

Physica Radio Field Notes

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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 great to be here and always a pleasure to speak to you all and I'm glad you've all tuned in.

I have a real interesting case to talk to you all about today. I am going to talk to you about a patient who actually works right down the street from my clinic here in Huntington. He owns several really, really busy appliance stores, franchises, etc; your typical type A personality! He originally told me that he thought he had an ulcer as his symptoms included a gnawing or burning abdominal pain just beneath the ribs. He said it typically got worse when his stomach was empty versus when he ate food or drank some kind of beverage like milk or something, or took an antacid. He was experiencing a little weight loss; he had a loss of appetite; he had tons of burping and bloating; he was nauseous and he sometimes had some vomiting and his stools were dark. So there's the story.

I deal with a lot of digestive disorders in my practice - probably the number one thing I treat here. So my initial thought was, "yeah he has some stomach problems". I did a

series of tests on him and when it came time for me to test him on my Avatar, I used some of the Tox substance filters to figure out what was going on. He tested positive for the Bacteria-Tox and the IBD-Tox which was very helpful in figuring out what was wrong with him.

Do you all understand the filtering approach? When you find your priority point (EAV) or a weak muscle as in most forms of muscle testing, or a change in the VAS pulse if you're doing Auricular Medicine, etc, and you challenge this with the Physica Energetics "TOX" remedies you are actually *filtering* through that remedy. If that remedy comes up as a positive, then the function of that remedy can be used to ascertain what the problem is with that area. For example, if Pesticide-Tox balanced out that point or area then it's safe to assume that pesticides are creating a problem related to that area. This is also an excellent way to begin to understand the *Causal Chain* nature of the condition that is challenging your patient. Got that?

So when I hooked him up to my Avatar I actually found out he had the energetic signature of Helicobacter **pylori** (H. Pylori). Standard medicine uses several diagnostic tests for this and that's fine, however, those of us who have bioenergetic devices or

some form of dynamic, bioenergetic interface do have an advantage. Nevertheless, a normal, conventional doctor will use the following tests to measure for this. They will often do an upper GI (gastrointestinal series) which is an x-ray of the upper GI tract to the esophagus, stomach and duodenum. You know prior to the x-ray you swallow this chalky liquid called barium to help contrast ulcers to show up on x-ray. Another test is an endoscopy which involves threading a small flexible camera on a thin tube, down the esophagus, into the stomach and down into the small intestine to observe the upper GI tract. You can also do a blood test that looks for antibodies in the blood for exposure to *H. pylori*. It can also be found through a stool test. The more popular test these days is a urea breath test that also checks for the presence of the bacteria.

So let's get into a little bit about what *H. pylori* is. You know, *H. pylori* is a spiral shaped bacterium that lives in the stomach and the duodenum. The duodenum is the section of intestine just below the stomach and this little bacteria has a unique way of adapting to the environment of the stomach. This was originally called *Campylobacter pylori*. When researchers did their genetic sequencing they found out that the bacterium did not necessarily belong to the genus of *campylobacter*, so it was placed in its own genus of *Helicobacter*.

This genus is derived from the ancient Greek 'helix' which means spiral or coil and "pyloris" means the 'pyloris or the pyloric

valve' - the circular opening linking the stomach to the duodenum. Incidentally that actually also comes from the ancient Greek word meaning, 'gate keeper'. So the inside of the stomach is bathed in about a half a gallon of gastric juices every day. This gastric juice is composed of digestive enzymes and hydrochloric acid, which can readily tear apart the toughest food or micro organism, bacteria, virus or even yesterday's steak dinner! These are all consumed in this deadly bath of chemicals. It used to be thought that the stomach contained no bacteria and it was actually sterile, but actually *Helicobacter pylori* changed all that. The stomach is protected by its own juice by a thick layer of mucus that covers the stomach lining. *Helicobacter pylori* takes advantage of this protection by living in the mucus lining.

Now, Urea Hydrolysis is a descriptive term indicating the break down of urea to ammonia and carbon dioxide. Once *H. pylori* is safely ensconced in the mucus, its able to fight stomach acid that does reach it with an enzyme it processes called *urease*. Urease converts to urea and then into bicarbonate and ammonia which are very strong bases. This creates a cloud of acid-neutralizing chemicals around the *H. pylori* and it actually protects it from the acid of the stomach. The reaction of urea hydrolysis is important to diagnose the *H. pylori* and that is what they use in that breath test I mentioned a little while ago.

Another *H. pylori* defensive mechanism relies on the fact that the body's natural

defences cannot reach the bacterium in the mucus lining of the stomach. The immune system responds to an *H. pylori* infection by sending white cells, killer T cells and other infection fighting agents. However, these potential *H. pylori* eradicators cannot reach the infection, because they cannot easily get through the stomach lining and they don't go away either and the immune system response grows and grows. Polymorphs die and spill their destructive compounds of super oxide radicals on the stomach lining cells, extra nutrients are then sent in to reinforce the white cells and the *H. pylori* feed on this. Within a few days, gastritis and perhaps eventually a gastric ulcer result. You know, it might not actually be the *H. pylori* itself that causes the peptic ulcer, but the inflammation of the stomach lining in response to the *H. pylori*. You really have to marvel at the ability of this little organism to find ways to survive in a naturally hostile environment. The pathogenic role of *H. pylori* in chronic active gastritis and the association with duodenum disease is probably present in about 90-95% of the patients with these symptoms.

So now that we know what it is, how do we get rid of it? First RCCP. This time I will change out the CataZyme-7 with Hypo Zymase because we need the weight of HCl to begin to start to get at the well entrenched *H. pylori* infection. Once the correct cellular communication systems are well established and the adrenal and liver-biliary tree factors are stabilizing I immediately head for the Spagyrically

processed botanicals. The Intrinsic! The Berberine Intrinsic for its antimicrobial, antibacterial properties and the Mycelia Intrinsic for its deep immune building properties. Other Intrinsic's I head for immediately are the Black Radish Intrinsic, the Condurango Intrinsic and the Lapacho Intrinsic. I mentioned before that I use Bacteria-Tox and IBD-Tox as filters in my Avatar to see if the *H. pylori* is present and I actually use those in my protocols too.

Now the Berberine, the Black Radish, the Lapacho, the Mycelia which incidentally is in a liposome base, very powerful (!) and the Condurango Intrinsic's are dosed at 120-180 drops twice daily as are the Bacteria-Tox and the IBD-Tox. I want to front load these remedies to establish what Dr. Cass speaks of in terms of *pattern interrupt*. Up to the time the patient came to see you, their condition was entrained to the presence of this pathogen. We want to change this. Make sure you always have a drainage remedy on board and for this I've found a great one in Drainage Milieu. I use that at about 120 drops twice daily. I also like to head up the immune system by making sure I have a lot of GALT Fortifier on board. Now GALT Fortifier as you know stands for *gut associated lymphoid tissue* and this is the area that surrounds the Peyers' Patches and is responsible for much of the gut immune system. I've spoken in the past about the action of GALT Fortifier, (so I don't really need to go into it now) but this is a really heavy duty immune builder and my practice uses a ton of this stuff. Now we need to think of specific digestive support of the

stomach. Hydrochloric acid will actually get through the stomach lining and get to *H. pylori* itself. So even though stomach pain is an issue I choose to use Hypo Zymase; that might seem contraindicated but it really is the enzyme of choice.

Another great Intrinsic to head for too is the Sambucus Intrinsic as there is a lot of mucus on the inside of the intestine that surrounds the *H. pylori*. Many of you will remember Dr. Cass saying, "Sambucus is for mucus!" So Sambucus Intrinsic is a great little remedy to add in there too. I also dose that at about 180 drops twice daily. The dosing on the Hypo Zymase is 1 tablet with each meal unless the person is eating a large protein meal. With a real large meal with a lot of protein in it, I usually recommend people take 2 tablets with that size meal. So those are some starting points for *H. pylori*.

The next condition I would like to talk about is one of erectile dysfunction. This is really, really common in my population. You know it's funny, I don't get a lot of guys in my practice, as you guys would probably agree, most of our practices are made up of women patients; because mostly women are more proactive about their health than men. However, if a guy is balding or has some type of erectile problem, he will spend any amount of money it takes to remedy those issues. So, here is a great little remedy for erectile dysfunction. You might be surprised... Convallaria! Any time you have any dysfunction within that system, it is usually caused by an infection

or micro organism in the prostate. This is always true if a guy is getting up in the middle of the night to pee a lot, he has got a little bit of prostatitis. Artemisia Intrinsic is also another plus as another remedy that gets rid of any kind of problems in the prostate. There are some situations where hormonal disturbances such as low testosterone levels can lead to erectile dysfunction, these can also lower a guy's energy level. It's interesting the greatest amount of testosterone receptors are found in the brain, then in the heart and finally in the testes. A common symptom I see with guys with low testosterone would be foggy thinking, fatigue and low sexual desire. You know, doctors nowadays give away statins like they are free and as well, you all know the cholesterol molecule which they are trying to lower artificially, is the backbone of every hormone in the body. So if you lower cholesterol you are going to lower somebody's hormones and this can be a contributor to erectile problems.

So a little protocol that I put together to help with impotence or erectile dysfunction is as follows: I immediately head for those wonderful Spagyric *Intrinsics*; Convallaria Intrinsic (for the heart as I said), Juniper Intrinsic, Licorice Intrinsic and the Maca Intrinsic. I dose these actually moderately high. I use anything from 120 drops to 180 drops 2 or 3 times daily. In a lot of these guys the adrenals are stressed so make sure to have the Adrenal Life Force on board which is 2 caps twice a day (ideally at 10am and 4pm), along with the Bio-Omega 3 which is 2 caps 3 times daily. I also want to

make sure there is a proper connection between the hypothalamus and the rest of the body, so I will typically put people on Hypothal Code which is the sarcode of the hypothalamus. This helps the cell wall gradient bring nutrients in and out of the cell and also get rid of waste. Dr. Cass refers to this as aspects of the sodium potassium pump or terms of *right spin/left spin*. This is critical!

I also love to use the sarcodes contained in Endo Code M as this is a great sarcode for balancing all hormones. I actually use a ton of this in my office. Circulation can play a big role in this process too, so I want to make sure I get a lot of MetaChlor on board, Circulo Code and the Guggulipid Intrinsic. These will really help with circulation. And let's not forget the HepataGest Powder. Any time the liver has problems deconjugating or breaking down hormones, there are all sorts of problems. So you want to make sure you have proper liver function and proper liver detoxification. Here's the silver bullet. GREEN LIGHT!!! I can't keep this in stock! Almost everyone goes out with a bottle or two or three or more for a plethora of conditions AND libido for both women and men! Also don't forget to have a Lymphatic drainage remedy on board either 1, 2 or 3 and you can test that during BioToxicosis. You know I mentioned MetaChlor before and that's a great natural chelator to pull heavy metals out of the gut and I use that in conjunction with the Laminaria. These two really pull heavy metals out of the GI tract, as we all know, heavy metals cause inflammation in the

body and inflammation effects the circulation and blood throughout the entire system.

Anyway, 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'll see you next week.