

Physica Radio Field Notes

Dr. Stephen H. Atkins

As most of you know Dr. Atkins is one of our key speakers at Concordia 2013 this week in Santa Barbara, California. As he is still travelling we decided to re-broadcast his Field Notes presentation on “*Adrenal Insufficiencies*” (week 2). We all know you will enjoy hearing this wonderful session. We certainly will! Thank you and here is Dr. Atkins.

Well Good Afternoon everyone, it's 12.15 on a Wednesday and that means it's time for 'Field Notes'! My name is Dr. Stephen Atkins and I will be your host for this weekly recurring lunchtime segment. Before I get started, I would like to thank everyone for the tremendous response to the first episode. Thank you for your emails and letters of congratulations and phone calls. It really means a lot to me and I really, really appreciate it.

You know before I get started on today's topic, I received an email from a doctor who asked me, “Is there a way to test for hydrochloric acid deficiency and also digestive enzyme deficiency in the body, if you don't use aqueous zinc and if you don't have a bioenergetic device?”

There is absolutely a way to do that. It's very, very easy and it actually takes about 5 seconds. One way to measure hydrochloric acid is the Riddler's Reflex Point and here is how to find it. Have your patient stand up in front of you and note where their rib cage comes together at the focal or junction point. This is called the zyphoid process. So, if you palpate 1 inch below the zyphoid process (I believe in acupuncture they

call this a cun), so 1 cun below or 1 cun on the left edge of the rib cage is going to be very tender if it there a hydrochloric acid deficiency. The mirror image to that on the right side is the enzyme point. If you palpate there and there is tenderness that means the body has a deficiency in enzymes. Typically use Hypo Zymase for the HCl deficiency and CataZyme-7 or CataZyme-U for the enzyme deficiency. Although that's not a hard and fast rule it seems to pan out most of the time. So that is a real quick way to measure both the hydrochloric acid point and the enzyme point in about 5 seconds without a bioenergetic device or without the use of aqueous zinc.

There are many other questions that came in from the first session but we don't have time to address them all in the program. Many of these questions and their answers will be put up on a private blog or webpage that we're seeing the need for, so we'll let you know when this is up. In the meantime I'll address a few questions on the program from time to time and answer the others via email. Thanks very much for all of them!

So, the test which measures for this chloride molecule is very quick, easy, economical and immediate! Chloride at the right level is normal. Too little and you have Adrenal Stress. Too much and you have Adrenal Fatigue. You'll love this quick check. It's reproducible and right to the point. By the way, the dates for these series of Functional Analysis Test classes will be

published in May. It'll be great to see you there. There is so much I want to share with you.

I just wanted to start off today's segment with a little story. My landlord dropped into my office a couple of months back as she was interested in the work that I was doing based on the volume of traffic she sees continually streaming in and out of my office. She was curious about what I did, so I did a little session with her as she was plagued with a number of health issues herself. So after taking her case, what did I start with? RCCP™. Right! ...like I do with everyone. We talked about that last week. I really didn't see her again for what must have been about 3 or 4 weeks. And then one day she popped her head in again and she was really, really dragging and I said, "Hey Maria, where have you been?" And she said to me, "Well you know, I have been so tired and so exhausted that I haven't been able to get my head off the pillow." So she actually went to her MD and got tested and it turned out she had been exposed to West Nile Virus. I said "Wow".... You know anytime (and here is a clinical pearl), anytime you have any kind of chronic viral kind of syndrome, cold, flu, whatever it may be, you will always, always, always have adrenal dysfunction. I said, "I have to get your adrenals going." So I put her on a quick little adrenal protocol. I actually mentioned this at Concordia 2012 when I spoke there and it uses 4 little supplements; real, real easy to do.

The supplements are Adrenal Life Force, the Licro Intrinsic, the Bio-Omega 3 and the SpectraLyte. You use those altogether. The Adrenal Life Force is 2 capsules twice a day, the Bi-Omega 3 is 2 capsules twice daily, the SpectraLyte is 15 drops in an ounce of distilled water or juice 3 times daily, and the Spagyric botanical tincture, Licro Intrinsic. I tend to dose

that high actually. I do anything from 90-120 drops twice daily and that will revive the adrenal glands without overamping them. This is an important point! There are so many adrenal targeted supplements and protocols which overamp the adrenals to their detriment. Remember, if the adrenals are whacked out and you try to force them into performing you are going to create a significant, downward cascade that will be difficult to pull the patient out of. Oh, they may feel better FOR THE MOMENT, but when that moment passes you are both left with a challenge far beyond what you had started out with. Feed the body. Remember, "the RIGHT remedy and the RIGHT time at the RIGHT level and in the RIGHT sequence." I suggest you memorize that little phrase of Dr Cass' as it will always keep you and patients' safe.

So, I put Maria on this protocol and she came to me 3 days later and said to me, "I feel like a million dollars!" Well obviously there was much more to do, but it just goes to show that a little bit of intervention with the right supplements at the right time, the right level and in the right sequence can really do a world of good without creating a mess... Big point!

I should probably mention that during our Functional Terrain Analysis (in house lab testing) classes, I will be teaching how to measure for adrenal dysfunction using Urinary Chloride. Briefly this is what it does. When aldosterone is low in the body, it will dump chloride into the urine.

This brings me to the adrenal glands working in concert along with the liver. As you all know, the adrenal glands sit right on top of the kidneys. The kidneys are known as the renals; ad-renal means on top of. So on top of the kidneys proudly sit the adrenal glands! These

adrenal glands have 3 basic hormonal functions; the production of glucocorticoids to regulate sugar metabolism and help fight inflammation; the stimulation of corticosteroids, responsible for the fight or flight response (corticosteroids also help with the mineral corticoids that regulate mineral balance, particularly sodium and potassium); and for the production of sex hormones, particularly estrogen and progesterone. Interestingly enough in women, testosterone is made by the adrenal glands. Also 15% of estrogen is made in the adrenal glands. This should give you another clue into PMS and menopause, but more on that at a later date.

Another point here to remember is that the adrenal glands in the form of cortisol will “rob” from the sex hormones to produce more cortisol. So, if you’re treating sex hormone deficiency a wise and enlightened practitioner always treats the adrenals first, otherwise you end up in a constant deficiency loop until the sex hormones can no longer be converted to cortisol and everything crashes. The body favors survival over procreation.

There are a steady stream of daily factors that stress the adrenal glands out, not only something as dramatic as West Nile! Things like refined sugars, or a high glycemic diet (that is a real big culprit). The standard Ameri-Canadian-UK diet will stress out the adrenal glands in next to no time. Coffee or other stimulants stress the adrenals. Alcohol. Even your morning commute to work can stress the adrenals...! Emotional and psychological stress will do it. Digestive compromises. Inflammation. Nutritional weaknesses and also any kind of “disease” or pathology. Remember, when the body is in a state of ‘disease’, you either have some sort of toxicity, you’re malnourished

and/or you are environmentally compromised. Toxicity in the form of xenobiotics can be pathogenic as in virus, fungus, parasites, bacteria, heavy metals, etc; or mental, as in toxic thoughts (stinking thinking!); and emotional, as in shame, anger, guilt, resentment, etc. These are really the building blocks of the causes of disease.

Overly stressed adrenal glands put out a lot of cortisol and over time, chronically high cortisol impacts the body in a number of ways. One such way, decreases the liver’s natural tendency and consequent ability to detoxify. So, let’s talk briefly about the liver a little bit.

As you all know, the liver is responsible for breaking down all sorts of different toxins that come into the body. It also de-conjugates hormones. This is very important because if hormones can’t be broken down or de-conjugated they are translocated into areas of weakness in the body.

For example, on Long Island we have the highest incidence of breast cancer in the entire world! When the liver can’t breakdown xeno-estrogens for women they go into the breast and ovaries and in men it goes to the prostate. For men breast tissue too actually. At a recent Academy class, Dr. Cass mentioned a study that was presented in the prestigious British Medical Society’s journal, The Lancet, citing 20% of women golfers developing breast cancer. Pesticides and their estrogen-mimicking compounds creating major contributions to cancer...

Back to the liver. The liver works through a series of pathways called Phase 1 and Phase 2 (these are detoxification pathways). Dr. Cass includes biliary insufficiency syndrome as a continuation of these two phases and I would

firmly agree with that. This was part of his thinking in developing the GB-40 Yuan Source remedy as the bile needs mobilizing and thinning in every patient I see. I think you will agree that you find this to be true in your practice as well. Gall bladder in a bottle! We all use tons of this remedy. It is an absolute staple in any true healing practice. Just as a brief aside: Dr. Cass told me that back in the 70's he was working closely with Standard Process in Santa Barbara and Beverly Hills in those days and he said he probably used more Zypan, A/F with Betafood and Drenamin than anyone on the planet! Those products were staples in his large practices and in the practices of most high volume, honourable practices of that era. However, times have changed and older remedies that were appropriate for those days are no longer indicated in that particular format due to the advanced polysystemic nature of how things have evolved. Nevertheless, while the principles are still the same, the requirements are different. The formulas and the recipes really needed to change to match today's requirements. Wouldn't you agree? That's why he made Hypo Zymase, GB-40 Yuan Source, HepataGest and Adrenal Life Force. Brilliant!

So here's what happens during Phase 1 and Phase 2 if you're not familiar with it. I'm going to use aspartame as an example here. Aspartame is an artificial sweetener you find it in almost everything in the market that's sugar free. And aspartame is an absolute toxin! It is highly corrosive. I remember a friend of mine told me a story a while back. He had actually had a reason to visit an aspartame plant (I forget why he was there). But anyways, he told me that they would inspect the propellers that pump aspartame from one storage tank into another and these propellers that pump the

aspartame from one tank into another are coated in teflon. And he said the teflon was actually coming off of these rotors because the aspartame is so corrosive! Now teflon is the stuff they use on the space shuttle so the space shuttle doesn't burn up on re-entering the atmosphere. You can only imagine how corrosive it is to the body, if it can take teflon off of a propeller!

Anyway, what happens during Phase 1 and 2 liver detoxification, is that when a toxin is shunted into the liver, the liver attempts to convert it into a kind of water soluble substance which it will then move into the detoxification pathways and out of the body: Phase 1. If it is unsuccessful, it will attempt to convert it by way of an intermediate metabolite which often times is more toxic than the original toxin to move it into Phase 2, liver soluble and out through the detoxification pathways that way.

Here is the example with aspartame. If you take aspartame into the body, first it will convert into wood alcohol. The liver cannot convert wood alcohol into a water soluble substance, so it actually converts it into something several times more toxic – formaldehyde! Formaldehyde is that substance you all know they embalm dead people with! I certainly don't want to have any formaldehyde running around in my body and unless I'm mistaken, I'm certain you don't either! We'll speak about formaldehyde poisoning and associated conditions at a later date...

So clearly liver detoxification is extremely important and one of the areas that most practitioners understand as central to all healing processes. However, it needs to be handled carefully and with an understanding of Causal Chains. Experience has shown me over the years that prior to deeper detoxification it's

highly beneficial, not to mention compassionate, to provide stabilization for the adrenals and liver/biliary tree! If we don't get this right, patients will go through all manner of uncomfortable and dare I say, unnecessary retracing ranging from fatigue to emotional instability to digestive problems and an exacerbation of Causal Chain compensatory conditions! Let's get this right.

One of the products that Dr. Cass and the entire Physica Energetics International Practitioner community really emphasizes is HepataGest Powder. I'll tell you, I use a ton of this in my practice. I really love it. What HepataGest Powder does is help to regulate Phase 1 and Phase 2 liver detoxification. You can read about it on the website monographs, but briefly it contains the right ingredients at the right level, released at the right time and in the right sequence. Essential vitamins, minerals, and amino acids provide nourishment to the body and are supportive specifically, in the repair of damaged tissues. Specific amino acids support Phase 2 conjugation enzymes, while plant polyphenols provide intense antioxidant support to neutralize damage caused by Phase 1 created, intermediate metabolites. Liver/gall bladder protective and restorative botanicals, sulphation, glucuronidation etc, pathway ingredients are also included in this formula to assist with ongoing decongestion and repair.

A number of helpful amino acids are in there, especially N-Acetyl L-Cysteine which converts to glutathione and also L-Glutathione, which really help the liver breakdown toxins.

I don't know if you guys are aware of this or not, but one molecule of mercury gobbles up one molecule of glutathione. So if anyone has mercury amalgam fillings in their mouth, do the math! Unfortunately, this is still very prevalent

in most of our/my patients. If patients have silver fillings in their mouth, 99% of the time they will also suffer from reactive hypoglycemia and dysbiosis. Glutathione to the rescue!!!

Back to the adrenals and liver before we run out of time! This is exceptionally critical: before you start removing causative factors, you absolutely must make sure that 1) the liver and biliary tree can handle the detoxification of pathogens and other xenobiotics and 2) the adrenal glands are sufficiently in-check to hold things stable and in balance as much as possible. As I mentioned before, without this you run the risk of translocation of toxins and reabsorption at deeper tissue levels AND the creation of more intense, critical challenges than you started off with. If you don't remember anything else from this presentation, remember that!

In the few minutes remaining I want to remind you of a couple of other adrenal tests you can easily do. You might still find some of these taught through certain seminars as well as the Academy of International BioEnergetic Science classes that Dr. Cass and his associates present in the form of a 4 part, 100 hour accredited course in Canada and the US. If you haven't attended these classes I would highly recommend it for this and so much more. The Academy has restored my faith in the Art and the Science of BioEnergetic Medicine.

So, the Peridoxical Pupillary Reflex Test is a test that measures for adrenal dysfunctions. Briefly here's how you do it. Ideally you need to have a very dimly lit room for this and you take a pen light and hold it at a 45 degree angle to the pupil of the eye, the light shining on the pupil. As you bring the light towards the front of the patient's face you will see the pupil naturally constrict when the light hits it. If someone has an adrenal dysfunction or adrenal stress, the

pupil will dilate and pulsate. That is a very good indicator that there is adrenal dysfunction. This test actually will show you many other factors as well.

Chiropractors: use this quick test if someone is not holding the chiropractic adjustment well. Do the leg-length check. In the case of adrenal dysfunction leg length will not be the same. There are other factors no doubt however an exceptionally high percentage of “chiropractic structural problems” always have a significant adrenal component.

I used to work with a guy in Mexico who whenever he used to test a patient, (the patient lying down on the table), he would put all the nutrients on their stomach and then he would measure their leg length to see if it balanced. You can actually try this with the Adrenal Life Force, the Licro Intrinsic, the Bio-Omega 3 and Spectralyte. You can sit them on the patient’s belly. Measure the leg length and see if they are equal. If they’re not then put those supplements on top and see if the legs are right back together. It works every time!

The Ragland blood pressure test is also an easy and simple test to measure adrenal insufficiency as well as blood pooling in the abdomen, varicosities, etc. Another day though...

You know I mentioned before about the Bio-Omega 3 that’s in a 6.5:1 ratio and I’ll tell you, I had a patient come into me and she was on antidepressants and once I balanced her essential fatty acids by using the Bio-Omega 3, (actually I used a pretty high dose on her, I think it was 4 capsules twice a day), she didn’t need to take Prozac or Zoloft any more. That was a great thing! It is also very useful for my kids who come in with ADD/ADHD. Once you fix up the GI tract and you balance the gut, give them

healthy doses of Bio-Omega 3 that ADD/ADHD will tend to disappear also. 2-4 caps daily is typically sufficient.

So much more to talk about but that is about all the time I have now. I trust you enjoy hearing these quick bullet points. Obviously there is more than I can relate in a New York minute, but hopefully this will get you started or at least remind you of what you may have already known, but forgotten.

It was great speaking with you. I am Dr. Stephen Atkins and this has been Field Notes and I look forward to talking with you next week. So long for now.