

# 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. It's always a pleasure of mine to be here.

This week, I am going to talk about the gastrointestinal terrain of the body. You know GI conditions are the number one type of issue that come through my doorway. These include Dysbiosis, bowel toxemia, pancreatic insufficiency, mineral deficiency, hypochlorhydria, malabsorption and of course leaky gut syndrome. Actually, it's passive leaky gut. If a person's gut was actually leaky, then that person would not survive for very long!

I normally check for Dysbiosis or dys-symbiosis as Dr. Cass calls it, with the '*urinary indicant test*'. This is one of the tests I teach in my **Functional Terrain Analysis** classes. (By the way, Dr. Cass and I will be traveling together doing a number of seminars in the first two quarters of next year. So keep an eye out for that announcement). This test is easy and simple to do. All you need is some test tubes, some urine, some Obermayer reagent, and some chloroform. What you

do is this. Mix some urine with some Obermayer solution and let it sit for about five minutes. Then add some chloroform to it and shake it up. Now the chloroform is going to be heavier than the urine and Obermayer solution so it is going to sink to the bottom. If there is any kind of dysbiosis or overgrowth of harmful bacteria in the GI tract, you are going to see the chloroform turn a deep blue colour and that shows the presence of an indicator. You can then see how toxic the overgrowth is by determining the rate of toxicity by adding another solution to figure that out. It is a really, really useful test and when we give our classes I will show you how to do that, plus lots of quick, easy, on the spot tests.

Basically, the GI tract is an ecosystem with a balance between aerobic and anaerobic micro-organisms. It has been estimated that there are over 500 different types of bacteria. There are more bacteria cells in the intestines than throughout the entire body! The majority of the bacteria are located in the colon. In a healthy gut the dominant flora is healthy flora, mostly lactobacillus and biofido factor species.

Now the functions of the beneficial bacteria consist of the production of vitamins like folic acid and B12 which help

to nourish the lining of the colon by feeding on the vegetable fibre and producing butyric acid. Now remember adequate levels of butyric acid can reduce the chance of colon cancer! Beneficial butyric acid does many things; it modulates and stimulates intestinal cell growth; it maintains intestinal homeostasis; it provides an important role in cell differentiation; it is actually a growth inhibitor of cancer cells; it facilitates migration of DNA repair which means it will help prevent cancer mutations; it regulates gene expression; it breakdowns toxins; it inhibits the growth of harmful bacteria and also programs apoptosis (which is programmed cell death).

Now Dysbiosis in the GI tract can really cause a huge terrain imbalance. Dysbiosis is technically an overgrowth of harmful bacteria that causes disease and it can exist in the oral cavity, the gastrointestinal system and the vaginal cavity. In gastrointestinal Dysbiosis organisms like yeast, bacteria and parasites can create disease in many ways. They inhibit normal bacteria and they create deficiencies of nutrients and which produce other issues; they cause inflammation in the digestive system which compromises absorption and contributes to deficiencies in proteins, carbs and fats; harmful bacteria produce toxins that inhibit normal bacteria from detoxifying in the bowel or detoxifying the bowel; toxins can burden the liver and the body's detoxification system affecting

virtually every system in the body; it lowers the levels of short chain fatty acids thus increasing the risk of colon cancer and ulcerative colitis; it irritates the lining of the intestines increasing intestinal permeability or passive leaky gut; it can also hydrogenate polyunsaturated fatty acids and so much more!

Now I mentioned that it can lower the levels of short chain fatty acids. This is not a good thing because there are so many benefits to short chain fatty acids in the body! They actually supply energy to epithelial cells and up to 10% of the total body's energy needs, such as for the muscles and liver. They supply the energy for bacteria but the amounts and ratios for short chain fatty acids really depend on your diet, the bacterial species and the length of time that food is in the gut. Short chain fatty acids have also been known to lower blood sugar and blood cholesterol.

But back to Dysbiosis. Some of the common causes of Dysbiosis that are measured for are things like antibiotic therapy, low stomach acid or hypochlorhydria, the presence of xenobiotics such as chemicals and heavy metals (and I will be talking about this at length at Concordia on November 1<sup>st</sup> and 2<sup>nd</sup>, in sunny Santa Barbara); exposure to pathogen and parasite infections, pancreatic insufficiency, slow bowel transit time or bowel stasis can contribute to dysbiosis; poor immune function and low intestine secretory IgA, nutrient deficiencies and increased

intestinal pH. Now Dysbiosis has actually been associated with the following types of disease or disorders, any type of chronic gastrointestinal problem or irritable bowel syndrome and inflammatory bowel syndrome (Dysbiosis plays a huge role here); as it also does with inflammatory or auto-immune disorders such as osteospondylosis, fibromyalgia and arthritis.

Dysbiosis plays a specific role in food allergies, food intolerances and also in breast and colon cancer. It can be a reason why someone has unexplained fatigue or malnutrition; atopic eczema and pancreatic insufficiency; intestinal permeability and Candidiasis, just to name a few....

Now if you actually have bowel toxemia you have excessive production of the toxic metabolites of digestion (and it happens especially in the colon). Now the liver detoxifies toxins that are produced by and in the gut, if the liver is not functioning optimally or if the amount of toxin production overwhelms its metabolic capabilities, the toxins can enter the systemic circulation and cause numerous health problems. So intestinal toxins and diseases are associated with things like histamine – headaches, arrhythmias, depression, low blood pressure or nausea. Ammonia from high levels of intestinal toxins can cause coma, tremors, it can alter an EEG and can really cause a lot of mental changes. Excess indole from tryptophan can actually cause bladder tumours; excess phenol can depress the nervous system and

circulation; it can effect the mucosal irritation and it can damage the kidneys and liver. Hydrogen sulphide which is from protein breakdown can cause mucosal irritation, congestion, increased intestinal permeability, a depressed CNS (central nervous system) and circulatory system.

So bowel toxemia is a real big deal, but the treatment is pretty easy! Many of the Physica Energetics' product line can go a long way when treating these disorders. When you think of poor digestion, slow peristalsis, slow bowel transit time or bowel sluggishness, constipation, exposure to excessive chemicals (in our food, water, air or drugs), abnormal bowel flora, yeast, Candida, parasites or bacteria – think of bowel toxemia.

One of the go to supplements I use for this is Dr. Cass's *Flora Syntropy*. Now we all know that it is a 'right spinning' probiotic and it uses *lactobacillus sporogenes*, also known as *bacillus coagulans*, and what I love about this is that it is a spore forming, non-pathogenic bacteria naturally found in the human gastrointestinal and vaginal tract. Lactobacillus sporogenes is actually resistant to heat, acid and ANTIBIOTICS! *Flora Syntropy* passes through the acidic environment of the stomach and germinates right in the small intestine. So this is one of the few probiotics that you can take with an antibiotic and it is not killed off by stomach acid. It is really the only probiotic that I know of that can do that. It also has the benefit of having a

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prebiotic, *fructooligosaccharides* as *inulin* from organic chicory root. One thing about prebiotics is that it is a food for the probiotic. When you have a prebiotic it actually improves calcium absorption, lipid levels, it helps treat inflammatory bowel disease of almost any kind and it helps with gall stones too. It also helps with colon cancer prevention and it is also a fantastic remedy for infant diarrhea. I tend to dose this rather high when people are having any type of bowel toxemia, I use a bacterial 'flooding or recalibration' technique where you can take anywhere from 6-12 capsules several times daily to really boost or front load the friendly flora inoculating against the Dysbiosis or bowel toxemia.

Another must have product is the *Nat Colon CLR*. It was interesting during one of the Academy sessions I remember Dr. Cass quoting Dr. Bernard Jensen saying, "The bowel must be the first line in the disease reversal process according to Herring's **law of cure**. Cleansing and purifying the body must start with the bowel." Now we all know that there are five main organs of elimination those are the skin, the kidneys, the lymph, the lungs and the large intestine which is arguably the most abused and neglected. When the bowel becomes sluggish it is unable to carry out its eliminative functions. Food should pass through the bowel in about 18 hours. I've talked about this in the past with the 'colon test'. Remember that little corn test? This is a great way to determine how long

someone's transit time is. Just to review, you have your patient eat a cup of corn recording the date and time that they eat it. Then you write down the first time they see the corn in the toilet and the date and time when they don't see it anymore. This will give a very accurate picture of how long it takes for food to go from the mouth down to the anus. Many people say that I move my bowels once, twice, even three times a day but when they do this test they can see "Wow, I ate that food and I didn't see it for 3 days!" So they are moving their bowels but it is very, very sluggish.

I love the *Nat Colon CLR* as it is **non-habit** forming. It is synergistically formulated with aloe vera, barberry root, black walnut hulls, cascara sagrada, dandelion leaf, ginger root, sage leaf, slippery elm and finally turkey rhubarb root. It's a great, great synergistic formula. I have every patient that comes into my practice take *Nat Colon CLR*, once in the evening and once in the morning. Sometimes they need to keep increasing the dose if they are impacted and then roll it back to where they are having 2-3 bowel movements a day.

Along with the *Nat Colon CLR* you want to take the *Nat Body CLR* because they go together. The *Nat Body CLR* helps detoxify the liver and the kidneys. It also gently cleanses the primary detoxification pathways while nourishing the liver, gall bladder, kidneys, spleen and pancreas. But without proper liver and kidney drainage and tonification the pathways of

elimination can't be opened and toxins are translocated deeper into the body enroute to the mesenchyme where they will become rigid signals. So *Nat Colon CLR* and *Nat Body CLR* are two supplements that must be taken together.

When you come to testing either with your EAV device, or muscle testing, or Auricular testing with the Vas technique, etc, you can use the large and small intestine points and you can actually figure out with the detoxifier challenge what the cause of the Dysbiosis or toxemia is. Is it a virus? Is it caused by a bacteria? Is it caused by a parasite? Etc. If you use the different Physica Energetics Detoxifier Homaccords you can figure out if it is a viral condition, an amoeba condition, bacterial condition, parasitic condition, etc. You can go to remedies such as *Colo-Tox (CLN-Tox)*, *Inflamma-Tox (INF-Tox)*, *Metal-Tox*, *Chem-Tox*, *Can-Tox*, just to name a few. And those remedies more often than not will balance out that point at 50.

We can't forget about the gut associated lymphoid tissue because that is what makes up a large part of our immune system and being that most disease starts in the GI tract, the Universal Vital Force has created the immune system to surround the GI tract. Dr. Cass made us the *GALT Fortifier*....I just love this remedy. I can't hear you over the internet but I hope you're cheering very loudly as this is one of many, highly valued, clinical slam dunks!! The ingredients in this remedy are orka, pepsin,

pre-digested fish, poly peptides, beta glucans from *saccharomyces boulardii* and colostrum. As we all know it is elegantly designed so that the okra (which is very sticky) sticks to the mucus on the inside of the intestine; the pepsin digests that mucus; then the pre-digested poly peptides, the beta glucan and colostrum go in and feed the Peyers' Patches. The Peyers' Patches are what makes up a large part of our immune system, so whenever there is any kind of immune system dysfunction, dysbiosis, toxemia, *GALT Fortifier* really is the answer.

A lot of practitioners I have heard don't keep patients on *GALT Fortifier* for very long just one or two months. I don't understand that thinking at all! I have people take *GALT Fortifier* for several months. It takes anywhere from 60 – 90 – 120 days to balance the body, so why not have that *GALT Fortifier* onboard to balance all the reactions that happen in the immune system. Remember when people get sick it's not the virus or bacteria that is making them sick, it is your immune response to them.

At Concordia, Dr. Cass is going to introduce a number of "gut and intestine/immune" related remedies which have been thoroughly beta tested. I can tell you that once they come out and you start introducing them into your practice your world will never be the same!

Oh, and one more thing. I just received notification that Physica Energetics is FINALLY raising their prices after SEVEN YEARS!!! It's unbelievable that they've actually been able to keep these prices down. AND here's the kicker...they've only raised them 3%!!!!

Almost immediately afterwards, I've received notification from another company who've raised their prices 15%....15%!!!! If Dr. Cass only raised his prices 3% while all along using exceptionally, hand picked, high grade quality ingredients and manufacturing, how is it that other companies can justify raising their prices 15%!!! I'm sure you have the answer!

You and I are in the business of helping people first and foremost. We don't need to gouge our patients to make an excellent living and we don't need to be taken advantage of by others trying to make their living. It's so unnecessary and violates all that we stand for.

I know you agree with me whole heartedly. So we support one another in this and we support those companies who share this same core intention. In this way, the continuum of the Legacy of the healing current is maintained with honour and integrity. "First, do no harm"...physically, mentally, emotionally .... and financially!

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

REMEMBER:

*In a New York minute - everything can change!*

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*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.*