

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. I want to thank you all for tuning in and of course it's always a pleasure of mine to be here and I'm really glad that I am.

You know, I was reading a book this morning and it gave me the idea for this week's topic....and also food for thought! "Will the food you choose to eat turn into nutrients or poisons?" When you eat foods that are depleted of enzymes, vitamins and minerals, you set the stage for noxious toxins to be created inside your body. Then I got to thinking that a fly over on *enzymes* would be a great topic for today's discussion as we have already covered vitamins and minerals.

As we know without enzymes, cell function just can't exist. Hippocrates said, "*Man is not nourished by what he swallows but by what he digests and uses.*" Uses, or assimilates would be another way of saying that.

Edward Howell, a researcher and physician who has been studying enzymes for the past 50 years said, "*Enzymes are substances*

that make life possible. They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin or hormone can do any work without enzymes. Our bodies, all of our organs, tissues and cells are run by metabolic enzymes. They are the manual workers that build our body from proteins, carbohydrates and fats, just as construction workers build our homes. You may have all the raw materials with which to build but without the workers or the enzymes, you cannot even begin."

I've been a huge fan of enzymes for a long time, not only in the use of digestion but also in the use of and for inflammation. Digestive aids are one of the biggest sellers of over the counter "medicines" in drug stores today. Today digestive and elimination problems are absolutely epidemic in this country and certainly around the world. Many people are taking antacids, laxatives and other, quote "digestive aids".

In 1995, Americans spent 1.7 billion dollars on antacids. Tums, Mylanta and Maalox for example. Then in the following year the purchases actually tripled! I thought that was just absolutely staggering. The situation has basically become ridiculous because these products just mask the issue

without getting to the root of the problem and I like you, are a big believer in getting to the root of the problem.

Half of the digestive aids and medications sold today really don't assist in improving the function of our bodies at all. In fact most of them have negative effects such as reducing nutrient absorption and neutralizing stomach and other vital digestive acids.

Patients typically will need to take digestive enzymes with meals because food choices and sources are deficient in bio-available enzymes particularly if they're coming in to see you with various forms of health challenges and conditions. Resetting the biological terrain, nutrient uptake and systemic drainage are foundational to establishing a healing starting point. High quality enzyme supplements are central to this process. You know, there are so many enzyme products on the market these days, each saying they are better than the next if you believe the salespeople coming into your office! However, it's not a matter of volume particularly with respect to enzymes. It's more a matter of synergism, quality, assimilation factors and target, *causal chain directives* as Dr. Cass has always reminded us. If you look at the pricing of most enzyme products you will see that there is a wide discrepancy. Always, KNOW your supplier! Talk to the manufacturer. Talk to the formulator. Talk to the developer. GOOD LUCK!! That's one of the main reasons all of us use the Physica

Energetics' remedy line. We can actually speak directly to the supplier, the manufacturer, the formulator and the developer. I don't know any company where you can do that. Typically even the salespeople of these companies don't know who these are let alone have a personal relationship with them! You know why? Because it's usually a corporation board run by accountants that determines the product based on the least expensive ingredients they can get away with! That's a fact. And with so many companies being bought out these days by corporations which have obvious ties to pharmaceutical houses, it's now wonder that the quality has and continues to tank! The bottom line should be the patient's health and well being – not the financial bottom line... I'm not just ranting here. You know what I'm talking about! So KNOW your supplier!

Okay, the body's basic requirements are water, protein, carbohydrates, minerals, fats and enzymes. Now the first six are the building materials for a healthy body. Then we have enzymes and they are the workers that turn the raw materials into the finished product. The stage is set.

In short, enzymes put together and take apart materials. This includes taking apart the components of food and converting them into substances the body can actually use. So, these precious enzymes facilitate hundreds of thousands of reactions that are present in the raw plant or animal foods that we consume. This is why we're always

on about eating raw organic foods as they contain them at optimum levels. So it's not just a matter of taking enzymes in a bottle. Eat raw organic foods. I will note here that the *CataZyme-7* and *CataZyme-U* enzymes are not just enzymes but are contained (Dr. Cass says that they are "nested") in a bed of organic botanicals, chosen specifically for their causal chain target.

I remember for a long time I worked with an exceptionally innovative medical doctor who specialized in cancer and other degenerative diseases. Dr. Tom Lodi was also a raw foodist and he was always "raw food, raw food, raw food" because any time you heat anything over 118 degrees it becomes denatured and there is no longer any enzymatic activity. He says that every function of our body relies on a chemical reaction of catalysts and enzymes. This is particularly true in patients suffering from degenerative conditions. They all are highly deficient and in desperate need of the healing power of enzymes

In addition to their digestive function they are also involved in movement, hearing, smelling, tasting, breathing, thinking, dreaming... you know, basically everything! Specific enzymes are required for the function of every single organ in the body. Think in terms of aromatase for hormone function. Proteolytics for inflammation. HCl for digestion. Peptidase for the brain. Creatine Kinase for the heart and so on.

Remember, when enzyme activity stops, death occurs! So without enzymes we wouldn't exist. Yes, *enzymes are actually the foundation of life*. When we often think of enzymes we might think of *digestive enzymes*. There are about 22 different digestive enzymes. The major ones are things like *protease, amylase, lipase, lactase, cellulase, invertase, maltase and alpha-galactosidase*.

Now, we all know that protease digests proteins into sub-units called *amino acids*. Amino acids are the building blocks of thousands of enzyme systems in the body and they also contribute to the *metabolic enzymes* in the liver. *Protease* has the ability to engulf and destroy viruses, bacteria and other toxic materials as well. I always tell my patients and students, that if the body doesn't have the proper level of enzymes it will always lead to disease. You will breathe in a toxin or eat some type of toxin in your food and if you are not regularly inoculated in the stomach through adequate enzymatic activity, these toxins will translocate into various parts of the body. That is generally how people get sick.

Then we have *amylase* that digests carbohydrates into their simpler form to be utilized for energy; *lipase* digests fats; *lactase* digests milk sugar – commonly known as lactose; *cellulase* will help to digest plant fibres; *invertase* helps digest sucrose which is actually found in cane and beet sugars; *maltase* helps break down maltose, the sugar contained in the grains

that actually contribute to carbohydrate cravings and gas; and *alpha-galactosidase* assists in the digestion of beans by breaking down the poly-saccharides (primarily raffinose, stachiose, and melibiosc). These are typically found in legumes and are not digestible in the small intestine. Incomplete breakdown of those starches causes gas – it is critical to have that type of enzyme for the importance of digestion for beans and cruciferous vegetables.

Fortunately, we have 7 great enzyme products to pick from when it comes to the family of the Physica Energetics line. We have *CataZyme-7*, *CataZyme-U*, *Hypo Zymase*, *GB-40 Yuan Source*, *BioCatalase Liposome Topical Lotion* and *Inflamma Life Force*. Soon we will have *PANCREA LIFE FORCE*....You'll hear about this innovative new Pancreatic causal chain remedy directly from Dr. Cass and some of the other faculty at Concordia 2013 in Santa Barbara in November.

Now I have reported about these in the past but let's briefly go over them again.

CataZyme-U is great for people who have any type of digestive issue with burning in the stomach and any kind of GI symptoms that are irritated when you take a digestive enzyme. Ulcers are a good example. Because many times if someone's stomach lining is irritated and you add protease to that, the protease can actually take away some of that stomach lining so it causes more of an irritation. Having said that, it

was probably a deficiency of digestive enzymes that actually created much of that problem in the first place. I've spoken about HCl and *H. pylori* in the past. This is of considerable interest to us. However, if things have gone too far for HCl therapy or if there is an ulcerative condition, etc, then *CataZyme-U* is called for. Our great friend, Dr. Patricia Fitzgerald, an TCM expert and also the wellness editor for the Huffington Post was the primary developer of this remedy and also, *CataZyme-7* with Dr. Cass. Her book, 'The Detox Solution' is a best seller and is also included free with the *RCCP* program as a gift and educational benefit to our patients.

For people who require a foundational digestive product without HCl but with protease, amylase, lipase, cellulase, invertase, lactase, maltase "nested" in a bed of organic botanicals, we use *CataZyme-7*. *CataZyme-7* is part of the *Restoring Cellular Communications Pathways™* programme (RCCP).

Then we also have *Hypo Zymase* which I actually suggested to Dr. Cass to make because I was using a lot of hydrochloric acid (HCl) supplements with my patients and I said "listen there isn't a great product on the market that has just the right amount of hydrochloric acid along with the perfect digestive enzymes". I said "wouldn't it be a great thing if you came up with a with an HCl?" Well, like always, he improved greatly on that idea and made a DUAL PHASIC remedy which serves the

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stomach AND the small intestine with properly ratio'd and proportioned enzymes botanicals and bile salts. Each ingredient is causal chain targeted. This is a powerful product and frankly I put almost everyone on this remedy. I absolutely love *Hypo Zymase*.

So those digestive enzymes are fantastic. Now if you take the **digestive enzymes away from food they work as an anti-inflammatory** and since inflammation is the cause of every illness known to man, we can all benefit from taking anti-inflammatories. Enzymes with a meal act as digestive enzymes and if you take the *CataZyme-7* or *CataZyme-U* away from meals it will act as an anti-inflammatory and these are very, very powerful anti-inflammatories. I just recently had foot surgery and I have been taking the *CataZyme-7* away from meals to help reduce my inflammation, along with the *Inflamma Life Force* and I take 2 of those capsules 3 times a day away from food. In acute cases load up on the *Inflamma Life Force*. Typically take 6-9 three times daily **between meals**.

One of the things I love about *Inflamma Life Force* is that it contains substantial amounts of both *pancreatin* and *serrapeptase* which provide the enzymatic action to counteract inflammation. While the Ayurvedic herbs *boswellia* and *turmeric* help to decrease the number of circulatory inflammatory mediators in the bloodstream. Incidentally, the turmeric is not the kitchen sink variety that you find in most nutritional and herbal products. This is the real thing and highly assimilable at that! *Boswellia* as you know is frankincense. However, just having *boswellia* on its own, outside of a

synergistic medium will prove ineffective. In fact, natural anti-inflammatory products must absolutely be blended correctly. Dr. Cass has also added the correct level and proportion of the botanical, *Devil's Claw*, which helps to reduce inflammation in the joints, purify the blood and helps to eliminate uric acid from the body. And lastly manganese in this remedy helps feed the tissues, ligaments and bones.

GB-40 Yuan Source has the correct balance of lipase and pepsin enzymes along with specific gall bladder causal chain botanicals from Europe, South America and TCM sources and bile salts. You've heard me say that *GB-40 Yuan Source* is gall bladder in a bottle. It really is! Also, those without a gall bladder need this product too. Frankly, I don't know many people who don't need some sort of gall bladder assistance – do you?

BioCatalase. Who has a practice that can live without this remedy??? All manner of sprains and strains are quickly resolved with this topical liposomal remedy. We also use it as a carrier for homeopathics such as *Myco-Tox* for fungus, *HZ-Tox* for herpes, *Inflamma-Tox* for inflammation, etc. We will also mix *Inflamma Life Force* into the *BioCatalase* which will drive the remedy directly to the binding sites. When it hits the target you will feel a noticeable additional heat! Part of that is the capsicum (cayenne). Mostly however, it is the signal that the high concentration of enzymes (bromelain, pancreatin 8x USP and superoxide dismutase) have reached their

target and are going to work. Note the botanicals, homeopathics, flower essences, oils (Emu in particular!), MSM, Boswellia and tea tree leaf. Perfect!

So, let's not forget that enzymes are the *building blocks of life*. We need them for virtually every process known, and likely unknown (!) to mankind.

Anyways, that is about all the time we have right now.

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.