



**Mentoring the Mentor**

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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, 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 SP rep who will compile and include in next teleconference (must be submitted 10 days prior)

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## Mentoring -

☞ The supreme misfortune that can befall any man is for him to embrace a theory mistaking it for fact.

Leonardo da Vinci

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## 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

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### Foundations

I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal and more liberal laws will begin to establish themselves around and within him; or the old laws will be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings. In proportion as he simplifies his life, the laws of the universe will appear less complex, and the solitude will not be solitude, nor poverty poverty, nor weakness weakness. If you have built castles in the air, your work need not be lost; that is where they should be.

Now put the foundations under them.

Henry David Thoreau

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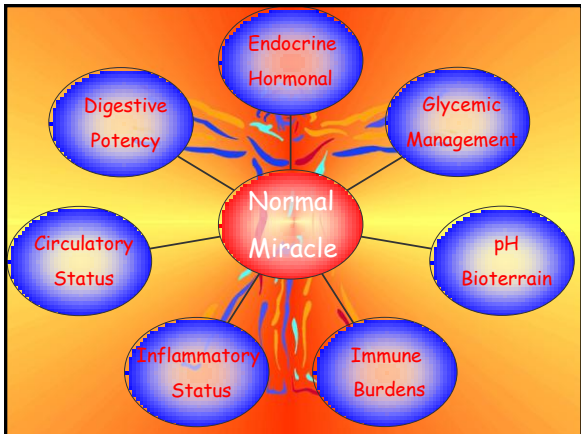
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### 7 - Digestive Potency



- ☛ 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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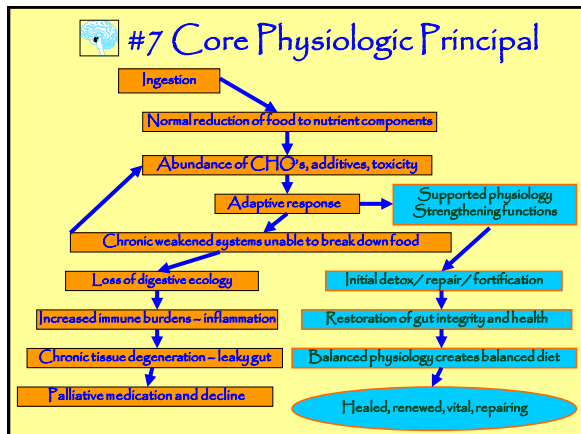
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### Digestion: Stage for Nutrition

- 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 those detriments 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 sensei 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 23 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 un-metabolized drugs through the urine
- Toxic exposure and environmentally related conditions account for 57-397 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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### Digestion: Stage for Autonomy

- Pathogens can also be present and food allergens can create immediate and delayed responses from the immune/inflammatory systems
- The following diseases have been associated with food intolerances/allergies: cardiovascular, gastrointestinal, genitourinary, immune, mental/emotional, musculoskeletal, respiratory, skin, migraines
- First select friend from foe – then after recognition, the system must selectively absorb and transport substances, while eliminating detrimental materials at the same time
- To do this elaborate systems for digestion, absorption, protection, defense, transport, circulation and waste removal must be simultaneously present and operational

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### Digestion: Absorption

- ⦿ The proper diet is only the beginning of the process – In developed world there is more food diversity available year round than in any other period in human recorded history – Foods can be raw, minimally processed, shelf stable, prepackaged, prepared, nutrient dense, nutrient depleted
- ⦿ Minimally processed foods are in general digested more slowly and the release of nutrients occurs at a rate influencing absorption – this rate determines the responses that the body has to food such as insulin, cortisol, insulin-like growth factor, enzyme activity and more
- ⦿ Digestion involves the breakdown of larger molecules into smaller units:
 

Proteins	-	Amino Acids
Carbohydrates	-	Monosaccharides
Fats	-	Fatty Acids
- ⦿ Water soluble nutrients (CHO, AA, Vitamins) are absorbed in the small intestine across the border brush cells through passive and active transport mechanism
- ⦿ Fat soluble nutrients (Fatty acids, Vitamins) must first undergo emulsification with bile and then be absorbed into the lymphatic system for association with plasma proteins
- ⦿ Defects with either water or fat soluble pathways will result in correlating specific nutrient deficiency and associated symptoms

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### Digestion: Protection & Defense

- ⦿ GI mucosal membrane is the largest interface between our interior and the exterior world covering more than 400 square meters (200 times more than the skin)
- ⦿ GI epithelium protects the stomach and intestines from acids, toxins, drugs, alcohol, pathogens
- ⦿ Two pathways exist across the epithelium: intracellular – through cells controlled by cell membranes, paracellular – between cells, controlled by the permeability of tight junctions (in unhealthy system these junctions leak and allow molecules to be introduced into circulation undetected avoiding the body's first line protection and defense mechanisms)
- ⦿ GALT (Gut Associated Lymphoid Tissue) contains 60% of the immune system, and more than 80% of the immuno-globulin-producing blasts and plasma cells – primary purpose for this system is first line defense against foreignness

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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), LactFnz (4), removing food allergies, increasing protein consumption SF 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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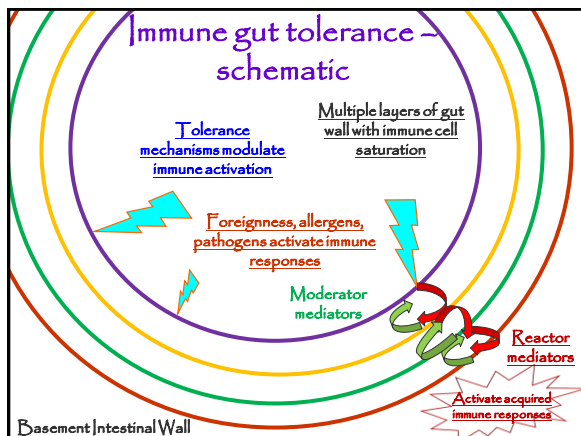
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### Secretory IgA

- 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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### 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 lymphocytes 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 T 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 a 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 down-regulates the Th2 responses
- Gut flora variations can selectively suppress Th1 and Th2 pathways and thus induce tolerance

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### 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 (JABB-10 (formerly R0071) – most common found in infants and adolescents, resistant to gastric acidity and boosts immune system by up-regulating proliferation of immune cells
  - ☞ B. Breve (JABB-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 pathogens like E. Coli
  - ☞ B. Longum (JABL-14 (formerly R0715) – of human origin, promotes regularity, antagonizes pathogens

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### Probiotics -

- ☞ Ten Beneficial strains:
  - ☞ L. Acidophilus DDS-1 (formerly R0092) – Unique endogenous human strain, harder than most 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-03 (formerly R0215) – Strengthens digestion and detoxifies environmental chemicals, also boosts GI 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-05 (formerly R1012) – Remarkable species able to survive aerobic & anaerobic conditions, metabolizes 23 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 (JALP-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 ssp. Lactis (JALL-08 (formerly R1099) – 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

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

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### 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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### 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 non-solid food)
- ⊗ All fasts should deliver the individual into a sound Phase II carbohydrate limiting diet

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### Peristalsis & Bile -

- ⊗ The 'major-general' of the digestive tract is bile - it is a detergent that emulsifies and keeps the tract clean as well as causes the contractions known as peristalsis that 'milk' the digestive contents down the pathway
- ⊗ Without bile, or with bile stasis, there is no consistent digestive transit
- ⊗ Cholagogues are nutrients and herbs that promote bile formation and delivery through the bile channel - AF, Betafood (12), Choline (6), Collinsonia (6), Livton (4), Betacol (6)
- ⊗ Most people turn to fiber and rourphage when it is first a bile delivery issue
- ⊗ Acholia (lack of bile) is seen as light colored or dry and knotty stools
- ⊗ Proper peristalsis is a strong contraction that can be controlled but clearly signals the moment for evacuation

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### Achlorhydria -

- ⊗ The potency of the digestive tract starts with acid (HCl) secretion from the chief cells of the stomach - without sufficient acid secretion there is no initiation to the digestive process and protein remains intact and unavailable to absorption
- ⊗ Primary signs of lack of acid secretion are canker sores in the mouth, allergy patches on the tongue, paranasal inflammation or rosacea, heartburn, coated tongue and yeast overgrowth, halitosis
- ⊗ Promotion of acid secretion - Zupan (2 or 3 with meals), Betaine HCl (1-3 with meals), Gastrex (2/meals), Okra pepsin (2/meals)
- ⊗ Use of Apple Cider Vinegar or lemon juice (1 Tbsp 3 times daily in water or juice) can be used to restore proper acidity to the tract while also promoting alkaline forming ash to the general system
- ⊗ Acid status is essential to mineral absorption (calcium, iron, etc) and B12 metabolism

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### 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 cammine 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 92% by reducing transit time according to Taiwanese study (International Journal Of Cancer 1999; 82:484-489)
- ⊗ Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet

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### New Product Alert - Read All About It!

⊗ Gut Flora Complex released April, 2008 is brilliant for reducing candidal overgrowth (one of the main contributing factors to dysbiosis and gut flora anomalies) and as a systemic fungal and immune modulator. Most physicians are not sensitive to the subtleties of nutrient devices and so have not opened the door in the long term reduction of candidiasis that this product makes possible. Cravings disappear, immune function liberated!

⊗ This product immediately began to work and has ever since. It is enteric coated and delivers its agents to the small intestine and large intestine where the fungal overgrowth obliterates the real estate for normal flora ecology and immune proliferation.

⊗ Gut Flora Complex:

- ⊗ Anise 125 mg
- ⊗ Andrographis herb 100 mg
- ⊗ Pau D'Arco stem 100 mg
- ⊗ Oregano Leaf Essential Oil 75 mg

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### Protocol - Digestive Pillar

- ⊗ General support:
  - ⊗ Cataplex AC (10) - epithelial repair
- ⊗ Peristalsis Enhancement:
  - ⊗ AF Betafood (12)
  - ⊗ Choline (6)
  - ⊗ Betacol (6)
  - ⊗ Gastrofiber (4)
  - ⊗ Livton (4)
- ⊗ Dysbiosis:
  - ⊗ Lact Enz (4) - probiotic
  - ⊗ Zymex (6) - antifungal
  - ⊗ Zymex II (6) - anti parasitic
  - ⊗ Multizyme (4) - anti parasitic
  - ⊗ Wormwood (4) - anti parasitic
  - ⊗ Gut Flora Complex (4) - anti candida
  - ⊗ 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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## Comprehension:

- ⚡ True or False – The final pillar that you will work on for the rest of life with yourself and every patient.
- ⚡ Multiple choice – Best way to promote epithelial repair is with a) Cataplex AC(10), b) Chlorophyll(4), c) Gastro Fiber(3), d) Okra Pepsin(6), e) All
- ⚡ True or false – Bowel transit time is slowed with soluble fiber and quickened with insoluble fiber or which 25 Grams should be consumed daily.
- ⚡ True or false – Gut Associated Lymphoid Tissue (GALT) contains 80% of the immune system.

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## 7 – Digestive Potency Pillar



- ⚡ 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 cascade of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut, degeneration
- ⚡ Famine in the midst of plenty
- ⚡ Fasting as repair
- ⚡ Bowel transit time (12 hrs)
- ⚡ Peristalsis as function of bile
- ⚡ Gut lining equals armor for the world

**Tests & Analysis**

- ⚡ Secretory IgA as an indication of gut lining thickness and therefore integrity of function
- ⚡ Stool analysis for dysbiosis, infection, and infestation
- ⚡ Fasting as repair
- ⚡ Test for transit time

- ⚡ Epithelial Support – Cataplex AC (10), Gastro Fiber (3), Chlorophyll (4), Okra Pepsin (6), Food sourced IgG
- ⚡ Dysbiosis –
  - Infestation – Zymex II (6), Multizyme (+), Wormwood (+)
  - Candida – Zymex (6), Spanish Slack Radish (6), Gut Flora Complex (+)
  - Probiotics – Lact Enz (+), Lactic Acid Yeast (+), Cyroyeast (+)
- ⚡ Fasting – one or more days
- ⚡ Food allergen removal

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## Ecology -

Human life, particularly in health and disease, is the result of countless independent forces impinging simultaneously on the total organism and setting in motion a multitude of inter-related responses.

Rene' Dubos

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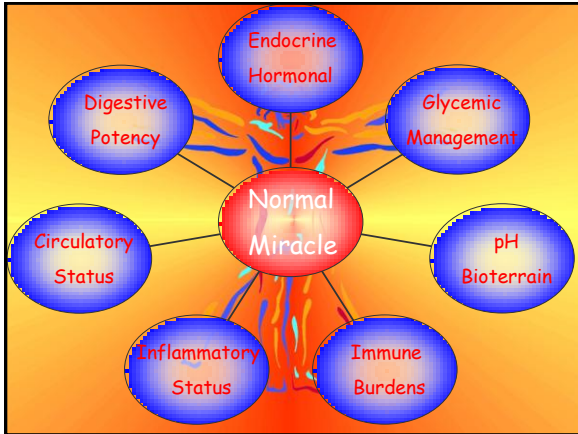
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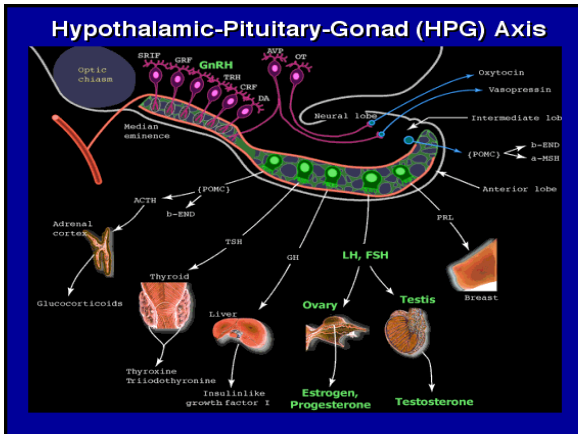
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### Sequenced decline - Senescence

- ⌘ Chronological age - accurate, measured in years
- ⌘ Biological age - variable, determined by biochemistry and energetic state
- ⌘ Psychological age - variable, determined by thinking which arises from emotional reality and neuroendocrine status
- ⌘ Only the first of these is fixed
- ⌘ One of the most important tissue aging factors is collagen synthesis, which is effected by smoking, exposure to sunlight, nutrient deficiency, dehydration - individual collagen molecules get attached to each other through cross linkage brought on by free radicals attacking vital molecules including DNA
- ⌘ Vitanox (2/day) is essential to care for senescence

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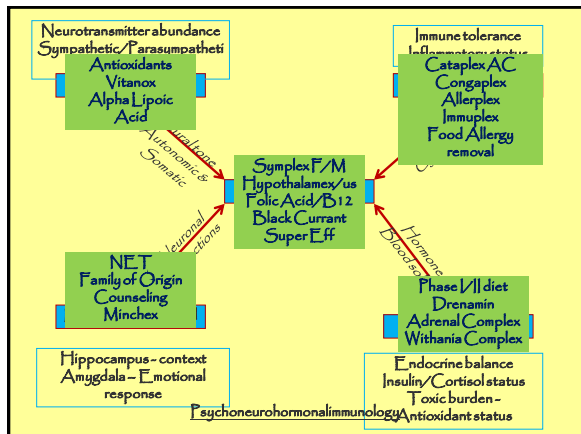
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### Hypothalamus- Basis of Mind/Body Connection

- ⌘ The hard wiring of the Hypothalamus to other brain structures via neuronal projection pathways provides avenues for communicating conscious thought, emotions and memories to the hypothalamic integrator and governor
- ⌘ Median Eminence (ME, Organum Vasculosum of the Lamina Terminalis (OVL), Posterior Pituitary (Neurohypophysis) - Three components of the hypothalamus lie outside of the blood brain barrier and thus can sample blood-borne solutes such as glucose, electrolytes (especially sodium), fatty acids, amino acids, hormones, neurotransmitters, peptides, cytokines, etc.
- ⌘ Factual information from hippocampus which records new information as longterm memory couples with emotional responses from the amygdala and is then projected into the hypothalamus via the fornix, stria terminalis and amygdalo-fugal pathways

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### Hypothalamus- Basis of Mind/Body Connection

- ⌘ Upon summation of integrated information in hypothalamus and its various intercommunicating nuclei uses releasing factor neurons to release hormonal responses to elicit hormonal, autonomic, metabolic and behavioral changes that are appropriate to the physical/emotional events at hand
- ⌘ Mostly we are unaware of the visceral autonomic alterations, but the Mamillo-Thalamic Tract exits from the hypothalamus and relays information to the thalamus and cortex thus we become aware of physiological responses to stress
- ⌘ Arousal may manifest changes in respiration rate, muscular tone due to release of sympathetic catecholamines, mentation and alertness, body temperature, perspiration, cold hands, dry mouth, the hard wiring of the
- ⌘ These neuronal and humoral pathways are the connectivity between perception and response, between inside and outside
- ⌘ This is the stage for the mind-body/self-nonsel approaches
- ⌘ A person may choose to act upon or modulate these responses

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### The Stress Model

- ⌘ The HPTA is at the heart of the body's ability to respond to the environment
- ⌘ Cortisol elevation is the result of Corticotrophin Releasing Hormone (CRH) arising from the parvocellular neurons of the paraventricular nucleus (PVN) - this is the 'master' stress hormone released in response to the perception of stress
- ⌘ Stressful stimuli are generalized as:
  - ⌘ Physical - pain, trauma, infection, hypotension, exercise, hypoglycemia
  - ⌘ Psychological - bereavement, fear, personal loss, anger (the perception that God is not in control - something is wrong)
- ⌘ CRH is released into the portal circulation of the Median Eminence and is carried by venous blood to the corticotroph cells of the anterior pituitary where it binds to the cell surface receptors stimulating the release of Adrenocorticotrophic Hormone (ACTH)
- ⌘ ACTH reaches the adrenal cortex stimulating the synthesis of Cortisol (glucocorticoid) and also androgenic hormones like androstenedione and DHEA (both may convert to testosterone and DHT in peripheral tissues)

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### The Stress Model

- ⌘ Cortisol maintains blood glucose during stressful 'fight or flight' challenges so that as more metabolic fuel is consumed a critical amount is maintained for brain function and to support the activated survival organs such as the heart, lungs, and skeletal muscle with renewable supply of fuel
- ⌘ Cortisol also participates with Aldosterone (mineralocorticoid) in driving sodium reabsorption from the renal tubules conserving electrolytes and water within the vasculature to provide blood and perfusion pressures to vital organs
- ⌘ Cortisol concentrations rise until it effects negative feedback on the CRH neurons and the pituitary corticotrophs to return blood levels to normal preventing prolonged elevations of CRH, ACTH and cortisol
- ⌘ Chronic stress and maladapted responses to stress alters this mechanism and causes longterm cortisol dysregulation and even 'cortisol resistance'

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### Revisiting protomorphology

- ⌘ Royal Lee postulates that the growth factors (PMG) are part of the mechanism that determines the aging process
- ⌘ The factors can be locked in the tissues and he considers that there are 'elutagens' which have the effect of releasing these pmg's into tissue action
- ⌘ Progesterone can be considered a elutagen as well as other nutritional elements that reduce the radical oxygen species
- ⌘ This begins to suggest why certain people do not respond as keenly to pmg therapy as others
- ⌘ Perhaps there is an emerging understanding of the stage that must be set for tropho-restorative activation

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### Modulating Cortisol

- ⌘ Symplex, Hypothalmex/us - HPA general support
- ⌘ Androgen up-regulation
- ⌘ Adrenal Complex - 2-4/day licorice & rehmannia
- ⌘ Allergen removal
- ⌘ Drenamin - 6/day
- ⌘ Eleuthero - 2-4/day
- ⌘ Vitanox 2-4/day
- ⌘ Detoxification
- ⌘ Change of thinking
- ⌘ Neuro-emotional release

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### The Response Ability -

It's not what happens to you,  
but how you react to it that  
matters.  
Epictetus

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### 7 Pillars Protocols

- ⌘ Endocrine/Hormonal - Symplex F/M, Hypothalmex, Black Currant Seed Oil
- ⌘ Glycemic Management - Phase II Diet, AF Betafood
- ⌘ pH Bioterrain - Calcifood, Calcium Lactate, Magnesium Lactate, Green Food, Organic Minerals
- ⌘ Inflammatory status - Eliminate food allergies, Cataplex AC
- ⌘ Immune burden - Thymex, Sesame Seed Oil, Congaplex, Allerplex, Immuplex, Zymex, Zymex II, Multizyme, Wormwood
- ⌘ Circulatory Status - Cardiophus, Vasculin, Cayenne, Garlic, Hawthorne, Horse Chestnut
- ⌘ Digestive Potency - Cataplex AC, Lact Enz, Gastro Fiber, Chlorophyll, Olive Pepsin, Gastrox, Zupan, Dextaine Hydrochloride, Fasting, Diet Modulation

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### Revisiting the physiologic possibility

- 7 pillars of foundational 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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### Visit after visit – Start Monday

- See each patient for the digestive issues they reveal
- Teach every patient the principles that give them potency and process 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 physiological priority (eg – immune)
- The purpose of the pillars is to create a conceptual framework to organize the diverse complexity of nutritional care, so that method can emerge
- Examine your patient for the bowel transit time, status of gut lining integrity, yeast and candidal overgrowth, peristaltic potency and bile function
- 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 .. E\_volve and blow them away!

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Give generously  
As you have received

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