

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 recurring lunchtime segment. It's always a pleasure to be here and I want to thank you all for taking time out your busy schedules to tune in, as I know time is so precious for all of us!

So, I don't know about all of you, but here is a phenomena that happens in my practice quite often. One day, I will see a Lyme's patient and then suddenly I'll see a bunch of people with Lyme disease, or I'll see a patient with cardiovascular disease and I'll see a bunch of people with cardiovascular disease. Well lately, I've seen a lot of people who are suffering from various forms of inflammation. As we all know, inflammation is the '*source*' of every chronic disease known to man.

I'll often get people with a wide variety of inflammatory syndromes and I will start by using my Functional Terrain Analysis equipment that measures for inflammation and oxidation. It actually measures the distil end of a polyunsaturated fatty acid that terminates in an aldehyde molecule. When you see an elevation here, it gives an indication of how inflamed the body is.

If you all want to learn about this, I am going to be doing a Functional Terrain Analysis class very shortly, in tandem with Dr. Cass who is going to be giving a course on specific pharmacy applications of the Physica Energetics' products. I don't believe he has ever done this and I'm not sure that he's going to do this again so make sure you sign up as soon as you are notified, because you know this is going to be instantly overbooked! Docs all over the world have been asking him to do this for some time now.... So we thought the Functional Terrain Analysis class and a session with the Master Formulator of these remarkable remedies would be a good combination....don't you think? The plan is to do a few of these around North America and Europe. You might want to put your names on an advance notice list... I'm just sayin'!

So, inflammation comes from the Latin '*inflammatio*', which means '*to set on fire*'. Inflammation is a complex biological response of vascular tissue too harmful stimuli. All of us can all see this very readily when we're doing our EAV/electrodermal testing or our muscle testing. In EAV speak, this may show up as an elevated reading often with an 'indicator drop'. When you have a reading of 50 on an EAV device, it is

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telling you the point is balanced; anything above 50 shows us inflammation; and anything below 50 shows us a loss of energy or degeneration. An indicator drop is the quantitative value used in EAV to show that the body, by way of meridian testing, is losing its capacity to hold the electrical charge challenge.

It's worth remembering that the body creates an inflammatory reaction as a healing response initially. However, if the stressor is not corrected or removed the inflammatory response will be unable to bring about balance and will in fact exacerbate the situation.

Dr. Reinhold Voll has given us a great gift with the indicator drop in electro dermal screening and that will help determine the direction and the degree of immune and/or inflammatory integrity.

As an aside, one of our colleagues, Dr. Dennis Cousino has designed a revolutionary and reproducible muscle testing technique which includes and brings in the power of the "indicator drop" to help quantify the muscle response rather than just a "yes or no", which is what most muscle testing techniques satisfy themselves with. This is pretty phenomenal. I understand he'll be offering seminars soon, so sign up when they become available!

Inflammation can be classified as either acute or chronic. When you have acute inflammation (and this is the initial

response of the body to harmful stimuli created by injury, pathogens, glycemic factors, emotional, psychological factors and so on...); acute inflammation then, as I say, is achieved by an increasing movement of plasma and leukocytes from the blood into the injured or damaged cells and tissues.

Following this you get a cascade of biochemical events that propagate and mature the inflammatory process. This involves the local vascular system, the immune system and various cells within the tissues that have been injured.

Then you have chronic or prolonged inflammation and this leads to a progressive shift in the type of cells which are present at the site of inflammation. It is characterized by simultaneous destruction and healing of the tissue during the inflammatory process. Conditions like hay fever, atherosclerosis, rheumatoid arthritis, are examples of inflammation which have gone unchecked by the body.

Now, abnormalities associated with inflammation comprise of a large and seemingly unrelated group of disorders that underlie a variety of human concerns. Let's take a quick look at the immune system which is most often involved in inflammatory disorders and we see this both as allergic reactions and myopathies. Many immune disorders result in abnormal inflammation. Conditions such as cancer, atherosclerosis and ischemic heart disease

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are examples of pro inflammatory diseases and are thought to stem through the inflammatory process also.

As I've indicated, inflammation is the body's natural response to injury or infection. Inflammatory responses can be triggered by physical trauma, chemical toxins, microbial infection, free radicals, glycemic challenges, emotional, psychological factors and so on.

You know poor diet or faulty digestion often plays a role in inflammation also, because when an overburdened liver is unable to deal with the demands of detoxification it leaves the body exposed to assault from a very wide range of xenobiotics.

So we have the release of histamine, prostaglandins and leukotrienes and other inflammatory mediators in response to injury or infection. These cause an increase in the nearby blood vessels which allow fluids and proteins into the tissues.

Now, prostaglandins are fatty acid derivatives with a multitude of physiological functions. They mediate homeostatic response to stimuli and stressors of all types. Examples would be their response to hormones, to neurotransmitters, inflammatory response, platelet aggregation and so forth. Prostaglandins seem to play a role in virtually every biochemical activity in the body. There are at least 9 series of prostaglandin receptors that have been identified on a variety of cell types and these allow them to exert a wide

range of effects on the diversity of cell types.

So the effects of prostaglandins in the body include things like constriction or dilation of the vascular smooth muscle cells; they regulate inflammatory mediation; they help control hormone regulation; they decrease intra-ocular pressure; they provide sensitisation to spinal neurons to pain; they cause aggregation or disaggregation of platelets; they help regulate calcium movement; and of course they also help control cell growth. Inflammation is a major factor in almost every condition we treat these days particularly in, as Dr. Cass calls it, "this polysystemic climate".

So the remedies I immediately head for when it comes to inflammation are the following.

Number one is *Inflamma Life Force*. Now I love *Inflamma Life Force* in that it has a very high amount of unsullied and cleanly designed, proteolytic enzymes. These assist in the reparative duties of cells and tissues, as well as in the breaking down of blood clots and scar tissue. Did you know that about *Inflamma Life Force*? Think about adding *Sclero-Tox* to your protocols as more often than not, scar tissue is involved. Many of the doc's at last year's Concordia were touting the amazing effects of *Sclero-Tox* not only with physical scars, but also scars at the emotional level. *Heart's Song Milieu* liposome spray is also effective with those deep, transgenerational, emotional, physical and archetypal scars that Dr. Cass emphasizes in his Master Classes and more

close-in sessions.... Big point not to be missed! *Sclero-Tox*.

So, proteolytic enzymes help with things like inflammation, they may help with “irreversible” damage to the brain actually through the nervous system, circulatory system and vital organs, which can occur because of prolonged inflammation. They also help with conditions such as heart disease, Diabetes, Alzheimer’s and cancer, because these are all thought to be results of chronic inflammation of the body.

Now 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. What does Dr. Cass say? “The right remedy, at the right time, at the right level and in the right sequence”. This applies not only to clinical application but also to the formulating and manufacturing of the remedy, without which we end up with imbalances which always show up later as other conditions. A word to the wise!

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 – gout right? Manganese in this remedy helps feed the tissues, ligaments and bones.

I usually dose the *Inflamma Life Force* pretty high actually and I like to give this initially anywhere from 4 – 6 capsules three to four times daily. I have people take this away from food, because if you take it with food it is going to act as a digestive enzyme and not for what it was designed for, as a highly respected and powerful, natural anti-inflammatory.

When it comes to the *Intrinsic’s*, the one I immediately head for is *Borage Intrinsic* and this has a very high dose of gamma-linolenic acid or GLA. This is one of the two main classic essential fatty acids. You have GLA which is an omega 6 fatty acid and this is required to maintain many normal body functions as it is a precursor to dihomo-γ-linolenic acid (DHLA) and also to arachidonic acid from which the hormone like prostaglandins and leukotrienes are derived. And as I said before, these substances are involved in a variety of important body functions and most noticeably it’s a mediator of the inflammatory process. I LOVE the *Borage Intrinsic*!

Another one of the Matrix Nutritionals I will always add to my protocol is either the *Bio-Omega 3* or the *Omega GOLD*. Now fish oil has been associated with the reduction of pain and inflammation for a long time. And it is particularly effective in helping to ease the pain of arthritis and colitis. Clean and I emphasize CLEAN fish oils, may also reduce the need for NSAIDS which are non steroidal anti-inflammatory drugs and other pain medications in patients that suffer

from inflammatory conditions. Now you want to dose this fairly high and I usually dose this at 2 - 4 softgel capsules four times daily.

As an aside: there is also evidence that fish oils play a preventative role or a delaying role in the development of breast and colon cancer. Because you know, if you have low levels of omega 3 fatty acids these have been associated with those conditions and in prostate cancer too. Make sure you get your fatty acids up there to a high, high level.

Incidentally, *Bio-Omega 3* has a unique ratio of EPA to DHA. 6.5 to 1. Not only is this effective in inflammatory conditions, it is also highly effective in emotional and psychological problems as in ADHD, depression, etc. A number of doctors have found this a good complement to anti-depressant drug therapy to help reduce the amount of medication and in many cases, resolves the need for medication.

I've talked about the *Omega GOLD* and I love to use this in people with asthma, as asthma is a mediator driven inflammatory process in the lungs and it's a real common condition. We find it in a lot of kids who come into my practice. So when I increase the level of omega 3, the incidents of asthma are actually lowered. P.S. Don't forget the adrenals!

And finally I like to head for one of the Tox's, a homaccord detoxifier. The one I immediately head straight for is the *Inflamma-Tox* or the *INF-Tox* as it's now called in Canada. Now this has some great homeopathic preparations in it. It has Monkshood at a 3X, the Arnica Montana or

Leopard's Bane at a 3X; it has the ATP sarcode at a 5X (perfect for sarcodal amplification); it has Belladonna, it has English Daisy, White Byrony, Echinacea Pupurea or Purple Coneflower, Chamomile, St. John's Wort all at low potencies for drainage and decongestion; and some Mesenchyme at a 6X, 9X and 6C. And I love to use that because the mesenchyme in there really provides the medium for decongestion and clarification of the extra cellular matrix (ECM) and the intracellular matrix as well as resetting the foundational template of not only the physical aspects of Being, but the bioenergetic! Physica Energetics is the only company whose products work at these levels as most of you are now aware from your own experience. Dr. Cass puts it well when he says, "A new day is dawning" for our work together. I know you all agree.

So when it comes to inflammation I also like to get people, especially those who have arthritis, off the nightshade family. Examples of nightshades are tomatoes, eggplant, garlic and onions. These will actually exacerbate symptoms of inflammation in their arthritis. So if you can do a little bit of diet modification, a little bit goes a long way.

Now as always, before you treat anyone with one of these conditions, you want to make sure you get them on the *RCCP™* to build the proper foundation upon which to build. Otherwise you'll make a mess down the road! I've had so many emails and conversations over the last few months with so many of you who have come to a greater appreciation and understanding of this approach. You are reporting greater patient compliance, tons better results and

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substantially less patient “symptom retracing”. Good. I’m glad you’re getting this vital piece. This is just good, responsible, kind and gentle medicine. And economical too!

Also you want to make sure that you have one of the BioToxicosis remedies on board, either the *Lymph 1, 2* or *3*. This is vitally, vitally important, ‘cause the cell can only be as healthy as the matrices in which they are bathed.

Okay, now I want you to especially hear this. When you have people who are full of inflammation, the gland that always takes the biggest “hit” is what....?? I hope you all said the adrenal gland?! Because if you did, you’re right!!

The adrenals take a big hit and it’s really, really a huge issue when it comes to inflammation. As an example, if you are a chiropractor and you notice patients coming in and you’re adjusting them and the adjustments aren’t holding like you know they should? 9 times out of 10 it’s usually due to adrenal dysfunction. I can promise you, if you start including the adrenal protocol in your work, your adjustments will start holding just like magic!

If you’re not a chiropractor or osteopath, etc, you still need to include the adrenal glands in your protocols with respect to inflammation. Why? Cortisol is ALWAYS going to spike in the presence of injury, structural problems, pathogens, infection, glycemic challenges, emotional and psychological, etc. So remember the protocol for adrenal dysfunction; use the *Licro Intrinsic*, the *Bio-Omega 3*, *SpectraLyte*

and the *Adrenal Life Force*. *SpectraLyte* is dosed at 45 drops which is 15 drops three times a day; the *Adrenal Life Force* is 2 capsules twice daily, ideally away from food if possible but if that can’t be done, take them as best you can. Not after dinner though! The *Licro Intrinsic*, 1 dose that a little high, anywhere from 120 – 240 drops twice daily; and the *Bio-Omega 3* is 2 capsules twice daily.

Just one more thing.... Remember in our classes when we are speaking about any hormonal imbalances we always have to address the liver/biliary tree. This is equally true with inflammation. Add the *HepataGest* and watch the patients’ experience change rapidly. Mustn’t forget that piece!

Anyways, that is about all the time we have right now as I’m heading up to Canada for the EAV Dental Session of the Academy of International BioEnergetic Sciences. These are great hands-on sessions. Everyone comes away totally inspired (I certainly do!) and exceptionally well prepared to meet the increasing challenges we find in our practices. By the way, I’m taking this course for the second time and will likely continue to come back for refreshers. There’s always new information and the teaching is THAT good! There are always practitioners coming in from other classes and colleges and seminars who can’t believe their good fortune in finally finding the REAL THING.

Anyway, 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.