

# 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 reoccurring lunchtime segment. I want to thank you all for tuning and it is always a pleasure of mine to be here and I want to thank you for taking the time out to tune in.

I received a lot of emails over the last couple of weeks and there are two that popped out that I want to address on the show.

The first one comes from an email and a conversation I had yesterday with a doctor who told me he really loved my presentation on *thermography* and he wants to buy one of the units. He was just concerned about how much room it is going to take up in his office and if he would actually be able to do it. So here's the deal on that. The thermography unit that I and a number of practitioners at the Academy and throughout the Physica Energetics International Community of Licensed Healing Arts' Practitioners use is about the size of an iPad with a portable keyboard hooked up to it. It's pretty amazing actually. The special temperature probe is about size of a 15 inch ruler and is 3 inches wide. So if

your office has the space to accommodate an iPad and a 15 inch ruler, you have the space to accommodate a thermography machine! The only thing that you need to be able to do is regulate the temperature of the room in which you'll be testing, so it stays a constant temperature between 68-72 degrees. What I have done (by the way, I'm in a big old house that has been restored and the temperature is pretty decent) is I bought an in-room air conditioner that gets vented out through my window. I just turn the machine on and my room can come down to 70 degrees in about 5 minutes. That is how I get around the temperature fluctuation in my office and how I make it work for me. Simple. I get the report back in 1 minute and now it also has the Physica Energetics products programmed into the results, which takes almost all of the interpretive guess work out of it. Terrific!

Here's the second question "Dr. Atkins we know you have a very, very busy practice, what selection of supplements do you carry in the Physica Energetics line?" How many was basically the question. And this is a fantastic topic because you all know (and Dr. Cass talks about this at length) that your pharmacy or medicinary is a *direct and*

*central extension of your core healing intention.* This is so true!!

Let me answer this with a parallel comment first. Many, practitioners think that the idea of having supplements 'dropped shipped' to their patients is a great plan. I personally would never do that. Here's the deal (for me at least). When I see a patient in my office I have taken the time to see them, including doing a selection of tests, where they have seen me picking products for them, so when I'm having my interchange with them, I hold the supplement in my hand and I say to the patient, "This is the perfect remedy for you. I really want you to take this. Will you to do that?" That is what I say to the patient and 99 times out of 100 the person says, "Oh yes, I want to take that supplement!" By me holding that remedy in my hand I have already imprinted my healing intention into the supplement, before giving it to the patient. So when you drop ship a product to someone (not that it is a terrible thing to do - it is perhaps better than doing nothing), you don't have that healing intention layered into the remedy. That is the personalized intention that only you (the practitioner on hand with the best of intentions for your patient) can add to that supplement when you directly give it to them. It also carries your authority and assurance. You will find that your compliance levels increase substantially. If for some reason you can't do that directly make sure that your front desk person is in

agreement with you and is an extension of genuine concerns. This is powerful medicine! I've proved it out and so have many of you.

Now, I know sometimes space can be a problem for carrying supplements; there is also the initial financial investment; inventory needs to be monitored, etc. Enlightened and experienced practitioners know that **NOT** having remedies readily available in-house hurts you on several different levels. First of all it is going to hurt you clinically, for without them your hands are tied and you can't help them immediately with the problem at hand. Secondly, it is going to hurt YOU *energetically* as it creates leaks in your healing sequence. And it puts pressure on you financially! Dr. Cass has always mentioned his concerns for our healing sequence process; remember the right remedy at the right time at the right level and in what? THE RIGHT SEQUENCE!

This is as import as our income streams. Neither are mutually exclusive. They are really two parts of one thing. You need to remember that!

My number one premise is 'do no harm to all patients', my number two premise is 'do the best I can with every patient who walks through my door'. My third premise is that it is a business and I need to stay open and keep my doors open! When you have your own medicinalary or dispensary in your office it not only helps the patient, but it helps

YOU. It is a steady and honorable income stream! I am sending supplements out to people between and before office visits. Carrying the healing process through while making a substantial living even when I'm not seeing my patients, it's what I love to do, as I'm sure it is for many of you too.

It's important to have variations in your practice for many reasons. One day you might not be able to see patients as you are going to a conference and you still need to be generating income. One of the ways within the ranges of integrity, is having a vibrant medicinalary or pharmacy. If you can't handle it yourself hire someone to do it for you. It is a very low outlay and the financial return is actually huge. Remember: if you are not generating financial substance you can't keep the doors open and if you can't keep the doors open, you can't help anybody. I'm very clear on that and I hope you are too! People in our profession often feel they're not supposed to make money or feel strange about talking about this. Remember money is substance. Medicine is substance. The Life Force is substance. It's all one thing. Don't (and pardon the pun...) short change yourself or your patient in this regard!

Along with the medicinalary question people ask me is "What do I keep on hand? And how many bottles of each product do I keep in my inventory?" For me in my practice I come across a wide variety of patients and I actually carry every single one of the Physica Energetics remedies, I have them all

in my office. I have a special section I have built for them where they are easily accessible to me. For practitioners who are starting out or who might not have the means to do that, there are some core remedies that you should definitely carry. So in a very basic inventory you need to carry some of the Spagyrically processed hand-crafted botanicals, the homeopathics and the matrix nutritionals.

Right off the bat seeing as everyone should be doing BioToxicosis testing on all their patients (and if you are not I really urge you to do so) you need to carry the Lymph 1 Acute, the Lymph 2 Matrix and the Lymph 3 Chronic. Because those lymph remedies change every time the patient comes in and you never know if the person is going to need a 1, 2 or 3, so you have to keep all three on hand.

The second group of supplements I would recommend keeping in your medicinalary are all the products that are equated with the *Restoring Cellular Communications Pathways*<sup>TM</sup> programme or *RCCP*. I put everyone on a BioToxicosis remedy and everyone on the *RCCP* without exception. So let us review quickly the supplements from the *RCCP*, we have the *CataZyme-7* or the *CataZyme-U*, (you could also include the *Hypo Zymase* in there as we have spoken about before), the *Flora Syntropy*, the *GALT Fortifier*, the *ReHydrate*, the *SpectraLyte*, the *Nat Colon CLR* and the *Nat Body CLR*. Those are the remedies that are involved in the *Restoring Cellular Communications*

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*Pathways* programme, so you **need** all those on hand. Remember along with *RCCP* make sure you keep in mind that you are clearing the *methylation pathway* and for that I use the *Methyl-B12 Liposome Spray*, so I always have that on hand. Most of our patients are hypo-methylators (not all of them but most!) and this remedy restores the natural triggers in the proper sequences. Maybe I should do a program on methylation...

I always want to balance (without exception) the adrenals and then I want to balance the liver/biliary tree. So we all know the adrenal supplements right? They are *Adrenal Life Force*, *SpectraLyte*, *Bio-Omega 3* and the *Licro Intrinsic*. You really want to keep enough of these specific products to hand to actually match every *RCCP* programme that you are going to buy, along with the *BioToxicosis* remedies.

Now after you have balanced the adrenals you want to make sure everyone's kidneys and liver are working properly so make sure you have remedies to help balance liver function. For this I use the *Carduus Marianus Intrinsic*, the *Liver Milieu* and the *HepataGest Powder*. The *Carduus Marianus Intrinsic* is milk thistle which is a hepata-protectant, the *Liver Milieu* is a fantastic drainage remedy and has the cytochrome P-450 enzyme that helps to balance Phase 1 and Phase 2 liver detoxification. Continuing on with the biliary tree let's not forget Phase 3 and that can be treated with the *HepataGest Powder*; one scoop in a

smoothie in the morning and/or evening. I also add the *GB-40 Yuan Source* which has in it the chanca piedra known as 'stone crusher', along with the gold coin grass, stone root, l-aurine, bile salts, etc. It is a fantastic remedy for gallbladder function. Remember if the gallbladder is not working properly it is not usually the gallbladder, it's the bile that is too thick and viscose so it needs to be thinned out a little bit and *GB-40 Yuan Source* is actually perfect for that. *GB-40* is to bile, what paint thinner is to paint! It makes it very free flowing....I just love that remedy.

Now the remedies that I have just mentioned to you are actually taking care of the first and second quadrant of the *Healing for the Pattern of Life™*. We have restored the cellular communication pathways (*RCCP*) along with *BioToxicosis*, we have also balanced the adrenals, the liver Phases 1, 2 and 3 and the biliary tree, now we are ready to move into the causative factors.

The remedies or medicinary you need for that are going to be dependant on the patients that come in to see you. Being that it is October next week it is a great time to stock on your *Flu Milieu (FL Milieu)*. This may be a good time to mention the Homeoprophylaxis protocol. *Flu Milieu (FL Milieu)*, *Drainage Milieu (DRG Milieu)* and *Vaccin-Tox (VAC-Tox)*. If you don't know how to use this please ask our friends at *Physica Energetics* and they will be happy to help.

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It is also a great time to add *Solray-D Liposome Spray*, also to get some of the wonderful *Temple Warrior* on board and the *Berberine Intrinsic*. I actually love the *Olive Leaf Intrinsic*. It is a fantastic remedy for fall/winter and I go through tons of that stuff. Whenever anybody has a fever that accompanies flu it completely depletes the body of calcium because fevers feed off of calcium, so you want to make sure you have in the *Phyto Cal-Mag w/Boron* that really helps to break the fevers. Dr Cass recently increased the base ratio of calcium and magnesium, boron and the bed of organic botanicals. He didn't raise the price. Thanks Doc!

Another remedy I would keep available for this time of year is the *Wild Oregano Oil*, also the *Allium Ursinum*, the wild bear garlic. These are fantastic, fantastic anti-viral and anti-bacterials. I go through a ton of these products not only during the year but especially in cold and flu season.

You will also want to keep on hand some of the Codes, the sarcodes which are the blueprint of healthy tissues, glands and their secretions. I sell a lot of the *Hypothal Code*. Many, many times when you are doing your bioenergetic testing, people's EQ (energetic quotient) readings do not check properly or people are in 'left spin', you need a remedy to bring them out of that and *Hypothal Code* helps to balance that hypothalamic-pituitary axis. I also use a lot of the *Adreno Code* and the *Adapto Code* too for resetting the blueprints in the body.

I always keep a little extra drainage on hand too, so I carry a lot of the *Drainage Milieu (DRG Milieu)*. Let's not forget there is always an emotional component to every illness so for that I keep on hand the *Ultimate Rescue* and the *Ultimate Fields*. And a big shout out to *Heart's Song Milieu Liposome*. Most emotional challenges are transgenerational. This is the quintessential remedy for that as well as for closed head injuries, ADHD, learning disabilities, etc.

Now when it comes to any of the other remedies in the Physica Energetics line that you might want to carry, just think back to the average kind of patient that you tend to see. If you are seeing quite a few people with inflammation (and we all are because inflammation is a major factor of every disease) you may want to consider keeping on hand some *Inflamma-Tox (INF-Tox)* and *Inflamma Life Force*.

If you are coming across people with heavy metal toxicity (again as we all are!), you might want to look at *Laminaria* and *MetaChlor*. And don't forget the *Xeno BioForce* that is an amazing remedy which helps with the elimination of heavy metals – remember it is also a wonderful remedy for the whole family to take for ongoing immune support (perfect for this time of year!). Heavy metals also go after the brain, thyroid, kidneys, spleen, etc. So think about the right combination of remedies that will assist in the Causal Chain removal and clarification. Remedies such as *Solidago Intrinsic*, *Cilantro Intrinsic*, *Bio-Omega 3*,

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*Laminaria* as I said, *Metachlor*, *Thyro-Tox*, *Drainage Intrinsic*, *Spleen Chi*, *Circulo-Code*, etc. So many wonderful arrows for our quiver!

If you are seeing a lot of men coming into your practice with prostate problems consider *Bio-Omega 3*, *Artemisia Intrinsic*, *Endo Code M*, the *Maca Intrinsic* which is great for any type of hormonal imbalance, *Juniper Intrinsic* and again the *Olive Leaf Intrinsic*. Whenever there is a prostate problem there is always inflammation and bacteria in the prostate, so make sure you target those remedies to that specific area. Remember to check the teeth here for root canals, metals, cavitations, etc. Big factor in prostate challenges.

Something I have been using a lot of recently is the *LIFE Force* as I am finding many patients coming into my practice who are very acidic. I always do a first morning's urine test on patients and the quickest way I can find to alkalize people (if they are not doing green juices), is by taking *LIFE Force*. I have people take 6 caps in the morning and even 6 caps at night or 12 caps in the morning and 12 caps at night and that really balances urine pH. Remember you want urine pH to be between 6.4 and 6.8, most people that come into me are about 5 - high 5's, low 6's. So this is a fantastic alkalizing remedy.

One remedy that you can't forget is *Green Light*. This Spagyrically processed remedy with neem, alfalfa, spirulina, chorella,

parsley, damiana, nettles, irish moss and barley grass, is second to none for supporting and helping with all the conditions I have mentioned today and many, many more including sex hormones, adrenal, libido, anemia, etc, etc. Nearly every patient in my practice walks out with this product and they all call wanting more for themselves and their families and friends before they run out! I sell a ton of *Green Light* and as I have said before, I love it.

Well I hope that has answered your questions on what to keep in your medicinalary. I do want to add, people have asked, "How much do I keep in my medicinalary?" I keep 12 of everything on my shelf and then I have a backup of 12 in each product too. So when I have finished with the products on my shelf I always have the backup 12 to put up there whilst I am waiting for my order to come in, this way I never run out of anything. If there is one thing that I hate to do, it's to run out of a supplement.

I hope this practical session has been helpful to you. Hey, you asked!

Send me your questions and comments and I'll add them to my growing list. Thanks for that!

Anyways, that is about all the time we have right now.... *in a New York minute!*

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.*