



Mentoring the Mentor

Stuart White, ACBN
 Whole Health Associates
 713/522-6336
 stuartwhite@wholehealthassoc.com
www.wholehealthassoc.com
www.doctorofthefuture.org

Whenever needed ...

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

William James

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

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

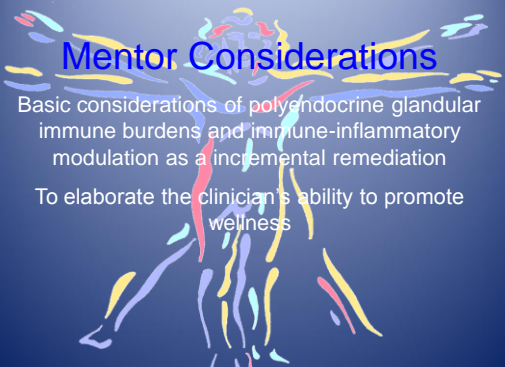
Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4th 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

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

6



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

Next Year's Seminar

Immune Balance – Addressing Microbial Dysregulation

8

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

Immune Considerations

- ↳ Immune cytokine tone – Gut/brain symphony
- ↳ Immune Burdens – Cavitated, sequestered, stealth infection/infestation
- ↳ Immune Amplitude – Hypervigilant vs. Docile states
- ↳ Immune Vitality – Feed the hemopoietic tissue

10

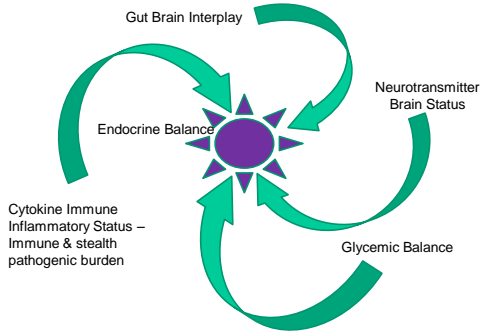
Polyendocrine Burdens

- Multiple endocrine burdens present as:
 - Fatigue
 - Thyroid signs
 - Mid morning and afternoon slumps/crashes
 - Mentation limits
 - Loss of libido
 - Depression
 - Overwhelm
 - Diverse and diffuse symptoms including autoimmune and immune dysregulation
- 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

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 14 primary inflammatory foods can be an excellent way to instill immediate hope and modulate the system

NeuroEndocrine Complexity



13

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

14

Immune Cytokine Tonality

- Gut hygiene and management promotes healthy interferon production and cytokine signaling – in contrast an unhealthy gut promotes immune dysregulation and amplification
- Brain neurotransmitter balance directly effects immune status and determines the immune setting
- Or is it the reverse – Immune status profoundly effects the neurotransmitter balance

Cytokines

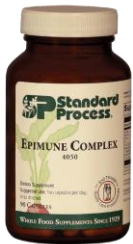
- The word is derived from Greek and is a combination of two words:
 - Cyto – meaning cell
 - Kinos – meaning movement
- Cytokines are cell signaling molecules that aid cell to cell communication in immune responses and stimulate the movement of cells toward sites of inflammation, infection and trauma
- They exist in peptide, protein and glycoprotein (proteins with a sugar attached) forms – they are a large family of molecules that are classified in various ways due to an absence of a unified classification system at present

Cytokines

- The word is derived from Greek and is a combination of two words:
 - Cyto – meaning cell
 - Kinos – meaning movement
- Cytokines are cell signaling molecules that aid cell to cell communication in immune responses and stimulate the movement of cells toward sites of inflammation, infection and trauma
- They exist in peptide, protein and glycoprotein (proteins with a sugar attached) forms – they are a large family of molecules that are classified in various ways due to an absence of a unified classification system at present



Epimune



- Vitamin C 20 mg
- Calcium 30 mg
- Zinc 10 mg

Proprietary blend amount: 706 mg
 Dried yeast fermentate (EpiCor®)†,
 turkey tail mushroom powder†,
 maitake mushroom powder†, and
 maitake mushroom extract (Maitake
 Gold 404®)†.



Ganoderma & Shiitake



Calcium	90 mg
Shiitake mushroom 4:1 extract from <i>Lentinula edodes</i>	200 mg
800 mg	
Reishi mushroom 66:1 extract from <i>Ganoderma lucidum</i>	100 mg
6.6 g	

19



Thymex



Cholesterol	5 mg
Vitamin C	5 mg
Proprietary Blend: 370 mg	
Calcium lactate, bovine thymus Cytosol™ extract†, and magnesium citrate.	

20



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

21



Echinacea Premium



Calcium	90 mg
Echinacea root 4:1 extract from <i>Echinacea</i> <i>angustifolia</i> root 600 mg	150 mg
Containing alkylamides	2.0 mg
Echinacea root 6:1 extract from <i>Echinacea</i> <i>purpurea</i> root 675 mg	112.5 mg
Containing alkylamides	2.1 mg

22

Immune Burdens and Fatigue

- Acute and chronic cavitated infections or infestations and stealth infections fatigue and burden the system to the point of being hypo-functional
- The sequential immune up-regulation is the only way to address the mixed infection syndrome that "everyone" carries

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, Syphilis, etc.)

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

25

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), Congaplex (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

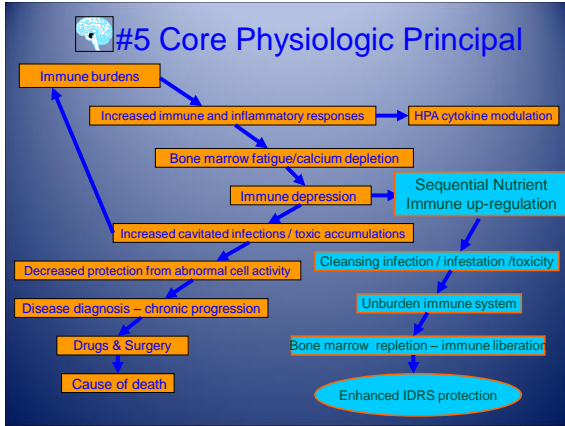


5 - Immune Burdens



- ↳ 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

27



- ### Protocol - Immune Pillar
- General Immune Up-regulation:
 - Sesame Oil Parika (6)
 - Immuplex (6)
 - Cyruita Plus (6)
 - Echinacea Premium (4)
 - Infection (Acute or Chronic):
 - Thymex (10)
 - Cattaplex AC (1,2)
 - Congalex (1,4)
 - Allerplex (1,4)
 - Broncafect (6)
 - Allioplex (6) Kidney
 - Aggplex (6) Kidney
 - Cat's Claw Complex (4)
 - Golden Seal (4)
 - Burdock Complex (4)
 - Inf Fighter (100 Drops)
 - Infestation parasites:
 - Zymex II (6)
 - Mutizame (4)
 - Lact Linc (4)
 - Wormwood (4)
 - Bone Marrow Depletion:
 - Arginex (6)
 - Astragalus (4)
- 29



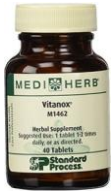
Wormwood Complex



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



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

32



Cats Claw Forte



Calcium 40 mg

Cat's Claw bark 5:1 extract from *Uncaria tomentosa* bark 2.1 g 233.4 mg
Containing pentacyclic oxindole alkaloids 5.7 mg

33



Garlic Forte



Calcium 80 mg

Garlic bulb 12:1 extract from *Allium sativum* bulb 3.6 g 300 mg
Containing alliin 12 mg

Garlic (*Allium sativum*) bulb powder 45 mg

34



Black Walnut Hulls



Black Walnut hull 1:10
extract
from *Juglans nigra* hull
500 mg 5 mL





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





Livco



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



Immune Amplitude and Balance

- Vitalization of the gut flora is the best way to strengthen the immune system, and can be accomplished with pre and probiotic support
- Indeed the seminar next year intends to show how to augment TH1 and TH2 pathways by employed certain strains of flora replacement
- And then how to assess for the hypervigilant amplified immune state that is so expensive to longevity vs the immune docility at risk for crisis

Immune Vitality and Resilience

- The immune system arises from certain tissues which allow for ample production of the protector and messenger cells – these tissues are fatigued and weak from lack of nutrition
- Feed the following:
 - Bone Marrow – Sesame Oil, Biost, Ostrophin, Astragalus, Colostrum
 - Spleen – Spleen PMG, Spleen Dessicated, Immuplex
 - Liver – Silymarin, Livaplex, Betacol, Hepatrophin, Vitanox
 - Thymus – Thymus PMG, Thymex, Colostrum
 - Lymph nodes – Spanish Black Raddish, Albaplex, Poke Root

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

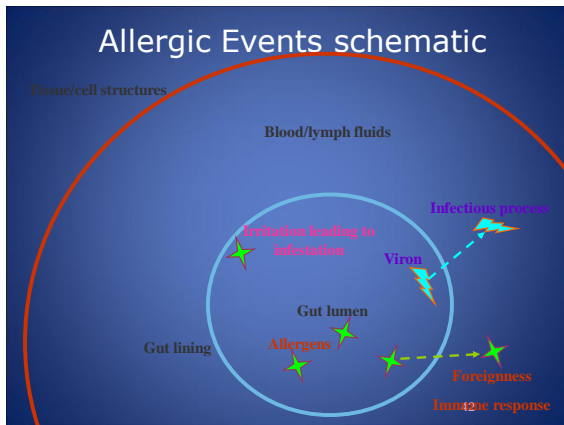


Food Allergies – Now & Later

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	Achiness
Headaches	Catarrhal, phlegm (colored)
Mood changes, irritability	Fever
Rashes, hives	Eczema
Nausea, cramps, diarrhea	Emesis
Loss mental acuity	Elevated C-reactive protein, SED rate, AA:EA ratio

41

Allergic Events schematic



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

43

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

44

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

45

Primary Inflammatory Foods

- And Sugar – creates inflammatory cascades and significant gastric hyperemia and many people are actually allergic to beet/cane sugar

46

Primary Inflammatory Foods

- There are 14 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
- Sugar

47

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.

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

The greatest use of your time

Think New Thoughts



51