

# 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. Like always it's a pleasure to be here and I want to thank you for tuning in.

I have had a couple of women come into my office in the last week, both of them suffered from premenstrual syndrome and also *dysmenorrhoea*, (painful periods). So I thought this would be a great little topic to talk about.

Premenstrual Syndrome or PMS refers to a group of symptoms that usually occurs for several days before the onset of menstruation. Symptoms can include irritability, mood swings, depression, food cravings, skin eruptions, headaches, abdominal cramping, bloating, excessive gastric disturbances and of course breast tenderness. All these symptoms typically stop with the onset of the period. There are some situations where it doesn't stop and goes into *amenorrhea*, but more about that later.

It's estimated that 80% of all women bear some type of PMS symptoms one time or another and women that suffer with PMS

are more sensitive to hormone fluctuations which occur within the menstrual cycle.

Hormonal imbalances and faulty metabolism of hormones can lead to a wide range of symptoms currently associated with PMS. PMS has also been linked to hypoglycemia, food allergies, digestive malabsorption, and also vitamin and mineral deficiencies. It is interesting that we live in an estrogenic or feminizing environment and xeno-estrogens like PCB's and phthalates, pesticides and DDT can and do also cause estrogenic effects.

Now I'm going to be talking about this at length during Concordia. Estrogenism will play a big part in my topic along with PRP53 which is a very specialized metabolic formula that Dr. Cass and I have come up with. More about that at Concordia though and just to remind you that Concordia is on the 1<sup>st</sup> and 2<sup>nd</sup> November on the beautiful American Riviera in Santa Barbara, California. There is very limited seating now still available, so if you want to go please call Julia Cass Curry in the USA and get signed up for that! It is always a great time and I would love to see you there.

Anyway back to the topic. In 1972, DDT was banned in the United States and like its breakdown product DDE, it has the xeno-

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estrogens that are still present (even after all this time) in our environment. It is well known that chlorine and hormone residues in meats and dairy products can also have estrogenic effects and these can all lead to premenstrual symptoms and also dysmenorrhrea.

So the supplements I immediately head for are *Adrenal Life Force* because any time you have any chronic condition that lasts more than seven days remember the adrenal glands must be balanced and I have talked about this at length before. The remedies for adrenal balancing are *Adrenal Life Force*, *SpectraLyte*, *Bio-Omega 3* and the *Licro Intrinsic*. Now I also like to balance the hormones with *Cohosh Intrinsic 114* and *Dong Quai intrinsic 1428*. If you guys aren't familiar with this, *Cohosh Intrinsic 114* refers to the first 14 days of the cycle. So, *Cohosh Intrinsic 114* is typically for days 1 – 14 and the *Dong Quai Intrinsic 1428* refers to the last 14 days of the cycle. 1428 relates to the last days 14 – 28. I also like to check out the *Fem-Tox* and I love using *Green Light!* Power that remedy for a number of reasons including libido, energy and so on. It's not just for women by the way!

Other products would include *HepataGest* and enzymes. Many times there are digestive disturbances and liver/biliary dysfunctions. I get people on *HepataGest Powder*, I like to have them on *CataZyme-7*, *CataZyme-U* or the *Hypo Zymase* and I will talk more about that when I get into the dysmenorrhrea.

Keep this between ourselves, but Dr. Cass told me he has a DIM liposome about to be released. Diindolylmethane (DIM) is a stable indole found in cruciferous vegetables which promotes a beneficial estrogen metabolism in both women and men. This substance, if in correct ratios and proportions and in the correct delivery system (there's where the liposome comes in!) has been shown to induce apoptosis in tumor cells. This and the soon to be released PRP53 will be a big help all round.

So, dysmenorrhrea, is classed as severe cramping during menstruation. Pain usually occurs in the lower abdomen but it can also spread to the lower back and the thighs. Dysmenorrhrea is usually referred to as either 'primary' or 'secondary' and here's the difference. Primary dysmenorrhrea are cramps that occur from the over stimulated contractions of the uterus. These contractions are normal but if there is over stimulation therein lies the problem. It usually begins 2 or 3 years after women begin to menstruate and the pain typically develops when the bleeding starts and continues anywhere from 32 – 48 hours. Cramping is normally most severe and is accompanied by heavy bleeding and often passing "clots".

Secondary dysmenorrhoea is characterized by menstrual related pain that accompanies another medical or physical condition. For example, endometriosis or uterine fibroids. The pain from menstrual cramps can range anywhere from mild to extremely severe

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and they can involve the lower abdomen, back and thighs. Many symptoms that usually accompany this are headaches, nausea, and dizziness which sometimes is so severe it causes the woman to faint. You can also have fluctuation between diarrhea and constipation accompanied with cramping. Dr. Cass clued us in at the last Hormonal Session of the Academy that these digestive fluctuations are often related to the ileo-cecal valve especially if dysmenorrhea occurs during alternating months. Check the ICV and while you're at it also check for a hiatal hernia which clinically or sub-clinically ALWAYS accompanies an ICV pattern and vice-versa. I've spoke about this before and you'll remember *Black Radish Intrinsic* and *Condurango Intrinsic* along with *Hypo Zymase*, *Hypothal Code* and *Phyto Cal-Mag w/Boron*. Works great!

It is the causative factors of dysmenorrhoea that I am interested in and these can include hormonal imbalances, liver or biliary tree congestion (here's where *HepataGest* is so helpful), digestive imbalances, allergies and endometriosis, which is often Candida based. Candida always equals heavy metals so check for them. And also check for structural problems.

Dr. Cass pointed out that *viceroptosis*, a structural problem, can also be a factor here. This is where there is a weak transverse colon which collapses onto the uterus. He showed us an old Chiropractic technique where the doctor actually

manually lifts the colon and uterus. There are exercises that can bring tone back into this area, however, it often is a matter of losing weight and detoxifying the liver. *HepataGest* to the rescue! I suggest the patient takes this 3 times a day in water or Rice Dream or juice as we need to get those liver detoxification phases working seamlessly again.

Lower back interference/pelvic infections, eg. PID, STD's, etc, can cause dysmenorrhea. There can be headaches, weight gain or tension that manifest before a period begins and that is why I like to link these things together.

Control over the adrenal or ovarian systems as we all know starts with the hypothalamus. And so for that I will balance things with *Hypothal Code*. Now the adrenal glands are regulated specifically through the 'hypothalamus-pituitary-adrenal axis' or the HPA axis. The ovarian hormones are regulated through the 'hypothalamus-pituitary-ovarian axis' and each of these end organs, the adrenals, the thyroid and the ovaries produce a variety of hormones that further exert their effects on the rest of the body. In addition each of the end organs is tied to the other organ systems hormonally via a series of networks or different axis'.

One of the intricate hormonal axis' lays in the adrenals, thyroid and the ovaries and this is called the 'ovarian-adrenal-thyroid axis' or OAT for short. One organ will affect

another organ physiologically, clinically or even sub-clinically. There is also a vital negative feedback loop mechanism that starts with the hypothalamus that needs to be addressed. You can see the value of the *Hypothal Code* in all endocrine challenges.

Now these three organs are therefore intimately co-dependant hormonally on each other for normal function. If the adrenal glands are weak there is often a concurrent thyroid malfunction and can cause menstrual cycle irregularity. And remember: *if you have a thyroid problem you have an adrenal problem; if you have an adrenal problem you have a thyroid problem and if an adrenal/thyroid problem you have a hypothalamic - pituitary - adrenal axis problem.* Similarly an under active thyroid causes adrenal fatigue and this makes people feel much worse.

There are those who suffer from ovarian hormonal imbalances and factors like estrogen dominance and can often exacerbate the existing or sub-clinical hypothyroidism. So remember always check for that! Now all three organs in this axis must be balanced for women to feel good. Like a three legged stool as Dr. Cass likes to say, 'all three legs must be in perfect balance for the stool to be safe to sit on'. An imbalance of the ovarian-adrenal-thyroid axis leads to a myriad of conditions that are not only annoying in their mildest forms, but actually incapacitating in their severest.

Let's talk about some of the remedies that I immediately head for. I briefly discussed the adrenal protocol. Remember anytime you have a condition that lasts for longer than seven days you are going to have adrenal stress and if it goes on for longer than that you are going to have adrenal fatigue. Always use the adrenal protocol!

Then I mentioned briefly *Cohosh Intrinsic 114* which has many estrogenic balancing effects. Black cohosh either on its own or as a combination remedy has been used for centuries by the Eclectics for treating female hormonal imbalances as it helps with decreased sexual energy and especially for relieving PMS symptoms. Today in Germany black cohosh is covered by a positive monograph in the German Commission E in which they have indicated that it has been evaluated for safety and efficacy as a herb for licensed medical practitioners. So I love using the *Cohosh Intrinsic* on days 1 - 14 knowing it will balance the estrogen-like effects of the body.

Research reports that the herbs in this elegant combination have activities of estrogen-like action and are capable of binding to estrogen receptors which is really, really cool. Now research has also found that focalized remedies like the *Cohosh Intrinsic 114*, produce an effect on serum concentrations of pituitary hormone levels and these include the significant and selective reduction of *lutening hormone* (LH), while not significantly effecting levels

of *prolactin* and *follicle stimulating hormone* (FSH), which is really key.

*Dong Quai Intrinsic 1428* has been specifically designed to assist with the progesterone focus (luteal phase) of the menstrual cycle. It is an exceptional blend of dong quai, life root, milk thistle, black cohosh, ginger, blessed thistle, chaste tree fruit, cramp bark and raspberry leaf. These synergistic compounds act to stimulate the central nervous system, supporting the use of these herbs as a mild energizer, tonic and relaxant both to the nerves and uterine muscles. A perfect compliment to the *Cohosh Intrinsic 114*, and by using these two remedies together it will help regulate and ease conditions of the menstrual cycle.

Estrogen levels are monitored by the hypothalamus, so the next obvious choice would be *Hypothal Code*. *Hypothal Code* is a sarcodes remedy and as we all know a sarcodes comes from a glandular its gland or secretion and it kind of gives the body a healthy blueprint to what a normal hypothalamus should work like. Now I'm going to leak a little more information here, I know Dr. Cass is finalized an *HPA (Axis) Life Force* product and I really can't wait for that!! That is going to be fantastic particularly when you are dealing with PMS or dysmenorrhoea, it is going to be one of the 'go to remedies' to head for. However, I should add that it's not just for female hormonal problems. We are going to use it for most of our adrenal, thyroid and pituitary (particularly the anterior pituitary)

patients. I know it will quickly become a staple in all our practices.

I also am a big fan of *Fem-Tox*, a detoxifier homaccord that helps with hormonal issues that not only relate to women but to men too especially when it comes to estrogen dominance. The nice thing about *Fem-Tox* is that it really helps reduce or relieve the toxin load or damage created by errant xenobiotics and I'll get more into this in my talk at Concordia. But this is a fantastic remedy and can be used for both males and females so don't be fooled by the name 'Fem'. Many health practitioners all over the world would agree that this remedy has helped fill an enormous gap in their pharmacy offerings. Dr. Cass has ingeniously included the **Sequoia gigantean gemmae**, a homeopathic gemmo in ascending potencies along with many low potentized Spagyric botanicals, organ and hormonal sarcodes and classical complex homeopathics, tried and true substances at unique potency combinations, I'm really glad that he has added this. I suggest that you add this remedy in to be integrated as part of any female related protocol to help restore cellular communication, and target drainage and detoxification.

Remember using *Drainage Milieu* and or the *BioToxicosis* remedies Lymph 1, 2 or 3, are always recommended when you are using any of the 'Tox' formulas.

Now another one I immediately head for is *Gyne-Tox*. Any time you have any

gynaecological issues I always head straight to *Gyne-Tox*. There can be sub-clinical gynaecological inflammation caused by microbial infections so *Gyne-Tox* is a great remedy to help clear these up. It has the adrenal sarcode at a 6X, *Candida albicans* in at 6X, 12X and 30X, lymph tissue sarcode at 6X, thuja at a 12X, thyroid sarcode at 6X and uterus sarcode at a 5X and of course with a substantial range of STD detoxifiers. As with every "Tox" remedy, this formula includes mesenchyme at 6X, 9X and 6C and ATP at 5X.

Another sarcode I will often use is the *Endo Code F* and sometimes interestingly enough, *Endo Code M*. *Endo Code F* is normally thought for female and *Endo Code M* is for male, but don't be fooled by the F and the M they can be used interchangeably depending on the needs of the patient. Remember *Endo Code F* helps balance the endocrine hormones and the hormones can be in many "pre" forms as in proteins, polypeptides, amino acids or steroids. Estrogen is produced in the ovaries and testosterone is produced in the testes and both estrogen and testosterone are produced in the adrenal glands in both sexes of men and women. That should be enough to make the point that the adrenals (and don't forget the liver) are indicated in every hormonal challenge.

Other hormones include thyroxine produced in the thyroid, insulin in the pancreas, adrenaline in the adrenals and so on. Pituitary and the hypothalamus in the

brain really release a variety of hormones that effect the other hormones and the sex glands and this can have a major effect on both PMS and dysmenorrhoea. So you can see why I head right for the *Endo Code F* for any problems like this. The endocrine system is very, very complex and this formula offers practitioners the multitude of balancing effects from the many, many challenges that happen with endocrine dysfunction.

I have talked about at length how the GI tract is affected by different endocrine dysfunctions or endocrine problems like dysmenorrhoea or PMS, so make sure you always have someone on a good quality enzymatic product and the ones that Dr. Cass offers are the *CataZyme-7 and U* and now the *Hypo Zymase*. I really love that *Hypo Zymase*, I sell a ton of that in my practice.

I just want to remind you again about the *HepataGest Powder* as whenever you have any digestive system disturbances there is always, always a liver and biliary component to that. So *HepataGest* helps clean out Phase 1, Phase 2 and Phase 3 (which relates to biliary insufficiency) issues in people.

I'm spending a lot of time on specific remedies this week as many of you have written in about how you appreciate hearing about the application of these remedies in our clinical settings.

So, I'm just going to speak a little bit about a sarcode that I put to good use in my practice to help with stress and that's the *Adapto Code*. In fact I know a number of chiropractors who don't use any remedies whatsoever (!) in their practices, which is kinda strange these days but ok. However, they give EVERYBODY *Adapto Code*.

PMS and dysmenorrhoea cause tons of stress in the body. The name *Adapto Code* comes from the term 'adaptogen' which was coined by Russian scientist Dr. N. V. Lazarev. In 1947 as he was doing some extensive work on botanicals and the benefits of natural plants. He called them adaptogens because of their capability to help increase the body's natural resistance and adapt to adverse environmental conditions. We are all bathed in a sea of toxicity now (and I really can't wait to talk about this at Concordia), and these have a huge effect on the body.

Now adaptogenic herbs have a lot of great qualities; they are non-toxic; they are non-habit forming and you don't need a prescription; they aid normalization of body chemistries; they help increase the body's ability to cope with physical and emotional stress, stress related imbalances and environmental pollution. They work in a synergistic manner increasing the body's ability to fight off illness before it sets in, in direct contrast to drugs which attack 'specific' disease symptoms after you are already sick. This is a really perfect 'go to' remedy to ward off any issues before they

happen and it works not only when first ingested, but for a sustained period of time and becomes increasingly active the more the body needs it.

So *Adapto Code* is the perfect sarcode and I think if you guys integrate it along with the rest of us, you will see how it's perfect for stress and recovery.

I know we covered a lot of ground today. I hope this has been helpful. Let me know.

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.*