

Physica Radio Field Notes

Dr. Stephen H. Atkins

Good Afternoon everyone. It's Wednesday at 12:15pm and that means it is time for "Field Notes"! My name is Dr. Stephen Atkins and I will be your host for this weekly recurring lunchtime segment. I would like to thank Dr. Cass and all the people at Physica Energetics, who have given all the support to this project. I am so excited to be here. I have been waiting a while to do this and the day has finally come. You know, just a little story of how this came about: Dr. Cass and I were having a conversation about a couple of months back and we were talking about Concordia (the annual Physica Energetics International Conference). And I was basically telling him how I really loved all the information I got from the various lectures. I told him the thing I really love about going to various conferences is this; when you sit next to people either during lunch or at the break or in between sessions, I really find a lot of clinical pearls from these different practitioners. I mean this information is absolutely fantastic! You know, sometimes it is in a round table setting, sometimes just one on one, but this information is really without parallel. I actually sometimes learn more from these practitioners than I actually learn at the conference itself! So I said, "Dr. Cass, wouldn't it be great if we could have a weekly recurring segment that we could impart these same clinical pearls?" He said, "That would be a great idea!" and that is how 'Field Notes' was born.

You know speaking of Concordia, Concordia is going to be held this year on November 1st and 2nd out at the Fess Parker Resort in sunny,

beautiful Santa Barbara, California. There is actually an invitation video on the website if you go to physicaenergetics.com. Dr. Cass himself speaks a little bit about it and I would urge you all to go and look at it and come out to Concordia. It's a great time!

During these Field Note sessions you won't need to take notes unless you wish, so you can just sit back and eat your lunch and enjoy our time together. They are all going to be transcribed on the website and are probably going to be put out in blog form and afterwards they are also going to be put out in a journal. So at the end of the year, you can all have a little booklet about all the clinical pearls that are being discussed here. If you have any questions for me, unfortunately the time segment for this is only 15 minutes and so it doesn't allow time for call-ins. However, you can email me at physicaradio@gmail.com with any questions or comments and even subjects you would like me to talk about. I'm happy to address those and welcome all suggestions.

Just a little bit about me. As you all know my name is Dr. Stephen Atkins, I have been in clinical practice for over 30 years now and I have a PhD in Integrative Medicine. I have been a clinical director of clinics here in the US and in Mexico and I have a really, really busy practice in Long Island. This is in a town called Huntington. It is on the north shore of Long Island. I am about 45 minutes east of New York City, so I get patients from New York City, from California and from all over the world. Many

actually fly in to see me and I discuss all sorts of different kinds of issues with them. People who come to see me typically have conditions ranging from digestive issues to immune problems and a lot of metabolic disorders. You know I don't do any advertising at all, so it is all word of mouth and I am really fortunate that I probably see between 25 and 35 new patients a week. So I have to be doing something right if I'm not doing any advertising and all these patients are coming to see me. I want to impart some of that information to you.

So where do I start with people? Well, I'll tell you, I start everyone on what is called the Restoring Cellular Communication Pathways™ programme and this is a programme that specifically rebuilds the foundation for everybody. Now sometimes practitioners will enthusiastically try to immediately get to the core of the problem and this whole foundational step is missed! So this is a really important thing. This establishes a firm foundation that we can build our work upon. So what this programme does is balances the whole endocrine and digestive system and helps to open up the drainage pathways; specifically the kidney, liver and colon and so much more.

So here is basically the deal. The RCCP™ programme uses 7 basic supplements: they are Hypo Zymase or CataZyme-7, SpectraLyte, ReHydrate, Nat Body CLR, Nat Colon CLR, Flora Syntropy and GALT Fortifier. Now like I said, I put everybody in my practice on this programme. If someone doesn't want to do this then they can't be my patient. It is as simple as that! And I'll tell you why I do that. If someone isn't going to take 7 basic supplements from the beginning when they come to see me, they are certainly not going to take any suggestions

down the line when it comes to dealing with core issues. It is not only a good way of weeding people out, it is a great way of building the foundation and getting people started off on the right foot.

This is how it works and here are the remedies.

Originally the RCCP™ programme used CataZyme-7 which is a wonderful vegetable digestive enzyme product in a bed of organic, bio-dynamically grown botanicals. Most practitioners use this product, very successfully(!) as part of the RCCP™. I do too, but sometimes I find it just isn't the right level remedy for some patients who require more of an enzyme assist or jump start. But that's just my practice. There's also CataZyme-U which is another excellent vegetable digestive enzyme remedy, again in a bed of organic, bio-dynamically grown botanicals. The botanicals in this remedy are more *soothing botanicals* and the enzymes are designed/targeted more for ulcerative conditions or extremely sensitive digestive patterns than the CataZyme-7. CataZyme-U also doesn't have protease. CataZyme-7 does. It's good to have 3 substantial digestive enzyme remedies to choose from. CataZyme-7, CataZyme-U and Hypo Zymase.

My personal choice for my unique client base (yours may be different) is Hypo Zymase. Hypo Zymase is a great product! It's a digestive enzyme formula that is *Dual Phase* in nature. Dr. Cass has added just the right amount of hydrochloric acid and glutamic acid with synergistic digestive enzymes, botanicals and nutritionals. Now these synergistic factors work specifically on phase 2 (duodenum) and the hydrochloric, glutamic acids and complementary enzymes work on phase 1 (stomach).

When I say just the right amount of betaine HCl I mean this. Way too many people are overdosing on HCl! So much so, that they are ruining their stomach lining and compromising the body's ability to continue in the production of digestive enzymes. The digestive cascade begins to shut down and your patient is on increasing doses of HCl for the rest of their life. And then worse things start to happen... Sure you get a quick fix but quick fixes don't last and over time actually sabotages the body's ability to heal. You can buy junk HCl almost anywhere these days – and frankly most of it is junk, particularly if it's in higher dosages. So don't!!!

So basically what happens is this. 99% of the people who come in to see me have what is called, Hypochlorhydria – low stomach acid. This is very, very common. I actually find out that for anyone over the age of 35 the parietal cells of the stomach don't secrete acid like they used to. (Remember, the peptide hormone gastrin starts the cascade – digestion is also a hormonal function! Take note.) When this happens, when you take food into your stomach and you don't have the right terrain for digestion then gas and bloating, putrefaction, etc, occur, which eventually leads to serious challenges and people just feel terrible. If you give the *“right supplement at the right time, at the right level and in the right sequence”* into the right environment, people are just naturally going to feel great. Hydrochloric acid is not only needed to digest protein, it is also needed to cleave minerals off of food.

I'll tell you, I do a real simple test for this and you can do this in your office. You just need to get some aqueous zinc solution. It's called a Zinc Tally Test and this provides an immediate result. So basically you take about 3 or 4 mLs of aqueous zinc solution, and have the patient put

it in their mouth and swish it around for about 10 seconds. Now it is going to taste one of four ways. It is either going to taste like ordinary spring water, or it might taste a little chalky, or it may taste very sweet like cotton candy, or extremely metallic like you have a roll of nickels in your mouth. And here's how it works out. If you put that into your mouth and it tastes very, very metallic that means your body has the proper amount of minerals; if it tastes like cotton candy you have a mild deficiency; if it tastes chalky or you have a kind of film in your mouth or you have cotton mouth, it means you have moderate deficiency; and if it tastes like ordinary water then you have a major deficiency. And the reason that relates to hydrochloric acid is that hydrochloric acid is needed to cleave minerals off of food. So it is a quick in office test, you can do it with somebody, the results are immediate and you can really show somebody.... “Hey, what, you're low in hydrochloric acid and you need to take Hypo Zymase”.

This year I will be offering a one day seminar called, In-Office Lab Testing: Functional Terrain Assessment throughout the US and Canada and maybe the UK, during which I am going to teach you how to do a number of in-house lab tests which are invaluable to you and your patient! I think Dr. Cass may be there as well so keep an eye on the Physica Energetics' website calendar. I'm sure you'll get notification of this as well.

Now that brings me to the mineral supplement called SpectraLyte. This is an ionic trace mineral solution that has all the amounts of proper alkalizing trace minerals in their natural form and perfect balance. Clearly everyone is not mineralized properly and that is through no fault of their own; the food supply! You know the food supply nowadays is mostly devoid of

minerals? Unless you are eating a perfectly organic diet and your digestion is perfect, and even then, you are probably not going to be absorbing enough minerals. SpectraLyte helps re-establish minerals in the body. It also helps restore the electronic charge outside the cells so the cells can now take in nutrition properly and expel waste properly. Think in terms of right spin/left spin and the sodium potassium pump of which SpectraLyte and the next product, ReHydrate are key factors! So, this is an electrolyte and ionic, alkalizing trace mineral remedy. Put it in distilled water or juice to mask the electrolytic taste (chloride). Actually, you'll find that people who are adequately mineralized can barely taste it! Another good diagnostic tool...

The next supplement I counsel people to take is a core homeopathic remedy called ReHydrate - and this does exactly that. It helps the body rehydrate itself with water. Now I have found that water is the number one nutritional deficiency in everyone who I encounter. And the rule of thumb is this: if you take half your body weight that's how many ounces of water you should drink a day, of clean, clear spring water. The beverages that take away from this equation are things like coffee and black teas, many fruit juices, alcohol, anything carbonated and of course, soda. So most people are walking around in a state of reduced hydration just based on the beverages that they are drinking. This remedy helps to restore hydration to the cells. Now someone can't just start drinking litres and litres of water a day if they are not used to doing that. It is kind of like this analogy: If you have a plant in your house that is all dried up, that's been neglected, and you pour water on it, the water is going to pour off the sides and not be absorbed. ReHydrate assists the cells absorb water, so that's how that

works. I'll tell you about a patient I actually just saw this morning. She came to me with terrible, terrible digestion and she said, "Dr. Atkins I will do anything just to feel normal again". I mean she had been plagued with digestive problems for several years so I started her on this RCCP™ programme. She came in this morning, just a few weeks later saying, "I can't believe it, my digestion is back to normal. You know, I feel like a million dollars". I love nothing more than hearing this from my patients. It's so simple and cost effective too!

Let's look at Nat Body CLR. This is a product that actually opens up the pathways of the liver and the kidney. When you open up the pathways of drainage, then deeper and deeper detoxification can happen without the complications of retracing which can be uncomfortable and discouraging for the patient. Nat Body CLR goes along with a product called Nat Colon CLR designed to open the colon pathways. Now this doesn't suddenly make you have a lot of bowel movements. It's not designed to do that unless you take it in larger dosages as part of a detoxification program. In the RCCP™ approach you take the proper amount at the proper time. It "feeds" the bowel rather than forcing it like magnesium products which just fill the bowel with water or psyllium, which scrapes the membrane. Nat Colon CLR promotes peristalsis so that the bowel is "turned on" again and begins to work on its own. Digestion is not only taking in nutrients, but eliminating waste, and this helps do that.

Then I and thousands of us use a product called Flora Syntropy to help rebalance friendly flora in the GI tract and flush out the unhealthy bacteria. The thing I love about this product is that it comes in a spore form and the reason

Dr. Cass I believe chose this, was that when you take *Lactobacillus sporogenes* into the body in a spore form, it repopulates the GI tract very, very quickly. He has also added something called inulin or FOS (Fructooligosaccharides) and this is the food for the probiotics. Flora Syntropy then is primarily a probiotic with the added benefit of a healthy, non-glycemic raising (!) prebiotic. Worthy of note is that this is one of the only probiotics that survives antibiotics and gastric enzymes! So patients who are on antibiotics can receive the value of a wholesome probiotic without it being washed out. Of course it's ideal for patients not on antibiotics as well! You can also use it as a flooding technique....

Then we have GALT Fortifier. GALT stands for *gut associated lymphoid tissue* and this has to do with our immune system. You know that they say, that 70% of all disease starts in the GI tract and for that reason most of our immune system surrounds the GI tract. Well what happens in a lot of people (think allergies, immune insufficiencies, hormonal challenges, digestive imbalances, emotional and psychological factors, etc) is that you get this build up of rubbery, excess mucus on the inside lining of the intestines that does not allow nutrients to get up into the Peyers' Patches. Peyers' Patches is what makes up a large part of our immune system. So, Dr. Cass developed GALT Fortifier and I really, really love this product. It contains okra, pepsin, pre-digested fish protein (poly-peptides), exceptionally potent beta-glucans (immune!) and some really high quality colostrum. Colostrum is a huge immune builder. This is how this product works: okra intentionally sticks to the mucus on the inside of the intestines; the pepsin then digests that mucus and the pre-digested, poly-peptide, fish protein, beta-glucans and colostrum go

right in. Nutrition for the Peyers' Patches and specifically for the immune system!

I wanted to mention the GB-40 Yuan Source here for just a moment. I rarely, if ever, find patients with decent biliary tree function – particularly the gall bladder. Due to dietary factors, emotional imbalances, pathogens, etc; the gall bladder is constantly under siege. Bile becomes thick and syrupy and is a breeding ground for parasites, bacteria, mold and so on. GB-40 Yuan Source has the great advantage of assisting in thinning the viscosity of bile, promoting bile flow, pulverizing stones, helping to clear bacteria and parasites in stones, converting blood fats to blood sugars and assisting the entire biliary tree (liver, bile ducts, gall bladder, etc) to decongest and repair. So, more often than not I'll add that to the RCCP™. Makes sense right?

So these 8 products do a world of good. They really initiate a firm foundation upon which to build our case. Of course they can be used along with other remedies in other protocols....

I know a ton of doctors who just use the RCCP™, the BioToxicosis Lymph drainage remedies, some fish oils like Bio-Omega 3, a great multiple like BioHealth Matrix and the Solray-D Liposome Spray (Vitamin D3 and Vitamin K2/MK7) and they have a thriving practice with wonderful results. Most of us however choose to go deeper and this little protocol sets that foundation beautifully.

Like I said, I do this on every single patient. You know I had a patient come in last week who has suffered with terrible, terrible allergies, (a 53 year old guy) and he used to say to me, "I wake up every single morning and I use a half a box of Kleenex. I blow my nose, I didn't even know my body could make this much mucus". What is

interesting is I had put him on Nat Body CLR and Nat Colon CLR to help open up the drainage pathways and help to clarify the colon. So here is a little clinical pearl: the sinus falls on the large intestine meridian and many times when you have a sinus dysfunction, a sinus problem, it relates to the GI tract. So I put him on the Nat Body CLR and the Nat Colon CLR and low and behold within 2 months his allergies had gone! Now this is a guy who had been plagued with allergies for years and years and years, he is so grateful that now whatever suggestions I make, he takes them without even thinking about it; as do most of my patients!

Well that is a little bit on the Restoring Cellular Communication Pathways™ programme. I urge everyone to get your patients on this if you are not doing it. You should also get them involved with the BioToxicosis programme and this is the programme that teaches people to use the proper lymphatic drainage remedy. This is also a crucial step. As you know, the extracellular matrix (which is the area outside the cell), if it has no way to drain then cells turn acidic and then we have problems down the line. Picking the correct lymphatic drainage remedy is really important in EVERY CASE! Regardless of what you're giving your patients ALWAYS add one of these remedies. Dr. Cass has made Lymph 1

Acute, Lymph 2 Matrix and Lymph 3 Chronic and through BioToxicosis testing you can figure out which lymphatic drainage remedy to use. It takes 15 seconds at most to do! I believe there is some information on the Physica Energetics' website about that or you could ask the number of practitioners who use this approach to help... or call Physica Energetics and one of the good people there will walk you through it. Please check it out. You'll be doing a disservice if you don't do BioToxicosis to your patients. If you do, they'll love you for it because their results will come faster and easier – little, if any retracing!

So, with this foundation firmly in place for our first session we can now move quickly into a consideration of a multitude of different topics and conditions challenging us, poly-systemically, in our practices today. Send me your questions and topic suggestions and I'll add these to the upcoming cases I wish to discuss with you.

Well, that's about all the time we have. It has been a pleasure talking to you. I look forward to seeing you next Wednesday at 12:15pm eastern time.

I am Dr. Stephen Atkins and this has been 'Field Notes'.