

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 as you all know I am your host for this weekly recurring lunchtime segment. I would like to thank you for tuning in. It is always a pleasure of mine to be here and thank you for taking the time out of your busy schedules.

This week I am going to talk about *hypertension*. It is a very common syndrome that I see in my office many times a week. Hypertension or high blood pressure is also called '*arterial hypertension*' – a chronic condition where the blood pressure in the arteries is elevated. In hypertension the heart has to work harder than normal to circulate blood throughout the blood vessels.

Blood pressure is summarized basically by two different measurements; *systolic* and *diastolic* and both are dependent upon whether the heart muscle is contracting or relaxing. The systolic is the 'contracting' phase and the diastolic is the 'relaxing' phase. This equates to the maximum and minimum pressures that are happening within the heart.

Now a so called normal blood pressure is at rest between 100-140 on the systolic end

and 60-90 on the diastolic end. Remember each individual is unique and these numbers may not necessarily apply to everyone. They can be seen as guideline references though.

High blood pressure is said to be present if there is a persistent blood pressure over 140/90. Hypertension or high blood pressure can be classified by either 'primary' or 'essential' hypertension, or 'secondary' hypertension.

Now about 90-95% of the cases are categorized as primary, which means that high blood pressure has no obvious underlying medical cause conventionally speaking. The remaining percentage known as secondary hypertension is typically caused by conditions that usually affect the kidneys, the arteries, the heart or the endocrine system. Clearly there are a multitude of factors which can elevate blood pressure and these include inflammatory causes, really anywhere in the body; xenobiotic accumulation, heavy metals, diet, excessive weight gain particularly if somebody has a sedentary lifestyle, and if they are very stressed. Actually genetics can play into it also on top of the epigenetic factors.

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Then you can have environmental factors such as lead contamination and mercury, cadmium toxicity, etc, and these have been shown to promote hypertension too.

So before I get somebody started on a protocol... What do I always do? I put everybody on the *RCCP*TM. This really goes without saying now, not just with me but with tons of other practitioners. Everybody gets started on the *RCCP* because we really need to build a solid foundation – a solid platform upon and through which we can reset the biological terrain factors prior to detoxification.

Along with the *RCCP* I always insist people modify their diet and their lifestyle. This is such an important factor. I'm not going to spend time with someone if they are not willing to make some changes in how they are living and most often this includes at least some dietary modification!

People normally eat a lot of garbage for breakfast so I try to switch people over to plain yogurt, some sliced almonds, (you can put some flax seeds in there) maybe have some cantaloupe with that or have two poached eggs with a slice of whole grain bread with some almond butter and a little cantaloupe. Something like that for breakfast.

For dinner I like to give people some lean protein either buffalo, beef or turkey breast, baked fish, even lentil loaf. Always have some steamed vegetables with that and a big, big salad. I am also a big fan of

wild Alaskan salmon and grass fed beef and they can have those meats with both lunch and dinner.

As far as snacks go I want to get people off all processed kinds of foods. So I try to encourage people to have roasted garlic or almond butter or celery sticks, etc. They can make some protein shakes with HepataGest to help with Phase 1, 2 and 3 liver detoxification (that's a big plus!) and throw in some freshly ground flax seeds or a handful of almonds, hazelnuts, walnuts, Brazil nuts, or pumpkin seeds. I try to get people to eat organic apples, pears and grapes along with cut up vegetables. You definitely want to get them off all sugars. Guacamole is a great little snack with some organic, low glycemic chips. Most types of organic fruit, organic cheese, and lean hormone free meat is good for snacks.

I also want to encourage people to exercise as much as they can, even walking is better than doing nothing. So they have to do some dietary changes and they have to make some lifestyle changes.

Before I put people on the remedies I like to check with my EAV instrument. I use the Avatar but whatever you use is fine too. Muscle test if you find that easier. However, check both the 'heart' and 'circulation' points or meridians on the body. These are located on both hands on the pinkie finger and the middle finger. Check your charts or ask me where they are. You can really find some interesting energetic factors about

the person when you check these meridian systems. If you branch up from the most distal point on the heart meridian you can check the mitral, tricuspid and bicuspid valves. On the palmar side, you can look at the pericardium; you'll find the control measurement point for the heart; you can check the cardiac plexus; aortic and pulmonary valves; the myocardium; also the whole heart conduction system through the atrial ventricular bundles.

Then if you check from the most distal point on the middle finger (circulation meridian) you can look at venous function; the thoracic duct; cisterna chyli, (Oh, by the way Dr. Cass uses this particular point to branch to organ peritoneum points. If you have the privilege of attending his Master Classes he will show you how you use the peritoneum points to drop deeply into the mesenchyme to find stealth rigid patterning which correlates with cloaked and compromised, causal chains associated with catastrophic conditions. I understand he's going to introduce aspects of this new work at the upcoming CONCORDIA 2013 in Santa Barbara, November 1st and 2nd. This alone would be worth you attending!). Other points include the abdominal aortic plexus; look at the abdominal aorta; at the atrial, venous and lymphatic venous system; thoracic aortic plexus; the cardiac ganglia; the arterial functions; the coronary functions; and finally the coronary plexus of the heart.

Moving forward, I like to use Homaccord Detoxifiers as filters to see if there is a bacterial, viral or fungal ideology, etc, to their blood pressure disorder. Often times there are more than just one factor as you know.

Once I figure that out I want to move into the Spagyric Ethno Botanicals to help with decongestion, light detoxification, drainage and repair. The one I immediately head for is the *Convallaria Intrinsic* as it is known specifically for cardiac and circulatory support. I also head for the *Hawthorn Intrinsic*. This botanical is particularly cardio-protectant and high in antioxidants. I always give *Convallaria Intrinsic* together with *Hawthorn Intrinsic* as they both have their specific and unique ways of protecting and aiding the heart, they are synergistically complimentary. I love to look at the *Queen of the Meadow Intrinsic* because as you all know with hypertension it can be related to kidney problems. So *Queen of the Meadow Intrinsic* is a great kidney decongestant and diuretic. I also use the *Guggulipid Intrinsic* this is great for cardiovascular support.

With the Matrix Nutritionals I head straight for the *Magnesium BisGlycinate w/L-Taurine (buffered)*, the *CoQ10 Liposome Tincture* and the *Bio-Omega 3*.

Let me talk a little bit about these remedies. *Convallaria Intrinsic* helps with a number of compensatory mechanisms that emerge from suboptimal heart function. When you have consistent high blood pressure the

chambers of the heart actually enlarge which causes a thickening of the heart chamber. This enlargement of the heart chamber occurs when a more forceful heartbeat is necessary in an attempt to pump more blood to the rest of the body.

When the heart is stimulated to pump more often to increase the output of the blood it also affects the renin-angiotensin system (RAS). This in turn affects the amount of blood passing through the kidneys which will decrease due to a decreased output from the heart. The kidneys respond to this by stimulating the renin-angiotensin system to secrete hormones that will actually prompt the kidneys to retain salt and water to increase blood volume. This is what actually leads to a rise in blood pressure as the body attempts to circulate extra fluid blood volume which insures that oxygen reaches the brain and other vital organs!

Because of that I love to use the *Queen of the Meadow Intrinsic* as a kidney decongestant and diuretic. As we all know the kidneys are responsible for the regulation of water and electrolytes (as a quick aside here... what remedy are you thinking of when I mention electrolytes....? *SpectraLyte*? Right! I really want you to be drawing implications when I'm speaking about physiological mechanisms otherwise we're all just academics!) Moving forward - kidneys also balance pH, blood pressure and blood glucose levels in the body. Of course waste products are filtered from the blood via the kidneys and then these toxins are

passed out of the body by the urine. Don't forget, another remedy to consider for extra drainage and tonification support, would be the *Kidney Milieu*. It never hurts to add extra drainage!

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The kidneys must maintain an adequate amount of water in the body to remove the waste products. If dehydration occurs then high levels of substances that do not dissolve completely may form crystals, which can become kidney stones. So you always want to make sure your patients are well hydrated. I put everyone who comes into my practice on *ReHydrate* to ensure this! 15-20, sometimes 30 drops in every litre of water one drinks.

Hawthorn Intrinsic, this is widely known as a cardio protectant and antioxidant as I indicated. It has been used historically as a heart tonic by the ancient Greeks, the Chinese and the Native American Indians. A large number of Western healing arts' practitioners and MDs are increasingly catching on to this, particularly as it has been emphasized in the German monographs. As I say many rely on this wonderful botanical particularly in the elegant Spagyric formulation, as it has been found to have beneficial effects on the cardiovascular system; it helps angina; hypertension; atherosclerosis; arrhythmias; and enlarged heart and congestive heart failure.

There have been a number of clinical studies that have shown the

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proanthocyanadins and flavonoids in hawthorn have a real beneficial effect on the heart as they increase heart muscle metabolism to stabilize basic heart rhythms; they help increase enzyme metabolism of the heart muscle; and also protect the blood vessels and collagen from free radicals and damage.

Now a great thing I love about the *Hawthorn Intrinsic* is that it has ginkgo in it! And we all know that ginkgo has been used for years with circulatory issues and it also helps to increase oxygenation to the blood and to decrease blood clotting....it actually helps to strengthen the whole vascular system. It's really, really a great remedy and I'm really grateful that Dr. Cass has added it to the *Hawthorn Intrinsic*.

I said before I also go for the *Guggulipid Intrinsic*. This is a wonderful little remedy that has a stimulatory effect to lower blood pressure, and actually helps to lower cholesterol, triglycerides and LDL, while also increasing HDL. It helps to prevent atherosclerotic plaquing and inhibits platelet aggregation (this can happen when the blood is too thick and too sticky). It also has a great little side effect in that it helps stimulate the thyroid gland and increases the uptake of iodine, which is an amazing extra feature of the *Guggulipid Intrinsic*!

I use absolutely tons of the *CoQ10 Liposome Tincture* in my practice. Remember when you use a Physica Energetics' nanosphere liposome it **increases the delivery system of the tincture by 3.5%**! This is not true with

any other liposomal product that I am aware of. Physica Energetics' uses a highly effective delivery system which is unique and quite costly. Gratefully, Dr. Cass doesn't pass the added cost along to us and our patients, which I can't say about most companies these days... He's clearly not in this for the money!

So this remedy has 32 mg of ubiquinone and 4 IU's of Vitamin E (tocophersolan). If you increase that by 3.5...WOW! You can do the math and see what the concentration of CoQ10 truly is.... It really is a powerful, powerful remedy and you don't need tons of *CoQ10 Liposome Tincture* to do the job either. It also comes in a great tasting orange flavour. In fact my 3 year old daughter Lily just loves taking *CoQ10*.

Then finally I like to use a lot of the buffered *Magnesium BisGlycinate w/L-Taurine* as magnesium and taurine are probably the most important minerals in our bodies. Magnesium helps to regulate about 325 enzymes in the body and it helps in the production and transport and storage of so many different things; it helps with energy; cell metabolism; it helps regulate DNA/RNA synthesis; cell growth and also with cell reproduction. But really importantly, magnesium orchestrates the electrical current through the body and this has to do with the heart, all the muscle fibres and all the nerves. You want high concentrations of elemental magnesium. The magnesium in *Magnesium BisGlycinate w/L-Taurine* is created from around 1700 mg of magnesium citrate chelated to the glycine amino acid. This concentrated elemental

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magnesium is seen by the digestive system as an amino acid and as such by-passes the typical mineral pathways. This allows the highly concentrated magnesium to be rapidly transported directly into the cell. In other words, it doesn't lose its potency or concentration to the digestive system! Taurine helps keep the magnesium working in the cell for an extended therapeutic time. This is a good thing as most magnesiums, whether boutique as Dr. Cass likes to call them, or not, tend to be used up very quickly.

One more thing – don't forget the *Bio-Omega 3*. This unique concentration ratio of 6.5:1 EPA to DHA, it's tailor made for the heart! Dose at 2 caps 3 times daily.

So I usually dose the Intrinsic's with my normal therapeutic dose which is 240 drops daily or 120 drops 2 - 3 times daily. To dose the *CoQ10 Liposome Tincture*, I use 3 full droppers 3 times a day. And the buffered *Magnesium BisGlycinate w/L-Taurine* I try to get that at 3 capsules twice daily.

And that's all the time we have today.

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.