

# Physica Radio Field Notes

## Dr. Stephen H. Atkins

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. I want to thank you all for tuning in. It's great to have you here. I'm certainly blessed to be here and I'm real excited about today's show!

Today I want to talk about a patient of mine we can call Joe. He is a 40 year old male and by trade he is a painter and also a volunteer fireman. When he came to me, his chief complaint was one of fatigue and malaise. He said he suffered with peripheral neuropathy; he had a general feeling of being achy all over; he had very poor sleep habits; he had a hard time concentrating and he also suffered with digestive problems, hay fever and allergies. When I did a little history on him I found out some interesting things.

For example, when he was 4 or 5 he had a skull fracture and concussion from flipping over the handle bars of his bicycle. That's right - a closed head injury!

He was also a Gulf War vet having served in the Middle East. When I asked him if he had ever been vaccinated, he said, "as a kid, before I went over to fight in the Gulf... I was vaccinated for a lot of things by the army!" This is always a significant factor.

He also told me that he had a tick bite in November of 2011. He had felt totally fine just prior to that bite. Now my first thought was

Lyme disease and we will get to that in a minute.

So what do I do with him? I didn't initially put him on a protocol to get rid of the Lyme disease, because as you all know, I never do that. I start everybody on the RCCP™ programme and this is what I did with him. I know I sound like a broken record, but I really, really do that with everyone. As you all know by now I am seeking to restore the cellular communication pathways and in doing so open up the systemic drainage of the liver, kidneys and other organs of elimination; increase nutrient uptake with digestive enzymes; hydrate the body and balance the pH; provide alkalizing ionic trace minerals and much needed electrolytes; get the immune system back in check and also provide specific flora to help balance the GI tract with the "right spinning" Flora Syntropy, spore-form probiotic. Remember it's in a spore form which means it survives antibiotics and gastric juices. Powerful, right?

During that time when he was on the RCCP™ programme, I did a Functional Terrain Analysis test and found out that Joe was very acidic, poorly hydrated and suffering from adrenal fatigue. Surprise, surprise...! He wasn't absorbing minerals very well; he couldn't digest proteins, fats or carbs and had a lot of inflammation. I'll show you how to do these in-house lab tests in our Functional Terrain Analysis classes. They're easy, economical and

the results of the testing are immediate. More on that later...

So when he came back I really wanted to address that adrenal and liver issue right away, like I do on everyone! So I balanced the adrenals and the kidneys, the liver and the biliary tree at the same time. I got him on the HepataGest powder (I talked a little bit about that a couple of weeks ago). It's a great, great product and if you're not using it on all your patients you're really missing out on a huge clinical return. Liver detoxification is so important.

Then I was ready to start addressing his Lyme challenges as he now was well prepared to go deeper and faster, safely and thoroughly. Remember, always prepare your patients for deeper detoxification. Don't just barge in there and start detoxifying! What did Hahnemann say about that? "...affect a gentle and lasting cure". *First do no harm!!!*

Now, Lyme disease was first recognized back in 1975 in Lyme, Connecticut. Apparently, there were a cluster of cases that happened around that area at that time and it has now become the most common insect born infection in the US. It occurs in about 49 states and about 80% of these cases occur along the Northeast Coast from Massachusetts to Maryland. I have probably treated about 75-80 of these cases myself.

Lyme disease is generally caused by the bacteria *Borrelia burgdorferi* which is transmitted by ticks that pick up the bacteria from infected mice. Now it is also said that this can be transmitted sexually through saliva. Some people think that it can be transmitted through mosquitoes also. Once the tick (they say) is attached to the host it can wait several hours before starting to feed

and this feeding can last 3 or 4 days. Toxic agents get released from the tick into the host's bloodstream during this feeding process. You know the longer the tick remains on the host, the greater the risk of infection and disease.

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Sometimes you don't immediately get symptoms. Symptoms of Lyme disease can take anywhere from a couple of days to a month, and sometimes years (!) to develop. It is generally accompanied by a large red circular rash; that characteristic bulls-eye rash (most people get that...but not everyone and this is what sometimes makes it difficult to detect).

It should be noted that not all these people who have been infected become ill. But the primary symptoms are fever, chills, muscle pains, fatigue, headache, stiffness. Later stages of infection can cause joint pain, organ pain and inflammation. Partial paralysis and an abnormal pulse are often accompanied by adrenal dysfunction quite commonly.

Now, Lyme often mimics many other diseases so it is often hard to diagnose. It can mimic diseases like Chronic Fatigue Syndrome or Arthritis, Lupus, Multiple Sclerosis, or other nerve related disorders. Left untreated, Lyme can permanently affect the joints, organs, cardio vascular system and nervous system. Up to 10% of the people affected with Lyme disease arthritis are left with permanent stiffness in their joints.

A great little clinical pearl here: A great muscle, EAV, auricular medicine, etc, check is the MetPhos, the Buffered Magnesium BisGlycinate w/L-Taurine and the BioCell Salts. One of the nice things about that Buffered Magnesium BisGlycinate w/L-Taurine it that is actually able to penetrate biofilms, which is really a great

thing! Methyl-B12 Liposome Spray will also do that.

Remember, Lyme surrounds itself with staph, strep, mycoplasma and also molds, so the symptoms may not be created by this Lyme spirochete, but may be caused by the staph, strep, molds or Mycoplasma that surround it. Big point!

As I have indicated, Multiple Chronic Infectious Disease Syndrome is probably a better way to describe Lyme disease as 100% of those who suffer from this complication have underlying infections ranging from heavy metals to parasites to viral to bacterial, etc. In other words, as Dr. Cass says, "Borrelia burgdorferi never comes alone. Babesia, Bartonella, Ehrlichia, and Mycoplasma to name a few, most often always accompany it".

Gut issues are always related to parasites or babesia, etc, and the borrelia alters the immune system and opens the door to other infections, but does not generally create a significant symptom in and of itself.

Let me remind you also to check for the Xenotropic Murine Leukemia Related Virus. You have a lot going on with a person who has been bitten by a tick! In this New York minute there's no way I can cover every factor here. That would take a few weeks of extended classes! But I can set you off in the right direction with specifics that will prove exceptionally helpful to you and your patients ... as it has done for me and my happy patients!

So, with everything in place, I generally like to get right to it by giving some very powerful spagyrically processed botanicals. The ones I immediately head for are the Berberine Intrinsic, the Mycelia Intrinsic and the Scrofulara

Intrinsic. You know Berberine Intrinsic has a lot of anti bacterial, anti viral properties. I dose that at 180 drops daily, that is 90 drops in the morning and 90 drops in the evening. I do the same dosing with the Scrofulara Intrinsic: 180 drops a day/90 and 90; the Mycelia Intrinsic, I really bump that up to a pretty high dose. Remember these are medicinal mushrooms in a liposome base, that really do a great job stimulating immune function, so I use 360 drops: 180 drops 2 times daily. I think Dr. Cass grows these on some living logs somewhere... it is a really, really, great, great product.

I then like to give some decongesting and supportive nutritionals so I always head for the Wild Oregano Oil: I use 8 caps a day of that. Remember to add additional Flora Syntropy when you are taking larger amounts of Wild Oregano Oil to help keep the pH of the gut stabilized.

I've already spoken to you about the Buffered Magnesium BisGlycinate w/L-Taurine: I use 3 caps 3 times daily. I also use a relatively high dose of the Solray-D liposome spray: I go 15-20 sprays once a day as you really want to get your patient's 25 hydroxy vitamin D levels elevated up to a therapeutic level.

Then I go right for the Bacteria-Tox and I use 180 drops daily/90 and 90. I will also use the Thymus Code here and the Pineal Code. These are sarcodes remedies. I haven't really talked about sarcodes yet. The word "sarcodes" comes from the Greek word meaning 'fleshy'.

Sarcodes imply that they are from protoplasm of animals versus protoplasm of plants. They are in the form of homeopathic, clean, healthy endocrine or ductless gland tissues and clean, healthy secretions. These remarkable substances help to correct the oscillatory

signature of what is healthy in a patient in the form of what a well functioning gland or secretion should be. In other words, it gives the proper “blueprint” of the corresponding organism or secretion upon which the patient’s body can build a healthy foundation.

I use the Thymus Code because it is absolutely critical for immune function. I couple that with the Pineal Code for a couple of different reasons. First of all, most people have fluoride toxicity, wouldn’t you agree? It’s in our water supply, our cosmetics, etc, etc, and it goes right for the pineal gland which is actually a main repository where fluoride gets deposited. If you can get some of that fluoride out of the pineal gland you will actually find people will sleep much better. If they can sleep better they can heal! As you know melatonin is secreted by the pineal gland and balances the circadian rhythms of the body. Melatonin is also a really powerful antioxidant, I should mention too...the best delivery system is also in a liposome. You don’t need tons of it to get the required result but you do need to have a good delivery system. I use the Physica Energetics’ Melatonin liposome spray. Works great!

This is a little off the topic of Lyme, but there was a case where they were studying the effects of breast cancer on blind women. Believe it or not, the instances of breast cancer are extremely low in blind women and they were trying to figure out why. They actually figured out that women who are blind are in total darkness via the eye pathways and as such the pineal gland secretes an extra high dose of melatonin. Interesting. Melatonin has a lot of anti-cancer properties and immune building properties. So, the amount of melatonin is much higher in blind women than sighted women.

Anyway, back to Lyme disease. You know, I didn’t mention before but I put all the patients also on that BioToxicosis protocol, so everyone has to be on a Lymph 1, 2 or 3 and that is critically important. If we forget this crucial step we run the very real risk of translocating toxins and reabsorbing them at deeper levels of mesenchyme where they create more challenging situations and are more difficult to extract. Don’t forget this!!

Now Joe, being a Gulf War vet brings me to the next remedy: Heart’s Song Milieu liposome spray...I love using this remedy! Heart’s Song Milieu liposome spray is often used for women as an emotional tonic but you can certainly use it for men! It’s great for people who have low energy, low libido or in women for female hormonal irregularities. However, I really looked for it for the related mental and emotional factors that I thought that Joe had.

Joe had shared with me that he had been diagnosed for PTSD (post traumatic stress syndrome), so I thought this would be a great product to use for him. I love this because it is in a liposome and this nanosphere technology makes molecules significantly small enough to get into the Krebs cycle. One of the interesting things about Heart’s Song Milieu liposome spray is that it has corpus callosum sarcode in it at 7CH....7CH is very, very powerful.

There was actually a study in 2002 in the American Journal of Psychiatry and it was suggested that Lyme disease is the cause of ADHD by expert Nagar Solomon MD who says, “in addition to the bacteria of Lyme, various microbes can cause inflammation in the corpus callosum”. So Heart’s Song Milieu liposome spray is the perfect remedy here!

I also think that Lyme disease affects the corpus callosum. Corpus callosum is the band of over 250 million nerve cells that function between right and left hemispheres of the brain. As an aside, Dr. Cass was telling a number of us recently that he has been getting reports from many of his international practitioners that they are finding that Heart's Song Milieu liposome spray is proving to be exceptionally effective in treating *trans-generational traumas*.... This is truly an intriguing topic and in the case of Joe and his war experience, fits the case perfectly. Note also that Heart's Song Milieu has the Spagyric, homeopathic, five "rescue flowers" imbedded into it along with a fascinating group of causal chain homeopathics. You should really check out the monograph or listen to Dr. Cass' webinar presentation last year on the FIVE NEW REMEDIES.

Sub-clinical infections can be very hard to find and they often may be missed clinically, which means most traditional doctors will never test or treat this problem because they can't find it. Luckily, many of us use a bioenergetic device or some form of dynamic bioenergetic testing, which allows us to pick up on the oscillations that these bacteria, viruses, etc, signal in our body.

I also like to use the Ultimate Fields and the Ultimate Rescue for emotional factors. Now the Ultimate Fields is a very, very powerful combination of Bach flower remedies. These flowers have different healing properties and Dr. Bach was ingenious enough to put these together into a very commonly known remedy called Rescue Remedy. Dr. Cass has put them all into our Ultimate Rescue, which is wonderful. I actually call that 'happy juice in a bottle'. I give it to a lot of my patients who are feeling depressed or blue and it actually picks

you up out of it really, really quickly. One or two dropper full directly in the mouth and you can feel a change pretty quickly with that.

Other Tox's you could look at; Amoeba-Tox and the Inflamm-Tox; Lipo-Tox is also a very good choice seeing as viruses and bacteria love to hide in fat tissue. Of course, there is the Mycoplasma-Tox and the Neuro-Tox as it also contains the 12 cranial nerve sarcodes! Also, don't forget the heavy metal connection. Check the teeth...

As far as some other Intrinsic you might want to start with, you should also reach for the Artemisia Intrinsic and/or the Olive Leaf Intrinsic, as these are great anti viral/anti bacterial.

There's so much more to share with you, but that is about all the time with 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 look forward to seeing you next week....