

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 in and as always it is a pleasure of mine to be here.

Everyone, everywhere in our beautiful world is subject to a common denominator which has also unfortunately become a great and rather debilitating leveller... Geopathic Stress!

So what do we mean when we talk and consider geopathic stress? There are two main categories of geopathic stress. So called, natural stresses which may be described as frequencies or oscillations which are driven up through the earth, and distorted by weak electromagnetic fields which have been created by subterranean running water, certain mineral concentrations, fault lines and underground cavities. Now these distorted vibratory frequencies can become abnormally high and become harmful to living organisms. The other category of geopathic stress are man-made such as light fixtures; the off gassing of paints, carpets and flooring; cell phone towers; microwaves; electro smog; any kind of

electrical field or magnetic field; alarm clocks; electric cables; TV's left on at night; computers; synthetic material and the list just goes on and on and on.

How do you know if you have been affected geopathic stress? The answer: you have and you are!

For example, a lot of my patients who come in to my office tell me that they can't shake off an illness, or a depression, or they are just feeling below par. These are some of the questions I ask them: Did your health problems begin shortly after moving into a new home or work place? Do you feel better when you are away from home or work? Do any of your family feel uneasy about the atmosphere in your home? Did any of the previous occupants where you live or work suffer from any long term illnesses? Does the illness seem worse during the autumn or spring or wet stormy weather? (You know when underground water maybe flowing at a higher velocity, any nearby disturbances can cause underground water veins to change their pathways to go under a house, etc.) Have you been near any type of landslide, building or road works? Do you live near high voltage power cables? Do you live in a building near a quarry or a mine? And does

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any part of your home feel unnaturally cold or damp?

These can play a huge role in geopathic stress problems, in fact I will give you a personal example. My sister-in-law and her family live near a railroad track and next to an electric substation where all those transformers are hooked up. It is right next to their house. Now interestingly enough all five people in their family suffer from health problems and I think it is no coincidence. The kids have insulin dependant Diabetes, one suffers from Asperger's syndrome, one has Ulcerative Colitis and one has Irritable Bowel Syndrome. Now I am not saying that the electronic substation causes their situations, but I am sure it certainly doesn't help and at the least exacerbates an underlying condition.

There is a thought that geopathic stress in itself doesn't cause illness, but it affects the immune system to such a point where you have less chance of fighting an illness. So geopathic stress is well documented, prevents your body from properly absorbing vitamins, minerals and trace minerals and can often actually (believe it or not) make you allergic to food and drinks and even environmental pollutants. This is a huge situation. You may have heard of the late Dr. Hans Nieper, a German physician who specialized in cancer and MS. He operated one of the largest MS practices in the world over in Germany and Dr. Nieper stated that "92% of all his cancer

patients and 75% of his MS patients were all geopathically stressed". Now contrary to what you might believe, geopathic stress is not a 'questionable belief', it is actually a documented concern which has been studied over a long, long time. It includes scientifically measurable and respected quantity factors for which Hahnemann coined the term '**Imponderables**'.

Imponderables are factors such as cosmic rays, or x-rays, or UV rays or solar flares. They also relate to the magnetic poles, microwaves, cell phones and towers, fluorescent lighting and so on. Dr. Cass mentioned to me that the Schumann Wave frequency is also in this remedy as part of the internal complex.... The Schumann Wave is a measurement from the surface of the earth to the ionosphere. It zips around the planet at around 7.82 megahertz. Did you know that there are over 200 lightning strikes per second (!) worldwide within this particular range? If that frequency deviates you may end up treating patients with migraines and a plethora of unexplained symptoms. Dr. Wolfgang Ludwig made a beautiful little device years ago called the Medisend which used to re-establish the correct frequency. *Metabolic-Tox* does this very well!

If you are testing using EAV, muscle testing, Auricular Medicine, etc, a good point to test for geopathic stress is on Spleen 4A. Of course you can also check geopathic stress on ANY challenge point or muscle using *Metabolic-Tox* as a filter. Just as a note: if

you find patients in 'left spin' this is also an indicator of possible geopathic stress. As we all know, left spin is not a good thing as the cells internal light structure, photons, are spinning to the left when it should be spinning to the 'right'. When that happens the cell can't take in nutrients optimally and get rid of waste efficiently. So when a person is in left spin the remedies to get them out into 'right spin' again are one or a combination of *Metabolic-Tox*, *Flora Syntropy*, *Hypothal Code*, *ReHydrate*, *Pineal Code*, *Green Light*, *Heart's Song Milieu*, *Methyl-B12 Liposome Spray*, *BioCell Salts*, *Sclero-Tox* and *SpectraLyte*.

Now luckily for us Dr. Cass has brilliantly come up with a whole wide range of remedies that can help alleviate geopathic stress. So the number one is *Metabolic-Tox*, and this is my number one 'go to' remedy I reach for. *Metabolic-Tox* is a homeopathic formula designed to address geopathic stress and the 'Imponderables'. It actually provides the resonance necessary for the Vital Force to bring about healing and resolution.

It is interesting that one geopathic stress theory holds that the inner earth normally vibrates at approximately 8 hertz (similar to our Hypothalamus it appears) the locations of geopathic stress are said to vibrate at a much higher frequency. So if the earth's vibration is at approximately 8 hz and it crosses a water vein (let's say 50-150 meters below the ground), stress lines vibrating up to 250 hz can be created. Such

a frequency abnormality can cause disturbances in the immune system's behaviour and actually our whole cell structure. That is one view of how it works.

Now it is very interesting that when it comes to vibrational energy all of our organs vibrate at a certain frequency, for instance our blood vibrates at a 321.9 hz which is also the note of E; the adrenals vibrate at 492.8 hz which is a B note; the liver vibrates at 317.83 hz; the stomach at 110 hz which is an A note; the muscles vibrate at 324 hz which is an E too. All of these vibratory frequencies play a huge role in people's health. Note that Physica Energetics' remedies naturally contain these target specific frequencies due to formula ingredient choices, manufacturing approaches and most importantly the recipes! The recipes establish the right ingredient at the right time, at the right level and in the right sequence without which, you just end up with a formula...the earth without the heaven, the yin without the yang, the female without the male, the outer without the inner. In other words INCOMPLETE! Herein a great secret to exceptional formulating that continues to be ignored by almost every supplement, botanical and homeopathic company. Why? Because, if it's even considered, it's not thought to be a necessary factor. Dr. Cass says it's THE NECESSARY FACTOR! He's so right. Those of us who have worked with these remedies for years now know

that to be absolutely true. The proof is in our results!

Speaking of vibratory frequencies there is going to be **The Healing Power of Sound** Foundational Course two days prior to the 2013 Concordia sessions given by British Osteopath, *Dr. Geoffrey Montague-Smith* who is the founder and director of the Atman Clinic in Tunbridgewells, England. He is going to discuss how energetic medicine using the vibration of simple harmonic sounds facilitate the effectiveness of other therapies. Geoffrey basically uses medical tuning forks to work through the dissonance that is creating disease or disturbance in the body. He has documented volumes of successful cases of restoring closed head injuries, neurological problems, birthing issues and so forth. This is not just another “new age” therapy. This is the real thing! If that is something that interests you please give Julia Cass-Curry a call at Aperture Energetics USA or call Crystal Delaere in Canada and they will get you signed up for that. They really only have very limited spacing now for this class, so call now if you want to be there, don’t wait. I am definitely going to be there and I am really looking forward to it!

Back to geopathic stress.... Remember this unique formula of the *Metabolic-Tox* must be used with drainage remedies. So I like to make sure I have adequate drainage when I am using *Metabolic-Tox*, I either add *Drainage Milieu* and of course one of the

Lymph BioToxicosis remedies – that goes without saying.

The second remedy I immediately head for is the *Spleen Chi* and that is one of Dr. Cass’s TCM, Spagyrically concentrated ethno botanical tinctures. As I say, geopathic stress doesn’t necessarily cause the illness but it charges the immune system to react. So *Spleen Chi* is wonderful for immune defence. In Traditional Chinese Medicine (TCM) the spleen is thought of as the ‘middle burner’ and that is actually vital to the process of lymphatic and blood purification. It is essential to healthy and stable immune function, so I love the *Spleen Chi*. At Concordia, Dr. Patricia Fitzgerald, a wonderful Santa Monica, California acupuncturist and Master TCM practitioner and the Wellness Editor for the Huffington Post, is going to reveal aspects of the spleen which have been lost over the years. This should be really good!

I dose *Spleen Chi* anywhere from 120 – 180 drops in warm water twice daily. The *Metabolic-Tox*, I generally dose at 60 – 120 drops, in water, twice daily. As an aside, those of us who use technology in our treatment programs particularly where there is frequency output as in some of the EAV instruments, it’s a good idea to put 1-3 drops of *Metabolic-Tox* in a glass of water and sip it throughout the day. It acts as a homeoprophylaxis. Good tip!

The next remedy I immediately head for is *Pineal Code*. *Pineal Code* is fantastic for

geopathic stress challenges. It is a sarcode, so it is made from the healthy gland and its secretion which help to give the blueprint of the stabilizing oscillatory signature. The pineal gland has a role in the timing of the onset of many issues and also contain some of the highest concentrations of fluoride in the body, as does the thyroid gland.

The pineal gland is 'light sensitive' because it is mostly comprised of *retinal tissue with striations of crystalline glandular structures* and as we know, it produces *melatonin*. Melatonin is one of the most powerful antioxidants known to man. It helps to regulate sleep cycles and many, many times when people have geopathic stress and sleep disturbances *Pineal Code* is a 'go to' remedy.

One of the other remedies I head for is the *Heart's Song Milieu Liposome*. This is great for geopathic stress, I also use it for people with fatigue issues, libido issues, any kind of brain imbalance or hormonal imbalance, it is wonderful. This is perfect for people who are challenged or stuck or potentially 'cloaked'. *Heart's Song Milieu Liposome* works fantastically in opening this up. Remember it has the ***Spagyric Rescue Remedy*** at a 30C and the ***Corpus callosum*** at a 7CH. Talk about a slam dunk! Also this does not cause an immediate release of cellular toxins which can actually create other complications through BioToxicosis and the homotoxicological processes. There is plenty of drainage elements in the formula to insure that it doesn't! So this is

a fantastic remedy for drainage and tonification. Perfect for anyone with any type of closed head injury and also for people who have specific 'current-needs'. It also has low potentized botanicals at specific potencies to meet today's challenges, physically and emotionally. I give *Heart's Song Milieu Liposome* to virtually everyone who comes to my practice. As another aside, Dr. Cass was telling about 85 of us at a recent Academy session that this remedy is now being successfully implemented for patients who are being challenged by trans-generational emotional and psychological problems. I think he and a number of us will be speaking about this in greater detail at the Concordia and at the pre-Concordia, Thermography and the Sound classes.

Let's not forget the *HepataGest Powder*. Anytime you have any toxins in the body system the first organ to take the hit is the liver. Make sure that we have Phase 1 and Phase 2 of liver detoxification and as Dr. Cass calls it, Phase 3, biliary insufficiency, is taken care of. Whenever we have the liver being compromised it creates a whole wide variety of health issues for the body. Remember Dr. Cass always says "There are 50 ways to love your liver!" (remember that old Paul Simon song...?) and *HepataGest Powder* is the first way you can love it. I give virtually every patient that walks into my practice, a tub of *HepataGest Powder* with my best wishes and intentions for a happy liver. That old

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Chinese greeting comes to mind, "How's your liver today?"

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

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.