

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 show. I want to thank you all for tuning in and I appreciate you for taking the time out of your busy schedules to listen to the show today.

You know last week I kind of made an off the cuff comment about *methylation* and that maybe I should do a show on it and I got over 50 emails requesting that very thing. So you asked for, you got it!

This week's show is going to be on *Methylation Pathways and Cycles*. Many of you had certain ideas about what it was all about but let me see if I can set the record straight. I suggest you dig out your HEALING FOR THE PATTERN OF LIFE template that is found in the Physica Energetics' catalog, online or in your notes from previous classes, sessions and Academies. Or ask someone at the Physica Energetics' offices in Canada, the States or in the UK and they'll get you one. In fact, I'm going to ask Alyson Lawrence, one of the clinical consultants in Canada to include this in the transcript so you can follow along that way.

Methylation is, to say the least (!!) a vital metabolic process, which takes place in

every cell and in every vital organ. This remarkable process makes membranes that surround each cell more fluid and so much more as we will discover.

Technically this all starts with small molecules called '*methyl groups*'. A methyl group is a carbon atom with three hydrogen atoms attached to it. Movement of these carbon atoms goes on, as I say, in every cell and every tissue of the body. Methylation is what occurs when the body takes one substance and turns it into another so it is detoxified and can be excreted by the body. This action occurs about a million times a second and it takes place in the liver during phase two detoxification. So you can see the importance of liver health for the body to be able to detoxify.

Dr. Cass in his wisdom, when he designed the *Healing for the Pattern of Life™* template, illustrates this beautifully by starting everyone on the Restoring Cellular Communication Pathways™ programme so *the cells can start opening up and communicate more fully and clearly with each other properly. This process and only this process, allows for the natural, unhindered opening up the drainage pathways. Dr. Cass nearly two decades ago, created the opening channels program*

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Contact Dr. Stephen Atkins at physicaradio@gmail.com

“principle” but due to the intensification of polysystemic challenges, deeper and more corrupt obstacles to cure (which Dr. Cass refers to as “diseases of civilization”) and all their subsequent xenobiotic congestions, we can no longer just “open the channels of drainage prior to detoxification”. We absolutely must Restore Cellular Communication Pathways™ first which then, as seen in the design of the Template: the right remedy right time at the right level and in the right sequence (remember?) – the wisdom of the body, mind and heart THEN opens the pathways for drainage, nutritional uptake and so forth. If you force the channels to open out of sequence, patients may feel better, but as Reckeweg taught, you will be practicing suppressive medicine in the form of progressive vicariation, or in other terms you will be sending the xenobiotic pattern deeper into the matrices and on, into the mesenchyme in the form of rigid signals. Did you get that? This is central to the teaching of BioEnergetic Medicine that Dr. Cass has brought to greater light and as such, has expanded and amplified the Forces of the Legacy for the blessing and well being of our patients and through them (and us) to human kind. A powerful mandate to which I am sure you all agree.

Listen or re-read this last paragraph and load it into your medulla oblongata so you’ll never forget it. This is what makes a physician a “superior physician” as our TCM colleagues say.

Moving along: note the reminder on the Healing Template to check for sufficient methylation processes. For those following along on the Healing Template chart, this is illustrated between the first and second quadrant as a lead into adrenal and liver/biliary detoxification. Now you can see how brilliantly that has been orchestrated and designed because without properly sequenced methylation, liver detoxification cannot perform adequately and the body runs into a whole host of problems. I see this almost every single day in my practice.

I get an inordinate number of patients who come to see me from both conventional practices and alternate practitioners whose docs have enthusiastically tried to correct a problem, without first taking the time to provide the means by which they would set the stage for deep and full recovery. They hadn’t adequately restored the cellular communication pathways and addressed liver and adrenal functions to stabilize them prior to removing any causative factor of illness. This often creates a problem whereby the methylation process is typically under performing creating a condition whereby the detoxification system, for one, is not able to properly transform one substance and turn it into another for detoxification and excretion purposes. I see this time and time and time again. PLEASE take the time, do the right thing and in the right order and your patients will love you for it as I’m told my patients love me for it.

Methylation is involved in hundreds of functions that help regulate *cellular energy, healing, immunity and the genetic expression of DNA and RNA*. Methylation helps flush out harmful fat which actually aids weight regulation and stops fat accumulating in the arteries. It is also essential to the production of *melatonin* which is necessary for sleep cycles and for hormonal balance. So methylation is one of the main ways the body clears and eliminates *histamine* and we all know that histamine can cause inflammation, allergic reactions and even asthma in some people. It plays an important role in keeping estrogen levels balanced and high levels as we know are contributors to breast cancer - actually here on Long Island we have the highest instances of breast cancer, not only in New York and the United States, but the world!

Methylation is used in DNA within every cell of the body and has DNA for every other cell contained within it too. I think the only exception is the liver cell. This is because methyl groups turn off the DNA we don't want our bodies to read. This is achieved by activating and deactivating genes by methylation which as you will note is essential for gene expression and protein synthesis. Proteins of course make up the hormones, neurotransmitters, enzymes, immune factors and are fundamental to good health.

When viruses attack our bodies, they take over our own DNA in order to replicate themselves. If we can't switch DNA/RNA replication off then we become more susceptible to viral infection.

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So, where there is poor methylation the body will begin to remove the groups from genes and use it for other purposes. If, as an example, the methyl group was removed from a cancer gene, it may begin to express cancer. This is how methylation turns off oncotic genes and metastatic promoter genes.

The methylation cycle can be impaired by stress, environmental factors, and all sorts of nutritional deficiencies. When this happens it allows an amino acid called '*homocysteine*' to escape into the bloodstream and this becomes very, very toxic when you have high levels, that can destroy brain and bone protein. High homocysteine or '*hyper-homocysteinemia*' is one of the causes of atherosclerosis or hardening of the arteries. High homocysteine has been implicated in heart disease, mental disorders such as Alzheimer's, neurological aging, depression, cancer, anaemia, osteoporosis, Arthritis, lupus, certain eye disorders, chronic fatigue, heavy metal toxicity, ADHD, Autism and the list just goes on and on. Our society has the mindset that cholesterol is the biggest factor to heart disease, but only 40% of people who have heart attacks have any of

the standard risk factors. Could the cause be homocysteine?

There was an article in the Journal of Nutrition in 2000 which stated that '*cancer cells have lower levels of folic acid and B12 and therefore lower levels of methylation*'. We all know that we need B6, B12, trimethylglycine and folic acid as they are necessary to induce homocysteine and keep the methylation process working. So when people have deficiencies in vitamins such as B12, B6, even calcium folinate, trimethylglycine and folic acid there can be problems in methylation.

So people may say, "Why don't you just take a vitamin B12 supplement?" Well you can, but the problem is not all B12 is made the same. Fortunately, Dr. Cass has developed the *Methyl-B12 Liposome Spray* which fills a gap as big as the Grand Canyon in our industry. I actually recommend and sell this to every one of my patients who come into my practice after they have done the *RCCP* or actually during, I put them on the *Methyl-B12* so their body can methylate properly which will prepare them for proper liver detoxification and adrenal balance. B12 comes in a very inexpensive form called 'cyanocobalamin' and the cyanocobalamin has to go through changes in the body before it becomes the useable form 'methyl B12'. So cyanocobalamin has to be de-cyanized into cobalamin two reduction and then there is a *SAMe* (*S-adenosine methionine*) methyl transfer that has to take place for it to become

methylcobalamin. However, if you take a high quality form of methylcobalamin then the body doesn't have to go through the process. Methylcobalamin is expensive and cyanocobalamin is cheap. So if companies don't want to spend the extra money then the body has to go through the extra process of conversion, converting cyanocobalamin to methylcobalamin whereas Dr. Cass actually cares about this process and uses methylcobalamin in the *Methyl-B12 Liposome Spray*.

I also want to draw your attention to the fact there have been a number of papers released over the last few years pointing to the possibility of an increase in folic acid toxicity. Folic acid as we know is a vital B vitamin. Cereal companies and other food companies have been adding this to their products partly as a marketing ploy and the journals are suggesting that folic acid toxicity is on the rise due in part to this and other factors. Autistic and ADD kids and adults too, may well need to get their folic acid levels up however not from folic acid as it is typically provided as a food chemical or IV or nutritional supplement. Higher doses which are needed today in our deficient society should come in a form which will not congest and create toxicity particularly in the presence of genetic dysfunction.

The risk of higher than desired folic acid intake is compounded by concerns over the appearance of unmetabolized (unaltered) folic acid (pteroylmonoglutamic acid) in the blood circulatory system. It has been

demonstrated that even a modest intake of less than 400 micrograms per day of folic acid from fortified foods or supplements may lead to the appearance of unmetabolized folic acid in the bloodstream.

Methyl-B12 Liposome Spray provides the vital folate in the form of bio-identical L-5 Methyltetrahydrofolate (MTHF). Individuals who have tested homozygous with either the A1298C or C677T MTHFR mutation, or those with elevated homocysteine levels, should be using L-5-MTHF as the preferred form of folate supplementation. This will be more effective for them than other forms of folic acid or folates.

Interestingly I was reading the other day approximately 1 trillion molecules of oxygen pass through every single cell of the body during a 24 hour period. This equals approximately 100,000 free radical hits to our cellular DNA and the majority of these are repaired by methylation, which is pretty interesting I think. Now I'm not normally one that likes to do this but sometimes when you turn someone's methylation process on (when it has been turned off for a while), you can have a die off situation. I'm not a big fan of this but sometimes it does happen. And the reason this occurs in the body is because the methylation cycle has not been working, so the body is not able to detoxify properly and at that time it cannot produce cell mediated immune responses to help get rid of chronic infection. Once the methylation cycle is up

and running the body can then swing into action and with its response to detox and cell mediated immune response and this can sometimes make the person feel worse. For obvious reasons detoxification will engage and mobilize chemicals and toxins into the bloodstream and if the drainage pathways aren't significantly open people may actually feel worse, that is why we always want to do the *RCCP* first. If die off does happen it is nothing to flip out about! Remember it is NOT the viruses and chronic infections that make one sick, it's our *immune reaction* to them. So sometimes when you turn on that cell mediated immune response people may feel poorly, that is why you should always take the time to do the *RCCP* and *BioToxicosis (Lymph 1, 2 or 3)*. You can substantially reduce that effect if the patient has a propensity towards that possibility. Actually, just thinking out loud with you, I totally rely on the *HepataGest* in this regard. Check it out.

When it comes to the *Methyl-B12 Liposome Spray*, I love that it is in a liposome nanosphere which is a great delivery system. It by-passes the GI tract and as Dr. Cass always tells us 'when any Physica Energetics remedy is in a nanosphere liposome, it increases its assimilation effectiveness by 3.5 times.' So you are actually getting a much bigger bang for your buck! Dr. Cass has added some of the co-factors into the *Methyl-B12 Liposome Spray*, B12 (methylcobalamin), L-5 Methyltetrahydrofolate (MTHF) in its easily

assimilable form of non-compromising folic acid, there is B6, calcium folinate, trimethylglycine (TMG) is in there (that comes from betaine by the way); I love trimethylglycine it is an excellent resource of methyl groups – molecules that comprise of one carbon atom and three hydrogen atoms. Trimethylglycine is found particularly in vegetables like beets, spinach and broccoli. The presence of trimethylglycine in the body initiates the methylation process whereby the methyl groups neutralize detrimental materials in the system and translates them into supportive substances. TMG also protects the liver from the adverse consequences of alcohol over use. It does this by stimulating S-adenosylmethionine (SAME). TMG is also beneficial for non-alcoholic varieties of fatty liver such as non-alcoholic steatosis (cellular retention of fat – in the liver aka FATTY LIVER!). You can actually use TMG as an inexpensive replacement for SAME for conditions like osteoarthritis and depression.

Not only is it an issue for methylation, but B12 deficiency can cause a wide variety of issues. For instance, when you have a B12 deficiency it can effect the small intestine; absorption syndromes (eg. celiac disease); it can have an effect on pancreatic insufficiency also. *GlycoPan-Tox* can be very helpful with this issue and the soon to be released *Pancrea Life Force* and *Jambola*.

It is interesting that B12 is mostly found in animal products, so vegetarians and vegans

more often than not will be low in B12. People on long term use of acid reducing drugs, such as acid blockers can have B12 deficiency also.

So methylation, particularly hypomethylation which is generally what we see, is really an important topic and has to be addressed in virtually every patient who walks into the office.

The ***Physica Medica - BioEnergetic Practitioner Repertory***, which I understand is available now, has some excellent sections on this topic in a readily available format. Incidentally this amazing, clinically comprehensive manual which I refer to every day (!), covers over 600 pages of protocols, testing procedures and clinical reference material and observations.

Email to this link to get your copy – write this down. I'll say it slowly: biologicpublishing@live.com.

I trust this brief, re-introduction is helpful. 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.

Healing for the Pattern of Life

