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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 Thursday of month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based wholistic practice
- Each participant chooses a colleague in his/her world to convey the notes and information - no information squandering
- Issues/problems/questions are considered a learning process for everyone, although individual's remain anonymous
- All questions, comments, case studies to be directed through email to SF rep who will compile and include in next teleconference (must be submitted 10 days prior)

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Change -

When you want to bring about a change, you don't do it by resisting the old. You do it by creating a superior methodology that makes the old method outdated. And you don't do it by talking about it, you do it by creating an artifact that makes change a reality.

Buckminster Fuller

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Ingredients of my success

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The subtle work -

In the beginning disease is difficult to recognize but easy to cure.
In the end disease is easy to recognize, but difficult to cure.

Mesmer 1777

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H₂O is mainly what we are!

- ↳ H₂O makes up 73% of lean mass in adult - ranges from 75% of neonate to 50% in elderly - intracellular water is 65% in men & 60% in women
- ↳ H₂O serves as primary medium for transport of nutrients and oxygen to the cells and removal of wastes - also plays a role in creating organ form and temperature regulation
- ↳ Dehydration occurs because there is insufficient electrolytes to hold the water in osmotic balance - thus hydration when dehydrated further dilutes and leeches the minerals
- ↳ Minerals concentrate water
- ↳ Recommendation is for 64 oz H₂O per day

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Minerals serve diverse functions

- ↳ Bone formation through hydroxyapatite from calcium and phosphate
- ↳ Messenger molecule from calcium binding to various proteins acts as signal
- ↳ Ionic, osmotic balance creating electrical gradients maintained by all macronutrients
- ↳ Trace elements associate with enzymes or proteins serving structural, catalytic, or binding roles
- ↳ Ultratrace minerals are required solely for the synthesis of specialized organic compounds unique to mammalian life (Thyroxin, seleno-proteins, etc.)

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Minerals and their deficiency

- « From the 90 elements occurring naturally in environment, 22 are essential to life, constitute 4% total body weight
- « The organic nutrients (proteins, carbohydrates, lipids, vitamins) are made up of 6 elements – hydrogen, carbon, nitrogen, oxygen, phosphorus, sulfur
- « Minerals or inorganic nutrients are grouped by the amount of each element required by the body
- « Macroelements require greater than 100 mg/day – calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur (supplied by amino acids)
- « Microelements are 2 groups:
 - « Trace elements 1-100 mg/day – iron, zinc, manganese, copper, fluoride, chromium, boron, cobalt
 - « Ultratrace elements less than 1 mg/day – selenium, molybdenum, iodine,
- « To understand minerals is to understand the crossover from inorganic to organic – this is where the world becomes alive
- « Mineral deficiency leads to a lack of life

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Iodine Deficiency

- « Iodine aids in development and function of thyroid, promoting growth and development, regulating cellular oxidation, stimulating metabolism, influencing cell differentiation and protein synthesis, and modulate estrogen's effect on breast tissue (beneficial in fibrocystic dx)
- « Symptoms of deficiency include goiter, hypothyroidism, irritability, dry hair and skin, cold hands and feet, obesity, cretinism resulting in physical and mental retardation
- « Goitrogens include cabbage, rutabagas, cauliflower, turnips, peanuts, mustard seeds, soybeans, pine nuts, millet, turnips block iodine utilization
- « Sources of iodine include kelp, dulse, spinach, carrots, tomatoes, garlic, onions, pineapple, mushrooms, seafood, iodized salt

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Iodine – Time to rethink?

- « Iodine was thought to be an ultratrace mineral – we now believe it to be a trace mineral – RDA 13.5 mg/day
- « Main function to production of thyroid hormones, although other organs and organelles need iodine
- « Original study 80 years ago to prevent goiter in girls applied 9 mg/day – recent studies demonstrate relationship between low iodide intake and fibrocystic disease of breast in human and rat studies
- « Some investigators have suggested inadequate iodine intake associated with increased risk of breast cancer – Japan consumes average of 13.8 mg/day iodine and has lowest incidence of breast, ovarian, uterine cancer
- « Lugol solution was developed during the early 1900's and administered from 12.5 to 37.5 mg/day safely for both hypo and hyper activity of thyroid

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Iodine – Time to rethink?

- ⌘ Iodine was last element to have RDA established in 1980 (150 mcg/day), confirmed in 1989, based on amount of iodine to prevent goiter, extreme stupidity and hypothyroidism
- ⌘ The optimal requirement for whole body has never been studied – the optimal amount for physical and mental wellbeing is unknown
- ⌘ Demographic studies in Japan show one of the healthiest populations on earth consume 13.8 mg/day of iodine
- ⌘ Iodine loading urinary excretion test is most accurate for determining individual competence
- ⌘ Iodine Patch test is more economical and effective for titrating needs
- ⌘ Toxicity looks like acne-like skin lesions, frontal sinus headache, unpleasant brassy taste, increased salivation and sneezing

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Iodine Patch Test

- ⌘ Use tincture of original orange Iodine and paint a patch 2"x2" of inside of forearm or abdomen
- ⌘ Observe for fading:
 - ⌘ 10 hours absorbed – severe deficiency
 - ⌘ 24 hours absorption – moderate deficiency
 - ⌘ 5 days still not fully absorbed – depleted system
- ⌘ Supplement options:
 - ⌘ Prolamine Iodine – 1-4/day (3 mg per tablet)
 - ⌘ Thyroid Complex (Mediherb) – 2-4/day (600 mcg per caplet)
 - ⌘ Minchex – 2-6/day (300 mcg/capsule)
 - ⌘ Organically Bound Minerals – 2-6/day (250 mcg/tablet)
 - ⌘ Mintran – 2-6/day (200 mcg/tablet)
 - ⌘ Iodomere – 2-6/day (200 mcg/tablet)
 - ⌘ Trace Minerals/B12 – 2-6/day (145 mcg/tablet)
 - ⌘ Cataplex F Tablets – 2-6/day (95mcg/day)

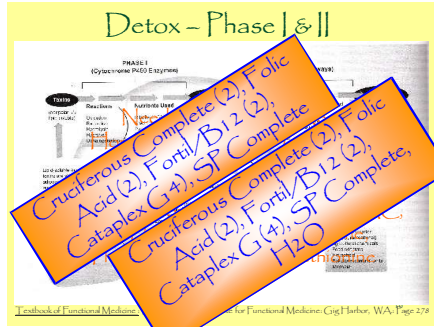
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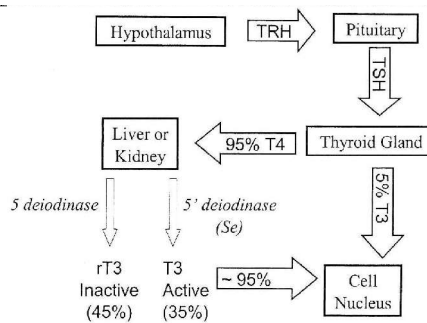
Liver Phase VII (III) Detoxification

- ⌘ Cytochrome P450 enzyme system is used to eliminate drugs, toxins, unwanted substances, biological agents, and estrogens
- ⌘ Phase I (P450) – oxidation, reduction, hydrolysis, hydration, dehalogenation = increased polarity, less lipid-soluble, reactive oxygen intermediates with potential for secondary tissue damage *sticky reactive molecules* (Folic Acid, B12, B6, C, AA) and then antioxidants to protect from intermediates only)
- ⌘ Phase II – sulfation, methylation, glucuronidation = polar water-soluble bile and urine (sulfation, homocysteine support, and gut symbiotic bacteria + soluble fiber are essential fuels)
- ⌘ Phase III (Antiporter?) – a recirculation process not yet accepted scientifically, active efflux pump decreasing intracellular concentration of xenobiotics allowing for a "second-pass" with the detox enzymes located at or near the cell membrane controlled by MDR1, MDR2, MDR3 genes *Multidrug Resistance genes (more concentrated presence in cancer cells, liver, kidney, pancreas, intestines, brain, testes)
- ⌘ Support Phase I & II with Folic Acid (2), Fertil/B12 (2), Cataplex C₃ (4) (including Riboflavin, Niacin, B6, C), Cruciferous Complete (2), SF Complete (2 Tbsp), H₂O (minimum 48 oz)

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Degeneration/Regeneration

- ⌘ Clinical term is re-modeling – can refer to heart patterns or bone structure
- ⌘ If tissue can pattern itself after deficiency and imbalance, then it follows it will remodel based on repletion and balance
- ⌘ Degeneration is a snapshot of a remodeling process – if we can demonstrate change in structure or function we can prove remodeling in a positive way – the one sure engagement for the client
- ⌘ This is the one thing that nutritional therapy can accomplish that pharmaceuticals cannot

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Knowing what the others read -

- General belief is that iodine over 600 mcg per day can induce "iodine goiter", wherein thyroid enlarges similar to goiter due to a negative feedback system resulting in decreased thyroid hormone production
- RDA is 150 mcg per day, below which pathology results, 0 - 6 months old 40 mcg, 6 months to 1 year 50 mcg, 1 - 3 years 70 mcg, 4-6 years 90 mcg, 7 - 10 years 120 mcg, pregnancy 175 mcg, lactating 200 mcg
- Iodine toxicity can cause all the symptoms of deficiency plus severe headaches behind the eyes, acne-like rash
- Iodine sources may potentiate thyroid hormones like sea vegetables

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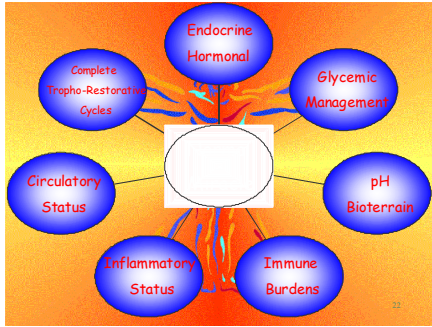
Free -

You shall be free indeed when your days are not without a care nor your nights without a grief. But rather when these things girdle your life and yet you rise above them naked and unbound.

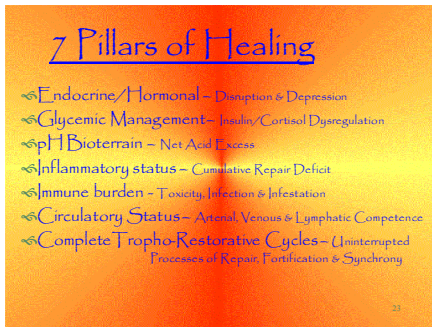
Kahlil Gibran

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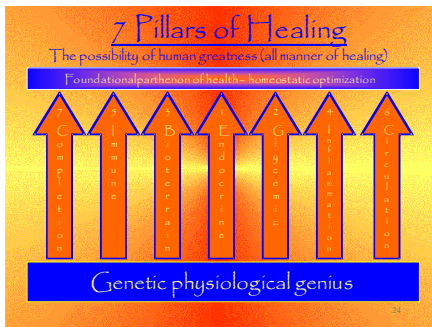
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3 - pH Bioterrain




- ◀ Net Acid Excess (NAE)
- ◀ Controlling H⁺ ions is complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- ◀ Salivary and urinary pH quickly tells the story
- ◀ Acidosis increases intensity, inflammation, anxiety

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3 - pH Bioterrain Pillar



- ◀ Net Acid Excess (NAE)
- ◀ Controlling H⁺ ions is complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- ◀ Salivary and urinary pH quickly tells the story
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Tests & Analyses

- ◀ pH Testing - Saliva & Urine
- ◀ Hair Analysis
- ◀ Saliva tests - ASI
- ◀ Symptom Survey
- ◀ Kinesiological
- ◀ Calcium Cuff Test (under 160)
- ◀ Bio-Impedance Testing

Ingredients of Choice:

- ◀ Calcium Lactate (6), Powder 1 (2p), Calsol (4), Calamo (7), Greenfood (4), Organically Bound Minerals (6), Magnesium Lactate (5), Circuplex (6)
- ◀ Acid/Alkaline chart on food ash effects

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Eternal Truth
Two Wolves

An old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside all of us - one is evil full of anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego - the other is good full of joy, peace, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The grandson thought about it for a minute and then asked the grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed!"

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Why are we burned out?

- How can one burn out doing the most remarkable work in the world? - In a word "Hypocrisy"
- Part of the goal is simply to still be in practice 10 to 15 years hence
- Depression, anxiety, distraction, external hardening of the personality, distancing, moving out of heart space, dis-ingenuity
- So many docs become casualties of their own practices - indeed it is these practices that we examine for sustainability
- Which results in greater success - a few years of high volume service? or a lifetime of consistent service?
- Doing for others that which you are not doing for yourself will set up a polarity and imbalance that will eventually result in damaging the doctor

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Causes of unknown greatness -

Challenges to working in the field:

- Congested - Too sensitive to be open (shields, buckler)
- Empty - Too burned out to care (abundance)
- Dispassionate - Unable to relate (connection)
- Paralysis - Afraid of failure (ambition & risk)
- Lacking Confidence - Lack of self-worth (unmeasured successes)
- Narcissism - Competitive for energy (un-initiated greatness)
- Confusion - Incomplete journey of wounded healer (physician heal thyself)

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Causes of known greatness -

- Stamina - Running the marathon of a practice for 50 years - whatever it takes - only the mission will be worth whatever it takes
- Mapping emotional needs - the body relates to emotional circuitry - physical healing brings emotional healing brings spiritual development
- Normalize people - create value where there has been judgment - address the paralysis of fear (morbid certainty) - re-wounding dynamics
- Patient numero uno - yourself - lead by example

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All in a days work -

Our lives are full of pitfalls and opportunities. Our job is to avoid the pitfalls, seize the opportunities, and be home by six o'clock.

Woody Allen

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Action steps for tomorrow

- Purchase iodine and prepare to see the patches disappear
- Prepare to use iodine supplementation gradually to improve bio-terrain status - caution and watch carefully for detoxification symptoms
- Increase the listening of our own internal dialogue/emotional experience- discover where we are limiting the greatness
- Employ the 7 pillars to enhance basic physiology and witness profound healing innately embedded in each person

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Give generously
As you have received

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