

# 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 as you all know, I am your host for this weekly recurring lunchtime segment. It's always great to be here, thanks for all tuning in!

Before I get started on today's topic, I came across a very interesting article while I was doing my research this week and it talks about how there is a compound in the Mediterranean diet that makes cancer cells mortal. Now as you all know one of the things with cancer cells is that they can live forever, they don't have programmed cell death. So they have actually isolated a compound that is called 'apigenin' and this is found in parsley, celery and chamomile; and this is a very interesting compound that actually helps the body with cancer prevention.

We all need to eat healthily, but in most cases we don't actually know the mechanism or reasons why we need to do that, so with *apigenin* we see that there are beneficial effects on health that is attributed to the dietary intake affecting many proteins. It is the relationship with a specific set of proteins that apigenin establishes the normal profile in cancer cells.

So apigenin has a relationship with proteins that have three specific functions and among the most important is a protein called 'hnRNPA2'. This protein influences the activity of messenger RNA. As we all know, messenger RNA contains the instructions that are needed to produce specific proteins. The production of messenger RNA results from splicing or modification of RNA that occurs as part of gene activation. So the abnormal splicing is the culprit in an estimated 80% of all cancers.

In cancer cells two types of splicing occur, when only one would take place in a normal cell. The key on the cancer cell's part is to keep them alive and reproducing. It was observed that the apigenin connection to the hnRNPA2 protein restored the single splice characteristic to breast cancer cells, suggesting that when splicing is normal, cells die in a programmed way (apoptosis). *Laminaria by the way has been found to stimulate natural apoptosis.* Interestingly enough it makes them more sensitive to chemotherapy drugs. So by applying this nutrient we can activate the killing machinery that is known as our immune system. Really, really interesting research.... I love reading about stuff like that! And I'm sure we'll see more about this in days to come.

Recently a patient came in to the office complaining of a variety of symptoms which I think are really common to a lot of people. These are some of her complaints; pain between the shoulder blades, her stomach was upset easily by greasy foods and her stool was kind of shiny. Interestingly enough she also complained of being car or airplane sick; her skin was real dry; her feet were real itchy; she had a bitter taste in her mouth after meals; she was sensitive to tobacco smoke and diesel fumes; and she also had pain under the right side of the rib cage. So with all these complaints in mind what should we be thinking about in terms of her challenges? Gall Bladder. Right!

Gall bladder dysfunction is very, very common in the majority of patients out there. So as you all know, when food containing fat enters the digestive tract, it stimulates the secretion of **cholecystokinin**, also known as, CCK. And in response to CCK the gall bladder stores about 50 mL of bile which is made by the liver. The gall bladder then releases the contents into the duodenum and then the bile emulsifies fats in partially digested food.

Now the gall bladder is a hollow system that sits just beneath the liver, it's about 8 cm in length and about 4 cm in diameter when it is fully distended. It's divided into three sections, the fundus, the neck and the body. The neck tapers and connects to the biliary tree via the cystic duct, which joins the common hepatic duct to become the common bile duct. The angle of the gall bladder is located between the costal

margin and the lateral margin of the rectus abdominis muscle. Now at the neck of the gall bladder is a mucosal fold called the Hartmann's Pouch and this is generally where gall stones get stuck.

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You know I always use a lot of functional tests to check things out and with the gall bladder there are some reflex areas that you can test for this. The first would be at the sixth intercostal space on the right hand side, by the way, this reflex is also shared with the liver, and if you palpate it you are going to feel some tenderness there.

Another point for chronic gall bladder issues is, a tenderness or nodulation on the web of the right hand, between the thumb and the forefinger. Acupuncturists will know this point as Colon or Large Intestine 4. It can also indicate ICV and other colon obstructions almost always connected to liver and gall bladder congestion.

You can also palpate what is called 'Murphy's Sign' which is at the lower rounding of the rib cage on the right side. Ask the patient to take a deep breath while you palpate under the rib cage and you will actually feel the gall bladder. There will be tenderness there if you have gall bladder dysfunction.

I also use an EDS or electrodermal screening instrument called the Avatar in my practice and in this particular patient I also saw an elevation in the gall bladder point. It went up to about 80 (which shows inflammation) and there was an indicator drop of 6. As Dr. Cass teaches us in the Academy, Dr. Voll

used to suggest that anything with an indicator drop of 4 or more may be indicative of a sign of pathology. Dr. Cass however, feels that any indicator drop is suspect particularly in combination with other readings.

So what did I do for her? RCCP™. Well of course I did!!! I'm sure by now you're seeing the wisdom of this initial approach.

Well apparently you are, as I'm getting tons of emails saying that that foundational approach significantly changed the way you practice – all for the better!! In fact, you're finding just like I am, that many patients are feeling so good on this program that they are telling all their friends and colleagues. You wonder why I get so many referrals? This is a major reason! People get better faster and thoroughly without all typical retracing symptomatology that often accompanies many healing responses.

By the way, I was speaking with a doc last week that wasn't getting the results she was hoping for 9 months later, and I asked her if she was using the RCCP™. She said, "parts of it". Well there was her problem right there. It's a balanced program and needs to be taken in its entirety to get the full benefit.....Words to the wise!

After the terrain factors, nutritional uptake and cellular communication pathways had been established, I was able to see so much more clearly which remedies to choose and when I challenged them with my Avatar it balanced the point to 50, which was a great thing! And those remedies are *Hydrangea*

*Intrinsic*, the *GB-40 Yuan Source* and the *GB Milieu*. I actually tested them individually and then I always test them together at the end to make sure that they are compatible. Now when I do compatibility testing I either turn the 'Compatibility Filter' on my computer or I put all three remedies on top of the plate and test that way. All of the EAV instruments can do this by the way and frankly, using the compatibility filter is so much simpler and highly effective. *Ask someone at Physica Energetics to help you with this if you don't know how to do it.* Dr. Cass has been teaching this at the EAV Academy for some time now and it's cut my testing time in half! Also, if you're doing muscle testing you can use a similar approach as you employ a similar principle.

So let's talk about the *Hydrangea Intrinsic*. I really love this remedy. As you may know this is a Spagyrically processed botanical. You know, it's interesting that there are around 500,000 gall bladder surgeries (removals), every year in the US due to the complications of gall stones. Gall stones can cause congestion in the gall bladder, in the bile duct and the liver (right along the "neck" up there as I indicated). So when you have issues with bile and gall bladder it obviously causes weakened digestion; it interferes with cholesterol metabolism; and it impairs liver detoxification increasing susceptibility to infection. You need a healthy and balanced bile flow for proper digestion, specifically the emulsification and digestion of fat.

It also helps eliminate cholesterol and toxins from the body. Now this is a significant point that I want you to get today.

*Bile intrinsically, kills a multitude of pathogens that commonly enter the digestive tract with food.* Big point!

Toxins enter in through the air and/or in through the substances we ingest. And if it is not broken down in the GI tract by hydrochloric acid in the gut, it cascades rapidly throughout the body. So be sure to add *Hypo Zymase* into your protocol for this very reason.

Remember, *Hypo Zymase* is a dual phase digestive enzyme. It works at the level of the gastric and also at the level of the duodenum with appropriately targeted enzymes (correctly proportioned and balanced HCl, glutamic acid and other enzymes for the gastric) and targeted enzymes, *bile salts(!)*, botanicals, etc, for the small intestine. It's such a well rounded and well balanced remedy and I use it on almost every patient. Why? Because almost every patient is deficient! I don't know how you can practice without it these days... and particularly in cases involving the gall bladder. Once again, most patients have gall bladder challenges at one level or another, which I'm sure you will all agree.

Moving along here; when you have impeded bile flow you will always have a propensity towards the formation of gall stones. Now I'm a true believer that we all have *gall-sand* or *sediment* in our gall

bladder, however not all of us have gall stones.

The deal with gall stones is that they are very porous and as such, assimilate different bacteria, cysts and parasites that pass through the liver. The most common bacteria found in gall stones tend to be staph and strep. When you have these types of pathogens in the body they significantly burden the body's defensive systems, so the immune system has to keep vigilant to keep these harmful organisms in check. The body can't really get rid of these pathogens by itself without first purging these bile formations.

Did I already say that I love the *Hydrangea Intrinsic*? Of course the *focal* ingredient in this remedy is the Spagyric botanical hydrangea. The additional ingredients that are differentiated to form the *constellate* are Bile salts, Blue Flag, Chanca Piedra or 'stone crusher' which is also found in the *GB-40 Yuan* (pronounced *You An ...*) *Source*; then there is also club moss, milk thistle, barberry, artichoke and fennel seeds. You know fennel seeds have been used for many, many, many years and many times in a lot of restaurants as you exit the restaurant they are available to aid digestion. This remedy is a specific for the gall bladder and liver-biliary tree and kidneys.

Oh incidentally, you would do well to review the DESIGN factors related to how these remedies are configured. You can read about them in the Physica Energetics' catalogue and more in depth on their

website. Learn the processes of *focalization*, *differentiation*, *constellation* and *amplification*. Understanding this approach will be a big help to you in your work and studies with *causal chain* aspects.

Let's take a closer look at this central, quintessential gall bladder remedy, *GB-40 Yuan Source*. I REALLY love this remedy. I call it gallbladder in a bottle! This was named, on purpose, after the traditional Chinese medicine acupuncture point, which is considered by many to be a deep clearing, master gallbladder acupuncture point – Gall Bladder 40 Yuan Source.

For those of you who practice acupuncture you will remember that *Yuan-Source* points stimulate the vital energy of the regular meridians, regulates the functional activities of the internal organs, reinforces anti-pathogenic factors and eliminates pathogenic factors. The TCM method of treating disease deals principally with the root causes. This organ system is most active between 11p.m. and 1a.m. Restless sleep or waking during these times can be attributed to congestion or “disharmony” in this organ system.

As an aside here, a lot of people like to run out and suggest that people do liver and gall bladder flushes immediately when they come across this type of situation and I would urge you not to do that initially. You really need to take measures to soften the stones and things like that, 'cause if you start to clear these things out of the body

and the body's not ready, you can really cause a host of problems.

Incidentally a great product to soften stones is *MetPhos*!

So with the *GB-40 Yuan Source*, that focal property would be the *Chanca Piedra* right? It is found in the Amazon rain forest and is shown to stimulate the production of bile and promote healthy liver and gall bladder function. It is also traditionally used to clear obstructions through various internal organs in the body promoting the elimination of mucus and stones. Chanca piedra, is loosely interpreted as “stone crusher” and it does that very well! Also included in this is Gold Coin Grass which is a traditional Chinese medicine that has been used for centuries to mash, crush or soften stones, so that they can come out gently with no side effects. Very important!

There are also bile salts in there which we've briefly already touched upon; L-taurine, which is a derivative of cysteine, and when conjugated to bile acids, it creates a kind of detergent-like property in the body. Also as a substrate of Phase II detoxification in the liver, taurine may become depleted and the supply is then inadequate for metabolic needs. Note that bacteria in the gut can remove glycine or taurine from bile salts, regenerating bile acids. These can be modified to produce secondary bile acids. If this deconjugation occurs in the upper small intestine, this can seriously inhibit lipid absorption. Problems in ileum absorption lead to increased bile in the colon, causing diarrhea. There's part of

the reasoning why L-aurine and L-glycine have been added to the formula.

Within the *GB-40 Yuan Source* there are also ingredients like black radish and beetroot. Beet is to bile, what paint thinner is to paint; it thins it right out.

Another amazing botanical, *bupleurum* is part of this elegant formula. It is one of the most important herbs in TCM, used for Qi (chi) stagnation of the liver and increasing bile flow.

Also note the inclusion of wild indigo leaf, tumeric, and enzymes, lipase and pepsin.

You can see why I and my patients love this remedy so much – gall bladder in a bottle!

Other remedies I head for immediately include the *HepataGest Powder*. Since our liver is responsible for making bile, we want to make sure we have proper liver function and as we all know, *HepataGest* helps maintain and balance Phase I and Phase II liver detoxification.

A drainage remedy I would head for immediately is the *GB Milieu* as it helps target gall bladder function. *Liver Milieu* is also worth looking at and note the inclusion of homeopathic cytochrome P450 enzymes.

And let's not forget *Flora Syntropy*! *Flora Syntropy* is a right-spinning probiotic and since (as I mentioned before) there are a lot of different types of pathogens that can be found in bile you want to make sure you have healthy flora there to help erase and/or displace these pathogens and

rebuild the immune system. Remember: *a lack of bile erases anti-inflammatory power of probiotic microbiomes.*

Other Intrinsic's I think about using are *Artemisia Intrinsic*, *Berberine Intrinsic*, *Olive Leaf Intrinsic* and the *Carduus Marianus Intrinsic*. Why would you think about these three Spagyric botanicals? I've never found a problem with gall bladders that didn't have a parasitic factor as well as bacterial.

When it comes to Homaccord Detoxifiers you'll want to look at *Amoeba-Tox*, *Bacteria-Tox* and *Inflamma-Tox*. You could also check for *Para-Tox*.

As always DEFINITELY check for BioToxicosis and make sure you are getting proper drainage with the *Lymph 1, 2 or 3* remedies.

And remember, if you have a condition that lasts any more than 7 - 10 days, then that condition is chronic. It is always necessary to check for adrenal imbalances. So make sure you go ahead and do that. The remedies for this are *Adrenal Life Force*, *Licro Intrinsic*, *Bio-Omega 3* and *SpectraLyte* amongst others depending on the condition... right?

One more quick point that Dr. Cass made at the recent Academy Hormonal Session suggested that another area you may want to consider with biliary stasis is the conjugation of hormones in the liver and their removal through the bile tract. If this function is not properly completed, you may appear to have hormonal problems;

however, the problem has its focus in the liver and biliary tract.

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