

Slide 1




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Slide 2

**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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Slide 3

**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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Slide 4

**Mentoring the mentor:**

- Each participant attends monthly teleconferences (1 hour in duration, 4<sup>th</sup> 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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Slide 5

**Eternal truth -**  
Indifference and apathy have  
one name -  
**Betrayal.**

Salvatore Quasimodo, Nobel Prize Winner

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Slide 6

**Nutritional Paradigm Principles**

- To practice nutrition effectively the practitioner requires a paradigm that explains and supports his clinical experience
- There are many principles that comprise this new paradigm with the following representing an overview of unique principles to this approach
- Without principles one's ethics may be questioned – with principles one can only be accused of being consistent and adhering to different ideas
- When we understand these principles we will see them in practice – then we should teach them
- Principles will keep you out of trouble and guide you when cases are confusing

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Slide 7

**Nutritional Paradigm Principle #1**  
**Complete Tropho-Restorative Cycles**



- ⊞ Healing responses play like a movie – equilibrium, crisis, resolution, equilibrium.
- ⊞ Most allopathic approaches are not only against the disease but also against the physiology – interruption
- ⊞ Fever, catarrhal symptoms, inflammation, diarrhea, etc.
- ⊞ Re-wounding

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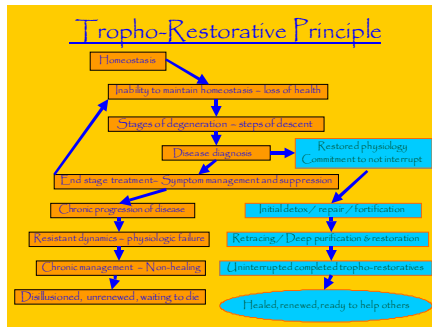
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Slide 8




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Slide 9

**Eternal truth -**

⊞ One of the biggest tragedies of human civilization is the precedence of chemical therapy over natural, of poison over food, in which we are feeding people poisons trying to correct the reactions of starvation.

Dr. Royal Lee

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Slide 13

Nutritional Paradigm Principle #3  
Post Biological Development

- ⌘ The completion of normal biological cycles that have been interrupted at a time later than is naturally intended
- ⌘ Cycles are interrupted by insulted endocrine, neurological and nutritional processes
- ⌘ Insults can be physical and metaphysical
- ⌘ Idea first introduced by Joseph Chilton Pierce



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Slide 14

Eternal truth -

- ⌘ The complicated mechanism of the body must be taken into consideration, and the ways it takes to reach its goals are not always the straight paths envisioned in our calculations.

Max Rubner  
The Laws of Energy Conservation in Nutrition, 1902

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Slide 15

Nutritional Paradigm Principle #4  
Adaptogenic -

- ⌘ Unique to nutrients and some herbs
- ⌘ The ability to bring to center, to promote homeostasis - if it's hypo it will encourage and increase, if it's hyper it will reduce it
- ⌘ All nutrients generally are adaptogenic

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Slide 16

**Nutritional Paradigm Principle #5**  
**Whole Food Concentrates -**



- ⌘ Unique combinations of nutrients occur consistently by genetic design to which we have evolved genetically to use
- ⌘ Function collectively better than individually (eg. B6, B12 and Folic Acid together lower blood homocysteine significantly even though each one has a limited effect)
- ⌘ Greater nutrient density - a leaf of spinach contains over 10,000 different chemical components
- ⌘ MediHerb believes in herbal complexes with whole spectrographic integrity

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Slide 17

**Natural vs. Synthetic**

⌘ More potent nutrient with left rotated body of light intact	⌘ Right rotated foreign to living systems - lacking body of light
⌘ Factors known and as yet unknown present	⌘ Missing synergistic factors as yet undiscovered
⌘ Less biochemical bottlenecks - running out of pathway supply	⌘ Creates biochemical bottlenecks by using up cofactors upstream
⌘ Cascade multiple system support - shotgun results	⌘ Single event results - work at first then stop
⌘ Synergists increase potency thus reducing dosages	⌘ No synergistic support leading to less potency and higher dosages
⌘ Simultaneous multiple general support	⌘ Isolated specific results
⌘ Less contraindications and reactions	⌘ Better to do research with limited variables
⌘ More bio-availability	⌘ More potential for reactions
	⌘ Less available, more foreign

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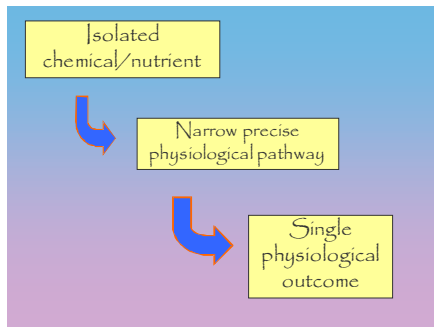
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Slide 18




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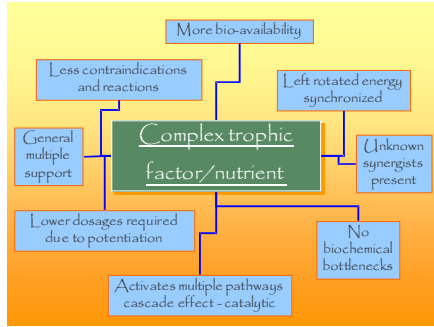
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Slide 19



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Slide 20

Our task -

The suppression of inconvenient evidence is an old trick in our profession... but ignoring difficulties is a poor way of solving them.

Raymond Greene  
In a letter to Lancet, 1955

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Slide 21

Nutritional Paradigm Principle #6  
Wound Intelligence -



- ◀ The inherent tendency of wounds is repeat the trauma and repair
- ◀ Physical, emotional and spiritual wounds will try to repeat in a new way original experiences
- ◀ The healing process will eventually encourage these deep processes to surface - re-wounding

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Slide 22

**Eternal truth -**

It is incredible that in twentieth century America a conscientious physician should have his hard-won professional reputation placed on the line for daring to suggest that an obesity victim might achieve some relief by cutting out sugars and starches.

Robert Atkins  
Testifying before Congress, April 12, 1973

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Slide 23

**Nutritional Principle #7**  
**Instant results -**

- One of the best ways to enroll people in long term corrective care is through short term palliative support
- No patient comes to our office already believing in tropho-restorative care
- Short term results open the way to chronic care

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Slide 24

**The red carpet approach**

- Try supporting normal physiology first and then drugs/intervention as needed
- Fever - Sesame Seed Oil Perles (6-15)
- Vertigo - Thymex (10-20), Echinacea Premium (6-12)
- Nausea/Diarrhea - Cataplex AC (12-18), Lact Enz (6-10)
- Kidney/Bladder - Arginex (6-12), Albaplex (6-12), Cranberry Complex (4-8)
- Sinus headache - Thymex (10-20), Antronex (9-15)
- Sore throat - Congaplex (15-25), Echinacea Premium (6-12), SSO (6-12)
- Low back/hip pain (recurrent non-traumatic origin) - Zymex (9-12), Lact Enz (6-10)
- Mastitis - Albaplex (6-12)
- Infant fever - slice of tofu over sacrum
- Hemorrhoids - AF Betafood (12-18), Choline (6-9), Collinsonia (6-9)

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Slide 25

**Nutritional Principle #8**  
The Use of Rationale

The therapeutic use of rationale refers to the use of conscious concepts to amplify the clinical effectiveness of treatment measures

For example:

The Nutritional Process of Healing includes 3 steps:

<p>1 - Detoxification/ Cleansing/ Purification/ Unburdening</p> <p>↓</p> <p>2 - Fortification/ Repair/ Strengthening/ Trophic</p> <p>↓</p> <p>3 - Balancing/ Harmonization/ Symphony</p>	<p>↻ Each product dispensed with rationale for why and how they work and how long it will be required</p> <p>↻ No "doctor's orders"</p> <p>↻ Establish rationale as what the patient expects from your office</p> <p>↻ Rationale is where CAM leaves traditional medicine behind</p> <p>↻ Rationale causes your patients to educate on your behalf</p>
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Slide 26

**Therapeutic Rationale -**

Understanding, and action proceeding from understanding and guided by it, is the one weapon against the world's bombardment, the one medicine, the one instrument by which liberty, health, and joy may be shaped or shaped toward, in the individual and in the race.

James Agee

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Slide 27

**Nutritional Paradigm Principle #9**  
Completing Processes

- ↻ Take products until they test weak, or if you don't muscle test at least 1 to 3 months
- ↻ Do not reduce dosage when the symptoms resolve, but continue straight on through the silent reparative processes to accomplish tissue strengthening
- ↻ Over time when weaknesses and symptoms return chronically it is due to two reasons:
  - ↻1 The process of repair and detoxification was not completed
  - ↻2 A second weakness is influencing the failure of the first

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Slide 28

Nutritional Paradigm Principle # 10  
Detoxification -

- ◀ Every cell in the body has detoxification processes at the membrane entry levels and within the cells, as well certain systems/organs in the body are devoted to the larger global detoxification required to prevent toxicity and biochemical straining
- ◀ Selenium and glutathione have received a lot of attention as essential roles in the detox process, and they are certainly embedded in a complex cascade of eventual increments designed to move foreign substances out of the body in a safe way
- ◀ Whole food concepts do not fractionate to the glutathione and selenium levels of focus, but they do include this level of function by supporting the global pathways that cause glutathione upregulation and selenium repletion
- ◀ SP Greenfood is a remarkable product promoting glutathione production. 3/day maintenance provides great sulfur donors and detox pathway support, and greater dosages (1 to 4/day) can be employed to strongly support detox during stressful periods.
- ◀ Cataplex T<sub>2</sub> as a selenium contribution can help address cold extremities and supply selenium for the heavy metal issues (T<sub>4</sub> to T<sub>3</sub> conversion)
- ◀ Every disease will respond to these efforts, and requires such

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Slide 29

Nutritional Paradigm Principle # 11  
Bio-Accumulation -

- ◀ It seems mysterious why some become toxic and others don't when many have similar toxic exposure
- ◀ Bio-accumulation is for 2 reasons: 1) Inability to excrete toxin, 2) Biochemical/electromagnetic resonance with toxin
- ◀ Limit to excretion due to biochemical pathway bottleneck or genetic limitation to direct pathway - employ whole food concentrates to replete and fortify the genetic insufficiency
- ◀ Resonance is addressed with strengthening the individual toward making evolutions toward wholeness and taking spiritual steps

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Slide 30

Nutritional Paradigm Principle # 12  
Sequential Immune Up-Regulation -

- ◀ Immune bolstering sequentially in different directions leading ultimately to global reduction of body's immune burdens
- ◀ Each aspect of immune activity nurtured and encouraged will result in initial strengthening, increase in energy, subsequent cleansing, tissue fortification, and usually emotional/spiritual enhancement
- ◀ Start with pervasive immune up-regulation with bone marrow support of hemopoiesis using Sesame Seed Oil Perles (6) and Echinacea Premium (2) for 2 months
- ◀ More precise immune targeting can be achieved in any order sequentially as follows: Thymex (10) for 2 months, Congaplex (12) for 1 month, Allerplex (12) for 1 month, Immuplex (6) for 1 month, Zymex (6) for 1 month, Zymex II for 2 months adding Multizyme (4) after the first month, Wormwood (4) for 2 months

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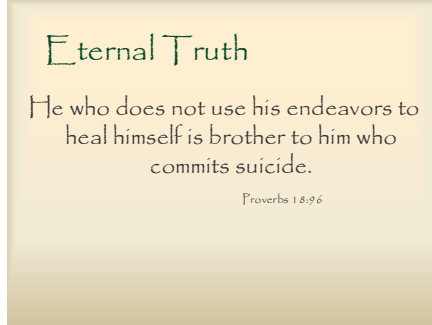
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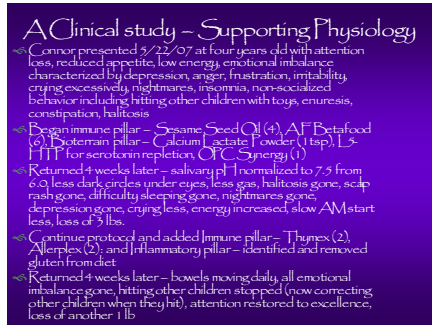
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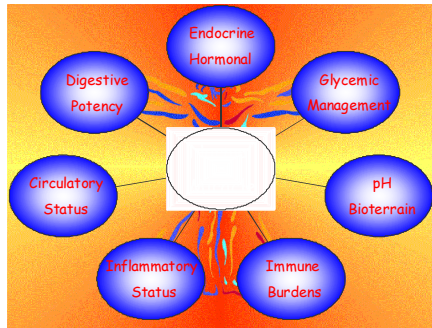
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Slide 33




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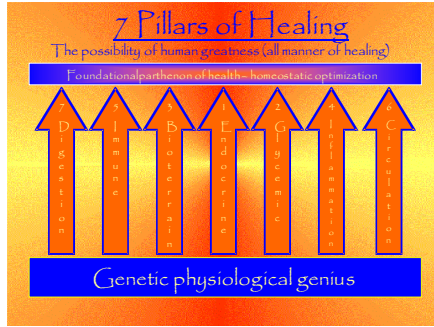
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Slide 34




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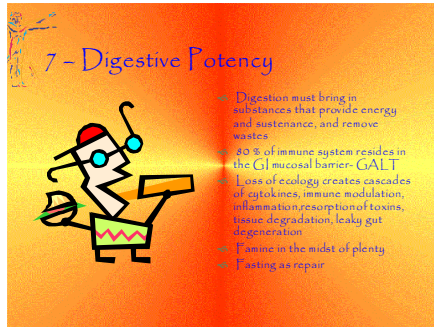
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Slide 35




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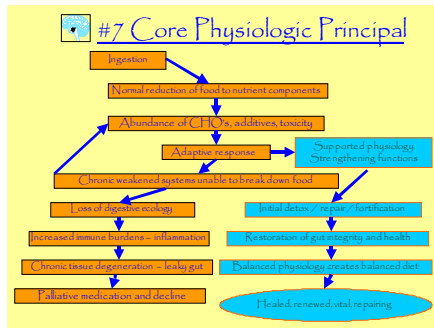
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Slide 36




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Slide 37

### Digestion: Stage for Nutrition

- Every living system (from cell to organ to body to community) must have 2 fundamental capabilities - to bring in substances that provide energy and sustenance, and to remove wastes
- Absorption - the digestive system must be able to identify the substances necessary to maintain health and selectively take those into circulation through health transport and circulatory functions, while keeping out the damaging materials (toxins)
- Elimination - The same digestive system must be able to identify the wastes and detrimental substances and subsequently process and eliminate them using defenses through intact protection and defense systems
- The healthy digestion must differentiate good from bad in the environment, so the digestive system can begin to be respected as a sensor system, wherein we intake the external world into our gut and evaluate and relate appropriately to that external world
- Over a lifetime a person will ingest 25 tons of food accompanied by pathogens and external toxins
- In 1999 1 billion pounds of pesticides were applied in the US with 5.6 billion pounds applied worldwide - pesticides are now a common component of our environment - even pharmaceuticals have been found in the water primarily from the elimination of unmetabolized drugs through the urine
- Toxic exposure and environmentally related conditions account for 57-597 Billion dollars annually in the US and Canada
- The ability to protect from these xenotoxins must be part of the health digestive system

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Slide 38

### 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 through 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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Slide 39

### Secretory IgA

- GALT produces two lines of defense: the localized secretory IgA is described as 'antiseptic paint' covering the intestinal tract as the predominant immunoglobulin on the surface of the GI mucosa
- SigA prevents infections, neutralizes viruses, and removes antigens before they cross the mucosal barrier and reach circulation thus preventing activation of the inflammatory and complement immune responses
- Adults produce 3-4 grams per day, which can also be found in the saliva and colostrum as well
- Low level SigA is associated with altered intestinal permeability and increased uptake of food antigens resulting in increased inflammatory and subsequent immune activation
- Antigens that escape the SigA surveillance enter the second layer of GALT wherein the IgE & IgG mechanisms generate the antibodies and cytokines that represent full immune response

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Slide 40

### Th1 & Th2 pathways

- ⌘ The systemic immune system consists of circulating lymphocytes as B cells and T cells in search of their target antigens
- ⌘ Antigens entering through a mucosal surface activate lymphocyte waiting in the mucosa-associated lymphoid tissues (MALT) that transport the antigens to the Peyer's patches which are the doorway to the lymphatic system (immune responses to blood borne antigens are initiated in the spleen, while response to tissue antigens starts in the local lymph nodes)
- ⌘ Current immune concept states that cellular immunity involves the Th1 pathway wherein T cells produce interferon and interleukin 2 activating macrophages and cytotoxic T cells that kill invading organisms
- ⌘ Th2 pathway is induced by antigenic stimuli leading to secretion of interleukins 4,5,6 by Th helper cells which activate the antibody-producing B cells
- ⌘ Th1 and Th2 balance each other- increased Th1 responses are associated with autoimmunity and infective tendencies, whereas Th2 shift person toward allergic responses
- ⌘ The hygiene theory dictates that reduction of childhood infections reduces Th1 response and skews towards the Th2 allergic tendencies
- ⌘ Recent data suggest an emerging Th3 pathways which downregulates the Th2 responses
- ⌘ Gut flora variations can selectively suppress Th1 and Th2 pathways and thus induce tolerance

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Slide 41

### Probiotics -

- ⌘ The term probiotics is defined as live microbial supplementation that affects the host by improving the microbial balance
- ⌘ The two most important groups of probiotic bacteria are Lactobacilli and Bifidobacteria of which there are ten beneficial strains
- ⌘ Ten Beneficial strains:
  - ⌘ B. Bifidum (LABS-10 (formerly R0071)- most common found in infants and adolescents, resistant to gastric acidity and boost immune system by up-regulating proliferation of immune cells
  - ⌘ B. Breve (LABS-11 (formerly R0070)- most common in infants, resident throughout life, produces lactic acid, metabolizes over 20 carbohydrates, readily adheres to epithelial cells and blocks adherence of pathogen like E. Coli
  - ⌘ B. Longum (LABS-14 (formerly R0715)- of human origin, promotes regularity, antagonizes pathogens

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Slide 42

### Probiotics -

- ⌘ Ten Beneficial strains:
  - ⌘ L. Acidophilus DDS-1 (formerly R0092)- Unlike endogenous human strain, harder to reestablish with only 7% loss of potency per year, combats pathogens such as H. Pylori, E. Coli, and salmonella, also produces B vitamins and reduces cholesterol
  - ⌘ L. Casei (JALC-05 (formerly R0215)- Strengthens digestion and detoxifies environmental chemicals, also boosts CD immune activity and inhibits pathogens
  - ⌘ L. Paracasei (JALPC-04 - Beneficial to the immune system increasing the number of IgA producing cells in the gut, antimicrobial specifically to onset of urogenital infections caused by Staph. Aureus, metabolizes efficiently, prebiotic sugar FOS
  - ⌘ L. Plantarum (JALP-09 (formerly R1012)- Remarkable species able to survive aerobic & anaerobic conditions, metabolizes 25 carbs, survives high salt solutions, stomach pH and bile acids, has some antioxidant capability, digests grains, grasses, vegetables, synthesizes L-lysine and is antiviral therefore, eradicates pathogens such as staph. From fermented foods
  - ⌘ L. Rhamnosus (JALR-06 (formerly R0011)- Primarily found in the small intestine, vagina, prevents urogenital and vaginal infections, tolerant to bile salts, reduces intestinal inflammation, inhibits early intestinal infection in infants, implants quickly, inhibits growth of streptococci & clostridia
  - ⌘ L. Lactis esp. Lactis (JALL-08 (formerly R1058)- Isolated from kefir culture, antimicrobial in vitro against several intestinal pathogens
  - ⌘ S. Thermophilus (JAST-09 (formerly R0083)- One of two bacteria required to make yogurt, only reaches the upper intestine and produces some lactase which can aid lactose-deficient people, creates favorable conditions for lactic acid bacteria

Dash SK, Review of Efficacy of L. Acidophilus DDS-1, Agro Food Industry 13- Tech 2004; Sep/Oct; 23-6.

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Slide 43

**Eternal truth -**

- ⌘ A colleague once defined an academic discipline as a group of scholars who had agreed not to ask certain embarrassing questions about key assumptions.

Mark Nathan Cohen  
Health and The Rise of Civilization, 1989

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Slide 44

**Elimination Diets - Forgotten Technology**

- ⌘ Elimination diets are the most powerful and under utilized tools available to the clinician for addressing chronicity
- ⌘ A variety of ways: S/P Purification is in fact an elimination diet 21 days long, food allergy elimination
- ⌘ Using IgG food antibody testing and elimination/provocation diets triggers can be identified not obvious in IgE testing
- ⌘ Systemic inflammation can be eliminated when Th1 (autoimmune) and Th2 (allergic) responses are balanced with probiotics
- ⌘ Conditions responsive to elimination diets include headaches, IBS, fatigue, AIDS, sinusitis, arthritis, skin disorders, fibromyalgia, CFIDS

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Slide 45

**Fasting as Repair -**

- ⌘ There are multiple fasting methods that can result in detoxification, purification, and repair
- ⌘ One day fasts- one day a week eat no solid food until breaking the fast at supper with a salad only (since the salad has little blood sugar modulation it represents a 36 hour fast)
- ⌘ Three day fasts- three days eat no solid food for the first day, second and third days drink only 1 gallon water with 6 Tbsp. lemon juice, 3 Tbsp. Maple Syrup, and 2 tsp. Cayenne Pepper, breaking the fast with salad only on the evening of the third day and non-solids and salads the following day
- ⌘ Five to Twelve day fasts- Same as three day fast but requiring one day for every five days fasting to break (a ten day fast requires two full days on nonsolid food)
- ⌘ All fasts should deliver the individual into a sound Phase II carbohydrate limiting diet

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Slide 46

**Bowel Transit Time -**

- ⌘ Defined as the time required for ingested food to travel from the mouth to the anus
- ⌘ Diet affects transit time - foods high in fiber result in more rapid transit time and heavier, bulkier stools
- ⌘ Daily roughage should include 25 grams of fiber per day (twice what average diet includes)
- ⌘ Two types of fiber:
  - ⌘ Soluble - dissolves in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption, binding with bile acids and thus reducing cholesterol, promote epithelial repair
  - ⌘ Insoluble - does not dissolve in water, found in vegetables, whole grains, increase the bulk of the stool, reduce transit time
- ⌘ Charcoal or camphor red dye capsules may be employed, or use a more natural method with ingesting 2 whole beets
- ⌘ Normal transit time will appear as color in stool 12- 14 hours after ingestions, with the last of the color within 36-48 hours
- ⌘ Increasing water intake reduces rectal cancer by 22% by reducing transit time according to Japanese study (International Journal Of Cancer 1999; 82:483-489)
- ⌘ Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet

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Slide 47

**Proof-**

Men who have excessive faith in their theories or ideas are not only ill-prepared for making discoveries; they also make very poor observations. Of necessity, they observe with a preconceived idea, and when they devise an experiment, they can see only a confirmation of their theory.

Claude Bernard  
An Introduction to the Study of Experimental Medicine, 1869

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Slide 48

**Protocol - Digestive Pillar**

- ⌘ General support:
  - ⌘ Cataplex AC (10) - epithelial repair
- ⌘ Dysbiosis:
  - ⌘ Lact Enz (4) - probiotic
  - ⌘ Zymex (6) - anti fungal
  - ⌘ Zymex II (6) - anti parasitic
  - ⌘ Multizyme (4) - anti parasitic
  - ⌘ Wormwood (4) - anti parasitic
  - ⌘ Lactic Acid Yeast (4) - anti candida
  - ⌘ Cyroyeast (4) - anti candida
- ⌘ Leaky Gut (thinning gut lining):
  - ⌘ Chlorophyll (4)
  - ⌘ Gastro Fiber (6)
  - ⌘ Okra Pepsin (6)
  - ⌘ Food sourced Immuno Gamma Globulins (IGG)

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Slide 49

Visit after visit ~ Start Monday

- See each patient for the stages of evolution that they are personally completing, watching for the healing principles that apply to them at that stage in their process
- Teach every patient the principles that give them position and agency in their process, so that they might have the added context and stability to successfully complete their journey
- Begin to use the principles to fuel the engine of your services; you confidently lead through the process- sometimes you will be navigating by your principles/instruments until things clarify and the way is clear
- Commence the lifelong project of digestive tract support and strengthening to promote long term health and immune capacity
- Begin Sequential Immune Up Regulation to activate the innate healing response contributing to general immune unburdening
- Change outcomes, stop progression, reverse scarring and damage; long-term, reveal the inherent healing potential and miracle by using principles and products that follow applications that have not been dreamt of yet in a pathic symptom obsessed paradigm- namely bolster, unburden, repair and evolve
- Tune in, Turn on - Enjoy!

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Slide 50



Give generously  
As you have received

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