



Mentoring the Mentor

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Mentor goals:

- ⑨ To declare what is possible and establish a commitment to that possibility
- ⑨ Address personal and professional barriers limiting the ability to serve
- ⑨ Evolution of vision/mission/ethics that drive success
- ⑨ Create immediate action steps to apply learning and growth
- ⑨ Construct the round table of applied trophologists

Mentoring the mentor:

- ⑨ Who are the mentors? ~ Practitioners
- ⑨ Who are we mentoring? ~ Patients and GAP
- ⑨ What's the purpose? ~ Optimized life
- ⑨ How does it work? ~ Whatever you learn you teach someone else (anyone else)
- ⑨ Who's is included? ~ Self selection, you pick yourself

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Mentoring the mentor:

- ⑨ 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
- ⑨ Each participant chooses a colleague in his/her world to convey the notes and information ~ no information squandering
- ⑨ Issues/problems/questions are considered a learning process for everyone, although individual's remain anonymous
- ⑨ 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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Mentoring -

Teaching is not the filling of the pail, but the lighting of the fire!

William Butler Yeats

I attended The Doctor of the Future Seminar in Denver in March of 2003. I had returned to Colorado in mid 2001 and had been back in practice for about a year and a half when I attended this seminar. I had lived and practiced in Southern California for 4 years before moving home. I had gone through a painful (and of course costly) divorce and my enthusiasm for life and practice was then ecstatic.

Dr. White's presentation was a revelation to me. I had never attended a workshop like this before. He was knowledgeable, confident and FUN! His presentations (they should really be called diamonds then) were so powerful. The principles presented on Mastery is what changed my experience. I have applied many of the principles taught and have now known things I had never imagined. The relationships I now create with my patients (and family too) is wondrous. My own health has improved exponentially.

I have a 98% cash nutrition, chiropractic and acupuncture practice that is 100% referral. We do no advertising and have not since 2004. 2008 was my best year ever with the highest collections in December. I know 2009 will be even better. Thank you Dr. White for your time, transparency and enthusiasm for what you do. You are truly infectious!

The Mission is Viral

THE WALL STREET JOURNAL
Friday, January 9, 2009 A13

Heart disease, diabetes, prostate cancer, breast cancer and obesity account for 75% of health care costs, and yet these are largely preventable and even reversible by changing diet and lifestyle.

A recent study published in the Proceedings of the National Academy of Sciences found that these approaches may even change gene expression in hundreds of genes in only a few months. Genes associated with cancer, heart disease, and inflammation were downregulated whereas protective genes were upregulated or 'turned on'.

The Interheart study, published in September 2004 in The Lancet, followed 30,000 men and women on six continents and found that changing lifestyle could prevent at least 90% of all heart disease.

This nation is facing true epidemic of chronic disease. An increasing number of Americans are suffering and dying needlessly from diseases such as obesity, diabetes, heart disease, asthma and HIV/AIDS, all of which can be delayed in onset if not prevented entirely. President Obama

A study published in Lancet Oncology reported that these life style changes increase telomerase, then enzyme that lengthens telomeres, the ends of our chromosomes that control how long we live.

Bankruptcy Rules Thwart The Recovery
By Carl C. Ichni

The epic financial crisis afflicting the banking industry over the past 18 months is largely the result of entering toxic and other assets valued at billions of dollars on bank balance sheets. When the market for such items collapsed, banks couldn't sell them and had to take billions of dollars in write-downs. Facing the worst, the government pumped hundreds of billions of dollars into these institutions, with questionable long-term results. Though it is early in the rescue, the economy has shown few signs of improvement, and the bank losses continue.

Why should taxpayers foot the bill when there are trillions of dollars in private assets on the books of banks?

Any plan to bail out the banks must include a plan to deal with the toxic assets on their balance sheets.

Who do not have health insurance, then we need to address the fundamental causes of health and illness, and provide incentives for healthy ways of living rather than reimburse-

Proactive medicine can make a powerful difference in our health and well-being, how quickly these changes may occur, and how dynamic these mechanisms can be. Many people tend to think of breakthroughs in medicine as a new drug, device or technique that is developed

April 2007 in The New England Journal of Medicine found that angiotensin II receptor antagonists and statins do not prolong life or even prevent heart attacks in stable patients (i.e., 95% of those who receive them). Coronary bypass surgery prolongs life in less than 1% of pa-

Dr. Chopra is the author of more than 30 books, including

able to those who have heart disease, Obama should make part of his health plan as soon as possible.

holders would immediately propose different restructuring solutions, including the sale of assets overseen by a bankruptcy court. The biggest impact of such a rule change would be that the assets of a company, including

Carbon Based Consciousness

- ⌘ If we were to stop respiration for over 8 minutes –
 - ⌘ What would you be feeling?
 - ⌘ What would you be thinking?
 - ⌘ What would your state of consciousness be?
- ⌘ Biochemistry and physiology effect consciousness
- ⌘ Thinking and emotions are biochemically based
- ⌘ Ergo if you improve the biochemistry, you improve the thinking and feeling, and maybe the spiritual awareness
- ⌘ Thus choices/behavior are influenced and then collectives, America, and our world – small picture becomes big picture

Eternal truth -

I am tired of hearing that our country doesn't work - it isn't supposed to work. We are supposed to make it work.

Alexander Woolcott

Therapeutic Rationale

- ⌘ If we speak our rationale out loud and listen to ourselves we will always be rational
- ⌘ If the medical profession were to describe the rationale behind its endeavors it would hold off
- ⌘ We must be interested in the meaning of processes and the purpose of people's lives to find the rationale
- ⌘ Peoples; lives are too precious to waste on symptoms that are not speaking of deeper issues and only need suppressing
- ⌘ The rationale dissolves the mystery, which is the only terror on our lives

Rationale as a map: Never lost

- ⌘ The rationale is a combination of the patient's story and the doctors understanding
- ⌘ Often times for myself there was fear while I stood without understanding in the midst of a process – then understanding would emerge – then confirmation of that understanding would show itself – then confidence would build
- ⌘ Symptoms make sense, processes can be trusted
- ⌘ At the root of all fear is the idea that God is not in control
- ⌘ Our patients must come to expect the therapeutic rationale in all their interactions – then they are protected from standard of care and malpractice

Building Rationale



Patient details

+

Practitioner understanding

Therapeutic Rationale

Meaning and Purpose

Increased Life

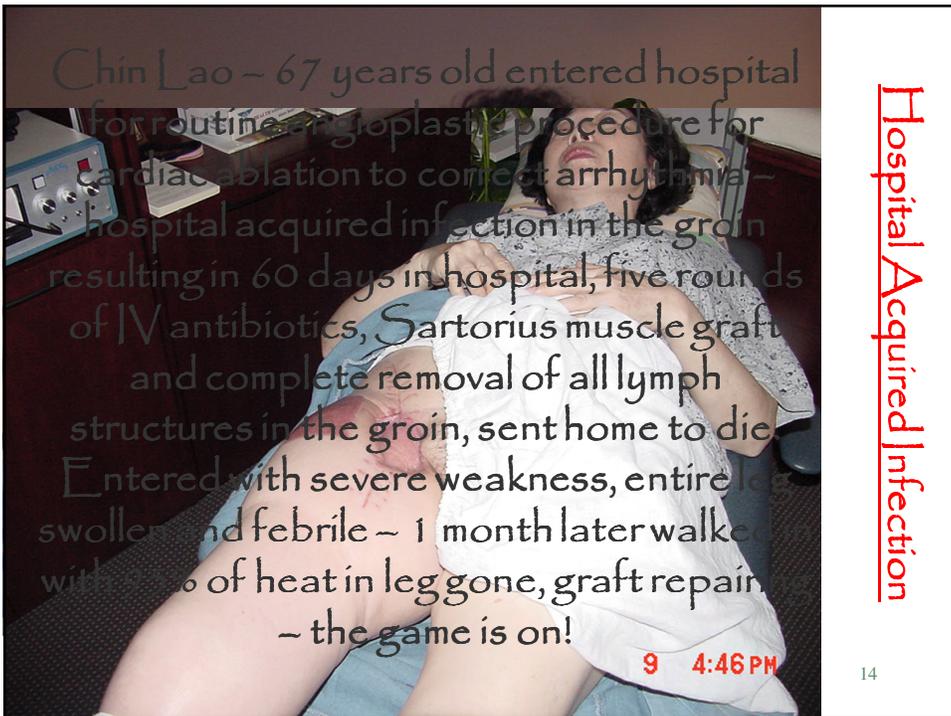
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Anything's possible ...

Virgil



ation of left leg amputation due to
 taph infection - attempted
 t of 3 boils 2 days later ultimately
 tal amelioration of infection



Chin Lao - 67 years old entered hospital
 for routine angioplastic procedure for
 cardiac ablation to correct arrhythmia -
 hospital acquired infection in the groin
 resulting in 60 days in hospital, five rounds
 of IV antibiotics, Sartorius muscle graft
 and complete removal of all lymph
 structures in the groin, sent home to die
 Entered with severe weakness, entire leg
 swollen and febrile - 1 month later walked
 with 90% of heat in leg gone, graft repaired
 - the game is on!

Hospital Acquired Infection

THE WALL STREET JOURNAL

THURSDAY, SEPTEMBER 11, 2003 \$1

How to Keep the Hospital From Making You Sicker

Surgical Infections Become Harder to Treat, Prompting Stepped-Up Prevention Efforts

SHORTLY AFTER Patricia Henderson Shimm had her hip replaced, the surgical site became infected. It was the start of a three-year nightmare for the New York author and early-childhood educator.

Her doctors gave her intravenous antibiotics and extracted the infected tissue. But eventually they had to remove the artificial joint itself, leaving Mrs. Shimm temporarily wheelchair-bound. After a second hip replacement followed by two years of excruciating pain, Mrs. Shimm only recently started walking without a cane. "They told me this is just one of those things that happens sometimes," she says.

But studies show that in anywhere from 25% to 50% of surgeries, doctors aren't following the most basic prevention steps, like administering the recommended antibiotics before the operation.

It is a sobering example of how medical care often doesn't adhere to evidence of what works best for patients—and it underscores the need for patients and their families, as well as hospitals themselves, to be more vigilant. Mrs. Shimm wasn't given any antibiotics prior to her surgery. Though the cause of her infection can't be known now, the guidelines clearly state that in joint-replacement surgery, antibiotics before surgery offer the best protection from infection.

Now federal health agencies are trying to bring surgeons and hospitals into line. The Centers for Disease Control, which issued the guidelines in 1996, and the Center for Medicare and Medicaid Services have joined forces in a far-reaching prevention effort. The goal is to cut the number of surgical infections in half by 2008.

There is a "growing recognition that complications are not inevitable," says Julie Gerberding, who became director of Atlanta-based CDC last year. The job now, she says, is to get the medical community "to accept the notion that these infections aren't acceptable."

Each year as many as 750,000 patients may develop an infection from surgery, or about 2.6% of the 30 million operations performed annually. While the overall chances of getting an infection are 1% for hip replacement surgery, 1% for joint replacement

Hospital Acquired Infection

780,000 annually, 2.6% of all surgeries, some surgeries infection rate is 11%

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Don't go to a hospital - if you do prepare the immune system!

Surgery - Global Concerns

- ⚡ Activation of significant repair mechanisms for many exceed their physiological competence and therefore result in inflammatory cascades that exceed the possibility of completion and therefore increasing the cumulative repair deficit (inflammatory burden)
- ⚡ Acidosis secondary to tissue damage, drugs, and anesthetic exaggerates inflammation and discomfort and depletes body of mineral status
- ⚡ Endocrine disruption and insult with further adrenal stress and resultant fatigue result in the person never feeling quite 'right' again after surgery (or at least for a long time), with subsequent loss of mentation and focus, memory impairment, loss of stamina, changes of personality, loss of lifestyle and resultant physiological chaos
- ⚡ Immunological strain and reduction with immediate potential for infection (the number one complication of surgery) and long term potential for bone marrow depletion and fatigue and immunological modulation toward more tolerance of fungal, viral, and proliferative risks. The person has taken a significant step forward in the aging process and nobody is admitting it.
- ⚡ So many people take months to regain the physiological efforts they were engaged in prior to surgery - thus the healing process is disrupted
- ⚡ Most surgery solves the results of aberrant physiology but not the causes of it, and delivers people to an unburdened place ideal for more ambitious action to correct the causes of disease, but the mind set is that it is finished and there is nothing more to do

Protocol - Surgery (begin 2 weeks prior and continue for 3 months)

- ☞ Promote collagen and elastin activity:
Gotu Kola Complex (4)
- ☞ Promote general immune competence:
Echinacea Premium (4)
PMG of target tissue
- ☞ Promote HPA Axis recovery from trauma and reduce the 'daze':
Symplex F/M (6)
Hypothalmex/us (2)
Black Currant Seed Oil (2)
- ☞ Promote general nutrition:
Catalyn (6)
Organic Minerals (6)
L-Glutamine (1500 mg)
- ☞ Reduce inflammatory vectors:
Tuna Omega (4)

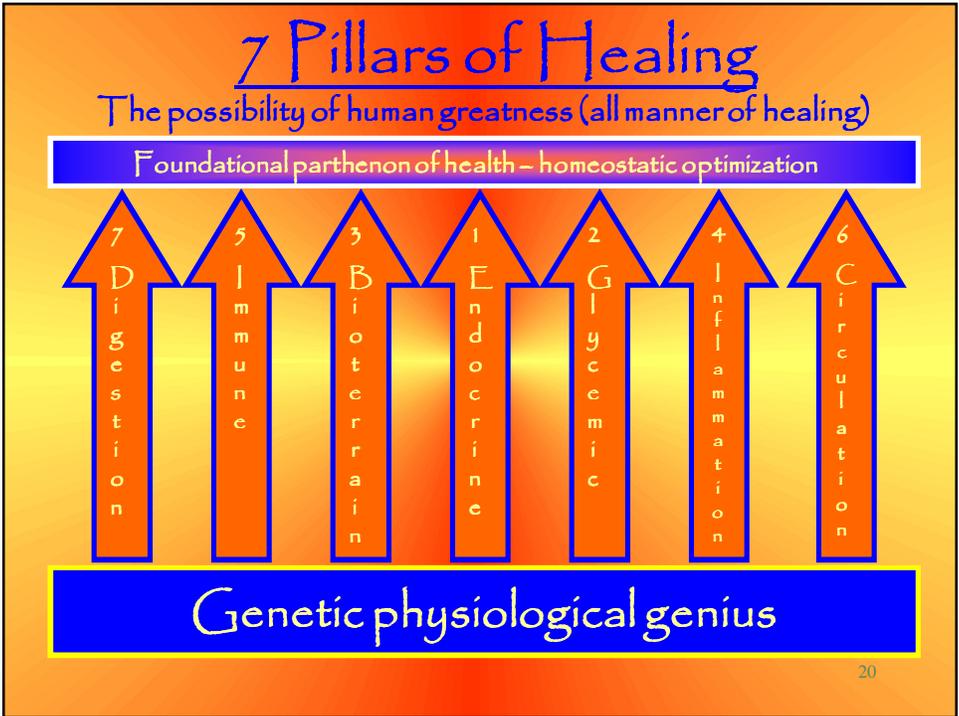
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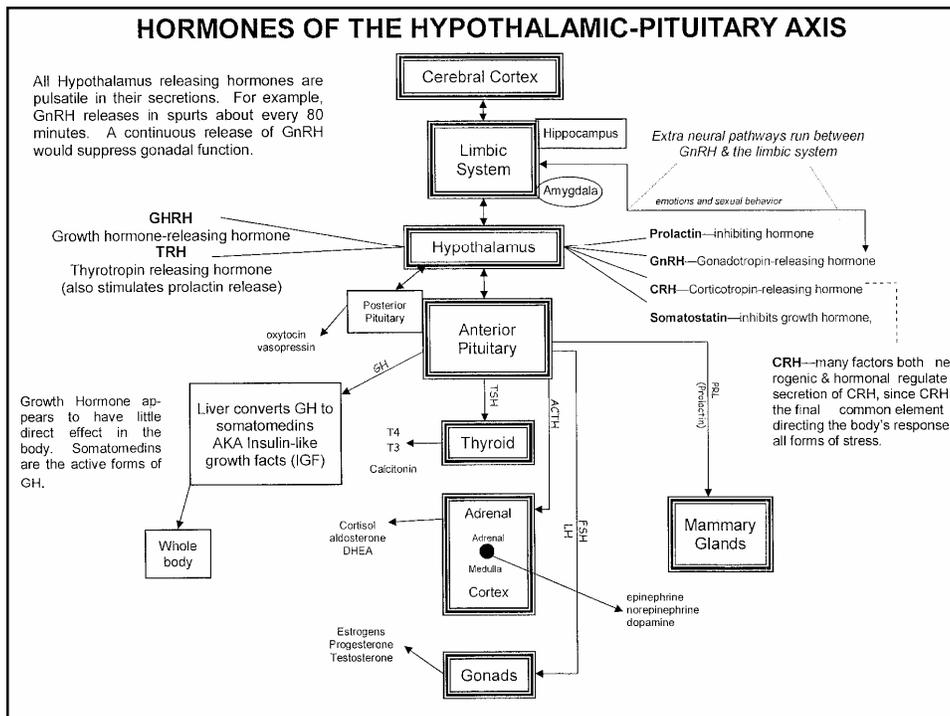
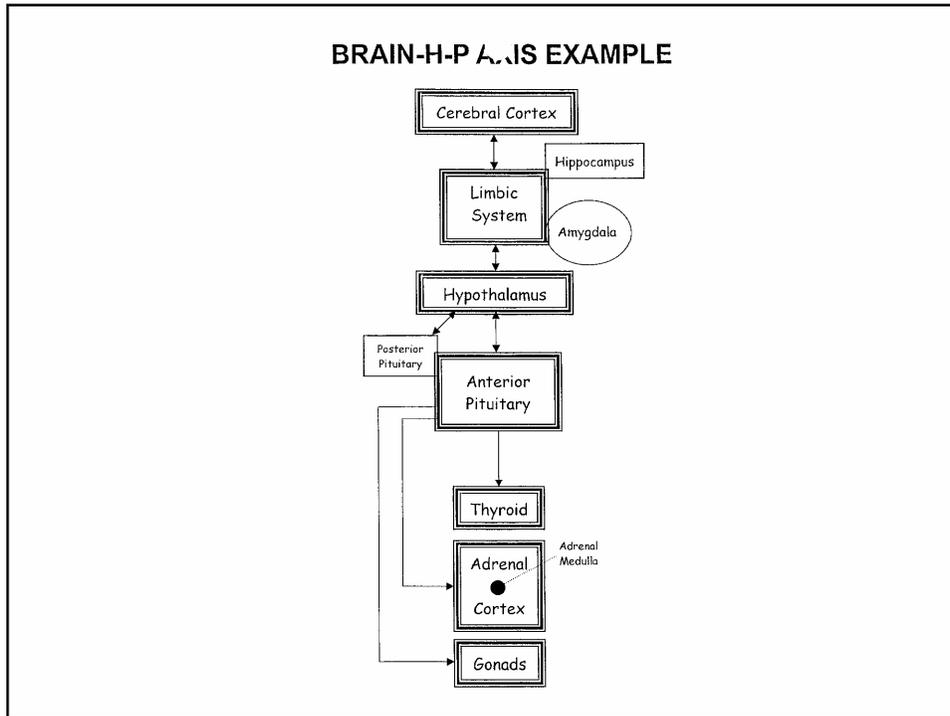
New Product Alert - Read All About It!

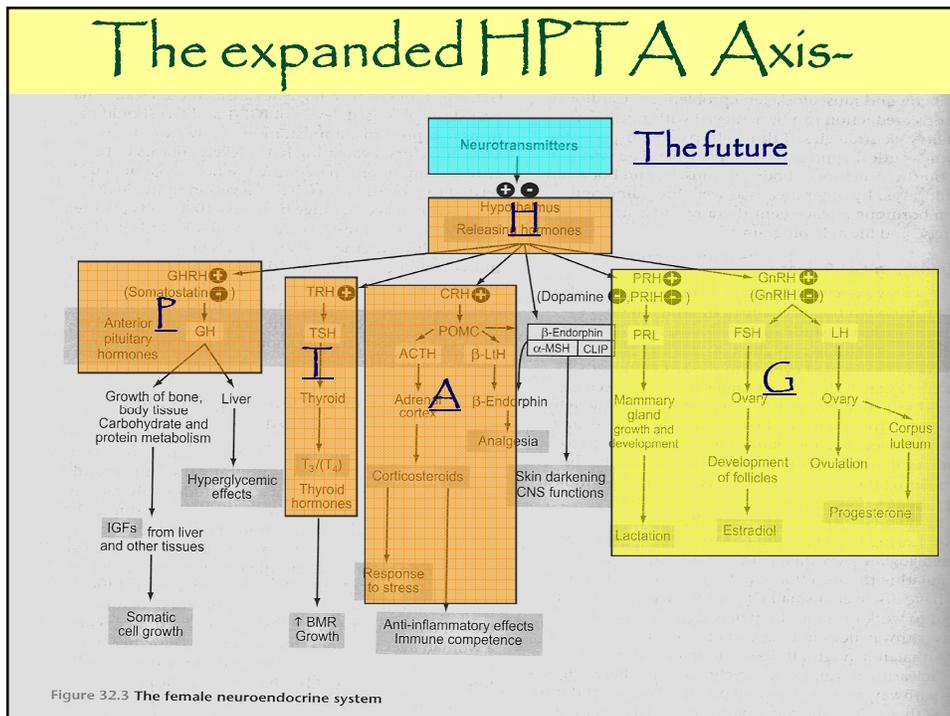
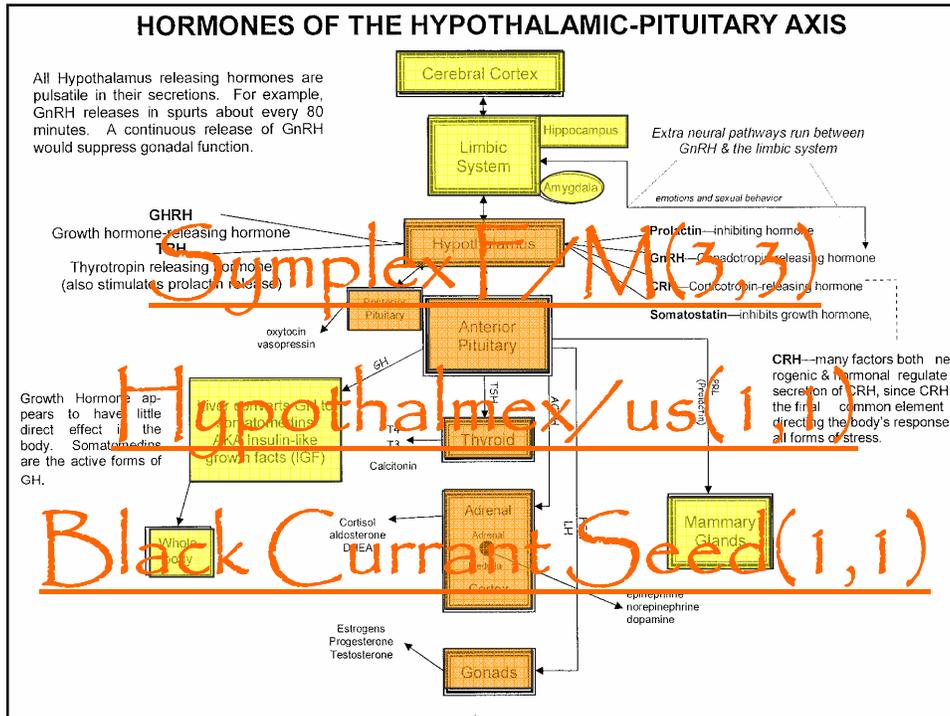
- ☐ Gotu Kola Complex released three months ago is slow to catch on due to lack of awareness on the part of doctors of the requirements for physiological wound and tissue repair. As yet physicians are ignorant of the ways to promote recovery after surgical intervention, and so they let patients go through minor and major surgery with no nutritional and herbal support.
- ☐ There is so much surgery that it is time to perfect the process with protocols for pre and post surgical events
- ☐ Gotu Kola Complex:
 - ☐ Gotu Kola 250 mg (containing 50 mg of Triterpines) supplies triterpines that support the production of collagen in new tissue repair
 - ☐ Grape Seed Extract 30 mg (containing 25.5 mg of Procyanidins) supplies antioxidants that support new tissue repair especially the elastin and existing collagen within vein walls
 - ☐ Ginkgo Biloba thins the blood and promotes increased capillary supply and formation leading to more rapid and complete healing with more blood supply

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
- ⌘ **Digestive Potency** – Fuel absorption, waste removal, Immune modulation







Endocrine Axis Support

- ⌘ Symplex F/M:
 - Pituitrophin PMG
 - Thytrophin PMG
 - Drenatrophin PMG
 - Orchic PMG
- ⌘ Hypthalmex:
 - Hypothalamus cytosol extract
- ⌘ Hypothalamus:
 - Hypothalamus PMG
- ⌘ Black Currant Seed Oil:
 - Omega 6 fatty acids (19 times more Gamma Linoleic Acid)
- ⌘ Folic Acid/B12:
 - Folic Acid support and detox support, DNA/RNA transcription

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Endocrine Axis Support

- ⌘ Start with general HPTA support for 2-3 months and then target individual glands for further strengthening
- ⌘ Symplex F/M typically reduce to maintenance minor sustaining dosage (1-2/day)
- ⌘ Individual gland strengthening:
 - Pineal - Folic Acid (6)
 - Pituitary Anterior - Pituitrophin PMG (6), E-Manganese (6)
 - Posterior - Pituitrophin (6), Trace Minerals/B12 (6)
 - Thyroid Hypo - Thytrophin PMG (6), Thyroid Complex (4), Prolamine Iodine (1/2/3/4) or other source of iodine, Cataplex E (6) or other source of selenium
 - Hyper - Bugelweed (1-2 tsp), Motherwort (1-2 tsp with heart arrythmias)
 - Thymus - Thymus PMG (6), Immuplex (6)
 - Pancreas - Pancreatrophin (6), Paraplex (6), Cataplex GTF (6)
 - Adrenals - Drenamin (6), Drenatrophin PMG, Whole Dessicated Adrenal (4), Eleuthero (4), Withania (4)
 - Gonads - Wheat germ Oil Fort. (4), Wild Yam Complex (4), Tribulus (4), Fortil B12 (4)
 - Male - Orchic PMG, Super EFF (4), Prost-x (6)
 - Female - Ovex (6), Ovatrophin (6), Dong Quai (4), 28 Utrophin (6)

Brain chemistry – Neurotransmitters (Neurohormonal)

- ❖ Serotonin – Tryptophan dependent feeds Melatonin formation
 - Well-stocked: Positive, confident, flexible, easy-going
 - Poorly stocked: Negative, obsessive, irritable, low confidence, sleepless
- ❖ Catecholamines – Tyrosine dependent forms Dopamine, Norepinephrine, Adrenaline
 - Well stocked: Energized, upbeat, alert, focused
 - Poorly stocked: Lethargic, flat, 'blahs'
- ❖ GABA – GABA dependent
 - Well stocked: Relaxed, Stress-free
 - Poorly stocked: Uptight, overwhelmed, stressed
- ❖ Endorphins – Phenylalanine dependent
 - Well stocked: Comfort, pleasure, euphoria
 - Poorly stocked: Overly sensitive, crying easily
- ❖ General protein increase will downstream more amino acid fuel for neurotransmitter formation and greater reserve stores for supply through stressful demands (Minchex 2-6, Protefood 2-6)

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Quick Reference Guide EXCITATORY PRODUCTS						Quick Reference Guide INHIBITORY PRODUCTS														
Product and Neuro-modulating Ingredients <small>(Products listed least to most stimulant)</small>	Excitatory Neurotransmitter		Neurotransmitters Affected				Inhibitory Product and Neuro-modulating Ingredients <small>(Products listed least to most calming)</small>	Excitatory Neurotransmitter		Neurotransmitters Affected										
	INHIBITS: ↓	SUPPORTS: ↑	Epinephrine	Norepinephrine	Dopamine	PEA		Glutamate	Histamine	Serotonin	GABA	Taurine								
Tyrosine (spray)				↑																
N-acetytyrosine				↑↑																
N-acetytyrosine (caps)				↑↑↑																
N-acetytyrosine				↑↑↑																
D,L-phenylalanine (caps)				↑		↑↑														
D,L-phenylalanine				↑		↑↑														
TransLean Plus (caps)				↑		↑														↓
Mucuna pruriens (L-DOPA)						↑														
L-phenylalanine						↑														
5-HTP																				
N-acetytyrosine						↑														
N-acetytyrosine						↑														
AdreCor (caps)				↑↑		↑														↑
N-acetytyrosine				↑↑		↑														
Rhodiola rosea (low dose)				↑		↑														
Methionine				↑↑		↑														
Histidine				↑↑		↑														
Balance D (caps)				↑		↑↑														↓
Vicia faba (L-DOPA)				↑		↑↑														
N-acetytyrosine				↑		↑↑														
N-acetytyrosine				↑		↑↑														
ExciteCor (caps)				↑↑		↑														↑
Vicia faba (L-DOPA)				↑↑		↑														
Rhodiola rosea (low dose)				↑		↑														
Methionine				↑		↑														
Histidine				↑		↑														
ExcitePlus (caps)				↑↑		↑↑														↑
Vicia faba (L-DOPA)				↑↑		↑↑														
Rhodiola rosea (low dose)				↑		↑														
N-acetytyrosine				↑		↑														
Methionine				↑		↑														
Histidine				↑		↑														

INGREDIENT	CLASSIFICATION	INGREDIENT
4-amino-3-phenylbutyric acid	GABA agonist	D,L-phenylalanine
5-HTP	Serotonin substrate	SerixAd [®] (Phosphatidylserine)
Coenzyme Q10	Enzymatic coenzyme	Rhodiola rosea
Ecitharine	Histamine substrate	Taurine
Methionine	Enzymatic cofactor	Threonine
N-acetytyrosine	Glutamate modulator	Vicia faba (L-DOPA)
N-acetytyrosine	Catecholamine substrate	

373 280th St., Os
Toll Free: 888-342-7272

Number One Stress in the world

☞ The primary way to increase cortisol (stress hormone) is:

Blood Sugar Variations
inducing hypoglycemia and
activating cortisol up-regulation

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Agent of change ~

The most powerful agent of growth and transformation is something much more basic than any technique ~ a change of heart.

John Welwood

Heart/CVA - Inflammatory chaos

A Rational Intervention

&

Discussion of Method

Cornerstone issue of Functional Practice

Heart - Inflammatory chaos

- ⌘ Heart disease accounts for over 50% of US deaths per year and over \$50 billion annually
- ⌘ Asymptomatic until greater than 90% occlusion
- ⌘ Studies reveal no difference in life expectancy between elected and non-elected surgery, which gives us room for rational intervention
- ⌘ Signs & symptoms include:
 - ⌘ Chest pain (angina), especially with exertion
 - ⌘ Leg cramps
 - ⌘ Dizziness
 - ⌘ Heartburn
 - ⌘ Fatigue, exhaustion
 - ⌘ Dyspnea
 - ⌘ Palpitations, flip-flops, murmurs, tachycardia
 - ⌘ Edema, ankle and foot swelling
 - ⌘ Anxiety
 - ⌘ Hacking cough
 - ⌘ Earlobe crease
 - ⌘ Cyanosis (blue, gray or dark purple skin discoloration)
 - ⌘ Abnormal EKG

Heart ~ Inflammatory chaos

☞ Unified mechanisms of disease are:

- ☞ Intimal inflammatory status – due to general inflammatory up-regulation, oxidative free radical species exposure, lack of collagen formation (subclinical scurvy) resulting in arterial intimal layer disruption, infectious agents such as *Chlamydia pneumoniae*, stress which increases free radical production and adrenaline increase
- ☞ Homocysteine – more velcro protein on the wall for attachment
- ☞ Lipoprotein A – more 'fix-a-flat' large molecule lipid repair for plaqing around collagen synthesis deficiency
- ☞ Excessive heart loads due to lack of exercise, smoking, obesity, hypertension all of which increases mechanical stress and subsequent repair/inflammatory burden
- ☞ Dehydration secondary to alcoholism, lack of electrolytes/minerals, lack of hydration contributing to hypovolemia and blood viscosity dyscrasia
- ☞ Dyslipidemia and dysglycemia

Heart ~ Nutrient applications

☞ The following are exclusively research based:

- ☞ Vitamin C – mortality reduction 40%
- ☞ Vitamin E – prevents lipid peroxidation and platelet aggregation
- ☞ Selenium – increases glutathione peroxidase
- ☞ Beta-carotene
- ☞ Coenzyme Q10
- ☞ Homocysteine regulation with B6, B12, folic acid, betaine hydrochloride (DMG & TMG), molybdenum
- ☞ Niacin – reduces LDL & triglycerides, increases HDL
- ☞ Pantothenic acid
- ☞ Magnesium reduces vasospasm and acidosis
- ☞ Calcium reduces acidosis and infection by immune targeting
- ☞ Chromium assists in glycemetic regulation
- ☞ L-Carnitine
- ☞ Proteolytic enzymes

Heart – Nutrient applications continued

☞ The following are exclusively research based:

- ☞ Omega 3 & 6 fatty acids modulate inflammatory status
- ☞ Zinc to copper ratio
- ☞ Lecithin
- ☞ Inositol
- ☞ L-taurine
- ☞ Quercetin
- ☞ Isoflavones and genistein
- ☞ Beta-glucans – fiber polysaccharide binding cholesterol in feces

☞ Hawthorne Berries

☞ Cayenne

☞ Garlic contains sulfur compounds that dissolve blood clots and have antioxidant effect

☞ Ginger

☞ Kelp

☞ Onions

☞ Gingko Biloba

☞ Guggal

☞ Coleus Forskohlii activates adenylate cyclase enzyme to promote vascular dilation and inhibit platelet activating factors (pro-inflammatory substance)

Heart health protocols

- ☞ Circulatory support – pillar 6
- ☞ Tuna Omega (4) – may be significantly increased to attempt reduction of inflammatory status
- ☞ Reduce inflammation & hypertension from sympatheticotonia – food allergens and pillar 4
- ☞ Reduce immune burdens (pillar 5) as some conditions are speculated to be infections or viral or nanobacterial
- ☞ Reduce toxic burdens especially focusing on metal burdens that could be disrupting the vascular wall function – use Chelaco (1-2 at bedtime) consider other provocative metal flushing (Spanish Black Radish and Cilantro)
- ☞ Use PMG extracts to target affected tissue - Cardioplus(6), Vasculin(6)
- ☞ Employ Garlic 5000 (2), Cayenne (2), Horse Chestnut (2), Hawthorne (2) to reverse CAD for 3-6 months
- ☞ Use anti homocysteine formula
- ☞ Balance dysglycemia with Phase II diet and pillar 2
- ☞ Niacinamide/B6 (2) & Cataplex C (2) to reduce LpA and lipids
- ☞ Electrolyte and mineral repletion to reduce dehydration, pillar 3
- ☞ Tribulus (2-4) to promote heart muscle strength
- ☞ Coleus (2)



Neurological Health & Healing -
A Rational Intervention
&
Discussion of Method
Cornerstone issue of Functional Practice

Neurological Health & Healing

- ↻ First objective is to stop the progression of the disease, as recovering lost neurological function is unlikely
- ↻ Reduce inflammation
- ↻ Promote membrane physiology as nerves are membrane specialized structures
- ↻ Reduce toxic disrupters, detox mercury and other heavy metals
- ↻ Promote mineral balance as nerves are mineral electrical events
- ↻ All neurological cases may benefit from significant EPA/DHA doses up to 30g/day

Neurological Health & Healing

- ↻ Protocol standard
 - ↻ Endocrine support – pillar 1
 - ↻ Tuna Omega (4) – may be significantly increased to attempt profound neurological repair
 - ↻ Reduce inflammation & neurological tension including sympatheticotonia – food allergens and pillar 4
 - ↻ Reduce immune burdens (pillar 5) as some conditions are speculated to be infections or viral
 - ↻ Reduce toxic burdens especially focusing on metal burdens that could be disrupting the neurological function – use Chelaco (1-2 at bedtime) consider other provocative metal flushing (Spanish Black Radish and Cilantro)
 - ↻ Use PMG extracts to target affected tissue – Neurotrophin PMG (4), Neuroplex (4)
 - ↻ Employ Gotu Kola Complex (2) to adapt to stress and support mental endurance while promoting repair
 - ↻ Promote circulatory/lymphatic health potentially restoring function

PATIENT NAME NEAL BLANTON WHOLE HEALTH ASSOCIATES
 DATE 10/2/08 RE-EVALUATION DATE 9/1/08 5406 Vermont
 Houston, Texas 77006
 713/922-6336

NUTRITION SCHEDULE

SYSTEM STRENGTH ANALYSIS

METABOLIC IMMUNE/ALLERGY HORMONAL MASTER STRONG/INCOMPLETE

C.G. P.H.

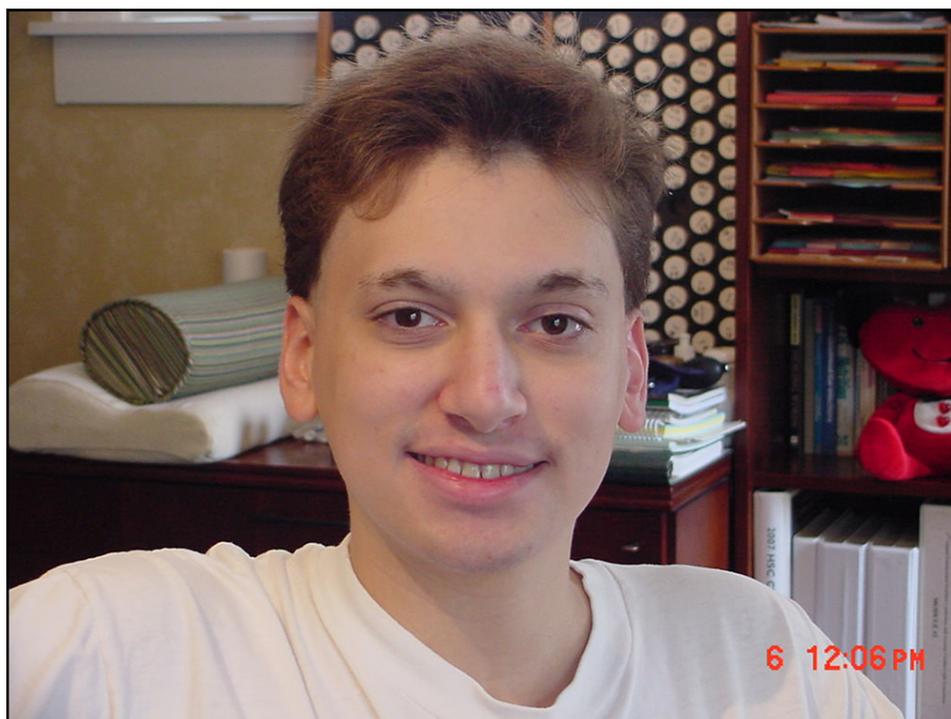
PRODUCT	When Among	Break- fast	Mid- day	Lunch	3 pm	Dinner	Before Sleep	No. of Bottles
POWDER SWEET		1	Sleep					1
PERILYOL		2	Sleep			2		2
DI O 2000		1	4			1/2		2
MIX SWEET		1	4			1/2		2
ANTHONY'S		1	4			1/2		2
GREEN TEA		1	4			1/2		2
MALOC		1	4			1/2		2
EPA OIL LIQUID		1	4			1/2		2
EPA OIL		1	4			1/2		2
TRACE MINERALS		2						1
SIMPSON'S		3						1
WRESTHALLING		3						1
ZINC		3						1
CO Q 10 LIQUID		3				1/2		3
NETIVE		1				1		1
ONE		1				1		1
TINMAX		3				1		1
MAGNESIUM		1				1		1
LIQUID		1				1		1
LIQUID		1				1		1
OP-AMMON		2				2		1
TRUCKS		1				1		2
RNA		3				3		2
SERUM		3				3		2
NEETWOOD		3				3	3	1 1/2
CHEER LEON		3				3	3	1 1/2
TECHNICAL		3				3	2	1 1/2
CHITINASE		3				3	1	4
LIQUID		3				3		1
LIQUID		3				3		1
LIQUID		3				3		1

Basaland's
 (/) / lying
 (/) / standing
 Ca cuff test: /

SPECIAL INSTRUCTIONS:
Allergy milk & wheat

2 7:52 PM





Eternal Truth

☞ Celebrate what you want to see more of ...

Tom Peters

Revisiting the physiologic possibility

- ⌘ 7 pillars of foundation strength and physiological potency (unified mechanisms of disease)
- ⌘ Physiologic possibilities have not been explored or metered so we remain dependant on external intervention as the primary modulator of disease process
- ⌘ The practice of rational intervention will deliver the practitioner and therefore the patient to profound process that can be measured and will create a new culture for healing in our nation ~ it is time for change and real survival
- ⌘ Essential to the rational is the understanding of the unified mechanisms of disease that will cause the same results every time they are activated or burdened ~ laws are so much better than opinions

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