

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 session. I thank you all for tuning in.

I was talking to Dr. Cass earlier in the week and I was deciding on what this week's topic should be and he jokingly said to me, "Why don't you talk about your foot?" I actually thought it IS a good topic. So today's session is going to be about 'My Left Foot', with apologies to Daniel Day Lewis. You'll see why in a minute.

I've developed something that medically speaking, is called a '*Intermetatarsal Neuroma*' and for me it is between the 3rd and 4th metatarsal heads. It is also sometimes referred to as an interdigital neuroma, Morton's metatarsalgia (pain in the metatarsal area), perineural fibrosis (which is scar tissue around a nerve) or entrapment neuropathy (abnormal nerve due to compression).

A neuroma is a thickening of nerve tissue that may develop in various parts of the body. The thickening, or enlargement, of the nerve that defines a neuroma is the result of compression and irritation of the nerve. This compression creates

enlargement of the nerve, eventually leading to permanent nerve damage.

Anything that causes compression or irritation of the nerve can lead to the development of a neuroma. One of the most common offenders is wearing shoes that have a tapered toe box, or high-heeled shoes that cause the toes to be forced into the toe box.

People with certain foot deformities – bunions, hammertoes, flatfeet, or more flexible feet – are at higher risk for developing a neuroma. Other potential causes are activities that involve repetitive irritation to the ball of the foot, such as running or court sports. An injury or other type of trauma to the area may also lead to a neuroma.

For me, likely it was years playing drums for a well known recording band. Rock and roll, eh? I am actually having to get surgery next Friday morning to correct the problem which in fact is a double neuroma. Good times!

Some sources describe neuromas in terms of a tumour but it's not really a true tumour. In my case it's more of a *perineural fibroma* which is when you have fibrous or scar tissue formation around the nerve

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tissue. This causes a lot of pain and numbness and it is very uncomfortable.

You can try many types of intervention from laser to structural adjustments to natural remedies and so on, but these formations are very difficult to deal with. Sometimes you just run out of time if the pain is too great. This also indicates that there is increasing nerve damage and then it's wise to go other routes to stop the damage from spreading.

Typically corticosteroid injections may be used to momentarily help to relieve inflammation and pain. The downside to that is the pain and inflammation will most likely reoccur and you've just blocked the sensation through attempting to control the inflammation. Also you can only use corticosteroids a limited number of times because they can actually cause progressive degeneration of the lumentis and tendinous tissues. You can only get so many cortisone injections before you start to do some permanent damage. In my case we need to go in and operate to remove some of that fibrous tissue.

So here's my topic: 'What are the supplements and nutritionals that I am using before and after surgery?' You can actually use this protocol on any type of surgery it doesn't have to be just limited to a fibroma. So here we go and I hope you find this useful. I certainly have!

Pre & Post Milieu is Number 1! I love the *Pre & Post Milieu* because as we all know,

whenever you have surgery, significant trauma occurs and *Pre & Post Milieu* is specifically designed for trauma and pain, drainage and tonification. You will remember that drainage and tonification is central to any healing process and it should be clear and well understood by you now, that until the extra cellular matrix (ECM) is clarified, there will not be complete cellular resolution. That is why I always recommend doing the *BioToxicosis* remedies, *Lymph 1 Acute*, *Lymph 2 Matrix* and *Lymph 3 Chronic* to assist in the clarification of the systemic drainage pathways. The right remedy at the right time at the right level and in the right sequence. That's the overarching formula for all our work!

Number 1 as I said, is the *Pre & Post Milieu*, a sensitively crafted blend of homeopathic ingredients that are specifically designed to target and repair damaged tissues within the body. When Dr. Cass designed this elegant remedy he configured *Arnica montana* at 200X; *Belladonna* at 6X, 12X, 30X; and homeopathic cortisone at 6X, 12X and 30X. Additionally he utilized *Hypericum perforatum* which is St. John's Wort at a 6X, 12X and 30X; *Symphytum officinale* (comfrey right?) at 12X: and *Valeriana officinalis* at a 1X and 3X. Note the valerian is at a low potency. The other botanicals, all Spagyrically produced I might add, also have low potency frequencies. Now this doesn't mean they are not potent! It just means that they been potentized at the correct homeopathic level to emphasize

drainage and detoxification. If you need a low potentized X potency then that is exactly what your body needs - low potency remedy. Erroneously some still feel that an M potency for example is stronger than an X potency. Dr. Cass has had to continuously set that one straight. If the patient needs an X potency then that is the right remedy for them. Strength in this context, is out of context. It's a moot point! It's not a matter of strength it's a matter of what? Resonance! The right resonating remedy at the right time at the right level and in the right sequence!

So back to drainage and tonification: detoxification without drainage and tonification really proves to be ineffective as cells and organs may well buckle under the strain of detoxification. The patient may feel better initially however, in the long run the damage will be apparent often in the form of other conditions. So *Pre & Post Milieu* provides gentle drainage and tonification without causing an immediate release of cellular toxins and that is exactly what we want as tissue damage can occur for a variety of reasons, including the inability to excrete toxic loads, additional stress and trauma (cuts, fractures, bumps, bruises, scars), surgery, nerve damage, etc, as examples. *Pre & Post Milieu* is the number 1 'go to' remedy!

Clinical tip here: the week before surgery take 60 drops 3x daily. Immediately following surgery take 60 drops every half hour in water, for the first 72 waking hours

and then reduce appropriately until the pain levels subside. We've had so many patients come off of morphine and other pain killers within such a substantially reduced time frame that their doctors are scratching their heads!

By the way this is a good approach for any dental intervention which is always a surgical procedure right? We tend not to think of fillings as surgery but when you think about the fact that the tooth is a living organism with blood supply, etc, then it makes perfect sense.

I am also including various Spagyric ethno botanicals and I'll get to those in a second because they decongest, drain and detoxify at a physical level. I also use other remedies in the *Milieu* series as these are the homeopathic drainage remedies which target drainage at the point of focal interference. Big point! *So if you integrate these combinations, the local and systemic extra cellular drainage pathways are liberated and then natural healing can occur*. That is the foundational basis of any and every protocol!

The 2nd remedy I am using is called *BioCell Salts*. I haven't really talked about this too much before. *BioCell Salts* is used for any mineral deficiency or neural endocrine, cellular health issue. We all know that everything in the body from connective tissue; to elastic tissue; to muscular tissue; to organs, are composed of cells. Without proper cellular function the body can't

experience good health. The body has many different cells, may they be nerve, bone, and muscle or brain they are all composed of inorganic or organic substances. The organic substances include fat, sugar and protein and the inorganic substances include trace elements and the 12 biochemical mineral salts. These are also known as cell salts or bioplasma, or biochemic and referred to as mineral salts and tissue salts. Cell salts are vital to the re-establishment and correction of enzyme connections and their pathways, as represented for example in the Krebs cycle, Homotoxicology, and of course BioToxicosis.

This homeopathic system of cell salt remedies was developed by a German doctor, Dr. Schuessler, in the late 1880's who actually analysed the ash residue of human cells and found 12 inorganic mineral salts. He theorized that these 12 elements are critical to balancing cellular activity and made 12 homeopathic remedies in low potency for repair and easy assimilation. The remedies have been used by millions of people for over 120 years worldwide. And many of these remedies are among the most important in homeopathic practice today.

Cell salts are well known to increase the constitutional health of a person over an extended period of time as they help to rebuild organs and tissues. Now these cell salts are equilibrium remedies used to balance excess and deficiency. Cell salts

work well with herbs, homeopathics, and with other vitamin and minerals. There are a wide range of causes for mineral deficiency and subsequent Vital Force depletion. In my case or whenever you get any type of surgery there certainly is a lot of Vital Force depletion. If you want to learn more about the *BioCell Salts* I really urge you to go online, pull up the monograph on the Physica Energetics website and you can read all about it.

You'll also note the addition of two vital sarcodes preparations which puts this cell salt remedy in a class all on its own. Hypothalamus at 6C and Parathyroid at 6C. Can you see how adding these two sarcodes to the all inclusive 12 cell salt combination allows for deeper and more effective homeopathic assimilation? Also the addition of ATP at 5X amplifies effectiveness. It is really a fantastic remedy.

The next remedy I'm using is *Alkalize-C*. It is a buffered, hypoallergenic, alkalyzing, neutral pH, vitamin C. 1 scoop equals a whopping 4 grams which is perfect. As we all know vitamin C is an essential vitamin that can only be obtained through diet and I have spoken about this in the past. You know we have humans, guinea pigs and fruit bats that don't make their own vitamin C. It has to come through our diet. Vitamin C is a very powerful antioxidant and it is required for 300 metabolic functions in the body, as it plays a huge role in tissue growth and repair. It supports connective tissue by rebuilding collagen and is required for the

production of folic acid, phenylalanine and tyrosine. It also enhances the absorption rate of iron in the body and supports the adrenal glands through the formation of anti-stress hormones. Surgery is a very stressful situation so I am taking large amounts in divided doses throughout the day to keep the vitamin C levels of my body constant.

I'm also using the *Ultimate Rescue* to assist in my emotional and mental balance. It is a Spagyric homeopathic rescue remedy designed specifically for trauma made from five specific flower essences. They are Cherry plum, Clematis, Impatiens, Rock rose and Star of Bethlehem. Dr. Cass has also added ATP at 5X, Pineal at 6C and Thymus at 6C. *It is interesting that the pineal at 6C and the thymus at a 6C are sarcodes. The pineal gland is the focal point for the endocrine system through which the Vital Force specifically differentiates and the thymus gland represents the subconscious access and pathways. ATP 5X is present for homeopathic empowerment factors/Krebs cycle. This is so brilliant!*

We are all well aware that there is a link between emotions and physical illness. This has been known for over 2,000 years and actually dates back to the literature by Greek physician Galen, who recorded the medical link between the emotions and illness as far back as 129 – 200 AD. Of course this connection had been recorded long before that in the ancient Indian, Chinese, Egyptian and no doubt in many

other old world cultures and civilizations. But Galen is whom modern medicine refers to, if it's even thought of!

So the nervous system, endocrine system and immune system are all involved in the biological stress response. Stress leads to the disruption of the body's homeostasis and chronic disturbances of homeostasis ultimately lead to dysfunction and disease. *Ultimate Rescue* is designed to homeopathically stabilize the body's homeostasis in that the flower essences assist in realigning the emotional and mental patterns of imbalance, thus facilitating the return to physical, mental and emotional vitality. I don't know why anyone would not prescribe this remedy in almost every protocol and procedure! Check out the *Ultimate Fields* in this regard as well. Not only is the remedy a great stand alone remedy, it is also highly imprintable which allows you to "artistically customize" as Dr. Cass says, the remedy specifically for your patient. It also has Pineal and Thymus sarcodes and ATP for the reasons I've indicated. No other emotional and mental remedies anywhere on earth offer this....

Two of the *Intrinsics* I am using for immune support modulation and for anti-microbial support are the *Berberine Intrinsic* and the *Mycelia Intrinsic*. Now *Mycelia Intrinsic* is Physica Energetics' *liposomal* medicinal mushroom extract. I have said in the past that Dr. Cass grows these fungi on logs

somewhere in the woods (I jokingly say that, but it is true!).

Medicinal mushrooms have been used for over 2,000 years. The earliest record was found in I believe the Chinese *Materia Medica* for Maitake mushroom, which dates back to 220 AD. Now with the challenges to our cellular health by free radicals, pollution, stress, bacteria, viruses, surgery, etc, the relevance to our health and well being provided by these mushrooms has never been greater!

The therapeutic effects of medicinal mushrooms are significantly due to their polysaccharide content for as we know, each mushroom variety contains unique and distinct beneficial polysaccharides. The Beta glucans are polysaccharide chains that promote the immune modulating effects of medicinal mushrooms and have the ability to enhance macrophage and T-cell production and activation.

Now the *Mycelia Intrinsic* is a unique blend of six highly potent mycelium from organic and wildcrafted sources. This exceptional blend of mushrooms offers the highest content of Beta glucans which provide intense support and modulation of the immune system. These mushrooms are actually categorized as Host Defence Potentiators (HDP's) because of their immune enhancement properties. Now the aspect I love about the *Mycelia Intrinsic* is that it is in a liposome and that liposome delivery system significantly ensures an

almost immediate assimilation into the blood supply as it bypasses the acidic environment of the stomach. Liposomes as we all know, are closed, spherical, lipid vesicles and are composed of a phospholipid bi-layer membrane with an aqueous core. The presence of both hydrophobic and hydrophilic components enables them to carry both fat-soluble and water-soluble materials at the same time. It really is a wonderful delivery system for the *Mycelia Intrinsic*. Remember: the unique Physica Energetics' liposome delivery system empowers all their liposome remedies by 3.5 times! Check out the updated *Methyl-B12* in this regard.

Berberine Intrinsic is a very powerful antimicrobial. I love this because berberine has been shown to have a high affinity against infection and the last thing I need to get during surgery is an infection!! *Berberine Intrinsic* has liver and intestinal cleansing properties which assist with immuno-stimulation via increased blood flow to the spleen. Berberine and the synergistic ingredients of Coptis, Oregon grape, Goldenseal, Huang bai and Milk thistle have the ability to activate macrophages by increasing the function of immuno-stimulation thus alleviating viral and bacterial conditions. I will really be powering the *Berberine Intrinsic*.

Additionally I am on *Bio-Omega 3* 6.5 EPA to 1 DHA fish oils to support neurology; *Flora Syntropy* to clear out unwanted bacteria (!); *Inflamma Life Force* at high doses between

meals to reduce inflammation; *Adrenal Life Force* to substantially support my adrenals (!) and so on.

Well that is enough about 'My Left Foot'....
I'll let you know how it all goes.

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.