

# 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 as you all know I am your host for this weekly recurring lunchtime segment. It's certainly a pleasure of mine to be here and I'm really pleased that you have all tuned in.

Yesterday I was taking a little walk in town, heading out to lunch to an organic restaurant we enjoy and I walked by a new store front that had just opened up. It is called the 'Water Store' and I thought, "Wow that is very interesting, let's go in and take a look to see what's happening in there." The whole shop is based on alkalizing drinking water, which is a very interesting thing. There are some people who believe if you don't drink alkaline water it makes your body more acidic because viruses, bacteria and fungus love to live in an unhealthy, sick environment. So I guess their theory is, 'if you drink alkalizing water it promotes health'. Well, I didn't know if this was true or not so I thought I would do a little research to see what might be current on acid pH and I found out a lot of very, very interesting things. So I thought I would share those with you today.

You probably remember that basically pH stands for 'powers of hydrogen'. Lesser or lower numbers = more *acidity*; greater or higher numbers = more *alkalinity*. pH controls the speed of our body's chemical reactions. It does this by controlling the speed of enzyme activity as well as the speed that electricity moves through our body.

Now a very low number means there is high acidity which is just as damaging as having a very high number indicating a lot of alkalinity. So you could take hydrochloric acid at a very acidic rate equalling a very low pH and a compound such as lye which is very alkaline equaling a high pH and they can both burn you! So you have to be careful when balancing alkalinity and acidity.

pH is measured on a logarithmic scale ranging from 0 – 14. A neutral pH is 7 and actually our blood pH is slightly alkaline....it is 7.4. Anything above that value is considered alkaline and anything below that is considered to be acidic. Now both in their extremes can be very life threatening. If the pH value drops below 6.8 (which would be acidic), or increases above 7.8 (which is alkaline) the cells of the body

cannot function properly anymore and the person will not survive.

The pH level of the body, (the acid/alkaline measurements), affects every single cell and a constantly imbalanced pH won't be tolerated by our internal system or our entire metabolic process. Everything depends on a healthy alkaline environment which is balanced through pH.

Remember Dr. Cass saying, "We are born alkaline, we perish acidic". How true!

By consuming too many unhealthy acid forming or acidic foods the growth of harmful bacteria, such as fungus, yeast and other microorganisms can be promoted in the body and can lead to obesity, allergies and fatigue. As the body becomes acidic, the fat cells will actually pull the acidic medium away from the organs to preserve the organ function, thus storing the toxins in the fat cells. The absorption of undigested proteins due to an overly acidic body is a major contributor to allergies for example. An over acidified body can produce tons of toxins that weaken the body's ability to produce enzymes, hormones, etc, and this can result in chronic fatigue as one in a long list of examples!

When I do my Functional Terrain Analysis, I do a simple pH test. I have a pH meter that I use to test everyone's first morning urine (and I have every patient that comes to see me do that). A normal urine pH is anywhere from 6.4 – 6.8. Many times a new patient's urine is going to run

anywhere from 5 – 6, because they haven't actually been doing any work on themselves to help alkalize their body's systems. This is generally due to peoples' fast pace daily lifestyles, eating on the run, etc! People face a constant and growing endangerment of an over acidification or *acidosis* of the body cells. It interrupts the cellular activities and functions in the body and it can be a major cause of sickness and disease, because cells constantly exposed to an acidic environment will eventually end in acidosis.

This is one of the reasons that I think it is **so important** to do the *BioToxicosis* testing. If the cells are bathing in an acidic, sticky environment the healthy cell will become sick and conversely the same is true if you have a sick cell in a very healthy environment, the sick cell can actually become healthy. So when we apply the BioToxicosis using our Lymph drainage remedies, it is a great defender against this happening! As a matter of fact I always say to my patients, "If there's only one remedy that you leave my office with, it should be a lymphatic drainage remedy - *Lymph 1 Acute, Lymph 2 Matrix or Lymph 3 Chronic.*"

Now other things that you can do to help alkalize the body are using the *Physica Energetics Matrix Nutritionals*, for example *LIFE Force, SpectraLyte, Alkalize-C, etc.* I head for the *Phyto Antiox* and I really love *Green Light*. Actually all of the Spagyric ethno Botanicals, the Intrinsic, are alkalizing. So that's an added benefit to your patient when you are including these energetically charged botanicals in your

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protocols. As far as the *Tox's* go, I love using *Lipo-Tox*!

As I said before, acid gets stored in the fat cells and as a defence mechanism the body may actually produce extra fat cells to protect from an overly acidic condition. To protect itself from potentially serious damage, the body creates these fat cells to store acids and to carry those acids away from vital organs. Now while these fat cells and cellulite deposits may actually keep acid waste at a safe distance away from the organs, many people have found that when they return to a healthy, alkaline biological terrain it starts helping them to lose excess fat. If you are losing excess fat, xenobiotics and toxins can be translocated from the fatty tissues and reabsorbed into deeper parts of the body. So *Lipo-Tox* is a perfect remedy in this case. It is a Homaccord Detoxifier that helps to pull toxins safely and efficiently out of the fat cells.

Clinical tip here: I know you're using BioToxicosis remedies (the Lymphs) for extra cellular drainage and that's excellent. However, if you're draining specific organs or systems you'll also want to include *Drainage Milieu* to open the local drainage pathways, the emunctories, and the INTRA-CELLULA matrices. BIG POINT! Note that every homaccord detoxifier, including the *Lipo-Tox* I just referenced, all contain Mesenchyme at 6X and 9X and 6C. The X potencies in this remedy are drainage and a detoxification and the C potency in this remedy is a sarcode. So while you're helping to drain and detoxify the mesenchyme and illuminating RIGID SIGNALS, you are also providing the TEMPLATE for healthy mesenchyme. EXTRA BIG POINT! Did you get all that? Let's

pause for a second or two to let that sink in...

Re-read this clinical tip when you get the transcript....

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Interestingly there used to be an ad on the TV and it said 'Milk, it does the body good'. You know you don't see that advertisement anymore because milk actually does a body BAD. Particularly milk that is store bought these days! When you put milk products (which can be very inflammatory) in your system, it makes your bloodstream very acidic. So in order to alkalize our bloodstream, the body will pull calcium out of the bones and leach them into the bloodstream to make the blood more alkaline. The body is really an amazing tool it does this automatically and without the aid of an alkalizing water system. Now I'm not saying that drinking alkalized water is not a good thing to do. It is. However, the claims are rather misleading as given half a chance the body will take care of itself very nicely. The caveat here is that the patient has to eat correctly, exercise and keep their mind and heart clear of negatively charged thought and emotional patterns. And there's the rub as Dr. Cass says!

Another example: when we have yeast and fungus in the body they produce an acidic environment which can actually *reduce the absorption* of everything we eat by as much as 50%. It is really interesting to know that without protein the body can't produce enzymes, hormones and other chemical components necessary for cellular energy and activity and this can cause people to become very thin which is NOT healthier than being overweight in spite of what the popular marketing styles are today! The

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body will naturally begin to seek its own ideal body weight as it becomes more alkaline and oxygenated.

Let's look more closely at some of the alkalizing supplements I talked about before. First off the *LIFE Force*. I absolutely love *LIFE Force*. I didn't really use much of this in my practice until fairly recently, but now I sell tons of it! You all know Hippocrates said 'Let food be thy medicine and medicine be thy food'. Why? Because nature provides all the nutrients that humans need to live - in abundance! All the vitamins, minerals, phyto nutrients, amino acids and enzymes are plentiful in all the plants and vegetation on the earth and in the sea. And despite all this the average American/Western diet consists mainly of processed foods. Dr. Cass says, "We can only kick sand in Mother Nature's face for so long...".

Our supply of food is contaminated by pesticide residues, chemicals and fertilizers and with the over consumption of coffee and soft drinks, lots of animal products and the use of drugs all of which leads to a major imbalance of the pH. This weakens our immune systems and over burdens our organs of detoxification and promotes the overgrowth of pathogenic organisms.

Every cell in the body requires a balanced pH for optimal functioning. When you use *LIFE Force* you are providing your patients with a proportionally correct, synergistic formula of organic, wild crafted phyto nutrients, vegetables and fruits. These are very, very alkalizing to the body and they help to balance pH levels which in turn support detoxification, enhance DNA production and help to build and purify the

blood. There are also some adaptogenic botanicals in there that will help to support hormone balance, energy production, immune modulation and liver enzymes. Vegetable digestive enzymes are also included to provide additional support. I tell my patients that *LIFE Force* is a very wise choice when you are trying to support detoxification or even just daily healthy maintenance. I dose the *LIFE Force* between 3 - 6 caps 2x daily. You can easily go up to 6 - 12 caps 3x daily if you're looking to alkalize more quickly and safely. Many docs at the Academy say that if they are feeling tired in their clinics in the middle of the day they pop 3 - 6 caps rather than going for a sugar or coffee "hit" and they perk right up. Actually many of us have been taking 60 drops of *GREEN LIGHT* when we're slowing down and within a minute or so our body is recharged without pumping up the adrenals!! This is so important otherwise you're just kicking up the cortisol levels which more often than not is part of most peoples' problems...!

Another remedy I immediately head for is the *Phyto Antiox*. I really love this spagyrically processed botanical tincture. It is a highly stabilized antioxidant tincture that helps reduce free radicals and reactive oxygen species. So when we have an acidic pH or excessive free radical damage in our body it aids in the development of conditions such as atherosclerosis, heart disease, arthritis, cancer diabetes, Alzheimer's and the list goes on.

When I do my Functional Terrain Analysis I actually do a test for oxidation and it measures the distal end of a polyunsaturated fatty acid that terminates in an aldehyde molecule, this tells you how

the body is oxidizing and how inflamed it is. Virtually every person I do this test on comes out high. The average score is anywhere between 3 – 5 on a scale of 0 – 5. I love using *Phyto Antiox* to correct this. I dose it at 120 drops twice daily. Start including this remedy in protocols and you'll see a major shift!

Now minerals are also really responsible for alkalizing the body, so for that reason in part, I head straight for the *SpectraLyte*. As we all know, *SpectraLyte* is a right spinning ionic trace mineral and electrolyte solution which helps support a healthy electron transport chain and the electronic conduction of every cell. When the body is acidic it can't utilize minerals properly, so giving the proper minerals helps to balance the system and helps alkalize the body. With *SpectraLyte* I dose that at 15 – 20 drops three times daily. Remember I said, "in part"? Well there are many parts but I was thinking more of the HPA axis, particularly the adrenal glands. I've spoken about this in detail before but in short, they need electrolytes. Everyone needs electrolytes! Look at all the adrenal insufficiency we see in our practices...

*ReHydrate* is also another remedy I will always add as dehydration is always present in an overly acidic body. I think that water is one of the major nutritional deficiencies worldwide! Our body is made up of proteins, minerals, fats, carbohydrates and so on... and water! Somewhere to the tune of 75-80%! *ReHydrate* has been formulated to assist in the rehydration of cells by way of making them more capable of accepting proper hydration. You can have a situation where people drink a lot of water and are not hydrated, that is because their body

actually lacks the ability to absorb water. So the *ReHydrate*: I dose that between 15 – 20 drops in every litre of spring water that I have someone drink.

That brings me to *Green Light*. I absolutely love *Green Light* (I say that a lot don't I? I guess with good reason!). *Green Light* is a high chlorophyll based Spagyric botanical nutritional, however it's more than just chlorophyll... Page | 5

Now chlorophyll is considered by many to be "plant blood" because chlorophyll molecules are structurally similar to those in hemoglobin. When you look at the inside of a chlorophyll porphyrin ring you will find magnesium. If you take that same porphyrin ring and put iron in the centre you have our hemoglobin. Our hemoglobin is actually a photo-receptive cell that is capable of pulling energy from light. *Green Light* contains naturally occurring *genistein* and *coumesterol*, plant phyto-estrogens that have healthy estrogen-like effects in humans. These phyto-estrogens are believed to be beneficial because they tone down or mute hypermethylation effects of excess estrogen while also providing a source of natural estrogen to women during and after menopause, thereby reducing estrogen deficiency symptoms. There also is increasing evidence to indicate the possibility that genisteins and coumesterol via similar mechanisms, may inhibit the growth of benign prostatic hypertrophy and prostate cancer tissue. *Saponins* found in *Green Light* assist in the maintenance of

strong immune response as well as helping to maintain normal *cholesterol* levels. Naturally occurring chlorophyll salts assist with good **kidney** health by dissolving calcium oxalates. Therefore it alkalizes the body!

You know *Green Light* is not just another chlorophyll or green super food product. It is a hand crafted, spagyric botanical which takes 60 to 90 days to move through a natural alchemical “fermentation” which creates one of the most highly concentrated formulas available today. When you see and taste and smell this remedy you can tell within a few minutes the almost instant assimilation and oxygenation of your tissues!

*Green Light* is always a specific for ICV challenges... Also it is an excellent tonic and digestant for the large and small intestine.

AND...as an added benefit *Green Light* also increases libido.

I had a patient who came in to see me a couple of weeks back and he was complaining of some bloating, he felt that he had a little bit of fluid retention, he was a little nauseous, he was fatigued and his blood pressure was up and his urine was dark and a little cloudy. I immediately thought I would give him a check on my Avatar instrument and I went to the Control Measurement Point (CMP) for the kidney meridian. This point is located at the proximal distal end of the middle phalanx on the middle toe on the tibia side. When I measured it he had an inflammation of about 78 and an indicator drop of 6. I

thought, “Wow! He has something going on in that kidney meridian!” So I wanted to check to see if the *Rena-Tox* would balance it out and lo and behold it did. I also checked him for *Myco-Tox* which might have been the obvious factor given his pattern but that didn’t balance, neither did the *Viru-Tox* but the *Bacteria-Tox* did! I’ve found many times that it is a streptococcus bacteria that can get into the kidneys and cause a wide variety of symptoms. Whether you use EAV or muscle testing, or leg lengths or Auricular medicine, etc, we all need some way of dynamical interfacing with the body. This example certainly makes the point.

You know he had another interesting factor going on – he had an elevated *anion gap* on his blood test. As you know I do a lot of Functional Blood Analysis and I was looking at his anion gap and this is a measurement of how acidic the body is. It is a real easy way to measure acidity in the blood. If you take the sodium measurement and add it to the potassium, then you minus that total from the calcium, add it to the CO<sub>2</sub>, if the number is greater than 16 then you know the body is a little acidic. Now you can have high measurement values if you suspect a high intake of protein with either animals or vegetables, this can artificially elevate the reading. It is also true for both the anion gap and with the Control Measurement Point that is elevated on the kidney meridian, so you have to watch, make sure

you rule those things out before you give any recommended type of treatment.

So the thing I love about the *Rena-Tox* or as they have to call it in Canada, *REN-Tox*, is that it is a unique homeopathic homaccord detoxifier that is designed specifically to support kidney/bladder detoxification and congestion at a very, very deep level. This has in it *apis mellifica*....you know what that is? The honey bee and that is at a 6X, 12X. There is some asparagus in there at a 3X. Dr. Cass has also put in the ATP sarcodes. I love it when he does that! There is also *buchu*, *solidago*, *bayberry* Spagyric botanicals, bladder sarcodes at a 10X, 30X and 60X. He has some of the metal isodes in there which are remarkable at a 30, 60 and 100X and of course he always has that elegant *Mesenchyme* at a 6X, 9X and 6C. Many other ingredients which you'll have to review yourself. Check out the monographs. I always find them very helpful! So if you are not using a lot of *Rena-Tox*, start thinking about adding it into your protocols. It is a fantastic remedy to use for acidity issues as well as for kidney detoxification.

And that's all the time we have today.

REMEMBER: *In a New York minute, everything can change.*

*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.*