

# 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. I want to thank you all for tuning in, it's always a pleasure of mine to be here and I want to thank you for taking the time out of your busy schedules to tune into these segments.

I had an email two days back from a practitioner who is kind of new at this type of work. She hasn't really been delving too much into BioEnergetic Medicine, EAV, Auricular Medicine, muscle testing, or any of the other specialized testing modalities that we all use. She mostly just uses lifestyle choices and certain vitamins and nutrients. So her question to me was, "Can you make some concrete recommendations that I can tell people about lifestyle choices to prevent heart disease?" Now *heart disease* is a great topic! I treat this in my practice on a weekly basis.

Heart disease is one of the leading causes of death in the US along with improperly prescribed medications and medical mishaps. So I thought this was an excellent, excellent question.

I basically tell people when it comes to lifestyle choices they really need to concentrate on four basic things: 1) they need to absolutely stop smoking, 2) they absolutely must change their diet, 3) they must exercise, correctly I might add and 4) they must also find a way to reduce stress in their life.

We all know that smoking is one of the major, leading causes of heart disease, strokes and cancer. If you don't smoke but you still live with people who smoke or you work in a smoke filled environment, it is still going to age you and contribute to heart disease. We even speak about avoiding living by and breathing within two blocks of a freeway! Just spending an hour in the presence of second hand smoke is the equivalent of smoking 4 cigarettes! So whether the smoke you breathe in is from your own cigarette or from someone else's, or from someone's water pipe or even the new E-cigarettes, it's all going to age your arteries and increase your risk of both heart and lung disease. It can also weaken your immune system and promote cancer. So to stop smoking is really a no brainer!

The second thing is feeding your heart through a proper diet. Now you don't have to be a nutritionist to know that certain

foods are going to create some serious roadblocks on your arterial highways. So avoiding things like simple carbohydrates, added sugars, added syrups and *trans fats* are really good choices as a starting point as these non-nutrients really magnify the inflammatory process in our arteries. So remember that donut, that added syrup, that regular sugar, that cola or that chilli drenched hotdog does not just add to your lousy LDL cholesterol, they also stimulate your genes to produce more inflammatory proteins to make the tissues irritation a whole lot worse.

To start, I want to help people decrease their blood pressure. I want to shoot for somewhere between 115/75 and 120/80. You want to get the LDL cholesterol, the fasting blood sugar and the triglycerides all less than 100 and you also want to get rid of all *cotinine* (which are all tobacco products). These all add up to an increased risk of heart disease and inflammation.

I could spend an entire session just talking about the fat around our waists, but we really need to spend more time talking about the fat in our diets. Healthful, fats are the way to go. We all know there are good fats and bad fats, the ones you really want to avoid are trans fats.

I heard an interesting statistic one time, 'If you ingest a 5 oz bag of french fries (you know the half life of trans fats/hydrogenated oil is 58 days), it takes 58 days for half that fat to come out of your

body! And then another 58 days for half of that and another 58 days for half of that, so it takes over 350 days for your body to get rid of those trans fats that you would find in a 5 oz bag of french fries.' Now just imagine people who keep repeatedly giving themselves a dose of these harmful trans fats, it really gives the body no time to equilibrate and normalize to help the trans fats out of the body. The inflammatory process exponentially increases hundreds of times over.

Without going into great detail the bottom line is we want to make sure that we have a lot of healthful oils in our diet such as are found in omega 3 oils for instance. Balanced EPA and DHA are found in oily fish, in walnuts, you can find them in flax, trout, salmon, etc. These healthy fats make up the membranes of our cells, so you need to have fats in you diet - but just the right ones.

You know, fats in and of themselves don't make you fat. That is a huge misnomer! Unhealthy fats make you fat. Healthy fats make you healthy. You have to remember every cell of the body is made up of a phospholipid membrane so you need to have healthy fats in your diet in order to have your cells healthy. If your cells are healthy your tissues are healthy; if your tissues are healthy your organs are healthy; if your organs are healthy your systems are healthy and if your systems are healthy the human being is healthy. How much more simple can that be?

Next what I like to do is to get everyone on a little bit of an exercise program. You are going to have someone exercising every day but in moderation and certainly at first. The way to improve heart function is to really sweat and that can be done by using resistance exercise, by walking, stretching, yoga, Pilates, etc. There are many ways to do that. You really want to increase cardiovascular activity, building up as you go along, and that will help to improve your systolic/diastolic blood pressure.

Cardiovascular exercise is very helpful because it makes the blood vessels more elastic by forcing them to dilate. So if you can exercise 30 minutes just daily walking a couple of days a week would be a great goal to have somebody start with. Then ideally you get people up to three 20 minutes sessions a week to try to raise the heart rate to their age adjusted maximum. Remember that maximum is approximately 220 minus your age, and then to keep it up for an extended period of time depending on the patient's overall condition. I also like to recommend low impact activities like swimming or cycling or using an elliptical trainer, all activities that raise your heart rate up but don't compromise your joints in the process. We want to remember to give people activities that don't cause any repetitive strain injuries in their joints. I do like to propose people do some interval training, that is periods of maximum effort and periods of recovery, that will give maximum benefit to your heart and you can

do this every 10 minutes or so during your exercise session for the day.

One of the most important things I do is to get people into a stress reduction plan. We all know that stress probably kills people just as much as heart attacks and tobacco. Remember all stress is not bad.

"Stress" gives you what you need when you need to concentrate to finish a product or meet a deadline. Stress actually should be seen properly in terms of the natural processes of tensegrity as Dr. Buckminster Fuller taught us. This relates to the natural tensions and releases that allow for every system of the body to co-ordinate. In fact our very structure is based on this principle. Tension and Integrity. Tensegrity!

Dr. Cass speaks of this in depth as it relates to Causal Chains and the formulation of his Physica Energetics' remedies. This approach makes all the difference to a successful protocol outcome. No other remedy company uses this approach frankly because it's rather expensive, time consuming and also needs to take into consideration the energetic factors of the remedies and the conditions they are assisting with. That's just some of the reasons so many of us use Physica Energetics' remedies. **They go more than just the extra mile to make remedies to reflect the current as well the newly developing state of Causal Chains.** Fascinating work! I'm sure Dr. Cass will touch on this at the upcoming Concordia in

Santa Barbara, November 1<sup>st</sup> and 2<sup>nd</sup>. By the way, it looks like that event is getting close to being fully subscribed. There's an early bird tuition which expires on the 15<sup>th</sup> of August I understand. It'll be good to see most of you there! Make sure you come over and say hello.

Stressors and the results of stressors can linger around for long periods of time, so you need to have a plan that works for your patient. I usually advise people to get into exercise or meditation, any activity that works for them to deal with chronic stress.

I put everybody on the *CoQ10 Liposome*. As we all know, Coenzyme Q10 works by the mitochondria converting glucose into electric energy and one of the molecules that helps to carry electrons in this process is CoQ10. So by taking CoQ10 as a supplement it protects against heart failure and other inflammatory processes by improving the efficiency of your mitochondria for example.

The usual dose I give is 200 mg a day with Dr. Cass' *CoQ10 Liposome Tincture*. Now the CoQ10 is 32 mg per dropper full, but if you remember Dr. Cass has made his CoQ10 in a nanosphere liposomal tincture, that means it increases the absorption by 3.5%! So that being said you want to do 3 droppers twice daily of the *CoQ10 Liposome Tincture* and that will get you up to that recommended dose.

The next thing I will recommend is a good Vitamin D. As we all know there have been

a lot of studies done on Vitamin D3 and I think it is one of the most researched pre-hormones now. It is not just good for your bones and your immune system, but it is also great for your heart and your brain. Dr. Cass was telling us at the last Academy that a number of our colleagues worldwide are using it in higher doses to knock out deeper viral patterns along with another liposome: *Mycelia Intrinsic* at higher doses than most are aware. 120 - 240 mg 6x daily. This REALLY WORKS!!

So back to Vitamin D: I like to get people on a pretty high dose of that so I start with anywhere between 10 - 20,000 IU a day as I really want to get that Vitamin D level up to over 70, frankly even closer to 100. I use Physica Energetics' *Solray-D Liposome Spray* for this. Each spray of the *Solray-D Liposome* is 1,000 IU and the proper ratio and proportion of *Vitamin K2 (MK-7)* so I usually have people take anywhere from 5 - 10 sprays twice daily. That way it usually gets their blood levels up to or over 70 quickly. There's no problem with this high a dosage of the liposome Vitamin D as the Vitamin K2 (MK7) resolves the calcium paradox and pulls calcium out of the arteries and puts it back into the bones where it belongs. It also directs free calcium away from the arteries! I think I've spoken about this enough in the past but if you want more info on this, ask for a copy of Dr. Cass' webinar which goes into greater clinical detail.

Now you have to make sure you get your dose of Vitamin D high enough because as we all know there is a *calcitriol receptor* on every cell in the body. Vitamin D3 is in the form of *cholecalciferol* which is converted to *calcidiol* and that goes to the kidneys and then when the kidneys are done using all they need they will convert the *calcidiol* to *calcitriol* and there is a receptor on every cell in the body for *calcitriol* and that is *where the magic happens* as Dr. Cass says! You have to make sure the dose of Vitamin D is high enough to get past the kidney and to every cell in the body. This is not a problem with the *Solray-D Liposome Spray* because the nanosphere encapsulation will ensure that its absorption is increased by 3.5%! It really makes this a superior remedy for its efficiency, performance and cost effectiveness to our patients. That is why I go through a ton of it in my practice!

I also insist that everyone gets on some omega 3 fatty acids. Luckily with have both *Bio-Omega 3* and *Omega GOLD* and I have spoken about these before. *Bio-Omega 3* is in a ratio of 6:5:1 EPA to DHA. It is supercritical Co<sup>2</sup> extracted so it is perfectly clean, free of mercury and all excipients and it also has a perfectly clean softgel as well. The *Omega GOLD* is manufactured in a three phase molecular distillation and that again insures the purity and cleanliness of the remedy. I like to get people on a pretty decent dose of fatty acids and I have them take between 1 – 2 caps two or three times daily.

*Buffered Magnesium BisGlycinate with L-Taurine* is essential to good heart function. Remember this magnesium is in the form of an amino acid chelate, organized from over 1700 mg of magnesium citrate. This allows the remedy to by pass the digestive system as a mineral and enter directly into the blood stream as an amino acid where it targets the cellular binding site and works its magic. The taurine helps keep the magnesium working in the cell for a greater length of time. Perfect formulation!

I like to get patients on a multi vitamin. This is kind of an insurance policy against the ‘perfect diet’. It is pretty clear that most people have more than one vitamin deficiency and frankly most of them don’t routinely take a multi vitamin or if they do it doesn’t do them much good as they tend to be out of balance, out of ratio and out of proportion. And frankly, mostly are not assimilated anyway.

Remember:

- 1) the right remedy
- 2) at the right time
- 3) at the right level and
- 4) in the right sequence.

You can see the wisdom in this approach.

It has actually been found that if men take a substantial multi vitamin it will decrease a non prostate cancer by at least 20% in healthy men over the age of 70. So I love to give people *BioHealth Matrix*. It is a perfect

phyto nutritional, amino acid, vitamin and mineral supplement. You don't have to take a ton of it, so I dose it 1 - 2 caps twice daily and this will cover their vitamin and mineral needs. Typically dose this with food as there is a little niacin in the formula which most people are good with. However a few people don't tolerate niacin well, although they absolutely need it. It gives them hot flashes. Dosing with meals eliminates this. Children do well on this too.

I get people on a good probiotics. I do this because there is a lot of data that indicates that gut bacteria and how people metabolize what they eat can make a substantial difference to inflammation in the body. Therefore a good probiotic can lower arterial aging. So I always use the *Flora Syntropy* as it is a right spinning probiotic made from *Lactobacillus sporogenes*. It's in a spore form and the thing I love about that is you can take it with an antibiotic, it can survive the acidity of the GI tract and digestive juices. Dr. Cass has also added *inulin* or *FOS* (fructo-oligosaccharides) which is the non sugar spiking food for the probiotic – a pre and pro biotic.

Another nutritional which I find essential is the *HepataGest* powder to help with Phase 1/Phase 2 and Phase 3 liver detoxification conversions.

Don't forget to check for *Hawthorn Intrinsic* which is the quintessential heart tonic! Also look at *Convallaria Intrinsic* as a specific for

most heart conditions. And *Allium Ursinum* which is Wild Bear Garlic. *Allium Ursinum* is far superior to the kitchen variety of garlic available almost everywhere. It's also a heavy metal chelator! Interestingly it has to be wild crafted as it cannot be cultivated but that's another story. Bottom line: statistically, *Allium Ursinum* works at least 10x better than any other garlic with very little garlic after taste. By the way, garlic supplements that have had their "smell" removed are missing 80% plus of their effective aspects! *Allium Ursinum* is naturally less odiferous not because it has been de-smelled! It just is that way. Ask Dr. Cass sometime to tell you how he finds it in the forests...

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.*