

Physica Radio Field Notes

Dr. Stephen H. Atkins

Good afternoon everyone! It's Wednesday at 12.15 and welcome to 'Field Notes'. My name is Dr. Stephen Atkins and I am your host for our weekly recurring lunchtime segment. I want to thank you all for tuning in. I'm certainly very glad to be here with you.

I just wanted to give out my email address one more time (for those of you who don't have it); and that is physicaradio@gmail.com. That is the address where you can send any questions or comments, or if you need anything clarified, I would be happy to answer those when you send them off to me.

You know yesterday afternoon, I got a call from a podiatrist whose patient I have been treating for chronic nail fungus. As you know this is sometimes a very hard condition to get rid of. This woman had been seeing him, for a couple of years and really hasn't had that great a result. And the last time she went back to him, he noted that her nail fungus had completely resolved. Remarkably (!) he gave me a call to ask me what I was doing with her. So I just wanted to share with you a little bit about what I did and why it was effective.

This woman's name is Christina and she is 26, a school teacher and under a lot of stress. She had a history of antibiotic use as a kid for acne and also had a history of sinusitis, bronchitis and pneumonia for which she was given repeated courses of antibiotics. Her diet was full of sugar and she basically just ate a lot of junk food. Christina was on birth control pills

and she always had a feeling of underlying fatigue and malaise. So my initial thought for her based on her history, what she probably had was an over growth of yeast in her body typical of Candidiasis. There are several strains of Candida but most often these days I find *Candida albicans*, which is the most common; then you have *Candida geotrichum*; and *Candida tricofitum*.

Now I did a Functional Terrain Analysis on her and during that test I do something called a *Urinary Indican test*. I'll be teaching about this in my upcoming Functional Terrain Analysis seminar. Indican tests as an indicator of intestinal toxemia and overgrowth of anaerobic bacteria. Indican is an *indole* produced when bacteria in the intestine act on the amino acid, tryptophan. Most indoles are excreted in the feces. The remainder is absorbed, metabolized by the liver, and excreted as indican in the urine. Normally, only a small amount of indican is found in the urine. The amount of urine indican increases with high protein diets or inefficient protein digestion. If protein is not digested adequately, bacteria act on the protein causing putrefaction in the colon and the production of indoles, which are absorbed and converted in the liver to indican.

Experience has shown me that this is an excellent indicator of the presence of dysbiosis as well as pointing to imbalances in the gut as created by parasites, Candida, etc, and also imbalances in the liver. Remember the last two presentations which centers on the RCCP™ and

Adrenal/Liver/Biliary imbalances? I trust you can see the great significance of starting off with these primary two quadrants on the Healing Template that Dr. Cass created for us. Otherwise, we're flying blind and potentially creating deeper distortions. Right? Ok good!

So this test tells me how the bad or non beneficial flora is, in relation to the beneficial flora. When I did her test her score was greater than 7, which means she had a lot of bad bacteria in her body, a lot of dysbiosis. Now Candida is a very common organism. It's found in almost everybody; in the mucus lining of our GI tracts; our mouths and in our teeth; in our genital/urinary tracts and so on. For most people it just stays there and has a symbiotic relationship with the friendly bacteria. You know friendly bacteria and unfriendly bacteria co-exist together, but through her diet, lifestyle and the types of drugs she was taking her immune system was suppressed and the yeast was allowed to grow out of control.

I remember Dr. Cass telling me one time that there are several toxins that are actually contained in the yeast. One particularly nasty one he references is *zymosan* which causes a lot of inflammation. Research conducted by the University of Tennessee and Memphis found that zymosan was found to be the cause of much of the inflammation associated with psoriasis. You know there is another toxin called *arabinitol*, which is known to cause toxic effects on the brain, the nervous system, and also the immune system. The numerous toxins produced by yeast explains why you have memory retention problems; you kind of feel drunk sometimes; it can give hormone disturbances; fatigue and depression are also very common with many yeast problems. These unexplained symptoms lead a doctor by the

name of William Crook to explore the yeast theory deeper and he wrote a landmark book called, 'The Yeast Connection'. If any of you haven't read it, I would highly advise it for it really tells you how significant a role yeast plays in so many health problems.

I worked at a practice in the mid to late 80's in New York City, and we had an allergy testing lab on site where many patients came in to be tested for *Candida albicans*. At that time they used immuno-therapy to treat yeast. You can do that with pretty good success, as long as it is a type 1 allergy found in about 10% of the population. Typically you find that with type 1 allergies people get things like hives and asthma, eczema, chronic vaginitis, abdominal cramps, diarrhea, etc.

There is another type of allergy called type 4 allergy response and that is what helps the body with yeast overgrowth. This is a very normal and protective response to yeast, but sometimes you know, it gets out of hand. It is not an immediate hyper sensitivity as it's a more delayed sensitivity.

You know, there can be other abnormal or unusual allergic reactions to yeast too which can trigger auto-immune diseases. Things like rheumatoid arthritis or thyroiditis or celiac disease. There was a study published in the Lancet that showed *Candida* contains a protein called HWP1, which is very similar in structure to that of gluten. So a *Candida* infection in the gut can cause an immune system reaction to HWP1, which then in turn can stimulate an allergic reaction to gluten in wheat and other grains which may trigger celiac disease in genetically susceptible people. You know, in people like this, a gluten free diet alone will not do the trick in relieving symptoms of people associated with celiac disease. Big point!

I am going to tell you about a protocol I put her on. Of course everyone goes on the RCCP™ first. This is central as you now all know. Please don't short change your patients! A suggestion: you might start off with fewer Flora Syntropy and more CataZyme-7 or Hypo Zymase as the probiotics may start displacing the "bad" bacteria too quickly and you may have a small reaction. Nothing serious, just bloating, gas and perhaps a little diarrhea. Not a big deal. If that happens increase the digestive enzymes (Hypo Zymase or CataZyme-7) and decrease the Flora Syntropy amount. Also, you may want to back off on the Nat Colon CLR a little. Remember this isn't "one size fits all medicine"! We are practicing a noble medicine... and that's why we get such great results!

Then I balance adrenal, liver/gall bladder and kidney. Now, I'm ready to actually get rid of the causative factor of the candidiasis.

Here's the next step. I had her on a drink that she used twice a day. This includes 4 basic ingredients along with some water or unsweetened cranberry juice. And those ingredients are....Bentonite Clay, you use 2 table spoons; Flora Syntropy, I used 2 or 3 caps; 1 tablespoon of capra oil which you can find in coconut oil; and 1 teaspoon of psyllium husk powder, that's organic of course! You put them all in a shaker jar and you shake it up along with a little water. 8 ounces of water or 8 ounces of unsweetened cranberry juice. You shake that up and drink that twice a day. Once in the morning and once in the evening. And this is what happens; the psyllium husk powder scrapes the yeast off the walls of the intestinal tract; the bentonite clay absorbs the toxins; the capra oil actually kills the yeast and the Flora Syntropy probiotics displaces the bad bacteria and repopulates the friendly flora in the GI

tract. So this is a good adjunctive treatment to put people on and I do it twice a day. They stay on that for about 3 months and you can really see a world of good by doing that.

Next, I want to clear out the pattern to start getting to the causative factors. I use some of Dr. Cass' spagyrically processed botanicals. These are the botanicals that take 60-90 days to hand craft and as such carry a remarkably potent foundational and energetic current that won't throw the patient into a Herxheimer reaction! The ones I typically choose are Lapacho Intrinsic, Olive Leaf Intrinsic and Berberine Intrinsic.

You know I love these for their anti-yeast, anti-fungal properties and I dose them pretty high. This is a clinical dose. The dosages on the bottle labels are not necessarily clinical doses but they are a start for docs who are new to natural medicine approaches.

I use about 240 drops a day, which is 120 drops twice daily and I usually have people do that at breakfast and dinner and they put those in warm water, (just about an ounce of warm water). Then I use some homaccord detoxifiers and I usually go right away to the Myco-Tox that targets fungus and I go right to the Can-Tox, which specifically targets Candida. I dose those rather high at 240 drops a day, or 120 drops twice daily. BIG NOTE HERE: make sure you have them on the appropriate LYMPH BIOTOXICOSIS DRAINAGE REMEDY. Lymph 1 Acute, Lymph 2 Matrix or Lymph 3 Chronic. Sometimes I'll even add extra drainage as in the Drainage Milieu. Of course all the TOX's have Mesenchyme 6X and 9X for drainage and detoxification and Mesenchyme 6C as a *sarcode* to replenish and feed the mesenchyme. This is exceptionally helpful to offset retracing or regressive vicariation symptomatology. No

other company goes to such great expense to help us this way. We can all be so grateful!

Then I always like to give some type of nutritional product with that too, so I will immediately head for the Flora Syntropy of course. You know we are giving it in that drink with 2 capsules twice a day, so that is 4 caps; but I really like to get someone to take 7 caps a day or 8 caps a day; so I will give the remaining balance with a meal and then I like to put someone onto healthy oils also. I will usually gravitate towards the Omega GOLD for this one and I usually have people take 2 caps 3 times a day. Now I also reach for the Wild Oregano Oil, that is a great anti-viral, anti-fungal supplement and I probably put people on 2 caps 3 times a day typically with meals, (*here's a nice tip*: when you are giving that amount of Wild Oregano Oil it's probably a good idea to add a similar number of Flora Syntropy to help keep the pH of the GI tract balanced); and then you can also address metals too. And I really didn't want to get into it, but I guess I will mention it very briefly. We'll do a full segment on heavy metals at a later date.

When you are detoxing metals, and the reason I mention metals, is that all Candida and staph surrounds heavy metals in the body. So you really can't address Candida unless you address heavy metals too. So for the heavy metals I go for the Metal-Tox; I go for the MetaChlor and I go for the Laminaria. And I really, really love these products! These actually help absorb the toxins in the gut, because as you all know, heavy metals can get pushed from the liver to the GI tract and then they need to be moved out that way. Again, you can see the value of those first two quadrants of the RCCP™ program. Don't forget the HepataGest (Phase 1 and 2 and Biliary Insufficiency Syndrome...).

Laminaria; I use a pretty high dose on that actually. I can use up to 16 caps a day on that. The thing I love about Laminaria is that it's a brown seaweed algae extract, that Dr. Cass originally I think found off the shores of Japan. He uses the Laminaria japonica. Since the whole issue with Fukushima he has now found the identical source that's off the coast of Tasmania, I believe. The nice thing about this is that has an exceptionally high fucoidan strength; about 85+% which is very, very high. Now it does actually two great things, it gives the proper amount of iodine to the body, so it helps the thyroid balance and it also pulls heavy metals out very efficiently. And not so, "as an aside" it also stimulates correct apoptosis....very important!

The MetaChlor; I use anywhere from 6-12 caps a day of this. This is the cracked wall Chlorella pyrenoidosa with the CGF (chlorella growth factor) which comes from the whole chlorella plant. By the way the cell wall is encouraged to crack open in MetaChlor, not forced via heat or chemicals as most chlorellas these days. It dries in the shade outdoors! Yes, it takes longer to let nature take its course under the right conditions, but you end up with an *elegant and exceptionally effective* product as Dr. Cass says! This is a great mobilizer of metals. I also like to put people on some type of a drainage remedy. I usually go right to the Drainage Milieu, because when you are getting these toxins out of the body you really want to make sure the pathways of elimination are open. The person needs to be drinking a lot of water to move toxins out and I may give other drainage remedies too, like Solidago Intrinsic, Gen Intrinsic, Cilantro Intrinsic, Trifolio Intrinsic (great for lymphatic breast drainage by the way!) to help move that along. Go slowly with heavy metal detoxification as you can or as

Dr. Cass is fond of saying you may be, “rearranging the deck furniture on the Titanic”!

Topically regarding nail fungus (remember what’s outside is the result of what’s inside!), here’s a slam dunk. Use Phyto Lavage Intrinsic, BioCatalase Lotion (liposome), SpectraLyte and Lapacho Intrinsic. This is basically what you do. You want to paste the area you are treating. Soak the foot or hand in hot water; you really want to use a temperature that the patient can accommodate so they can keep themselves in that for 10 minutes or as long as possible. Then take the foot or hand out and apply BioCatalase Lotion to that foot or hand with the addition of 15 drops of the Phyto Lavage Intrinsic; 3-5 drops of SpectraLyte; and 5 drops of Lapacho Intrinsic mixed in....you apply this topically right on the site. Then wrap the area with a baggie being careful not to cut off the circulation! This will set up an environment that doesn’t allow the nail fungus to live! It’s really a slam dunk as I say, when treating nail fungus. You know, that little clinical pearl...? The podiatrist really, really loved hearing about that, as it was right up his alley. Now he’s using it for all his patients. What goes around comes around doesn’t it. Good!

Anyways, that is really all about the time I have now. ... *in a New York minute.*

Hopefully this will get you started or at least remind you of what you may have already known, but forgotten.

I am Dr. Stephen Atkins. This has been Field Notes and I’ll see you next week....