

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 reoccurring lunchtime segment. As always I want to thank you all for tuning in, of course it is always a pleasure of mine to be here and I appreciate that you are all here too.

I had an email from a practitioner this week that was asking me if I knew anything about '*Regulation Thermography*' or it is also known as '*Regulation Thermometry*' and I thought what an excellent topic to talk about for this week.

I've been using it in my office for a while now and I find it to be an indispensable tool along with my EAV instrumentation, lab work and the Physica Energetics' remedies. I know an increasing number of you on line today have begun using this instrument and have been having great success with it.

Dr. Michael Einsohn who is an excellent chiropractor in the Dallas area and is the founder of the Dallas Thermography Centre developed the first Regulation Thermography Center in the United States. He has been there since 2001 and you will be interested to know that he and Dr. Cass are going to be giving a one day seminar

entitled '***Regulation Thermometry – Clinical Interpretation Priority Analysis, Identification, Application and Remedy Integration***', on the Thursday October 31st, just prior to Concordia, at the Fess Parker Resort in Santa Barbara, California. As I say, this class is one of the pre-Concordia sessions. If you find my presentation today interesting and of value I would tell you to take Dr. Einsohn and Dr. Cass' class. Please register now as spaces are very limited. Call Julia Cass-Curry at the Aperture Energetics' office for more information on the class and to register.

Briefly, thermography is a measurement of heat, and *regulation thermography* or *regulation thermometry* is the precise measurement of specific skin temperature over body organs and more as we shall see. These measurements are then visually displayed in the form of graphs and diagrams for analysis. So regulation thermometry provides a specific and unique biochemical profile of each individual that is tested.

Now the use of thermography began back in 1962 and was to be used for the detection of early breast cancer. These early instruments were fairly inadequate and because the diagnostic criteria was

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under developed at the time, thermography was dropped in favour of the more lucrative mammography.

These financial interests are likely why mammography continues to be promoted today despite the number of published studies failing to show significant benefit in decreasing breast cancer mortality. Some doctors estimate the radiation involved in mammography is anywhere from 500 to 1,000 times that of an x-ray and we all know one of the causes of cancer is from radiation to the breast. Where other forms of thermography exist, (mostly people may be referred to something called 'infra red thermography'), we use computer generated *regulation thermometry* because it has advantages in assessing multiple organs systems besides just the breasts. Each thermogram has its unique fingerprint and an individual profile will continue to show that same fingerprint until intervention strategies are initiated. Most people are familiar with the camera type of thermography, this is a little different.

Regulation thermometry involves no x-rays or radiation. It accurately registers heat energy on the skin and it reinterprets these electronic data signals displayed on a computer monitor. The temperature patterns and signals produced on the computer are actually based on over 30,000 thermograms and on the experience of many highly skilled and qualified doctors who have made a thorough study of these measurements. The computer printout

provides the practitioner with an amazing amount of information about body organs, dental stresses, lymphatic rigidity, breast or prostate abnormalities, toxic metal and toxic load, intestinal dysfunction and the list just goes on. Dr. Cass and doctors at his level really appreciate the CAUSAL CHAIN representation of the printout as it is the perfect complement to their deeper work with BioEnergetic Medicine.

So, thermography can assess the functional health of organs in the body and when a change is seen on the thermogram report it often actually precedes the development of disease conditions making thermography a true element of preventative care. Now for those of us using muscle testing or EAV or Auricular Medicine with the VAS and so on, this highly objective data brings in another wonderful range of service to our practices. Remember, first to no harm? This approach is non-invasive and totally reproducible. There are probably over 12,000 journal article citations on thermography worldwide.

So, I want to tell you a little bit about this and how we use the procedure in my office and the information we get from the test. In order to do this however, I first need to give you some of the technological background of this technique. Don't worry, while it's complex it's pretty simple to understand. And then I'll show you how I implement the findings.

Basically, in the body, autonomic thermo regulation is determined by the functional capacity of organs and systems. Thermo regulation gives us a unique and much welcomed (!) insight into dysfunction and disturbances which are the causal factors that lead to disease and disease progression.

Now whether you enjoy a hot summer day or you're bundled up on a cold winter day the body is constantly adapting to the environment to maintain a stable body temperature. Through the complex process of thermo regulation, the skin is a central element in maintaining body temperature. It sweats when we are hot, it gets goose bumps when we're cold, etc. So with regulation thermometry we can apply the process of thermo regulation to effect the body's regulation, by measuring the temperature of the skin in different areas.

Got that? Ok, so how does it work? The autonomic nervous system enforces temperature regulation through the body in response to those internal and external stress factors. It manipulates capillary blood flow from the skin which results in heat admission withdrawn from the skins surface. So for instance, during the regulation thermography test we expose the whole body to cool room temperature air. The autonomic response causes the capillary beds to shunt blood away from the skin to the head and the body core to maintain essential body temperature and

oxygenation at the exposure of the skin temperature.

So here is the key. This autonomic response allows us to assess the underlying organ tissue health by way of skin temperature behaviour. So the skin's reflection of thermo regulatory physiology provides information that could be critical in the disease process assessment.

Let's take a look at how the skin is related to other organs throughout the body. Due to our embryonic development, the nerves coming into the spinal chord innervate following horizontal segments of the skin called *dermatomes*. These neural connection pathways further develop to allow a *bi-directional transmission* between the spinal nerves and the organs. So when the body is stimulated by environmental temperature changes it must respond to maintain internal homeostasis. Impulses from the underlying organs actually affect the response behavior resulting in a vasoconstriction or a vasodilatation of the skin. This phenomenon is known as the '*visceral cutaneous reflex arc*' and it is through this reflex arc and the capillary behaviour of the skin that we can envision organs and tissues and the health of the nervous system response through thermo regulation. So, in fact, up in 70% of the skin thermo regulation behaviour is controlled by the underlying organs and tissues. I'm sure you can appreciate how clinically significant this is!

Through the autonomic nervous system and the visceral cutaneous reflex arc we can construct a simplified illustration of the specific neurological processes in thermo regulation. When the skin is introduced to a thermo stress the nervous system will send impulses to the skin, from the skin to the brain and the impulses back to the capillaries, this includes signals coming from the underlying organs. Each organ responds according to its own functional capacity and vitality, influencing the impulses of the capillary bed that affected the temperature of the skin and related areas of the body. It is through the visceral cutaneous reflex arc that we can indentify influences that can lead to disease progression. So by stimulating the body with cool ambient air and measuring the changes of the skin temperature, regulation thermography gives exceptional insight into the body system-wide physiological health.

Regulation thermometry then is a whole body functional test that involves skin temperature and the measurement of over 100 points on the body before and after the patient is exposed to subtle air stress. These measurements can be taken very quickly and almost anyone can be trained to do this is a few short hours.

These measurement points on the skin have been mapped to the specific zones of neurological projections called 'headstones' named after an English neurologist named Harry Head. As Dr. Cass says, "A man with an unfortunate name!" Each point has been

documented to connect with an underlying organ or tissue and throughout the visceral cutaneous reflex arc.

The procedure goes like this: the regulation thermometry technician uses a sophisticated infra-red thermometer (referred to as a probe) to test the skin and take precise temperature readings at various measurement points illustrated on the computer. Each temperature reading is recorded with a software programme inside the instrument. Personally, I use the AlfaSight 9000 tablet as it's the simplest and gives the most accurate read out.

Before the test begins the patient is asked to seat quietly for 10 minutes to relax and adapt to the room temperature and are asked to wear long sleeves and long pants. Now the whole test is conducted with the patient standing. We begin the test by taking first a set of points and then asking the patient to disrobe down to their underwear to assess a second set of points that have been covered by clothing. Between the first and second test the patient stands for 10 minutes and is continuously exposed to controlled room temperature air. This is thought of as the "cooling thermo stress". The subtle stress stimulates and triggers the process of thermo regulation. Now once the stress period is completed, the patient's thermo regulation response has stabilized and the second set of points is measured and then read on the tablet. Isn't this brilliant? Rather than just take a camera picture or

one set of readings the patient's regulation system is subtly stressed so we can see what is ACTUALLY going on! The whole test takes between 20 – 25 minutes.

After the thermometry regulation test is completed the system I use, the AlfaSight system, groups the temperatures of the first and second pairs together and makes a corresponding graph based on those readings.

Now what do the readings look like and what does the graph look like? *It basically identifies different areas of the body and their relationships in the causal chain patterns and cycles in priority!*

Firstly, general identifying patterns are noted, then it talks about the head, it talks about the neck, areas of the chest are talked about, the upper abdomen, the lower abdomen, then the lower abdomen as in the pelvis, the kidneys, the back, the cubital foci, the teeth and dental relationships (!) and the breasts.

This is so very interesting. The report gives a finding of the thermo regulation's result and then it gives a priority for treatment. It shows a coloured graph of the body and it will actually show areas that are normal or if they are blocked; if they are hypo regulating or hyper regulating; if there is a focal suspicion, or if there is a paradoxical reaction (paradoxical reaction is when a point shows cold when it is hot and hot when it is cold). It gives a very precise reading of the dental relationships of all the

teeth in the body and the teeth that either have a dental focal suspicion, being warm or cold; it shows if it had a regional focus; a dental toxicity and it also shows the focus of heat and towards which quadrant it is pointing.

The test then is mapped out in different segments and it shows different grading systems. For instance when it comes to breasts analysis it shows mastopic inflammation; it shows if it is a cystic or fibrocystic disease; if there is any physiologically compensated signature patterns; if there was any kind of lymphatic load or endocrine influence; if there is tissue or organ influence; if there is heavy metal toxicity; or a distal related focal toxicity; if there are any breast points that are blocked and if you have any breast side difference.

There is a section which looks at whole body identifier patterns illuminating areas such as toxicity index; detoxification capacity or lack of; heavy metal signatures; physiologically compensated signature patterns; any kind of neoplasm or cancer; there is an adrenal stress index; there is an autoimmune indication; global stress index; there is blood pressure and circulatory abnormalities; there are peripheral circulatory abnormalities and the list goes on and on and on!!

It does the whole body from the neck, cranium, upper and lower abdomen, the

pelvis (reproductive organs), the kidneys and the cubital foci.

It is really an amazing tool! It is actually a wonderful reproducible tool which once you have the areas of importance from the testing, you can go in with your bio-energetic device to see what remedies you need to balance the body.

I use regulation thermography /thermometry in conjunction with my bio-energetic device and as you all know I use the Avatar (which I absolutely love), so the combination of these two tools together is really without parallel.

One more thing - Dr. Einsohn whom I referenced as the highly experienced director of the Dallas Thermography Center has worked with the output data and has designed specific remedy protocols for each section as they come up in priority. An example would be Dysbiosis at any one of these three levels – Mild, Moderate or Severe. Included are specific lymphatic drainage remedies targeting the levels of concern. His choice of remedies draws from the tried and true Physica Energetics' line of hand crafted Spagyric botanicals, complex homeopathics and Matrix nutritionals. He, like so many of us, has found these remedies give us the best results AND it shows on subsequent follow up Regulation Thermometry visits! Interestingly enough, patients who go on the *Restoring Cellular Communication Pathways™* program, RCCP, following their

first Regulation Thermometry visit often find that many of the conditions that showed up on that first visit resolve, or are in the process of resolving, or the direction of treatment becomes much clearer.

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CLOAKED DISTURBANCES! Remember this work is based on CAUSAL CHAINS... 'Everything exists as a courtesy to everything else', said Scottish naturalist John Muir.

I trust this has been a useful introduction to this remarkable work.

And that's all the time we have today. Great to be with you.

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.