



Mentoring the Mentor

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Eternal Truth

He who does not use his endeavors
to heal himself is brother to him
who commits suicide.

Proverbs 18:96

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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, 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

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Review - Distinguish yourself

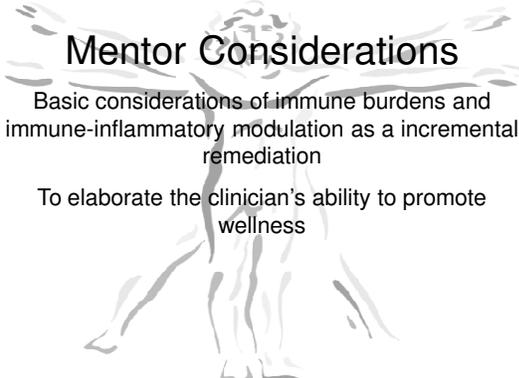
- It is more apparent why people are choosing alternative health care professionals who specialize in a functional approach
- No matter you specialty or technique you must distinguish yourself as an expert – people are just seeking to understand and they need you to do so
- Typically in the healthcare 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 immune burdens and immune-inflammatory modulation as a incremental remediation

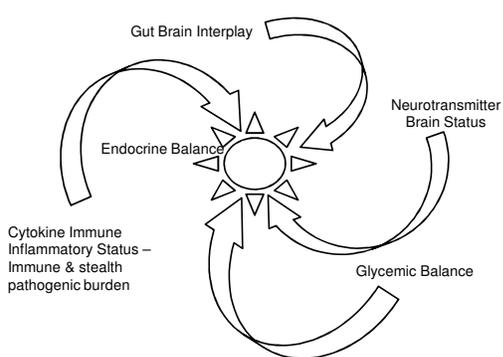
To elaborate the clinician's ability to promote wellness



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



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Top 5: Autoimmune

- Of the almost 3,000 named autoimmune diseases many of them will present on a weekly basis and you will miss the opportunity to assist them if the practitioner is not ready with a nutritional strategy
- There is nothing more sequential than autoimmune support as you gradually coax the body out of its inflammatory response and into remission

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Autoimmune Issues -

- ↪ There are over 2,000 named autoimmune diseases, with approximately 200-300 new ones being identified yearly
- ↪ Each disease is treated by medicine as a syndrome and collection of symptoms without any respect for the etiology and mechanisms of disease
- ↪ Is the fundamental mechanisms are examined rational intervention is mandated
- ↪ As long as we focus on symptoms and ignore the cascade of events the process is progressing

Autoimmunity – Is it increasing?

- ↪ Chronic inflammatory disease is clearly increasing worldwide (atopic syndrome, asthma, metabolic syndrome, atherosclerosis)
- ↪ Corresponding epidemiological data on autoimmune disease is limited because: AD not reportable – estimates of incidence and increase are much lower than actual, many estimates on incidence is decades old and based on small sample size, apparent increase in incidence could be due to improved diagnostics
- ↪ Despite poor reporting it appears AD increases, especially: 3,000 new cases annually of Type 1 Diabetes, Crohn's Disease has more than tripled in last 30 years, MS has doubled in Europe, US data shows significant increase in women

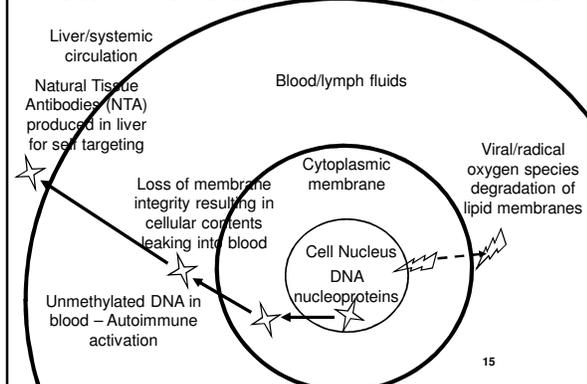
Autoimmunity – Estimated US prevalence

- ↪ Psoriasis – 7 million cases
- ↪ Graves Disease – 3.5 million cases
- ↪ Vitiligo – 3.5 million cases
- ↪ Rheumatoid Arthritis – 2.1 million cases (30-50 K children)
- ↪ Celiac Disease – 2 million cases (1 in every 133 people)
- ↪ Hashimoto's Thyroiditis – 1.5 million cases
- ↪ Inflammatory Bowel Disease – 800,000 cases (2/3 colitis, 1/3 Crohn's)
- ↪ Type 1 Diabetes – 300-500,000 cases
- ↪ Multiple Sclerosis – 250-350,000 cases
- ↪ Systemic Lupus Erythematosus – 240,000 cases

Autoimmunity as early immune signaling

- ↪ Autoimmune conditions are nothing more than undifferentiated immune failure, ultimately leading to defined cancers, infections, and degeneration
- ↪ Natural tissue antibodies are the first seen up-regulation wherein the immune system is attempting to confront the burden of unmethylated DNA (nuclear proteins) in the blood
- ↪ Lack of methylation, inability to accomplish Phase I and Phase II detoxification results in failure of the methylation processes and subsequent accumulation of nuclear proteins in the blood compelling an immune response
- ↪ The primary factors that contribute to autoimmunity are genetic predisposition to methylation difficulty, toxic burdens, psychological stress, and immune dysregulation due to immune burdens chief of which is leaky gut syndrome

Autoimmune antecedents schematic



Autoimmune Issues -

- ↻ Every person has a normal amount of autoimmune activity – this is normal and vital for immune management
- ↻ Normal sampling of genetic material in the blood stream feedback to autoimmune mechanisms in the liver where natural tissue antibodies are formed to prevent the macroscopic exposure to infection brought about by weakened vulnerable tissue
- ↻ Remember the inherent genetic code acquired over millennia is to prevent the primary cause of death which is infection
- ↻ The body interprets genetic material in the blood as upstream tissue damage and degeneration vulnerable to infection and disease

Autoimmune Issues -

↻ Methodical Intervention involves:

- ↻ Lipid membrane reinforcement to support cytoplasmic and nuclear membrane containment of genetic material
- ↻ Supporting methylation processes to keep circulating DNA methylated (attached to methyl groups) and thus avoid autoimmune activation
- ↻ Reducing body immune/inflammatory burdens thus helping the immune system to a state of tolerance
- ↻ Support target tissue repair and fortification
- ↻ Support liver health and detoxification since it is the site on autoimmune regulation
- ↻ Support adrenal cytokine proliferation as a means of reducing autoimmune amplitude – turn down the volume
- ↻ Provide background endocrine disruption support, especially the more chronic the condition
- ↻ Promote gut-lining health – pre and probiotic efforts as a source of immune genius
- ↻ Detoxify toxic metals and exo/endogenous toxins
- ↻ Balance dysglycemia and insulin resistance (the major dietary cause of inflammation)
- ↻ Address lack of blood flow – sedentary lifestyle
- ↻ Address malnutrition with improved diet
- ↻ Promote widespread physiological potency
- ↻ Address psychological stresses

↻ Rational Intervention involves:

- ↻ Lipid membrane reinforcement – Linum/B6 (4), Tuna Omega (4), Super EFF (2)
- ↻ Supporting methylation - Cruciferous (4), Greenfood (4), Spanish Black Radish (6)
- ↻ Reducing body immune/inflammatory burdens – Food allergen elimination, Sequential immune up-regulation, Gut Flora Complex (4)
- ↻ Support target tissue – PMG glandular therapy specific for target tissue (6)
- ↻ Support liver - Livaplex (6), Livco (4), Livton (4), Silymarin (4), Antronex (8)
- ↻ Support adrenal cytokine proliferation – Rehmannia Complex (4), Drenamin (6), Tuna Omega (4), Ginger & Pomegranate & anti-inflammatory nutraceutical devices
- ↻ Provide endocrine support – Symplex F/M (6), Hypothalmex (2), Hypothalmus PMG (2), Folic Acid/B12 (4), e-Poise (4)
- ↻ Promote gut-lining health – pre and probiotic efforts – Gastrofiber (4), Chlorophyll (4), LactEnz (4), IgG production with colostrum (Whey Pro Complete), Gut Flora Complex (4), Prebiotic Inulin (1 tsp), 2 Tbsp Flax seed for roughage
- ↻ Detoxify toxic metals and exo/endogenous toxins – Chelaco (2), Parotid PMG (2), methyl formers
- ↻ Balance dysglycemia and insulin resistance– Phase I/II diet
- ↻ Lack of blood flow – Promote movement and incremental conditioning
- ↻ Address malnutrition with improved diet – raw food sources, minerals, whole foods
- ↻ Promote widespread physiological potency - Address all 7 pillars of health
- ↻ Address psychological stresses – NET, Tissue memory techniques

Autoimmune attacks weak tissue

- All autoimmunity attacks target tissue weakness and degeneration – the question is why is the tissue weak and promoting autoimmune targeting
- Infections predispose autoimmune cascades
- Yet we treat autoimmunity by suppressing immune virulence which leaves the infectious antecedents rampant

• The only reason why anything that ever was working stops working is because of infection

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

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

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	

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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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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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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.)

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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), Congaplex (1 1/2/day), Allerplex (1 1/2/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

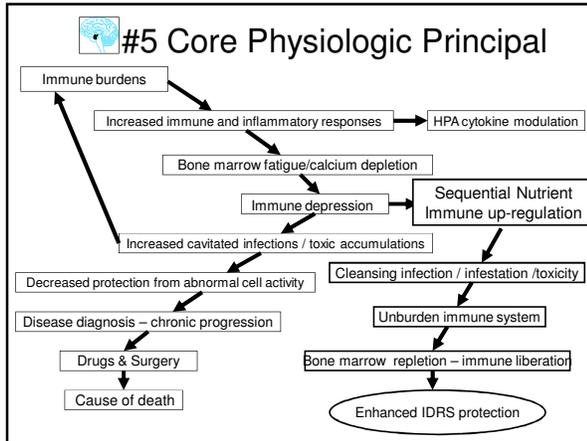


5 - Immune Burdens



- ⌘ Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
- ⌘ Infections - Congaplex (1 1/2), Thymex(1 1/2), Immuplex(9), SSO(9), Allerplex(1 1/2), 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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- ### Protocol - Immune Pillar
- ↖ General Immune Up-regulation:
 - Sesame Oil Pearles (6)
 - Immuplex (6)
 - Cytrita Plus (6)
 - Echinacea Premium (4)
 - Infection (Acute or Chronic):
 - Thymex (10)
 - Cataplex AC (12)
 - Congalex (1+)
 - Allerplex (1+)
 - Broncafect (6)
 - Albaplex (6) Kidney
 - Argines (6) Kidney
 - Cat's Claw Complex (4)
 - Golden Seal (4)
 - Burdock Complex (4)
 - Inf Fighter (100 Drops)
 - ↖ Infestation parasites:
 - Zanell (6)
 - Multizyme (4)
 - Lact Enz (4)
 - Wormwood (4)
 - ↖ Bone Marrow Depletion:
 - Argines (6)
 - Astragalus (4)
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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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Wormwood Complex



Calcium	20	mg
Stemona root 5:1 extract	200	mg
from <i>Stemona sessilifolia</i> root 1.0 g		
Black Walnut hull 4:1 extract	25	mg
from <i>Juglans nigra</i> hull 100 mg		
Wormwood herb 4:1 extract	25	mg
from <i>Artemisia absinthium</i> herb 100 mg		

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Vitanox



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

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Cats Claw Forte



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



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



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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, Osthophin, 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

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