immediate response within hours or next day	Delayed response onset 2-7 days later
Histaminic	Immunological – viral, bacterial, parasitic
Red, burning eyes, serous secretions (clear)	Colds & Flu – WBC mediated response
Tiredness, sleepiness	Achinness
Headaches	Catarrhal, phlegm (colored)
Mood changes, irritability	Fever
Rashes, hives	Eczema
Nausea, cramps, diarrhea	Emesis
Loss mental accuity	Elevated C-reactive protein, SED rate, AA:EA ratio

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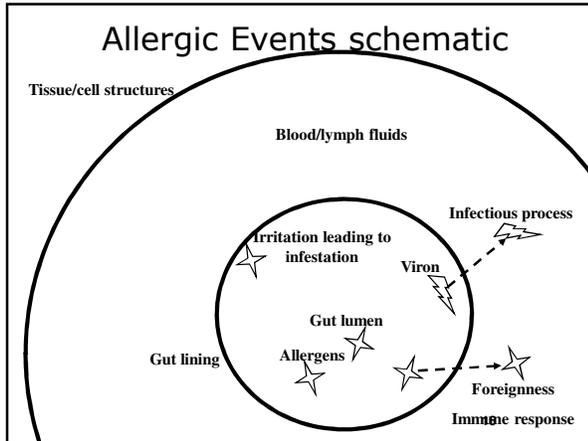
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### Generalization of allergen

- Milk allergy is primarily casein protein intolerance commonly seen in respiratory and atopic symptoms
- Wheat allergy is primarily a gluten protein intolerance commonly effecting GI symptoms and hyper tension & siderosis
- Corn allergy is primarily a zein protein intolerance commonly effecting neurological symptoms
- Soy allergy is more acquired and therefore can be unlearned commonly effecting acne rosacea and paranasal rashes

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### Neuro chemistry - Endorphins

- Food allergens can create morphine-like endorphins that may modulate vascular supply to regional brain areas – this has been observed on pet scans
  - Caseinomorphins derived from milk protein allergy
  - Glutenomorphins derive from gluten allergy
- This is the emerging biochemistry of how allergens can influence autism, ADHD, and neurological function

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### Primary Inflammatory Foods

- There are 13 primary inflammatory foods
- To reduce these is to dramatically reduce the inflammatory amplitude systemically
  - Milk
  - Corn
  - Gluten
  - Soy
  - Peanuts
  - Beef
  - Tomato
  - Chocolate
  - Rice
  - Nuts
  - Sesame
  - Peas
  - Eggs

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### Inflammation

#### ▪ The Anatomy of Pain

▪ We all know what pain feels like, but few of us know the biology behind the "ouch" factor. Pain is a result of inflammation. When you are injured, the body responds with cyclooxygenase-2 or COX-2, a recently discovered enzyme related to COX-1. While COX-1 enzymes are responsible for maintaining balance in the stomach and kidneys, COX-2 involves turning a stored fat called arachidonic acid into prostaglandins, which inflame injured areas and lead to pain.

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### Inflammation

#### ▪ Herbal Help

▪ Fortunately, a number of natural methods can defeat pain without relying on risky over-the-counter and prescription drugs. The following herbs offer relief through their anti-inflammatory and analgesic properties. But, instead of dealing a deathblow to COX-2, these herbs modulate the production of prostaglandins, thereby keeping inflammation in check.

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**Boswellia: A Rational Therapy for Joint Health**

- A 2010 review noted the following effects of Boswellia or boswellic acids from *in vitro* and *in vivo* experiments:
  - Inhibition of 5-LOX, but only minor activity on PGE production
  - Downregulation of TNF- $\alpha$  by inhibition of NF- $\kappa$ B
  - Inhibition of IL-1 $\beta$  production
  - Inhibition of C3-convertase of the complement system
- Particularly active are 11-keto- $\beta$ -boswellic acid (KBA) and acetyl-11-keto- $\beta$ -boswellic acid (AKBA)

Ammon HP. *Phytomedicine* 2010; **17**(11): 862-867

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**Boswellia: The Clinical Evidence**

- The clinical evidence for Boswellia in joint health is good
- In particular, there are suggestions from some trials that Boswellia therapy might be joint health modifying
- These health-modifying effects should be no surprise given the broad range of its effects that are relevant to joint health
- There are 4 key randomized, controlled clinical trials. Some of the results are striking

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**Boswellia: The Clinical Evidence**

- Boswellia extract (1000 mg/day, 40% boswellic acids) was significantly ( $p < 0.001$ ) effective<sup>1</sup>
- 8 weeks
- 30 patients
- Placebo-controlled, crossover trial

<sup>1</sup> Kimmatkar N, Thawani V, Hingorani L et al. **Efficacy and tolerability of *Boswellia serrata* extract in treatment of osteoarthritis of knee—a randomized double blind placebo controlled trial.** *Phytomedicine* 2003; **10**(1): 3-7

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**Boswellia: The Clinical Evidence**

- Boswellia extract (1000 mg/day, 40% boswellic acids) was as effective as conventional therapy over 6 months
- 66 patients
- However, while Boswellia had a slower onset of action (about 1 month), its effect persisted after discontinuation of therapy
- This suggests it could be joint health modifying<sup>2</sup>

2 Sontakke S, Thawani V, Pimpalkhute S et al. **Efficacy and tolerability of *Boswellia serrata* extract in treatment of osteoarthritis of knee--a randomized double blind placebo controlled trial**, *Indian J Pharmacology* 2007; **39**(1): 27-29

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**Boswellia: The Clinical Evidence**

- 75 patients received either two doses of a specialized Boswellia extract (100 or 280 mg/day of a AKBA-enriched extract) or a placebo for 90 days
- Benefits were faster in the higher dose group (as early as 7 days) and significantly better than placebo
- MMP-3 in synovial fluid was significantly and substantially reduced in both Boswellia groups<sup>1</sup>

1 Sengupta K, Alluri KV, Satish AR et al. **A double blind, randomized, placebo controlled study of the efficacy and safety of 5-Loxin® for treatment of osteoarthritis of the knee** *Arthritis Res Ther* 2008; **10**: R85

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**Boswellia: The Clinical Evidence**

- A 2010 trial compared the specialized extract previous study at 100 mg/day with 100 mg/day of a similar extract (but with enhanced bioavailability) and a placebo
- 60 patients with knee challenges
- 90 days in
- Clinical results were remarkable in patients taking the enhanced extract (p<0.0001)

Sengupta K, Krishnaraju AV, Vishal AA et al. **Comparative efficacy and tolerability of 5-Loxin and Aflapin Against osteoarthritis of the knee: a double blind, randomized, placebo controlled clinical study**, *Int J Med Sci* 2010; **7**(6): 366-377

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### Boswellia Bioavailability

- Consuming Boswellia with a high fat meal improved the bioavailability of Boswellia by a factor of nearly 5
- Acetyl-11-keto-β-boswellic acid (AKBA)
  - 6.0 ng/mL for the fasted conditions
  - 28.8 ng/mL with food
- Randomized, open, single-dose study
  - 12 healthy male volunteers
  - 786 mg of Boswellia extract either with or without a standard high-fat meal

Sterk V, Buchele B, Simmet T. *Planta Med* 2004; **70**(12): 1155-1160

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### Boswellia Complex



Boswellia gum oleoresin 7:1 extract from <i>Boswellia serrata</i> gum oleoresin 1.9 g Containing boswellic acids 180 mg	277 mg
Celery Seed fruit 6:1 extract from <i>Apium graveolens</i> fruit 1.0 g	166.7 mg
Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 300 mg	60 mg
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg

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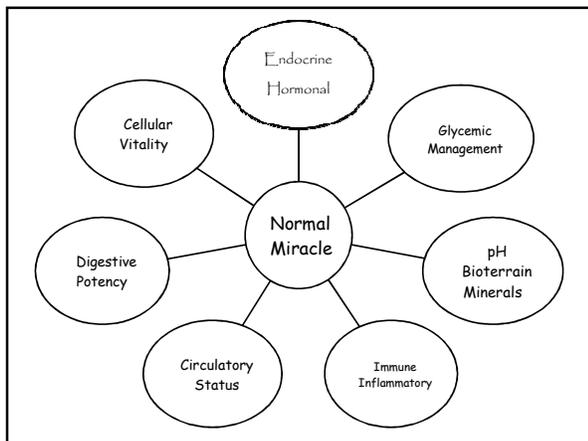
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**7 Pillars of Healing**  
**7 Unified Mechanisms of Health**

- ↪ 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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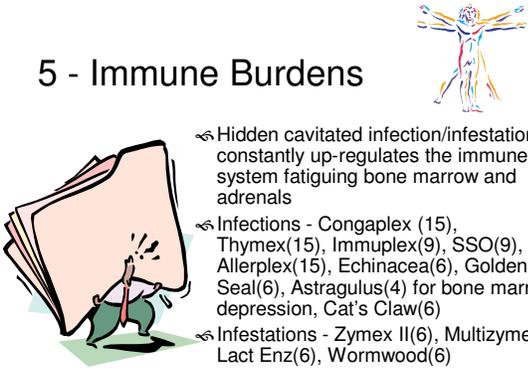
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**5 - Immune Burdens**



- ↪ 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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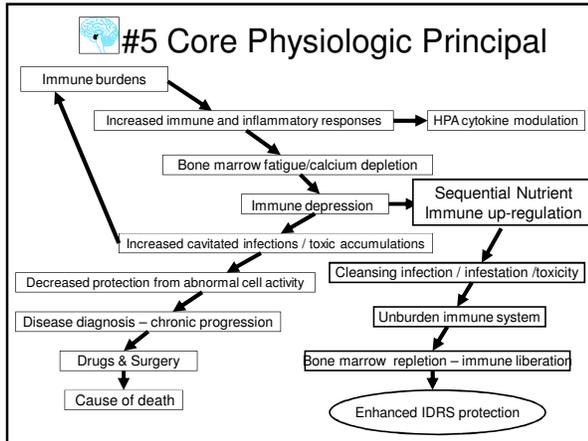
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- ### Immune Defense – 5 levels
- A healthy Immune Defense/ Repair System (IDRS) equals ample capacity to neutralize foreign items (translate foreignness to friendliness) resulting in no delayed allergies or hypersensitivities
  - Five lines of defense:
    - 1. Mucins – effective polysaccharide traps of toxins, pathogens, immunogens (mucins say if you are foreign, you are excluded)
    - 2. Secretory IgA (sIgA) - synthesize complex protective proteins
    - 3. Probiotic Microflora – 8-24 billion mixed flora (9 strains) to degrade toxins and produce nutritives
    - 4. Mucosal permeability barrier – excludes large molecular weight foreign substances (immunogens, antigens)
    - 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
- Immune response results in the release of cytokines meant to direct local and distant immune function
  - These cytokine messenger molecules also drive HPA status and thus determine global brain status
  - Cytokines subsequently cause the release of WBC inflammatory mediators to direct the inflammatory process of repair
  - Therefore immune status and activity determine HPA/brain settings
  - Hypervigilant or depressed immune states reflect in brain states
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### Sequential Immune Up-Regulation

- ↳ Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities like sinus, ears, pelvic, intestinal
- ↳ Sequential immune bolstering protocols for one month each at therapeutic dosage – “deep cleaning”
- ↳ Up regulate immune system gradually beginning with Sesame Oil Perles (6/day), followed by Thymex (10/day), then Immuplex (6/day), Congalex (15/day), Allerplex (15/day), Echinacea (4/day), Astragalus (4/day)
- ↳ Clear infestations with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (4/day) – also treats mycoplasmic infections
- ↳ 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)
  - Cyrua 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
  - Cat's Claw Complex (4)
  - Golden Seal (4)
  - Burdock Complex (4)
  - Inf Fighter (100 Drops)
- ↳ Infestation parasites:
  - Zymex II (6)
  - Multizyme (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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**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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**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	30 mg 24 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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**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	150 mg
Containing alkylamides	2.0 mg
Echinacea root 6:1 extract from <i>Echinacea purpurea</i> root 675 mg	112.5 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 3.6 g	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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### Yeast is the Beast

- Candida hides from the immune system behind biofilms which render the immune control impotent
- Thymol is a factor found in oregano oil which breaks down these biofilms
- This is essential in helping the immune system to catch up to and accomplish the fungal overload

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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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### Digest Forte



Gentian root 2:1 extract from <i>Gentiana lutea</i> root	200 mg	100 mg
Tangerine fruit peel 5:1 extract from <i>Citrus reticulata</i> fruit peel	500 mg	100 mg
Feverfew leaf 3:1 extract from <i>Tanacetum parthenium</i> leaf	200 mg	66.7 mg
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome	250 mg	25 mg
Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb	100 mg	25 mg
Tangerine ( <i>Citrus reticulata</i> ) 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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### 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	4.2 g	166.7 mg
Containing catechins	83.35 mg	
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome	2.0 g	80 mg
Containing curcuminoids	70.4 mg	
Grape seed 120:1 extract from <i>Vitis vinifera</i> 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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