

Physica Radio Field Notes

Dr. Stephen H. Atkins

Well, Good afternoon everyone! It's Wednesday, it's lunchtime and that means it's time for 'Field Notes'. My name is Dr. Stephen Atkins and I am your host for this weekly recurring lunchtime segment. I want to thank you for tuning in. It's always a pleasure to be here and I'm really excited about today's topic!

I had a patient who came to me about a week back who has had a long standing case of lymphedema. When I asked her how she found out about me, she told me that her massage therapist was doing lymphatic drainage massage on her and she wasn't getting the results she was looking for. Since she knew that I work with a lot of people with this condition she sent her over to me. I love working with the lymphatic system because it's so, so important for healthy immune function.

The lymphatic circulatory system works directly with the cardio-vascular circulatory system to keep blood and lymphatic levels in balance and flushes out toxins in the body. It helps to carry immune cells throughout the body and helps to defend against infection. Our lymphatic system isn't lucky enough to have an organ like the heart to keep fluid flowing, so it relies on muscle contraction to do this in combination with sufficient hydration.

The lymphatic system is an organized pathway of lymph nodes, ducts, vessels and organs that work together to produce and transport lymph through the body and the bloodstream. Remember it stagnates when there is no movement present!

So let's look at some of the functions of the lymphatic system. It helps to defend against disease by producing immune cells; lymph nodes act as a filtration system that keeps particulate matter, such as bacteria and viruses, from entering the bloodstream; it also produces lymphocytes and monocytes and other cells that can destroy microorganisms and foreign substances; it also helps maintain fluid balance in the tissues; it helps in the clearance of proteins and large particles which are too large to be absorbed through the blood capillaries, but they can be carried out through the lymphatics.

When the lymphatic systems become overburdened or blocked with excessive fluids due to poor circulation, (this can happen for example from breast surgery or illnesses that cause swelling), it creates edema and water in the tissues - a good indicator of decreased lymph flow.

During her history intake she told me that she was taking oral contraceptives and

antibiotics and diuretics for the lymphedema.

Now here's a little clinical pearl: when anyone is on these types of pharmaceuticals they deplete vital nutrients necessary for optimal functioning of the lymphatic and consequently, the immune systems. So whenever I hear about patients taking these types of medication, I immediately think about lymphatic congestion.

The organs and tissues of the lymphatic system include the thymus, tonsils, bone marrow, spleen, appendix and the Peyers' Patches. This makes us think of GALT Fortifier doesn't it...Peyers' Patches and Gut Associated Lymphatic Tissue.

And let's not forget about the teeth! The odontomas or dental structure is also part of this system. You know, Dr. Cass has often reminded us in the Academy and in his sessions, that Dr. Voll (who we all know was the father of EAV), really emphasized this type of wonderful ground breaking work in all of his therapies and in all of his research.

OK, remember, our cells are located in a sea of lymph and "pale" fluid. The lymphatic vessels run parallel to the blood veins in the body and the vessels of the lymph system are filled with lymph that is collected from the space between all the cells in the body; another name for this could be the Extra Cellular Matrix (ECM) or an expansion or better yet, a differentiation of *mesenchyme*.

There are approximately 6 – 10 litres of lymph in the body compared to about 3½ – 5 litres of blood. About 1½ - 2 litres of lymph per day circulate around the whole body. If you have efficient activation of lymphatic circulation you can actually increase this number anywhere from 10 – 30 litres per day.¹

The lymphatic system is filled with millions of one-way valves which allow lymphatic fluid to flow in one direction only and this is usually upward and away from gravity. The lymphatic vessels drain the fluid from the tissues in the body, they filter them and then eventually transport and return them back to the circulatory system.

Lymphatic fluid contains proteins, minerals and other nutrients that nourish the cells and tissues of our body. Lymphatic tissues also collect damaged cells, cancer cells, foreign particles like viruses and bacteria and xenobiotics that have entered into the tissues. Now as I do a lot of work with toxic laden patients, many of whom are dealing with cancers, you can see where the lymphatic drainage system is vitally important.

I touched upon this briefly during Concordia but for those of you who weren't there, you might find this interesting. When the extra cellular matrix (which is the area around the cell) becomes too sluggish and too compromised due to poor lymphatic flow, (because that is one of the main ways extra cellular matrix clarifies itself), the cells will do anything they can to survive. So what do

these cells do? They transform themselves from cells into a lower life form that are called fibroblasts. Now fibroblasts can live in a very low oxygen, very toxic, sugary, sticky environment. Our normal cells have the ability to differentiate, in other words, the cell knows that it's going to become an ear cell, an eye cell, a nose cell. However, fibroblasts don't differentiate. They de-differentiate and when you have a de-differentiation of cells that multiply very rapidly, that causes a tumour.

So lymphatic congestion and conviction in the extra cellular matrix, it's one of the main ways, if not the *main way*, that tumours are formed. Keeping the extra cellular matrix clean and free flowing and keeping the lymphatic system free flowing is the number one way to keep the body free of cancer cells. It is a very, very simple process and if everyone took the time to do that, I truly believe we would have much less cancer in our society. Because remember two things are happening to toxins, they are either stored or they are eliminated and when they are stored, they become tumours.

So what did I do with this woman? Well, I knew I had to get her on a pretty aggressive lymphatic decongestion therapy, so of course you know what do I do? I always put everybody on the RCCP™ program! So I put her on the RCCP™ and I also added a little extra Drainage Milieu to her RCCP™ program. I really wanted to make sure her lymphatic tissue didn't remain stagnant and was free flowing. I also suggested she did a little bit of exercise! Now this wasn't

anything heavy. I had her get what is called a Rebounder, which is a very small trampoline that she can jump up and down on every day, (even just for 10 or 15 minutes), to get the circulation going in the body. I also advised her to do skin brushing. Skin brushing has been found to stimulate circulation to the skin, so it helps stimulate lymph flow. And finally I really encouraged her to get on some healthy nutrition; a nutrient dense diet with a lot of fresh healthy vegetables; clean, clear water; and the vitamins, minerals and herbal supplements that I am about to tell you about.

So whenever I have anybody who needs lymphatic drainage, and frankly who doesn't (?) we always need to think about target specific, drainage remedies. So the Spagyrically processed botanical I immediately think about is *Trifolo Intrinsic*.

Now Trifolo Intrinsic is traditionally used for lymphatic breast drainage, spleen drainage, and swollen lymph nodes. It's good for any kind of skin disorders as well as systemic lymphatic drainage, fibrocystic breasts, endocrine balance, arthritis and I also use it for gout. So trifolo or red clover is really well known for its ability to cleanse the blood, lymph, spleen, liver and kidney. It's been used for over 100 years in the treatment of many types of degenerative diseases, because of its ability to cleanse and detoxify the blood, spleen and lymph.

It is also very high in phytoestrogenic isoflavones, which have been shown to inhibit estradiol from binding to estrogen receptors in the breast, thus preventing the growth of tumour cells. These estrogenic isoflavones also help with the natural balancing of the endocrine system. Dr. Cass

always reminds us of the cleavers in the ingredients being such a highly valuable plant and perhaps the best tonic to the lymphatic system available! The *Trifolo Intrinsic*, I usually dose anywhere from 120 – 240 drops twice daily.

Another remedy I immediately head for is the *HepataGest Powder*. As the lymphatic system is designed to handle normal levels of metabolic waste in the body, poor digestion, compromised intestinal flora and elimination disturbances (for instance things like constipation) can overload the lymphoid tissue and cause a large toxin burden on the liver. That is why I love to use *HepataGest*. I use 1 scoop in the morning in a smoothie and also 1 scoop in the evening for people who have lymphatic congestion.

Another *Intrinsic* I immediately head for is the *Burdock Intrinsic*. *Burdock Intrinsic* is also used for spleen and lymph drainage; it also helps inhibit tumour growth; it aids in blood purification and also assists in liver and gall bladder detoxification. Also as an aside, it is a great Spagyric remedy for the treatment of arthritis. I love using *burdock* for its anti-microbial properties and whenever you have any kind of lymphatic system congestion you're going to have an increase of bacterial pathogens. So the great thing about *burdock* is that it is made up of a large amount of FOS (fructo-oligosaccharides) and also has the ability to increase bifidobacteria within the gastrointestinal tract, which helps eliminate the pathogens via the intestinal tract. It also helps modulate the immune system and really effectively suppresses abnormal cell growth. I dose this at 120 – 240 drops twice daily. By the way if you have been looking for a remedy like the original old

Essiac formula, take a look at the *Burdock Intrinsic*!

To keep the immune system strong I immediately head for the *sarcode* remedy *Thymus Code*, as this gives the blueprint of the healthy tissue and secretion from the thymus gland. And as we all know the thymus gland plays a huge role in immune function. I again dose this pretty high at 120 -240 drops twice daily in water.

Whenever you have lymphatic congestion you can almost always guess that you are going to have heavy metal toxicity along with it, so I head immediately for the *Laminaria* and I love *Laminaria*. This has a really high infinity for absorbing heavy metals in the gut. Now you need to dose this pretty high and what I mean by pretty high is I usually give people about 16 caps of this a day. You wouldn't want to take this all at once, you want to keep it so the doses are dispersed through out the day, in divided doses, so I have people take 4 caps four times daily.

Another remedy I use a lot of is one you might not normally think about re lymphatic congestion - *Sinus-Tox*. And since *Sinus-Tox* is great for head congestion, believe it or not it also works very, very well with any type of drainage and immune insufficiencies. Remember pathogens love the sinus! I dose this at about 120 – 150 drops twice daily. In this same regard, *Wild Oregano Oil* softgel caps are highly effective here. Perfect!

Now if anyone has had any type of lymphedema that is going on for more than a week, (remember any other infection or congestion that has lasted anywhere from 7 to 10 days is an indication that the adrenal

glands may require support) make sure to give the *Adrenal Life Force!*

Don't forget about the BioToxicosis remedies, please check for *Lymph 1, 2 or 3*. This is, (like I always say), the MOST important remedy you can ever give a patient!

Another sarcode I immediately head for is *Lympho Code* and you can use this in a couple of different ways. You can dose this in water and have the person take it 2 – 3 times daily. Or if you actually have areas of lymphatic drainage that need specific attention you can take about 8 drops of the *Lympho Code* and you add it to the *BioCatalase Liposome Lotion* and put this right on the affected area. Please always remember to keep it away from the eyes as the *BioCatalase Lotion* has capsicum or cayenne pepper and it can irritate the eyes.

Another Tox remedy I think about all the time with lymphatic drainage is *Sclero-Tox*, as scar tissue can often compromise drainage pathways, so you want to make sure you have those open. You can use the *Sclero-Tox* either in water or by itself, or you can also add this to the *BioCatalase Lotion*. If you are using *Sclero-Tox* and *Lympho Code* don't mix them together, use them separately or alternate them.

Other Intrinsic's I think about are Spagyric formulas like *Scrofulara Intrinsic*, *Cilanro Intrinsic* and *Gen Intrinsic*. These are actually very, very effective whenever you come across patients who are plateauing. Sometimes it is necessary to switch up the Intrinsic remedies that you will be using. Also another remedy is again, *Wild Oregano Oil* as it promotes pathenogenic dispersion in the extra cellular matrix. We want to make sure we get all these pathogens out of

the ECM, as they impede the function of the information and communication going in and out of the cell across the cell membrane.

Other Intrinsic's to support immune function are *Mycelia Intrinsic* and *Olive Leaf Intrinsic*. Let's not forget the *Flora Syntropy* to help with any compromised intestinal and flora issues and also make sure the patient is taking the adequate amount of enzymes. You can either pick from *Hypo Zymase*, *CataZyme-7* or *CataZyme-U*, whatever tests out best for the patient. Also make sure to check all the Homaccord Detoxifiers. I mentioned a few, but there are causal chain aspects that may not be so obvious that will become obvious when you check all the Homaccord Detoxifiers.

I know this is a lot of information to digest all at "one sitting"! Most of you will be getting the transcript in a couple of days so you'll be able to study this presentation at your leisure and in a more detailed way.

However, that is about all the time we have right now.... *in a New York minute!*

Hopefully this will get you started or at least remind you of what you may have already known, but forgotten.

I'm Dr. Stephen Atkins and this has been Field Notes and I'll see you next week.

Reference:

1. Lymph Drainage Therapy Copyright (C) 1996 - Bruno Chikly, M.D. and UI Publishing

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