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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:

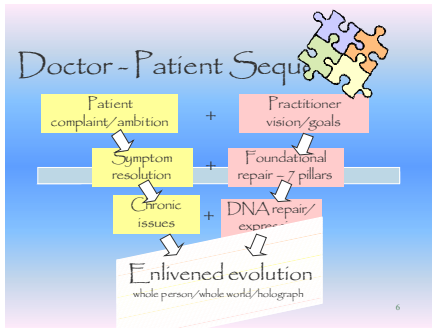
- ⌘ Each participant attends monthly teleconferences (1 hour in duration, 4th Thursday of month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based wholistic practice
- ⌘ Each participant chooses a colleague in his/her world to convey the notes and information – 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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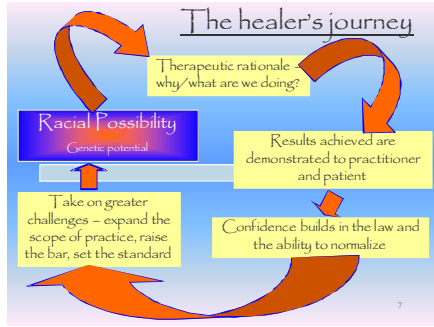
Evolutions:

- ⌘ Each consultation is a step in evolution
- ⌘ Most doctors limit the service to symptomatic care and seek merely to make the patient feel better with no intention of profound improvement to the organism as a whole
- ⌘ When we aim so low we get so little of the activation of physiology and such our practices tend to demonstrate mediocrity and impotency
- ⌘ When we support physiology we win every time – even when we lose we win by improving the health parameters even though the disease/primary complaint is not demonstrably effected
- ⌘ Physiology is the law – it works every time – the doctor will become confident if he is a physiology based practitioner
- ⌘ What is your concept of whole person care? – does it encompass a movement through evolutions towards an improved state?
- ⌘ All confidence comes from having added to the foundation of health and having brought the patient to a greater physiological potency

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The Induction of Tolerance:

- ⌘ Creating tolerance in the individual is based upon foundation wellness and constitutional strength
- ⌘ Many practitioners say it is not possible to change the constitutional strength—practice has shown me this is the very terrain of the upstream practitioner and it is possible to improve the foundation
- ⌘ The cornerstones of tolerance are glandular resilience, liver/kidney/spleen/bone marrow purification mechanisms, reducing infection/infestation/toxic burdens, down-regulation of inflammatory status, nutrient repletion, biochemical abundance
- ⌘ To sequentially contribute to these systems is to strengthen the foundation
- ⌘ Every disease will respond to these efforts

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The Possibility of Normal Physiology

- ⌘ It used to be that enhancing normal physiology was a way to talk about nutritional therapy to avoid practicing medicine without a license
- ⌘ That containment created a great deal of healthy evolution in nutrition
- ⌘ Many people today use nutritional therapy in an allopathic way

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Normal Physiology

- ↳ Every macro or microscopical event contributing to homeostasis
- ↳ Including normal physiology events designed to return the body to homeostasis (eg, Acid buffering mechanisms, fever)

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Champions of Normalcy

- ↳ Assisting everyone healthy or diseased toward homeostasis
- ↳ Helping people discover what is possible
- ↳ Completing body processes without complicating



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Treating Normal vs. Abnormal

↳ Treating systems	↳ Treating symptoms
↳ Treating health	↳ Treating disease
↳ Treatment never ends	↳ Disease is cured – treatment ends
↳ Principles are universally relevant	↳ Approaches only apply to a few

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On task -

You are not here to merely make a living,
 You are here in order to enable the world,
 To live more amply, with greater vision,
 With a finer spirit of hope and achievement.
 You are here to enrich the world,
 And you impoverish yourself by forgetting that errand.

Woodrow Wilson

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Foundational Therapies

- Basic strategic approaches are common for all conditions - use the seven pillars of health
- Prepare with strategy and handouts for typical presentations - cancer, autoimmune (MS, asthma, thyroiditis, Lupus, RA, alopecia, ALS, sclerosing cholangitis, et al), etc.
- Patients are looking for a game plan - they will apply themselves if you can give them something to focus on
- You cannot read any physiology text without gaining strategies for health and healing

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Cancer

- Prevention is best approach
- Use family history and cancer potential survey to determine potential
- Promote systemic cannibalistic state, prevent insulin spikes, all primitive cells like cancer feed on sugar
- Unburden the immune system, unburden the liver
- Burdock Complex is Essiac formula in tablet form, Cat's Claw, Vitanox, EFAs including CLA (anti-tumor), Cruciferous Complete aligns with new research showing anti-tumor, Sea Cucumber (AngioStop - Chi Formulas) can interrupt new vascular supply to tumors, Oncoplex (Xymogen)

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Autoimmune disease

- ↳ Down regulate the immune system, relax the adrenals (Drenamin (6), Rehmannia Complex (4), Licorice (2 tsp. – do not use with hypertension))
- ↳ Employ low antigen diet (avoid milk, soy, wheat, corn) to reduce inflammation
- ↳ Treat target tissue with PMG
- ↳ Promote healthy membranes with EFAs and Chlorophyll Complex
- ↳ Explain 3 theories of autoimmunity
 - ↳ Molecular mimicry – eg vaccine
 - ↳ Dual signal hypothesis – cytokines mediate both events
 - ↳ Unknown origin – immune dysregulation

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Heart & Circulatory disease

- ↳ Autopsy has never revealed a 100% blocked artery without associated vasoconstriction
- ↳ CRP – less than 0.4, levels between 2 and 3 are associated with colon cancer, acute infection can elevate levels above 6 (able to reduce by removing food allergies)
- ↳ Homocysteine – the protein (velcro) on the lining of the artery to which plaque may attach itself (Folic Acid (5), Fortil B/12 (3))
- ↳ Cholesterol is controlled through triglycerides, secondary to starch, sugar, alcohol
- ↳ Oral chelation technique use Garlic (2/day, or Mediherb 3/day), Cayenne (2/day), Horse Chestnut 2/day, Hawthorne (2/day), EFA support

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Arthritis & Osteoporosis

- ↳ OA and Osteoporosis are cousins
- ↳ Compression of bone due to loss of matrix strength and protein cause remodeling to occur, hypothesized to be secondary to bone death distal to circulatory failure
- ↳ Thumping (20) and exercise
- ↳ Low glyceimic diet with urine and saliva pH monitoring
- ↳ Fosomax recent study showed no reversal to long-term use, and it has been associated with osteonecrosis
- ↳ Repeat bone density studies in 9 months (as soon as 6 months) to document improvement
- ↳ OA is predictive of heart disease – can be corrected the same way you clean out the coronary arteries, resulting in greater bone health

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Migraines & Headaches

- ⌘ Distinguish migraines by presence of photophobia and nausea
- ⌘ Migraines treat upper digestive (usually gallbladder) affecting mechanism of Vagus sensory nerve feedback
- ⌘ Frontal headaches usually sinus/tooth infection - Thymex (15), SSO (12)
- ⌘ Basal headaches usually relate to stomach and upper digestive function - Okra Pepsin (6), Gastrex (6), LactEnz (6)

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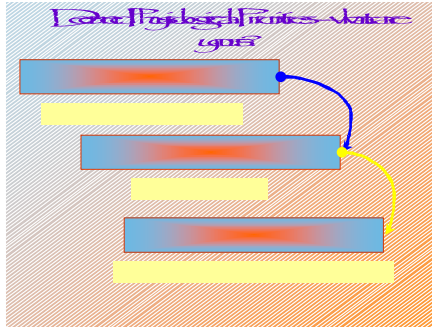
Digestive disorders

- ⌘ Distinguish upper from lower digestive disorder (GERD, colitis, GB, acid, parasites, yeast, irregularity)
- ⌘ Outline step by step strategy
- ⌘ Start at the top - stomach, gallbladder, etc
- ⌘ Clear yeast - Zymex (6), Spanish Black Radish (6), Garlic (2)
- ⌘ Clear infestations - Zymex II (6), Multizyme (6), Wormwood (6)
- ⌘ Promote prebiotic gut lining repair - Aloe (2tsp), Gastrofiber (6), Chlorophyll Complex (6), Cataplex AC (12)
- ⌘ Probiotic - LactEnz (6)

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Nutritional Procedure/Protocol from Start to Finish

New Patient

1st Visit

- interview for a detailed medical and problem list history
- complete physical and laboratory studies
- review laboratory studies for malabsorption and malnutrition
- assess for signs of malnutrition (weight, muscle, skin, hair, nails)
- assess for signs of malnutrition (weight, muscle, skin, hair, nails)
- assess for signs of malnutrition (weight, muscle, skin, hair, nails)

Established Patient

2nd Visit

- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history

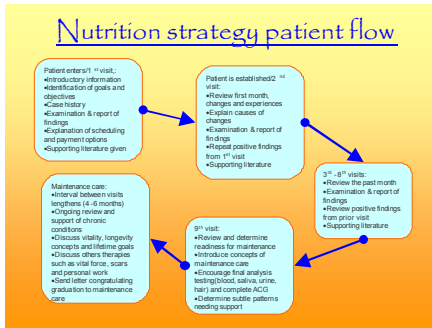
3rd through 8th Visit

- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history

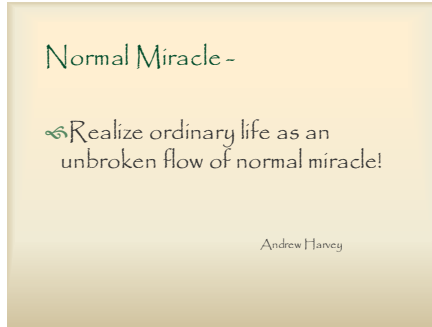
Maintenance Care

- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history
- review of laboratory studies, malabsorption studies, nutritional history

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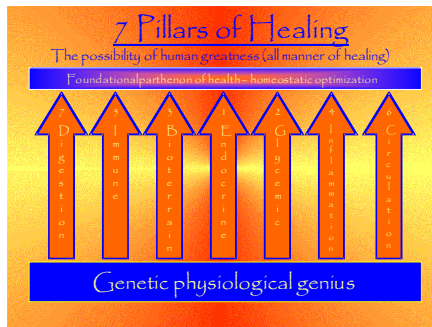
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Revisiting the parthenon of health

- 7 pillars of foundation strength and physiological potency
- Original parthenon represented the wholeness of Greek life – their math, science, art, sense of proportion, sacred geometry, and philosophy all together in one place and in perfect proportion
- The parthenon of health upon the foundational pillars of mammalian/human design is a place wherein possibilities are realized – healing, thinking, forgiveness, wisdom, leadership, spiritual fulfillment
- My practice experience has shown me that constructing the pillars is all that is needed – the elegance, power and design of greatness follows in people facilitated this way

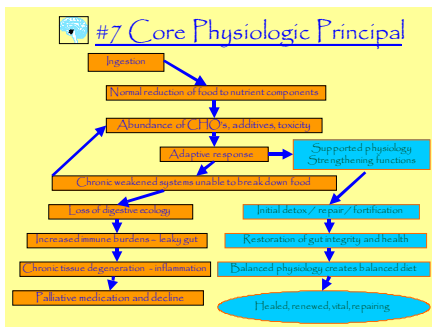
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7 - Digestive Potency



- Digestion must bring in substance that provide energy and sustenance, and to remove wastes
- 80 % of immune system resides in the GI mucosal barrier - GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- Fasting

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Armor for the world: gut lining

- ⌘ How thick is your gut lining?
- ⌘ Children are resilient and typically not hypersensitive because of this inherent gut lining integrity and thickness
- ⌘ The world invades and overwhelms us though our gut lining, not through our skin
- ⌘ Thickening the gut lining may serve to increase confidence, tolerance, calmness, patience, peace
- ⌘ Thicken gut lining with Cataplex AC (10), GastroFiber (3), Chlorophyll (4), LactE-nz (4), removing food allergies, increasing protein consumption SP Complete 2 Tbsp, microflora repletion with 10 strains of flora including the famous casei species, Colostrum/Gamma Globulin supplementation
- ⌘ Lining thickness may be inferred by measuring level of secretory IgA of which 90% is formed in the lining of the gut, hence the less gut lining the lower the sIgA (saliva test)

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The Nano-Bacterial Challenge:

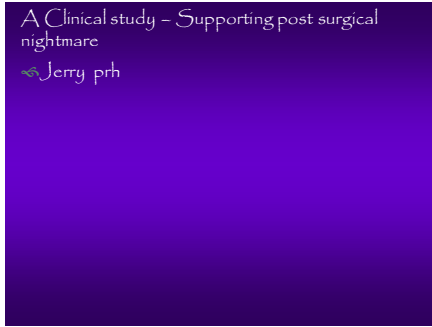
- ⌘ Nano bacteria represent particles of bacteria that have the same immune/inflammatory provocation as a fully viable bacteria
- ⌘ Reports say that this is a problem secondary to experiments in the stratosphere
- ⌘ Symptoms include cystitis, kidney infections, and finally heart infections leading to CAD
- ⌘ Garlic 5000 (4) is best protector from this while backing up Albaplex (6), Arginex (6), Cranberry Complex (4)
- ⌘ Symptoms can resolve quickly but exacerbate repeatedly

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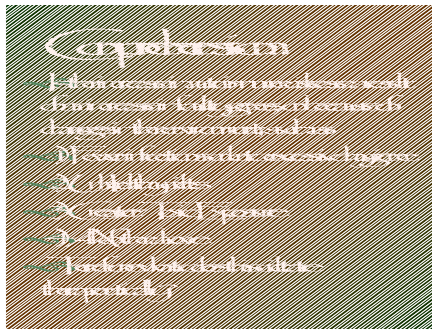
A Clinical study - Supporting Autoimmune Disease

- ⌘ Cheryl pre

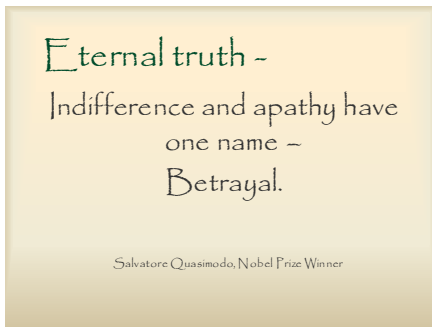
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Visit after visit ~ Start Monday

- See each patient for the gradual evolution of their entire being
- Treat the digestive system as the entry point to human health and repair
- Begin to formulate the strategies for various conditions so that you are ready to conceptualize and strategize with each patient
- Commence the lifelong project of digestive tract support and strengthening to promote long-term health and immune capacity
- Begin sequentially address the induction of tolerance by reducing immune burdens and inflammatory cascades
- Change outcomes, stop progression, reverse scarring and damage longterm, reveal the inherent healing potential and miracle by using Cataplex AC (10), Chlorophyll (2), Gastrex (4), Okra Pepsin (4), Gastrofiber (6), essential fatty acid repletion, gamma globulin & colostrum supplementation
- Tune in, Tum on ..Enjoy! Serve them profoundly every time!

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Give generously
As you have received
