



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

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, 4th 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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Clinical Practice

Opportunity to Transform Lives and Ease Suffering

- 🌀 The healing process is opportunistic in that it waits for chaos as an entry way for wholesome reparative process that begins with a problem
- 🌀 The challenge is to assist the patient to shift from a relatedness to the disease process to a sense of fascination with being fully alive, lit up!
- 🌀 Initially we help people with their suffering and through detoxification and restorative principles while also reducing the burden of stress imposed by the aberrant lifestyle it is possible to flatten the physiological responses that are called disease
- 🌀 Degenerative processes can be reversed, tissues can be renewed and enlivened, and general functionality can be increased – all this looks macroscopically like increased energy, better disposition, increased libido, and a more prolific creativity
- 🌀 In the healing process we must “seize the day” and help people learn about the increase in life that they are experiencing while they are healing their disease

Clinical Practice

Opportunity to Transform Lives and Ease Suffering

- 🌀 Especially with chronic severe imbalances, like cancer or autoimmune dysregulation, oftentimes the only way to move through the healing process is with the encouragement of the more subjective aspects of the patients presentation like ‘feeling better’
- 🌀 As practitioners if we are not connecting the dots between physiology and state of mind or attitude we are not helping people awaken to the shift from disease orientation to a focus on vitality
- 🌀 Indeed as a practitioner often times my confidence in long-term chronic degenerative cases wherein the progress is slow to observe arises from the apparent improvement in quality of life and clarity of mind that is more immediate
- 🌀 In a similar way even when apparent improvement is observed in a degenerative condition with no outward elevation of attitude I may feel concerned as to whether profound transformative healing is really underway
- 🌀 Indeed there is a difference between healing and therapy, in that with the latter after discontinuity of therapeutic devices everything just goes back to the way it was – not the goal

Fully Alive -

- ☞ Don't ask what the world needs. Ask what makes you come alive – and go do it. Because what the world needs is people who have come alive.

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Revisiting the paradigm of disease

- ☞ All disease processes are intelligent, directed processes
 - ☞ Disease processes equal healing processes
 - ☞ All disease process either kills the organism or makes it stronger, either way it brings change
- “that which doesn't kill us makes us stronger.” -*
Nietzsche
- ☞ When someone is diseased, we're meeting someone dominantly in a state of change

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Change happens!

How can we support the change?



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Old paradigm:

- ↪ Suppress symptoms
- ↪ Suppress change
- ↪ Prolong change
- ↪ Delay evolution

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New paradigm

- ☞ Support and encourage the change
- ☞ Address any shock resulting from the change
- ☞ Complete the disease process
- ☞ Accelerate evolution

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Eternal truth -

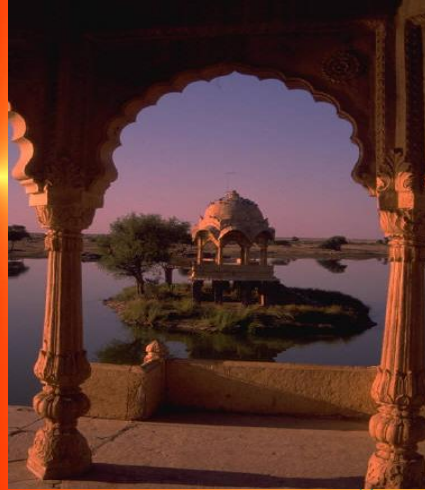
Wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.

Eckhart Tolle

7 Pillars of Healing

7 Unified Mechanisms of Health

- ☞ Endocrine/Hormonal
- ☞ Glycemic Management
- ☞ pH Bioterrain
- ☞ Inflammatory status
- ☞ Immune burdens
- ☞ Circulatory Status
- ☞ Digestive Potency



7 Pillars of Healing

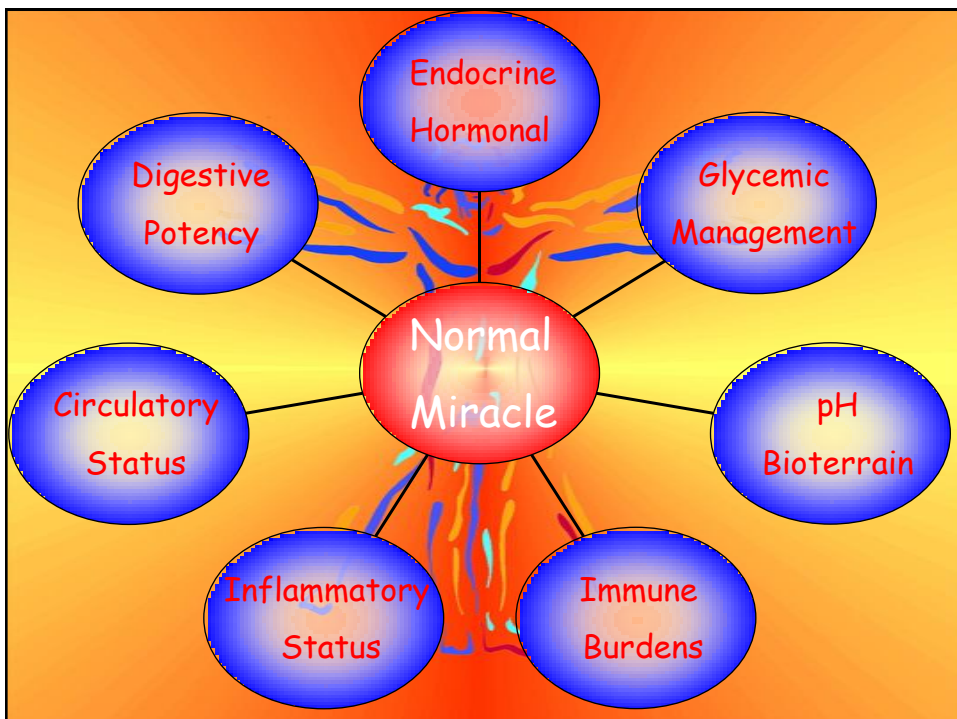
- ☞ Endocrine/Hormonal – Disruption & Depression
- ☞ Glycemic Management – Insulin/Cortisol Dysregulation
- ☞ pH Bioterrain – Net Acid Excess
- ☞ Inflammatory Status – Cumulative Repair Deficit
- ☞ Immune Burden - Toxicity, Infection & Infestation
- ☞ Circulatory Status – Arterial, Venous & Lymphatic Competence
- ☞ Digestive Potency – Fuel absorption, waste removal, Immune modulation

Foundation

Give me a place to stand
on and

I can move the world

Archimedes



Clinical Depression

- 🌀 In depression, regardless of the cause (e.g. metabolic, nutritional, social), distortions in thinking (e.g. catastrophizing or all-or-nothing attitudes) are usually present. Selective attention to these distorted thoughts is the norm for the depressed patients. One aspect of treatment is identifying these thoughts, elucidating the nature of the distortion and testing the logic behind the automatic assumption. For a full description of these distortions read Cognitive Therapy of Depression by Aaron Beck et al or Feeling Good by David Burns.
- 🌀 Experience has shown that organ functions contribute to the biochemical status that gives rise to healthy or less healthy thinking and cognitive choice making
- 🌀 It is possible to move from the organ to the state of mind or from the attitude back to the organ imbalance – thus the practitioner never need be at a loss for the potential to help shift the experience
- 🌀 For example fear promotes anticipatory anxiety (activating the dorsal raphe' nucleus which in turn primes the limbic system for panic (locus coeruleus) generating a feed-forward cycle via the amygdala and locus coeruleus and HPA axis developing legitimate panic and subsequent depression
- 🌀 So anything that can be done to influence these systems and neurological cascades can assist an evolution in state of mind and perception – this can be the trick to shift experience – to feel differently is to think new thoughts

Seven Pillars always help

- 🌀 Without intricate assessment a number of basic modulations can be introduced that shift the state of mind, without any outward counseling
- 🌀 Endocrine pillar support of the HPA axis and individual glands
- 🌀 Glycemic Management with cortisol and insulin down-regulation
- 🌀 Bioterrain support with mineral repletion reducing acidosis and this promoting parasympathetic nervous states can offset anxiety
- 🌀 Inflammatory pillar support and food allergy reduction will shift the cytokine cascades and HPA state of readiness for crisis
- 🌀 Immune pillar support liberates the oppressed immune system and cytokine congestion alerting states of reactivity and malaise
- 🌀 Digestive pillar support and pre and probiotic encouragement can result in reduction of leaky gut syndrome and subsequent stress – generally enhanced gut lining health results in a state of wellbeing that defies the circumstantial conditional world
- 🌀 Six of the seven indentified pillars can make a direct contribution to state of mind
- 🌀 To see this in practice, and personally as we balance our own physiology, leads to a relationship understanding between the physical and emotional

SomatoLimbic Relationship

The body is a circuit board for the flow of spirit wherein each organ and system represent specific devices to translate vibrational reality into physical function.

When we say chemical imbalances impair psychologically and spiritually it is because we recognize that biochemistry and physiology are the means we have to translate eternal reality (spirit) into temporal expression and experience (body & ego).

Each disease relates to a pattern of thinking and difficulty that is as much part of the healing as the physiology. Likewise health creates a pattern of thinking and wisdom. We are the 'feng shui' experts of the physical body.

Although strictly physical in our approach we are impacting the thinking and emotional development and even the spiritual realization, just as Jesus did in the wilderness fasting for 40 days before he began his outward ministry and many eastern traditions direct as a path to enlightenment.

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Somato Limbic Relationship

Intrigued – **HPA Axis** – In crisis
 Passionate - **Liver** - Anger & Frustration
 Forgiving - **Gallbladder** - Resentment
 Connection - **Lungs** - Grief & Separation
 Peace - **Heart** - Troubled
 Self loving - **Spleen** - Low Self Esteem
 Abundance - **Pancreas** - Complaining
 Unmoved - **Stomach** - Triggered & Reactive
 Quick minded – **Adrenals** – Bored
 Confidence - **Kidneys** - Fear & Regret
 Perceptive - **Small Intestine** - Insensitive
 Flexible - **Colon** - Dogmatic Positioning
 Containment - **Uterus** - Histrionic
 Assertive - **Prostate** - Aggressive
 Creativity - **Gonads** - Barren & Unimaginative

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New Product Alert – Read All About It!

□ Epimune Complex released November, 2009 is useful to modulate immune responses, similar to echinacea, changing cytokine cascades impinging on the HPA Axis regulatory mechanisms. This results in a lift in attitude and positive outlook. As well immune responses are amplified resulting in immediate improvement to illness pathogen responses. Is this an immune product or an endocrine product or both?

□ Epicor is dried fermented Brewer's Yeast fed a proprietary blend of nutrients and then stressed under anaerobic conditions which provides vitamins, polyphenols and betaglucan that acts as immune modulation

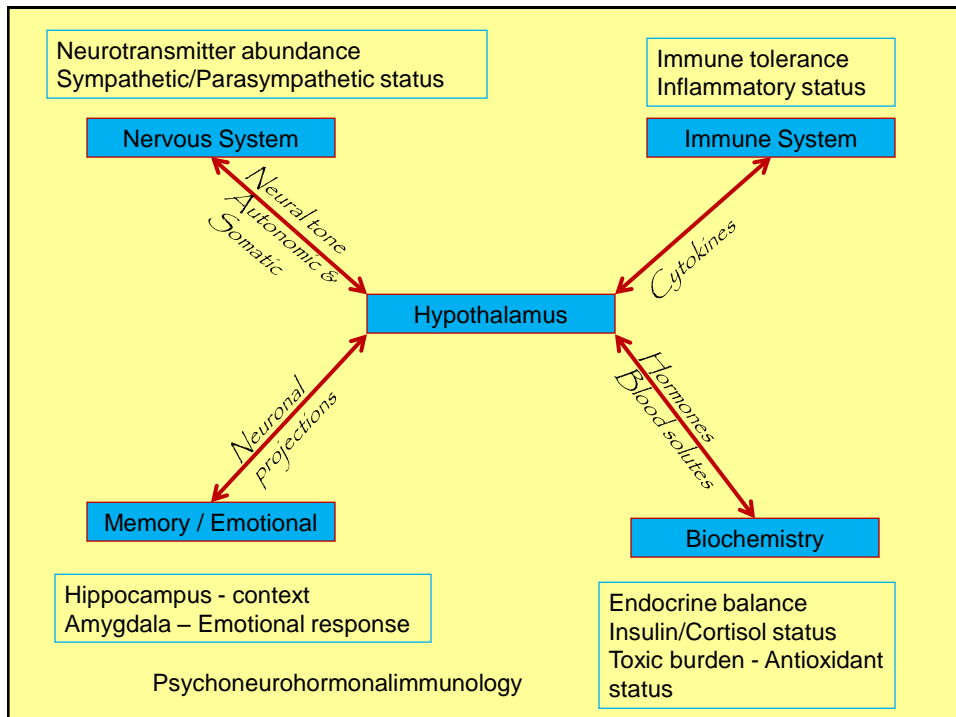
□ Maitake mushroom (*Grifola Frondosa*) provides immune modulating compounds called proteoglycans that is shown to modulate receptors on WBC and macrophages

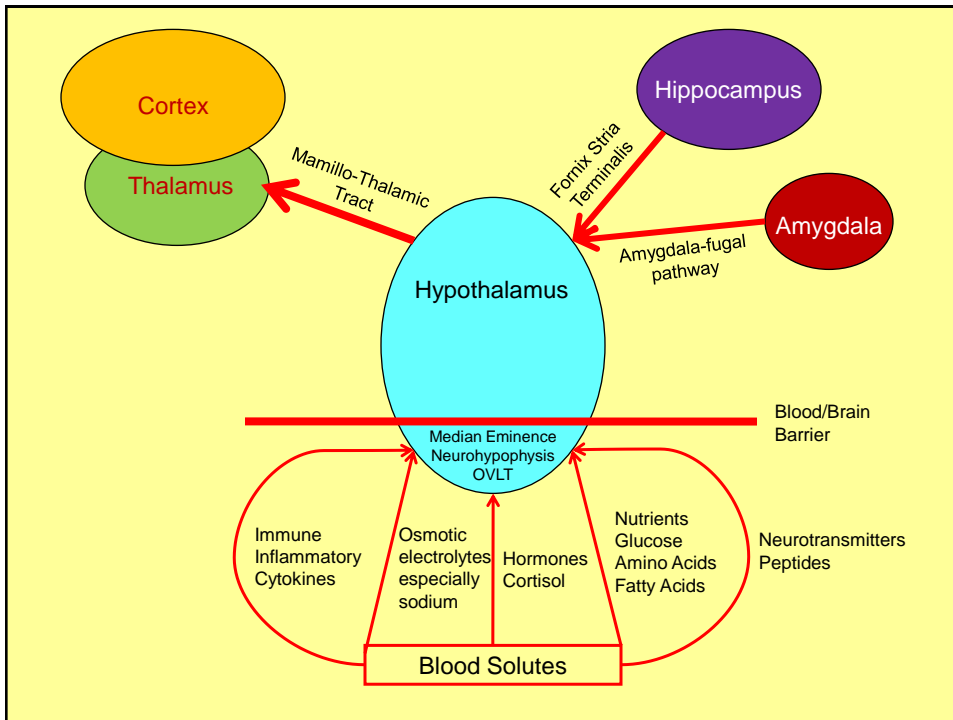
□ Turkey Tail (*Coriolus Versicolor*) also called cloud mushroom promotes vigor and vitality provides polysaccharides and proteoglycans to encourage gene expression of cytokine receptors of WBC's, increased percent of T helper cells, and increase of interferon gamma

□ Epimune Complex:

- Epicor 500 mg providing dried yeast fermentate
- Maitake Gold 404 8 mg
- Maitake mushroom powder 48 mg
- Turkey Tail Mushroom Powder (*Coriolus*) 150 mg
- Calcium Lactate 30 mg
- Vitamin C from Acerola berries 20 mg
- Zinc rice chelate 10 mg

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Approach to wisdom

Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms or books that are written in a foreign tongue. The point is to live everything. Live the question now. Perhaps you will then gradually, without noticing it, live your way some distant day into the answers ...

Maria Rainer Rilke

Visit after visit — Start today

- 🌀 See each patient for the quality of life attitudes/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)
- 🌀 Connect the dots between physiology and mental/emotional states
- 🌀 Document, then declare success
- 🌀 Be a practitioner who is always developing the patient beyond their request
- 🌀 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)
- 🌀 Care for the four stage hypothalamic issues and reverse the degenerative process – address the immune and inflammatory cytokine driven impact on HPA function and subsequent state of mind

The greatest use of your time

Think New Thoughts

