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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 nutritionbased 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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Eternal truth -

Wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.

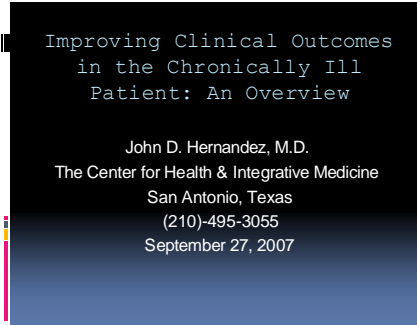
Eckhart Tolle

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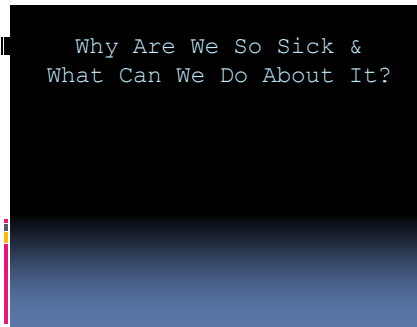
The Roundtable of Wisdom

- This medium has always expressed the interest of building a dialogue of current theory and practice
- Dr. John Hernandez of San Antonio, Texas has offered to present his paradigm of healing for our review tonight
- Seeing through another person's eyes leads to clearer sight for ourselves
- The greatest dialogue occurs when there is room and integration of everything - this is achieved through understanding, inquiry, and finally contrast and comparison with the known systems

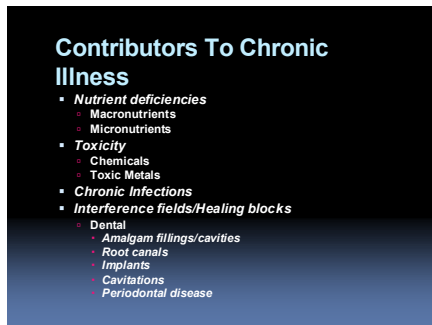
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Contributors To Chronic Illness (cont.)

- Interference fields (cont.)
 - Emotional trauma/issues
 - Head injury
 - Scars
 - Subluxations
 - EMFs

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Therapeutic Considerations & Guidelines

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Tonification (beginning of the healing spiral)

- General Macronutrient Support
 - *Modified elimination diet (no wheat, sugar, or dairy to start)KEY! The sicker the patient the more critical the dietary changes.*
 - *Increase alkalineforming foods and decrease excessive acid forming foods*
 - *Hydration*

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General Micronutrient Considerations (as needed)

- *Minerals-the KEY that is often minimized or missed*
- *Vitamins/antioxidants*
- *Essential fatty acids*
- *Green foods*
- *Enzymes*
- *Whey protein (consider limiting soy)*
- *Fiber*

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Organ Support

- **Hepatic, Renal, Intestinal Support/Drainage**
- **Endocrine Support (especially HP axis and adrenals)**

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Lymphatic Support/Drainage (generalized and organ specific)

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Detoxification

- Clear chemical toxins
- Reduction of chronic microbial loads
- Protect body against adverse effects of toxic metals (but do not "mobilize" metals in early phases)
- Minimize effect of EMFs
- Emotional "detoxification"
- Remove other "healing blocks"

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Rejuvenation/Wellness/Maintenance

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A Few Healing Concepts

- Healing often requires addressing 2 levels: raw materials and bio-energy.
- The body will often heal more effectively when dealt with in holistic and synergistic ways.
- Healing is, ultimately, not your responsibility; it's the patient's.
- It may be more accurate to say that the health care professional is a "facilitator" to the healing process.

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A Few Healing Concepts
(cont.)

- Synergistic and simultaneous support of organ systems will often lead to more rapid healing than linear, sequential support of organ systems.
- Appropriate synergistic nutrient blends will often outperform isolated, single nutrients.
- The role of emotions in physical healing is frequently significant and sometimes profound.
- There may be a higher purpose to our "healing" modalities: Communication.

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Questions

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Give generously
As you have received
