

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 and it is always a pleasure of mine to be here.

I had patient that came in to my office last week just before I left for Concordia 2013 in Santa Barbara, California who presented with muscle ache, fatigue and weakness, difficulty walking, trouble sleeping, memory loss and Restless Leg Syndrome. While I was doing my history with him, I asked if he was taking any medications as well as any vitamins and if so, why? I ask these questions of every patient I see as part of a case history. It turns out that he was on Lipitor, which as you know is a cholesterol lowering medication. Interestingly enough, many of the symptoms that he had described to me can ALL be side effects of statin drugs. I said to him, "Why are you taking the Lipitor?" and he told me, "My primary care physician told me to take it because he didn't want me to develop heart disease, as I have high cholesterol and mildly elevated triglycerides."

Well that brings me to an interesting topic and that is elevated *cholesterol* and I am

going to be talking a little bit about this today.

When *statins* first came out they were made by Merck Pharmaceutical who first developed these drugs (which are used to artificially lower cholesterol), because there is a group of people who think that elevated cholesterol relates to heart disease based on a study called the Framingham Study. The Framingham Study was based in Massachusetts spanning 30 years which in part, determined that there are certain factors that contribute to heart disease. They figured that saturated fats and dietary intake of fats increases your risk of coronary heart disease. It has since been disputed and many of the statistics have been re-evaluated by the CTT conglomerate and found that many of the statistics and the approaches used to gather information in the Framingham Study were inaccurate and misleading.

Another reason cholesterol is associated with heart disease is an interesting story. During a study researchers fed a very high saturated fat diet to a rabbit which then went on to develop arthrosclerosis and died. From the rabbits death they determined that if people consumed a high fat diet they would develop arterial

sclerosis and have a higher mortality rate. The only issue and flaw in that is the rabbit is a vegetarian, so its body is not inherently designed to breakdown animal proteins. Whenever you put the wrong kind of food in the wrong kind of body, of course you are going to get the wrong kind of results! Doctors for years and years and years have still been hanging on the coat tails of the Framingham Study and they still believe that a high saturated fat diet and high triglycerides will lead to coronary heart disease. Of course that plays a part but if you ask my opinion, while obviously we shouldn't be eating large amounts of saturated and hydrogenated fats as is common in the American-Canadian diet, saturated fats are not the primary cause of heart disease that they are made out to be! Inflammation, oxidative stress and a diet high in sugar are!

Anyways, what is cholesterol? You can't really talk about cholesterol without talking about triglycerides and these are really very important fats or lipids in the blood.

Cholesterol is actually an alcohol molecule and triglycerides are actually a fat molecule.

Cholesterol is an essential compound that makes up cell membranes, brain tissue, nerve tissue and is the backbone of every single hormone in the body. The body uses cholesterol to make *Vitamin D* which is a very potent pre-hormone, along with other hormones like *estrogen*, *testosterone* and *cortisol*. So the body can produce all the

cholesterol it needs as well as manufacturing it in smaller amounts from food.

Cholesterol is made in the liver and in lesser amounts in various tissues. 80% of the cholesterol in your whole body system comes from your liver and only 20% comes from dietary sources.

High cholesterol is the body's attempt to lay down a protective clothing to protect the body against oxidative stress. So we don't necessarily want to lower cholesterol because that is your own body's protective mechanism...why would you want to lower that? Cholesterol is also the foundation of every hormone in the body. If you lower your cholesterol you are going to lower your hormones.

We recognize that our hormone zenith or peak is between the years 18 – 28 (that is when our hormone levels are the highest) and it is generally due to the reproductive cycle in most people. So the body's hormone levels are the highest at the time in our lives when it is generally thought we would have children.

The only exception as to why you would want to lower cholesterol (in my opinion) is if you have already had a heart attack, then I think the idea of using a cholesterol lowering medication or supplement for that matter, is a good idea. There has been an increased mortality rate noted in people who have suffered heart attacks and high cholesterol and that is really the only

population that cholesterol lowering drugs benefit. They have done many studies in recent years showing that taking cholesterol medication has nothing to do with life expectancy or life span, so cholesterol medication should not be used for those purposes. Also as an aside: cholesterol medications, when they initially came out, were not meant for long term use. People were not meant to be given a prescription of say Lipitor, Mevacor or Zocor, etc, to stay on for their entire lives. They were meant to stay on for a short period of time. It does what it has to do and then you move off it which is what should happen with medications. But in our lifestyle and in our culture and with the pharmaceutical companies giving it a big push, people stay on these cholesterol lowering medications a long, long time. It is also interesting that drug companies can use a certain type of data to promote the use of a medication or to prove a point and we know that statistics can prove anything you want them to prove, *as long as you are asking the right question!* It is all about asking the right question to figure out what the right answer....right? Dr. Cass says that there "are liars...and there are damn liars.. and then there are statisticians!"

It is not necessarily in the interest of the drug companies to ask the right question. So they are creating an impression that drugs are safe and that is a common theme throughout all pharmaceutical companies and their statistics. Interestingly when

Mevacor came out (a drug made by Merck), they said "anyone with a cholesterol level of 280 or above should take this medication" and they found that they were not really selling much of the drug or as much as they had hoped, so they lowered the criteria to 260. They sold a little bit more but not a whole hell of a lot, then they lowered it to 240, then to 220, then to 200 and now I believe it is 180. This is not about health! It is about increasing the profits of the drug company.

Ok back to elevated cholesterol. When it comes to heart disease the big factors are inflammation and oxidative stress. The 'go to' remedy I immediately head for in the Physica Energetics line for inflammation is one of their concentrated homaccord detoxifier homeopathics known as *Inflamma-Tox*. Inflammation comes from the latin 'inflamatio' which means 'to set on fire', so whenever you have inflammation it always involves a complex biological response of vascular tissues to harmful stimuli. It can be caused by trauma, stress, chemical toxins, pathogens, etc. I love to use the *Inflamma-Tox* for this purpose. Whenever I do any testing on people, I look for the largest indicator drop or priority point and using the *Inflamma-Tox* as a **filter** you can really rule out inflammation as being the cause of anything. 9 times out of 10 *Inflamma-Tox* is a slam dunk for me. I don't really need to dose this high, about 60 drops twice daily and it will help quash any inflammation.

Another remedy I always consider is the *Inflamma Life Force* - one of my favourite products. This has a wide range of botanicals and specific anti-inflammatory enzyme functioning ingredients which synergistically act as a systemic and local anti-inflammatory. You should take *Inflamma Life Force* away from meals. It contains Boswellia (frankincense); there's Devil's Claw; pancreatin at 8X; serrapeptase which we all know is from the intestines of the silk worm and that has very high anti-inflammatory properties; manganese is also in there – manganese is to the pituitary as iodine is to the thyroid (the pituitary gland is used for the synthesis of L-dopamine). Manganese is a component of manganese superoxide dismutase (MnSOD) and that is a very powerful antioxidant that protects the body against toxic substances. Manganese is also essential in the formation of all connective tissue and it really helps strengthen the elasticity of muscles, tendons, ligaments and cartilage. It also has in there the highest quality of tumeric which is a 95% tetrahydrocurcuminoid and this is NOT your kitchen variety tumeric. This is the real thing and as such is very powerful and very pure. I dose the *Inflamma Life Force* at anywhere between 2 - 4 capsules four times daily. If a patient comes in with physical trauma for example, if they've hurt themselves, then I dose it at 6 - 9 caps four times daily between meals. Rule of thumb: dose higher than you might think!

I want to speak for a moment about the serrapeptase that I just mentioned. There are a number of companies now selling what appears to be serrapeptase, but frankly what's out there is mostly adulterated, partly because the *real thing* is quite expensive and partly because the sourcing and manufacturing processes is flawed. Remember Dr. Cass talking about the fact that while formulas and ingredients for natural products may appear to be the same it's actually the recipe which determines its effectiveness, or not. This is certainly the case with serrapeptase.

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So let's look at the REAL serrapeptase as found in *Inflamma Life Force* for a few minutes shall we? Serrapeptase digests inflammations, scars (non-living tissue), blood clots, cysts, and arterial plaque and inflammation in all forms. The late German physician, Dr. Hans Nieper, used serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase protects against stroke and is reportedly more effective and quicker than EDTA Chelation treatments in removing arterial plaque. He also reported that serrapeptase dissolves blood clots and causes varicose veins to shrink or diminish. Dr. Nieper told of a woman scheduled for hand amputation and a man scheduled for bypass surgery who both recovered quickly without surgery after treatment with serrapeptase.

The source and the creator of high cholesterol is the liver, so if you want to reduce cholesterol for whatever reason

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head for the *HepataGest Powder*. The *HepataGest* really helps to clarify Phase 1 and Phase 2 liver detoxification and Phase 3 the biliary tree. I had a patient come into my office with a cholesterol of 360 and I put him on *HepataGest Powder* for a month and his cholesterol was down to about 220 after that time. So that is a fantastic remedy.

Also, note that one of Physica Energetics' 21 new products (that's right I said 21! Dr. Cass introduced us to them earlier this month at Concordia), one of these new products is *Red Yeast Rice* which is terrific for lowering cholesterol. But again it has to be the REAL THING. Unfortunately Health Canada won't accept the real thing because of the natural statin effect it produces. I was speaking to one of the NDs at the recent Concordia and she told me you can get red yeast rice in Canada but upon further investigation that product had all the powerful properties taken out of it including the natural statin effect. So it's basically useless. I know Dr. Cass is going head to head with Health Canada to help them see the error of their ways! So let's hope those of you in Canada will soon have access to this remarkable product.

You also want to support the gall bladder because that is where bile is stored after being produced in the liver. So anytime you have any issue with fat you want to make sure the gall bladder is working efficiently as it is the organ that helps to refine and digest those fats with the use of bile. I head for the *GB-40 Yuan Source* which I call "gall

bladder in a bottle". The key ingredients in there are the chanca piedra or stone crusher, gold coin grass, bile salts, L-taurine, lipase, L-glycine and a really unique formula of 1:10 dilution of pepsin. Pepsin is the active portion of pepsinogen and acts as a protein digesting enzyme, helping hydrolyse proteins into peptides. Other ingredients in *GB-40 Yuan Source* are lecithin, tumeric, bupleurum root, collinsonia, wild indigo leaf, beet root and black radish root.

I also like to balance things out with the *GB Milieu* which is a drainage tonifier. Whenever anyone has gall bladder issues I use the *GB Milieu*. I also head for the *Phyto Antiox* because oxidative stress is a culprit when it comes to elevated cholesterol and the *Phyto Antiox* is perfect, I love it. It is a synergistic formula of Acai berry, ginkgo biloba, grape seed extract, green tea extract, again the highest quality tumeric, milk thistle and quercetin. I dose this remedy at about 60 drops twice daily. It is a broad spectrum antioxidant, brilliant.

Another product is the *Wild Bear Garlic (Allium Ursinum)*. It is really great for its cardio protective function. It helps with hypertension, arthritis, connective tissue clarification and heavy metal detox. Heavy metals play a huge role in inflammation, so I love to use the *Wild Bear Garlic*. Of course there is a much longer heavy metal protocol needed to remove this condition but the Physica Energetics' *Wild Bear Garlic* will definitely help alleviate some of the problems related to elevated cholesterol.

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Don't forget the digestive system. *Hypo Zymase, Flora Syntropy* and *GALT Fortifier*. If you're not digesting and assimilating your liver will be in overload, your adrenals will be overtaxed and so on. So, a word to the wise regarding cholesterol ... and frankly, any condition you're working with. *RCCP* once again!

Oh, Physica Energetics has re packaged the *RCCP* in a very attractive take home box for the patient. Everything fits in it very nicely AND they also have a display for the front desk. I suggest you give them a call and make sure you make good use of their generosity.

We didn't consider the hormonal complications as we've spoken about that in past programs, but briefly if there is elevated cortisol (and when isn't there???) leading to cortisol deficiency, then the body will create more cholesterol for building blocks. This taxes the liver, biliary tree, the entire hormonal cascade, digestive patterns and so on.

Remember the second phase in the healing template? Adrenal, liver and biliary tree. There's good reason for this as I'm sure you see, right?

Therefore, you'll always want to add *Adrenal Life Force* and *Bio-Omega 3* or *Omega GOLD* and quite possibly other adrenal related support. The beauty of the *Adrenal Life Force* is that it supports the adrenal AND thyroid patterns. It also contains *rhodiola rosea* as a wonderful

adaptogen which guarantees that neither the adrenals nor the thyroid is over amped and pumped up, which can be a big problem with glandulars. Remember, adrenal problems are always a thyroid problem and thyroid problems are always adrenal problems. As Dr. Cass says, "That's a law!"

Just before I leave you, I just got word that Dr. Cass is going to do a tuition-free, webinar on the **21 New Products** on **November 20th at 7pm EST**. Apparently this is going to be clinically based and will last about an hour and a half. I'm sure you'll be getting word soon if you haven't already. Don't miss this increasingly rare opportunity to hear from the formulator and developer himself. I certainly won't!

AND that is about all the time we have right now.

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.

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