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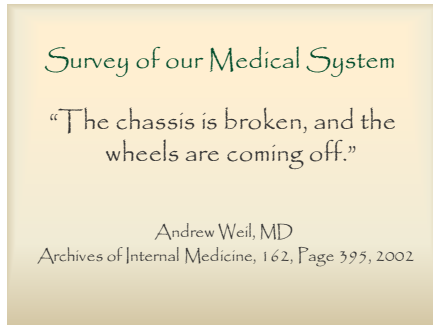
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Slide 2



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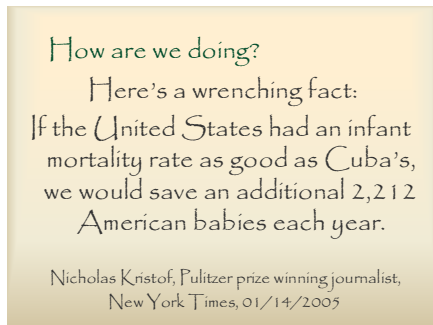
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Slide 3



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Slide 4

**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 5

**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 6

**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 individuals 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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Slide 7

Application of interest

The world, after all our science and sciences, is still a miracle.  
Wonderful, inscrutable, magical and more to whosoever will think of it.

Thomas Carlyle

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Slide 8

Mystery vs. Principle

- ⌘ Most in practice find a mixture between the application of known and learned principles and the mystery of why things happen as they do
- ⌘ Who gets well and who doesn't is by principle and mysterious at the same time - How the practice builds and shrinks - How to get new patients - The dynamic of patient visit follow through
- ⌘ As I have said before the practitioner will stay open to serving and learning as long as the satisfaction and self respect outweigh the pain and suffering we go through
- ⌘ The following four principles explain the steady and mysterious success of my clinical practice

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Slide 9

Risk taking:

- ⌘ We are raised to play it safe and avoid/minimize risks
- ⌘ And yet self respect is only increased when risks are taken and we exceed what was formerly possible
- ⌘ Eventually we become experienced at risk taking and we find that we want to live that way more and more
- ⌘ Not crazy dangerous risks, but personal risks with a purpose and that make a difference to yourself, your family and loved ones, your friends, the patients, and everyone in fact
- ⌘ We take risks by telling the truth, stepping out to help another, asking for help, but especially by being willing to plan and try to live our dreams
- ⌘ People will take a risk when you are with them - how to communicate what is at stake for both practitioner and patient - whenever it works I grow stronger, when it doesn't I lose confidence

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Slide 10

**Mission Control:**

- ⌘ Passion is evidence of mission
- ⌘ To show passion is intimate, the patient sees who you really are and can trust that (I have been wrong many times, but as far as I know I have never been called uncaring or selfish)
- ⌘ When the cases get confused mission is what directs my actions and calms my heart
- ⌘ Mission causes me to exceed my limitations- there is not enough money to make it worth my pride sometimes, but I will do anything for mission, no matter what the personal cost
- ⌘ Serving mission is why I will follow my vision even when it exceeds my comfort zone

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Slide 11

**Vision & Leadership:**

- ⌘ "Where there is no vision the people perish"
- ⌘ Vision includes your understanding of biochemical modulation and enhancement, as well as the process of healing on physical and metaphysical levels, as well as your understanding of the law at work in the health and disease of the patient, as well as a sense of what longs to happen
- ⌘ When you see you naturally lead, and you find patience with people's lack of vision
- ⌘ When you are not sure of what you see, or you are trying to see you may move into fanaticism- at this stage "get thee to a mentor"
- ⌘ This is the way to part shadow from form, and clear dogma from vision (this is the highest work with a mentor)

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Slide 12

**The Paradox of Feminine & Masculine:**

- ⌘ Feminine - responsive, enfolding, encompassing, listening, understanding, reinforcing, receptive, yielding, partnering, connected
- ⌘ Masculine - assertive, penetrating, poignant, speaking, leading, directive, corrective, ambitious, compelling, intentional
- ⌘ These two aspects of spirit at work in the practitioner allow excursions equally in both directions - indeed the continued development of either aspect brings the equal and opposite development
- ⌘ The patient will often test you to see if you are developed in both aspects and the graceful shift from one to another is a form of mastery
- ⌘ Can you assert while simultaneously surrendering the initiative to where energetically it becomes the patient's idea and not your intention (only occurs when it is equally okay for them to say yes or no, now or later)

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Slide 13

**Building & Collapsing Ego:**

- ☞ Merlin said, "Nothing is impossible if you don't care who gets the credit"
- ☞ The practitioner does not get he credit for the healing nor for the fail – it is a constant practice to exceed the need for credit (acknowledgment from without)
- ☞ The antidote is acknowledgment from within – "Above all know thyself"
- ☞ Yet the practitioner must be able to borrow from the energy of the working of the law (healing) to develop personality, confidence, persona, abundance, always knowing that these are but clothing for the soul and may be shed with a moment's notice
- ☞ When the practitioner's ego disappears it is immediately about the patient as they are alone in the room for that moment

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Slide 14

**Understanding**

Shallow men believe in luck,  
Strong men believe in cause  
and effect.

Ralph Waldo Emerson

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Slide 15

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

Foundational parthenon of health: homeostatic optimization

Genetic physiological genius

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Slide 16

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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Slide 17

Engaging the Cure

Nature, to be commanded,  
Must be obeyed.

Francis Bacon

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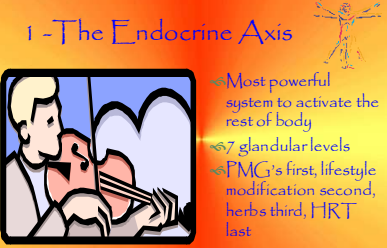
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Slide 18

1 - The Endocrine Axis



- Most powerful system to activate the rest of body
- 7 glandular levels
- FMG's first, lifestyle modification second, herbs third, HRT last

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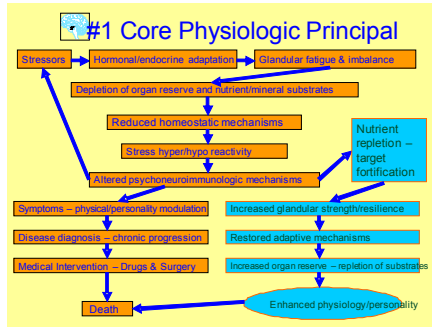
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Slide 19




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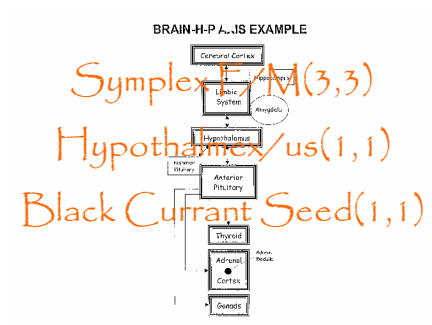
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Slide 20




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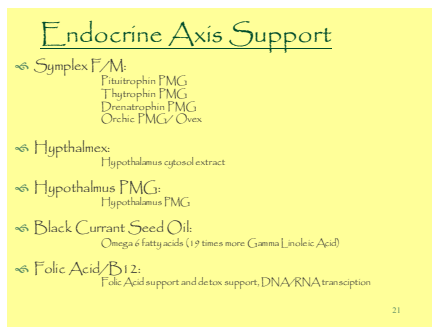
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Slide 21




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Slide 22

### 2 - Glycemic Management



- Phase II diet limiting glycemic index
- Prevent insulin spikes
- Protein three times per daily
- 40/30/30 CHO/protein/fat
- Starches are source of cravings
- Cravings mean insufficient protein and fat

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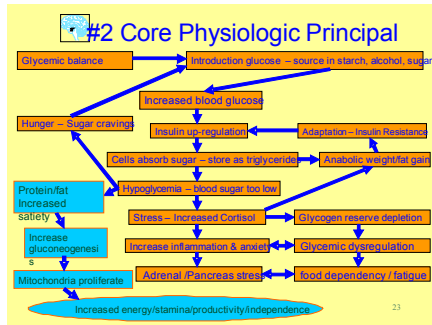
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Slide 23




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Slide 24

### Protocol - Glycemic Pillar

- General Glycemic Regulation:
  - Phase II Diet
  - Protefood (6)
  - SP Complete (2Tbsp)
- Adrenal / Cortisol Regulation:
  - Drenamin (6)
  - Protefood (6)
  - Nutrimerc (4)
- Pancreas Support:
  - Pancreatrophin (6)
  - Paraplex (6)
  - Cataplex GTF (6)
- Glycogen Reserve (Liver):
  - AF Betafood (14)
  - Livaplex (6)
- Insulin Receptor (Up-Regulation):
  - Capsinemia (6) minimal dose
  - Zinc Liver Chelate (6), Chezyrn (6)

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Slide 25

### Glycemic Management – How to steward transformation

- Step One: Phase II Diet, SF Complete (2 Tbsp), L-Glutamine (1.5 g)
- Step Two: Phase I Diet, fruit elimination, 6 meals per day, Prote food (6), Nattamere (6)
- Step Three: Stimulant Elimination, Food Allergy removal
- Step Four: Thyroid Support, Barnes Thyroid Temperature Monitoring, Iodine Patch Testing, I-Proline Iodine (1-6)
- Step Five: Insulin Receptor Sensitivity Recovery, Gymnema (6) minimal dose, Zinc Liver Chelate (6), Chezin (6)
- Step Six: Adrenal Balance, Dexamun (6), Withania Complex (4), Lithothero (6), Adreno Distress Guard (4), Ferque

Absolute starch elimination must be present throughout this process or each increment will be invalidated – only go to whatever step achieves 4 to 10 lbs per month weight loss



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Slide 26

### 3 - pH Bioterrain

- Net Acid Excess (NAE)
- Controlling H<sup>+</sup> 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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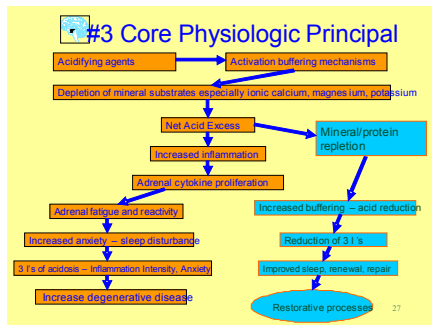
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Slide 27




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Slide 28

**Protocol – Bioterrain Pillar**

- ⊞ General Mineral Status:
  - Calcium Lactate (6), Powder (1 tsp)
  - CalSol (6)
  - Calamo (6)
  - Magnesium Lactate (3)
  - Organically Bound Minerals (6)
  - Trace Minerals/BS12 (6)
- ⊞ Acid/Alkaline Issues:
  - Sp Greenfood (6)
  - L-Glutamine (1.5 g)
  - Organically Bound Minerals (6)
  - Acid/Alkaline Food Chart
- ⊞ Iodine Issues:
  - Pyramine Iodine (1-6)
  - Iodomere (6)
  - Cataplex FT Tablets (6)

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Slide 29

**Evo**king the innate healing force -

Natural forces within us  
Are the true healers.

Hippocrates, father of medicine 400 BC

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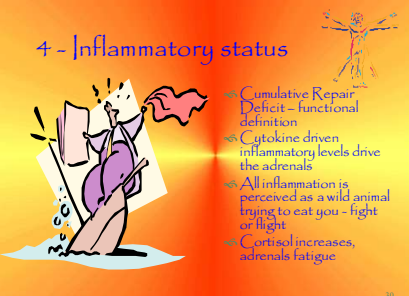
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Slide 30

**4 - Inflammatory status**



- ⊞ Cumulative Repair Deficit - functional definition
- ⊞ Cytokine driven inflammatory levels drive the adrenals
- ⊞ All inflammation is perceived as a wild animal trying to eat you - fight or flight
- ⊞ Cortisol increases, adrenals fatigue

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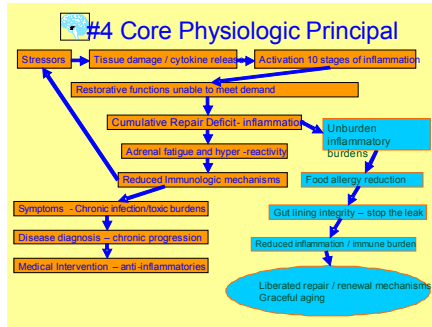
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Slide 31




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Slide 32

- Protocol - Inflammatory Pillar**
- ⊞ General inflammatory down-regulation:
    - Food Allergy determination
    - Antronex (6-12)
    - Cataplex ACP (6)
    - Boswelvia Complex (6)
  - ⊞ Adrenal Imbalance:
    - Drenamin (6)
    - Sleep restoration (Phase 1-4)
    - Withania (4)
  - ⊞ Autoimmune inflammatory cascades:
    - Rehmannia Complex (4)
    - EFA support (Tuna, Linum) (4)

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Slide 33

- 5 - Immune Burdens**
- ⊞ Hidden cavitated infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
  - ⊞ Infections - Congaplex (15), Thymex (15), Immuplex (9), SSO (9), Allerplex (15), Echinacea (6), Golden Seal (6), Astragalus (4) for bone marrow depression, Cat's Claw (6)
  - ⊞ Infestations - Zymex II (6), Multizyme (6), Lact Enz (6), Wormwood (6)
  - ⊞ Heavy metal toxicity - Homocysteine pathway & variable protocols

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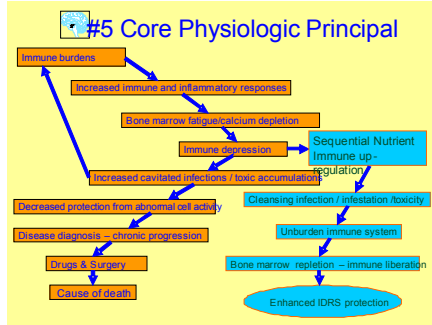
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Slide 34




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Slide 35

- ### Protocol - Immune Pillar
- ↳ General Immune Up-regulation
    - ↳ Sesame Oil Perles (2)
    - ↳ Immuplex (2)
    - ↳ Capnia Plus (2)
    - ↳ Echinacea Proton (4)
  - ↳ Infection (Acute or Chronic)
    - ↳ Triplex (2)
    - ↳ Cataplex AC (12)
    - ↳ Complex (4)
    - ↳ Allplex (4)
    - ↳ Broncofect (2)
    - ↳ Allplex (2) Kidney
    - ↳ Argonox (2) Kidney
    - ↳ Cats Claw Complex (4)
    - ↳ Cellulose Sulf (2)
    - ↳ Bursdock Complex (4)
    - ↳ Jet Fighter (100 Drops)
  - ↳ Infestation parasites
    - ↳ Zymox II (2)
    - ↳ Maloxin (2)
    - ↳ Lact E-ni (2)
    - ↳ Wormwood (2)
  - ↳ Bone Marrow Depletion
    - ↳ Argonox (2)
    - ↳ Astragalus (2)

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Slide 36

### 6 - Circulatory Status

- ↳ Circulatory status determines tissue, nutrition and detoxification
- ↳ One of the primary etiology for all degenerative disease
- ↳ Parasympathetic vs. sympathetic
- ↳ Circulatory health includes blood quality and vascular integrity
- ↳ Loss of circulation induces hypoxia, toxicity, apoptosis, adaptive functions

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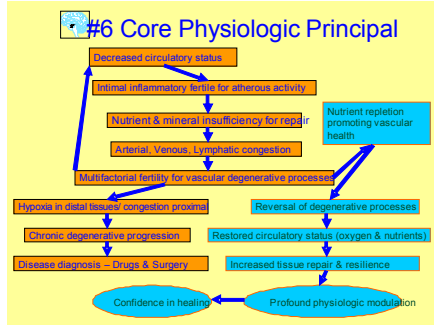
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Slide 37




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Slide 38

- ### Protocol - Circulatory Pillar
- ⊞ General support:
    - Circuplex (6)
    - Horse Chestnut (4)
    - Vasculin (6)
  - ⊞ Heart Support and Renewal:
    - Circulatory - Cardioplus (6)
    - Vasculin (6)
    - Garlic 9000 (2)
    - Cayenne (4)
    - Hawthorne (4)
    - Horse Chestnut (2)
  - ⊞ Electrical - Cataplex B (6)
  - ⊞ Cataplex G (6)
  - ⊞ Organically Bound Minerals (6)
  - ⊞ Cardiomyopathy (viral) - Cataplex AC (12)
  - ⊞ Sesame Oil (6)
  - ⊞ Claudication:
    - Collinsonia Root (6)

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Slide 39

### 7 - Digestive Potency



- ⊞ Digestion must bring in substances that provide energy and sustenance, and 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
- ⊞ Famine in the midst of plenty
- ⊞ Fasting as repair

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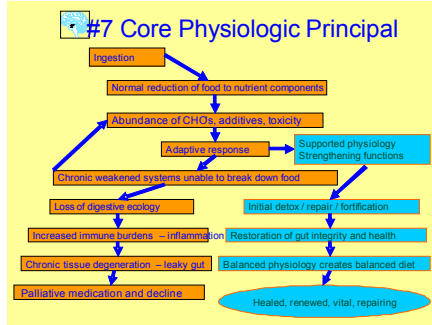
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Slide 40




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Slide 41

**Protocol - Digestive Pillar**

- ⊗ General support:
  - Cataplex AC (10) - epithelial repair
- ⊗ Dysbiosis:
  - Lact Enz (4) - probiotic
  - Zymex (6) - antifungal
  - 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)
  - Oltra Pepsin (6)
  - Food sourced Immuno Gamma Globulins (IgG)

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Slide 42

**7 Pillars Protocols**

- ⊗ Endocrine/Hormonal - Synplex F, M1, Hypothalamic, Black Currant, Seed Oil
- ⊗ Glycemic Management - Phase II Diet, AF Betafood, Cymemina
- ⊗ pH/Bioterrain - Calofood, Calcium Lactate, Magnesium Lactate, Green Food, Organic Minerals
- ⊗ Inflammatory status - Eliminate food allergies, Cataplex AC
- ⊗ Immune burden - Thymex, Serrano Seed Oil, Conoplex, Allerplex, Immunex, Zymex, Zymex II, Multizyme, Wormwood
- ⊗ Circulatory Status - Chlorophyll, Vasculin, Capemex, Carlo, Hawthorne, Horse Chestnut
- ⊗ Digestive Potency - Gastro, Ultra Pepsin, Zigan, Lact Enz, Cataplex, Chlorophyll, Digest, AF, Betafood, Betafood

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Slide 43

**The Summary Effect**

- « Physiological enhancement through biochemical modulation is a summary effect – with each summation you gain a more profound effect – this is why program after program of detox and fortification is our way
- « Physiology is a summary effect – almost every physiological mechanism is a series of events wherein moderating and reactive events create a net summary called a macroscopic event (eg.- allergic response, immune response, CAD plaquing, gut lining repair, hormonal status, etc)
- « To know this summary effect nature to the body is to be wise and able to explain outcomes and limitation of outcome
- « It also explains the wholistic nature of the person who is a summary of physical, mental, emotional, spiritual, social influences
- « “All the factors add together to tell us plainly whether life or death shall come”

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Slide 44

**On Task**

The aim of medicine is to prevent disease and prolong life;  
The ideal of medicine is to eliminate the need of a physician.

William J. Mayo, Founder of the Mayo Clinic

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Slide 45

**Visit after visit – Start Monday**

- « See each patient for the summation of healing and repair that is occurring, watching for the healing principles that may be applied to ~~them~~ increase the summary effect
- « Teach every patient the principles that give them potency and access in their living
- « Employ the principles of the seven pillars as a way of seeing ~~the~~ human in the process of manifestation- Application of pillars is sequential and at the discretion of the doctor- always start with caring for the chief complaint, the pillars that relate to that issue, and the deemed physiologic ~~priority~~ (eg.- immune)
- « The purpose of the pillars is to create a conceptual framework to organize the diverse ramblings of nutritional care, so that method can emerge
- « Examine your practice for the principles that occasion success and evoke the greater mystery of healing- Build and collapse your ego, risk it all for the mission you serve – above all be whole as a healer- feminine and masculine, and lead by vision
- « Change outcomes, stop disease progression, reveal the inherent healing potential by using principles and products that express The Law (the way it was made to work)
- « Tune in, Turn on .. Evolve and blow them away!

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Slide 46



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