

Physica Radio Field Notes

Dr. Stephen H. Atkins

Good afternoon everyone! It's Wednesday at lunchtime and that means it's time for 'Field Notes'. My name is Dr. Stephen Atkins and I am your host for this weekly recurring lunchtime segment. I'm certainly very happy to be here and I want to thank everybody for tuning in.

I just wanted to talk about something really quick before I get started. I had an email from a practitioner who asked me how I see so many new patients in my practice. Just as an example, over the last 8 days I had 123 new patient requests which as you know is quite a bit for a single practitioner! So, this is how I work; I see new patients 3 days a week; Mondays, Tuesdays and Saturdays; on Thursdays and Fridays I do follow ups and I keep Wednesday free for me to do research, reading and getting ready for this show. That is how I do it. You know as long as you do the right thing and keep everything simple the outcome is usually fantastic. There's no need to complicate things. This kind of work is pretty easy if you are systematic about it. Catch me at Concordia in Santa Barbara in November and we can talk more about it.

Oh by the way, get registered for this annual event! I understand it's already over half full! Last year they had quite an extensive waiting list, so don't miss out!

November 1st and 2nd in the beautiful American Riviera.

I received another email from a practitioner who wanted to learn a little bit more about fluoride and the effect on the pineal gland and the endocrine system. I think that is a great topic for today as it will piggyback on what I was talking about last week. So here's the deal.

We all know that fluoride is a poison that has a high concentration in the pineal gland. Other glands like the thyroid, connective tissue, fat tissue, etc, as well, but significantly high in the pineal gland. As a matter of fact, there is enough fluoride poison in a standard size of toothpaste to kill a 20 lb child! It is a waste product of the aluminum and fertilizer industry that acts as an enzyme inhibitor that stops cellular functioning. It is actually listed in the Merck manual as a lethal poison! So if it's so terrible and only does bad things, how is it allowed to be in our drinking water and in our food? It is in our food because any food that contains water that is made commercially has fluoride in it! Bottom line: this highly toxic poison is in our food supply.

Here's a little history on fluoride. You know, fluoride has an early track record. There were many 20th Century scientists that did studies on fluoride and those studies

sounded off a huge warning bell. Danish scientist, Dr. Kaj Eli Roholm, initiated the first significant study in the last century on a group of workers in Greenland. There was a Danish colony in Greenland that held a vast amount of the fluoride containing substance called cryolite. It was found that aluminum could be made more cheaply using cryolite. Now aluminum was extremely important during this time because of the manufacture of ammunitions and equipment for World War I. Dr. Roholm found that the workers who had been removing fluoride from cryolite became really sick; they were very, very ill. They suffered a crippling of their skeletal system and they also developed pulmonary fibrosis; their ligaments lost their elasticity, they became very arthritic and developed serious stomach issues and nervous system disorders. Dr. Roholm also found that the fluoride made the workers teeth actually weaker and he published this in a 1937 book called 'Fluorine Intoxication'. This book warned of the dangers of fluoride and described its often misdiagnosed symptoms. In it, he recommended in detail, the necessary steps required to protect workers that came in contact with it.

With the advent of World War II fluoride became an even more important resource. It was also a key ingredient in the making of the first atomic bomb. The Manhattan Project was given that code name, you know, as top secret stuff...

So during the war years there were a lot of accidents and so many health problems,

even deaths attributed to fluoride. Not only were the factory workers at risk, but the families, crops and animals located down wind of these industrial sites that used fluoride, were greatly affected.

Page | 2

And because the Manhattan Project was such a top secret and a priority to the United States government, the risks of fluoride were covered up. The US was at war and a conscious decision was made to protect the manufacturers of bomb making from lawsuits.

You know there was a doctor, Harold Hodge, a senior toxicologist for the Manhattan Project, who was actually directed to create a study that would show that fluoride was safe for the public. The study would insure that a victory for big business would be in a courtroom. In other words they wanted to stop from getting a lot of lawsuits. This was another deliberate tactic by industry to make fluoride our friend. You know, what better way to accomplish this than tell the helpful effects of adding fluoride to drinking water? You can read more about this in 'Whole Body Dentistry' by wholistic dentist, Dr. Mark Breiner. He goes into all this in more detail, but I think you get more than just the idea!

So that's some of the way, fluoride got into our food supply and our drinking water. Let's now talk about the effects of fluoride. Fluoride is really toxic! You know, when I have patients coming into my office, a big part of my practice is patient education. So when I talk about fluoride I talk about how

it effects the pineal gland which is serious because the pineal gland is also responsible in part, for protecting the brain and all tissues from free radicals, especially the hydroxyl radicals.

One of the more popular pineal hormones is melatonin as you know. It can boost human growth hormone; help regenerate the thymus gland; it is a hugely powerful antioxidant; it helps to build protein and break down fat energy production; it is also responsible for tissue repair. It is also very, very anti-cancer! I have talked about that in the past.

Now, fluoride blocks receptors on the thyroid from receiving iodine. If you take a look at the periodic table of elements and go from left to right to the 17th position you'll see the halides. At number 53 you find iodine. Above iodine you are going to see bromine; above that you are going to see chlorine; above that you are going to see fluorine and below iodine you see antimony. These are all very similar in molecular structure so if you have an over abundance in any one of those elements, it is going to block the receptors in the thyroid from receiving iodine. As you all know iodine is the key mineral needed for thyroid function. I use a ton of Laminaria. Hope you do too! It typically has sufficient iodine to support the thyroid but it also pulls heavy metals from the gut and... and here's the big piece... it stimulates apoptosis! I dose this pretty high by the way. Also, add Thyro Code for sarcodal support. Thyro-Tox might also be helpful here as viruses get into the

thyroid particularly the coxsackie virus. Think Chronic Fatigue, Fibromyalgia, Lyme, etc... Adrenal Life Force is another remedy indicated here for the thyroid as it has 250mg of tyrosine along with lyophilized adrenal glandular, that great adaptogen rhodiola rosea and many other supportive ingredients. Remember, thyroid problems are always adrenal problems... and vice versa!

So, getting back to the periodic table, let's think about this. What do you find in those other elements and where do you find them? Antimony is found in fire retardants and electronic parts; fluorine (we've been talking about that, that is fluoride) you find that in drinking water; you find it in toothpaste; you find it in virtually any processed food blocking the receptor for iodine in the thyroid.

Chlorine is another one, found in drinking water, in swimming pools and in foods "washed with chlorine"! Now if you use a Brita filter, it will not block chlorine or fluoride. You really need to get a little stronger filtering system in your house for the water you drink.

The last one is bromine. Bromine is found also in fire retardants; it's found in commercially bought bread used as a preservative to keep bread from going bad. So, any bread found in a plastic wrapper and doesn't go stale when you leave it out has a lot of bromine in it.

In my Foundational Lab Functional Terrain Analysis classes I teach a very simple and

cost effective test for iodine deficiency. Get yourself some iodine and paint a 2 inch square of the tincture of iodine on the skin. Check the length of time the stain remains on the skin. Ideally it is going to remain for 24 hours. If the stain disappears before then it means the body needs iodine. Simple. Give the patient Laminaria for a month and then watch the change. The patient will also feel better too!

It's been said that the Nazis gave large doses of fluoride and fluorine to their prisoners and put it in the drinking water of captured cities because it made people very lethargic and drowsy and easy to control.

Fluoride also causes mottling, those little white spots that appear on your teeth is clear evidence of excessive exposure to fluoride. I see that in a lot of my patients. It actually changes the cellular structure of the tooth enamel in the formative years from developing properly. Fluoride will break down the collagen which is the main supportive part of tendons, teeth, bones and skin, connective tissue, etc. Auto-immune responses can also occur because it distorts the body's protein and results in the immune system attacking itself with its own protein. So fluoride is some really bad stuff and I think I have got my point across.

So here's the issue....what can we do about it? We all have it in our systems. How do we get rid of it? Here is a quick little protocol, a starting point that will help you deal with fluoride in the pineal gland and fluoride in the thyroid. The pineal gland is

the gland that stores a large amount of fluoride. It is a small gland located between the 2 hemispheres of the brain and amongst other things; it regulates hormones, especially melatonin. It also regulates the onset of puberty and helps the body recover from cell damage caused by free radicals. The obvious first choice is to head straight for Pineal Code, the sarcode of the pineal gland. It's not only pineal sarcode. It also contains aurum metallicum, berberis vulgaris and calcarea flourica, all of which are specifically supportive to the pineal gland and its causal chain activity, particularly for closed head injuries, depression, sleep problems, deep trauma, etc. You might find some of your patients having lucid dreams, as well as, remembering childhood longings that were shamed and suppressed out of them, but that's another story! Now I dose this pretty high (as I do with most of my tinctures), I dose this at about 120 drops twice a day.

The next one I head for immediately will be Chem-Tox and also Pesticide-Tox, since fluoride is found in many pesticides and as a chemical. Those are two obvious choices. I also dose those pretty high at 120 drops twice daily too. Fluoride has a huge effect on immune system regulation, so I like to choose a couple of *Spagyrically* processed Intrinsic botanicals. I immediately head for Mycelia Intrinsic, Echina Intrinsic, Olive Leaf Intrinsic and Borage Intrinsic. Also, check Scrofulara, Gen, Trifolo and Burdock Intronics as they all clean the blood and decongest the lymph and spleen in unique ways. I also dose all those between 120-180

drops twice a day. Now I know these dosages might seem a little high but you really need to get to a therapeutic level with these and if you just give 30 or 60 drops, you are not going to get the right bang for your buck which is why I ramp it up. I initially at least, load the patient with a higher dose and then I back off a little later on.

By the way, that's why I get 123 new patient requests... people get better and refer their friends, family and colleagues!

Of course we mustn't forget the Matrix Nutritionals. I will head immediately for the Phyto Cal-Mag with Boron. You know as fluoride displaces calcium in the body and displaces other minerals, it's a slam dunk to use Phyto Cal-Mag with Boron. The boron actually helps push calcium back into the bone, as does Solray-D Liposome Spray (I talked a little bit about that last week). I am a HUGE fan of Melatonin Liposome Spray. It works so well cause it goes directly to the binding site. Remember what I said about melatonin and cancer...

Now I also use pretty high doses of the Bio-Omega 3 too, this helps in calcium transport, so I dose that at about 2 caps 3 times daily and also I use pretty high doses of the Flora Syntropy. Being that fluoride is an insecticide and a rodent-cide, it kills all harmful as well as good bacteria so I want to be sure to repopulate with healthy flora – Flora Syntropy. Other Tox's I take a look at are the Dental-Tox, the Mycoplasma-Tox and the Sclero-Tox. Remember Sclero-Tox is

a great thing when anyone has had any type of dental surgery or any type of scarring anywhere in the body actually, the mouth, from surgery, burns, whatever....Sclero-Tox is a slam dunk.

Page | 5

You know, I'll actually tell you a little story about Sclero-Tox. I had some surgery done on my left foot and I had a joint reconstruction and after the surgery I had developed a chronic cough and I was up at the Academy (in London, Ontario, Canada) and I was telling Dr. Cass about it. He was actually doing some work in front of a bunch of the doctor-students there with a CEPES pulse laser (Nogier frequencies!) on one of the participants. So I asked him to look at my toe. He put Sclero-Tox into a little well in the laser and "shot" the laser through the Sclero-Tox which imprinted into the scar tissue that had resulted from my joint reconstruction.

Amazingly enough and I wouldn't have believed this unless it actually happened to me, my nagging cough that I had had for months disappeared! So that night it returned and I went back to my room and the next day I came back and said, "Can we try lasering that scar again?" So we lasered again and my cough went away! It was amazing! The scar was causing a focal disturbance in my body related directly to my lungs. So I was so impressed with this, I said "I need to get my hands on one of those lasers". Dr. Cass was kind enough to find one for me.

Back to fluoride. Since fluoride creates imbalances in the immune system you want to make sure you have the GALT Fortifier on board. Gut Associated Lymphoid Tissue, right? This relates to the Peyer's Patches and other significant immune factors connected via the small intestine. GALT Fortifier is a staple in all our practices! There's nothing like it!

Also, anytime you have a chronic problem, it always really, really drains the adrenals of all their energy, so make sure you have them on that Adrenal Protocol.

Anyways that is about all the time we have right 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'm Dr. Stephen Atkins and this has been Field Notes and I'll see you next week.