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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 SP rep who will compile and include in next teleconference (must be submitted 10 days prior)

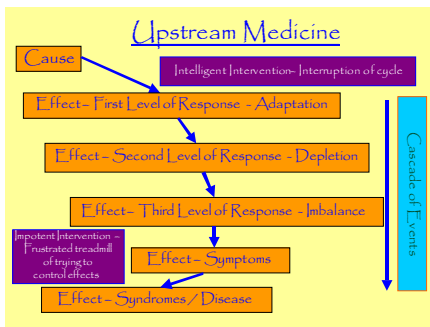
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Inquiry -

Inquiring minds long for the truth, seek it, strive to solve the problems set by life, try to penetrate to the essence of things and phenomena, and into themselves ... Socrates' words, 'know thyself' remain an imperative for all those who seek true knowledge and being.

G. I. gurdjieff

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Herbal Therapy

- ◀ Herbs are distinguished from nutrients by the way that they work at biochemical levels
- ◀ Nutrients (vitamins, minerals, water, protein, fat, CHO) are defined so by the fact that they pass through the cell membrane (some even pass through the nuclear membrane) participating with cellular metabolic activities
- ◀ Herbs are generally alkaloids that act on the cell membrane modulating the permeability characteristics of membrane function thus increasing or decreasing passage through the membrane (respiration)
- ◀ Herbs cannot correct nutritional deficiencies
- ◀ Herbs are more drug-like and may shift/correct chronic metabolic/genetic imbalances temporarily until they are discontinued
- ◀ Herbs direct cellular activities and may over time create nutritional deficiencies by increasing certain pathway requirements

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MediHerb – Herbal Associate

- ◀ MediHerb does the work for us – Kerry Bone and associates are constantly combining and developing products that target foundational systems and also are condition specific
- ◀ Most MediHerb products are complexes of several synergistic herbs so that the product itself represents a whole herbal rationale quite beyond the clinicians expertise
- ◀ These combinations in their researched synergistic ratios represent highly evolved herbal rationales that the clinician may use and not wholly understand – there is a difference between knowing how to use and how to create
- ◀ MediHerb has been a mentor to our office developing us a herbalists
- ◀ Full spectrum extraction means greater efficiency but lower herb equivalents per tablet
- ◀ Phytoequivalence is a concept introduced in the mid 90's in Germany to make clear that herbal extracts are equivalent to clinically-proven extracts – this is accomplished by comparing profiles of bioactive components detected by a proper detector

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Icing on top

- ◀ All herbals in general are like the icing on top of the cake – when there is sufficient physiological competence and biochemical abundance then the stimulant/depressant nature of the herb will be effective
- ◀ To recommend herbs without nutrient repletion and sufficiency is to strain the system and potentially deplete it rendering it reduced in vitality and strength (resistance)
- ◀ This becomes increasingly more important with aging as deficiency develops
- ◀ Herbs are vital in these modern times to create the physiologic force to deal with modern health concerns
- ◀ In general do not begin balancing the patient with herbs until some nutritional competence has been

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Top Twenty Herbs

- ✦ The following represent my top twenty products from MediHerb – hard to narrow it down
- ✦ Information represents published product detail with my clinical experience on top
- ✦ When MediHerb first began was when our office first used herbs – our first year purchased \$120K , and to our surprise resulted in no more product reactivity that we had already been experiencing with SP nutritional products
- ✦ MediHerb/SP has mentored our emergence as clinical herbalists

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Change and development

We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.

William Law

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Bacopa

Bacopa Complex combines the herbs Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary. These herbs contribute key phytochemicals to the blend such as dimethylallyl acetate, caproic acid, flavonoids, steroids...

Used for concentration/memory issues

4/day for 2 months, followed by maintenance of 1/day

Works within hours or days

Clinically dependable

Contains Eleuthero as gentle adrenal tonic

Contains bacoside A 37.5 mg 75 mg
Rosemary (Rosmarinus officinalis) leaf essential oil 10 mg Calcium 105 mg 10%

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Broncafect

The combination of herbs and an essential oil found in Broncafect (Licorice, Pleuroy Root, Echinacea purpurea root, White Herbsand, Gager and Thyme essential oil) contain iricenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially chlorogenic acid), silybinolides, pterin glycosides (including gingerols), monoterpenes (especially thymol) and other compounds. These herbs, essential oil and their constituents work together to:

Used for lung/bronchial involvement
4/day until symptoms abate
Works within hours or days
Clinically dependable

Rom. Asclepias tuberosa root 750 mg, 187.5 mg
 White Herbsand herb 8.1 extract
 Rom. Marshmallow vulgaris herb 300 mg 90 mg
 Ginger rhizome 2.1 extract
 Rom. Zingiber officinale rhizome 360 mg 72 mg
 Echinacea root 6.1 extract
 Rom. Echinacea purpurea root 750 mg 125 mg
 Thyme (Thymus vulgaris) essential oil 20 mg Clox 50 mg 9%

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Buck

~~Teferolatsobrieh Buck~~
~~Corbcontibetdegealvell~~
Uchirinuscaeris
~~4dyullsqtoaketecky~~
~~pqylais~~
Wilsvitindysorvals
Cinicallydependible
~~Isicforntimpil(uiiq)~~
~~tiatleqto~~

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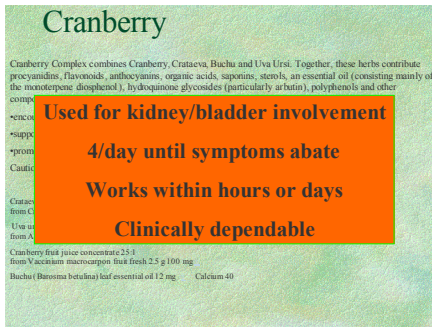
Chaste Tree

~~Chaste Tree contains flavonoids~~
Used for dysmenorrhea especially
erythroid
~~2dy until regulation occurs then~~
~~1dy for long term balance~~
Wilsvitindysorvals
Cinicallydependible
~~appurancipatunivessem~~
~~halth~~

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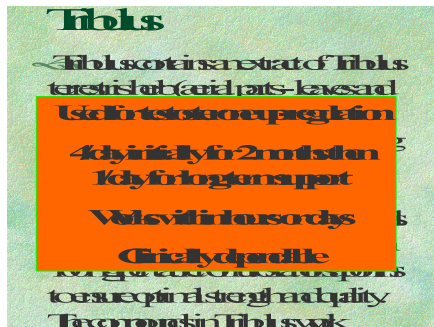
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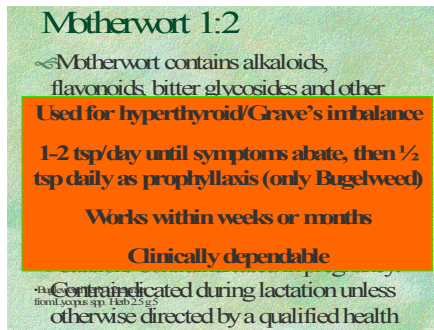
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A Clinical Study: Grave's Disease

- ▶ Dona presented with Grave's Disease complaining of blurry vision, neck stiffness, tachycardia, palpitations, bloating, insomnia, worry, loss of mentation, loss of libido, bruising
- ▶ Began 08/06 with endocrine support, Symplex F, BCSO, Hypothalmex, ionic calcium, Cataplex A.C, Albaplex, Cardiolplex, OPC Synergy, Rehmanna Complex, L-Glutamine, Bugelweed, Motherwort during a quick start initial visit (last seen 03/99)
- ▶ Reviewed two months later – tachycardia and palpitations gone, Less worrisome, less bruising, increased libido, 4 lb weight loss – discovered allergy to wheat & milk
- ▶ Added Immuplex, Renatrophin, Magnesium, Minchex
- ▶ Reviews one month later – less neck stiffness, less blurry vision, TSH now detectable in blood analysis, 1 lb weight loss
- ▶ Added Cyruta Plus and restarted Albaplex
- ▶ Reviewed one month later – all thyroid values in normal range except TSH which was gradually increasing, weight gain of 4 lbs, all symptoms abated including anxiety about her health
- ▶ Reviewed one month later – improving sleep, weight loss 2 lbs due to dietary change, doctor advised her to continue with nutritional therapy

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Clinical Study: Graves by phone

- ▶ Deborah presented with Grave's Disease 02/06 – complaining of eye irritation, sinus plugging, palpitations, short of breath, constipation, hot flashes, toenail fungus, leg fluid retention, insomnia, hypoglycemia, emotionally distraught, loss of mentation, absent libido
- ▶ Began Immuplex (6), Symplex F (6), Hypothalmex (2), BCSO (2), SSO (6), L-Glutamine (3), Chelaco (1), ionic calcium, Tribulus (1), Bugelweed (1sp), Motherwort (1sp), began Phase II diet
- ▶ Reviewed one month later by phone - improved immediately, improved sleep, palpitations gone, mentation improved, shortness of breath gone, less toenail fungus, energy improved, emotionally stable.
- ▶ Continued monthly phone consultations resulting in normal lab values in 08/06: TSH 0.1
- ▶ Two months later TSH raised to .3 – she feels great
- ▶ Use autoimmune handout at
- ▶ There is so much law in this approach that you can do it by phone from a distance

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Insight

To know is to do
To do is to know

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Drug – Herb Interaction

- Essentially herbs/nutrients may mimic, magnify or oppose drug effects
- Pharmacokinetic interactions refer to fluctuation in bioavailability of herb -drug molecules due to variables of absorption, distribution, metabolism, and elimination
- Pharmacodynamic interactions refer to fluctuations of bioavailability due to synergistic or antagonistic interactions between molecules

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Drug – Herb Interaction

- Absorption is effected by:
 - Binding forming a insoluble complex
 - pH modification of stomach & intestines
 - G.I. motility rate
- Distribution – effects upon transmission
- Metabolism – effects on half life
- Elimination – effect on kidney clearing

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Drug – Herb Interaction

- Pharmacodynamic interactions are the most difficult to predict
 - Refers to additive or antagonistic combinations resulting in amplification or dampening
- Most Pharmacodynamic interactions are known through actual case reports as opposed to lab experiments

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Drug - Herb Potential Her Interactions Commonly L Herbs

BY KEVIN SOMER

Medication	Herb	Potential Interaction
Warfarin	* St. John's Wort	* Decreases bleeding
	* Ginkgo biloba	
	* Garlic	
	* Ginseng	
Aspirin	* Ginkgo biloba	* Increases risk of bleeding
	* Garlic	
ACE Inhibitors	* Licorice	* Decreases effectiveness of drug
	* St. John's Wort	
Antiarrhythmics (digoxin)	* St. John's Wort	* Decreases drug efficacy
	* Licorice	* Alters electrolyte balance
Antibiotics (rifampin)	* St. John's Wort	* Decreases drug efficacy
	* Licorice	
Antidepressants (SSRIs)	* St. John's Wort	* Alters drug absorption
	* Licorice	
Antihypertensives	* Licorice	* Increases blood pressure
	* St. John's Wort	* Alters drug absorption
Antiplatelets	* Licorice	* Alters drug absorption
	* St. John's Wort	
Anticoagulants	* Licorice	* Alters drug absorption
	* St. John's Wort	
Anticancer (tamoxifen)	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antiemetics	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antipsychotics	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antivirals	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antibiotics (rifampin)	* Licorice	* Alters drug absorption
	* St. John's Wort	
Anticoagulants	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antidepressants (SSRIs)	* Licorice	* Alters drug absorption
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	* St. John's Wort	
Anticoagulants	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antipsychotics	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antivirals	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antibiotics (rifampin)	* Licorice	* Alters drug absorption
	* St. John's Wort	
ACE Inhibitors	* Licorice	* Alters drug absorption
	* St. John's Wort	
Antiarrhythmics (digoxin)	* Licorice	* Alters drug absorption
	* St. John's Wort	
Aspirin	* Licorice	* Alters drug absorption
	* St. John's Wort	
Warfarin	* Licorice	* Alters drug absorption
	* St. John's Wort	

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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
- Complete Tropho-Restorative Cycles – Uninterrupted Processes of Repair, Fertilization & Synchrony

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7 Pillars of Healing
The possibility of human conditions (all manner of healing)

Foundational Parthenon of health: homeostatic optimization

Genetic physiological genius

The diagram shows a classical Parthenon structure with seven columns. Each column is labeled with a pillar: Circulatory, Immune, pH Bioterrain, Inflammatory, Glycemic, Endocrine, and Hormonal. The entire structure is set against a blue background with the text 'Genetic physiological genius' at the bottom.

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Foundation

**Give me a place to stand
on and
I can move the world**

Archimedes

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Visit after visit – Start Monday

- Let the icing on top of the nutritional cake begin to be applied – use herbs to promote and stimulate adequate physiology
- Give your patients the miracle of the self-healing self-repairing mechanisms – when they experience dominion over disease you will have awakened an individual and changed the community
- Employ specific protocols for known conditions you are caring for
- Reinforce yourself and the patient with how much understanding of the underlying issues you can concern yourself with – through such understanding inflate people from despair to hope and potency to try
- Try the products yourself to become familiar with how herbs work
- Prepare for the slow process of retiring autoimmune activity and for the long-term sure results that state success as a profound healer – to reverse autoimmune conditions is as significant as reversing degenerative disease
- Become friends with the herbs, let them bless you, extend vitality into longevity, correct aging issues

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Give generously
As you have received
