

# Physica Radio Field Notes

## Dr. Stephen H. Atkins

Well good afternoon everyone, it's Wednesday, it's lunch time and that means it's time for Field Notes. My name is Dr. Stephen Atkins and I'm your host for this weekly recurring lunchtime segment. As always I want to thank you all for tuning in and it is certainly a pleasure of mine to be here.

This week here in Long Island we had our first snow fall. I always love the first snow fall! It looks fantastic outside and everything is white and glistening and it brings to mind the upcoming holiday seasons of Thanksgiving and Christmas. I really love this time of year.

Along with those nice thoughts of the holiday season coming upon us, I have the dreaded thought of, "Oh my God" it is going to be cold and flu season. I get a lot of patients, as I'm sure you do as well(!), who come into my office with both of these conditions, so I thought that this would be a great topic for this week's talk.

Flu and influenza, which differs from the common cold, are much more severe. It's not just your runny nose and sniffles and things like that. It is a more serious condition.

So let's talk a little bit about the flu. There are 2 types of influenza viruses; basically Type A and Type B; and there are also many different strains within each of those types.

Influenza differs from the common cold in that the virus produces symptoms which are more

severe and also affect cells that tend to attack deeper down in the respiratory tract.

Influenza, the virus, is often spread by hand to hand contact or through contact with an infected person's nasal secretions through little, viral laden droplets from exposure to coughing or sneezing. People can become infected with respiratory illnesses such as influenza or the common cold, for example, if they don't wash their hands before touching their eyes, nose, or mouth. Indeed, the Centers for Disease Control and Prevention (CDC) has stated: "It is well documented that one of the most important measures for preventing the spread of pathogens is effective hand washing." In addition to hand washing with soap and water, the use of alcohol gels is another form of killing some kinds of pathogens and bacteria. It's true, pathogens can live on any surface for two hours or more. If someone in your office or school is infected, those pathogens can reside on anything they've touched; desks, phones, coffee pots, computers, iPads, microwaves, tables, toys, books and so on. Don't forget door handles and light switches. I suggest to keep everything wiped down with medical grade, alcohol wipes. Keep your hands away from your eyes, nose and mouth, since the virus can enter your body through these openings.

Interestingly enough, there are several viral strains that we often come in contact with. You know last year was the H1N1 and that was a big one that came out. The H stands for "hemagglutinin" and the N stands for "neuraminidase" which are viral spikes. For each type of viral spike we produce a very

specific antibody and these ceratypes are used to categorize different viruses.

There is a new one out now that is called H5N1 bird flu, so all these different viruses are influenza types and/or are given to us in sub categories as an aside. Now the most common complications of influenza is generally pneumonia which can either be viral or bacterial or even both. So in viral pneumonia the influenza virus, spreads its cells right to the lungs and bacterial pneumonia and unrelated bacteria such pneumococci or staphylococci, attack the persons weak defences. When you have these types of things infecting a person's systems you get things like chills and fever, and you feel achy all over and it's just a miserable way to feel when you have that.

You'll want to get copies of Dr. Cass' webinar presentation on Vitamin D where he goes into substantial clinical depth with regard to the various strains, their causes, their sequencing and their resolution. In this presentation he references antigenic shifts. **Antigenic shift** is the process by which two or more different strains of a virus, or strains of two or more different viruses, combine to form a new subtype having a mixture of the surface antigens of the two or more original strains. The term is often applied specifically to influenza. Nowhere is the law of right remedy, right level, right timing and right sequence so vividly evidenced. If we have time I may speak more about a few of the remedies which amplify this law but in brief look to **homeoprophylaxis** remedies such as *Vaccin-Tox*, *Drainage Milieu* and *Flu Milieu*. I think in Dr. Cass' presentation he gives us a chart as to how to work with these homeoprophylaxis remedies. Note however that this is NOT HOMEOPATHIC VACCINATION.

Dr. Cass has specifically made this statement over and over again and yet I hear docs speaking about homeopathic vaccination. This is untruth. In fact, in Canada I understand because so many docs have been flinging around words like homeopathic vaccination, that any homeopathic remedy now needs to have on it's label that it's NOT TO BE USED for homeopathic vaccination! Dr. Cass says homeopathic vaccination is an oxymoron... I agree! Review the webinar and you'll get great insights into what homeoprophylaxis does so effectively!

Also, review *Solray-D Liposome Spray*, *Wild Oregano Oil* softgels, *Echina Intrinsic*, *Lymph 2 Matrix*, *Viru-Tox*, *Mycelia Intrinsic*, etc.

As a preventative many doctors will recommend patients, particularly at this time of year to take daily doses of *Xeno BioForce*, *MetaChlor*, *Wild Oregano Oil* in a softgel, *Flu Milieu*, *Temple Warrior*, *Mycelia Intrinsic*, etc, as these can help assist in the neutralization of the daily onslaught of poly-systemic xenobiotics.

If someone actually comes in with the actual flu versus a bad cold I will look to the Intrinsic. *Echina Intrinsic* and the *Mycelia Intrinsic* for example. Now the *Echina Intrinsic* is named obviously after the well known herb Echinacea. This mildly antiseptic herb is also a potent immune modulator which inhibits anti-viral, anti-bacterial and anti-inflammatory properties. It helps clear out the blood and the lymphatic system. In it's role as a powerful immune modulator Echinacea has traditionally been used to combat many types of infection, from the common cold to the flu. You can also use it to assist as a natural support in more serious illnesses, things like cancer and even HIV

The commentary expressed in this transcript does not necessarily represent the views of Aperture Energetics or any of its affiliates and is limited to the opinion of Dr. Stephen Atkins and his guests. Limited to licensed healing practitioners. Not for public distribution.

Compliments of Physica Energetics [www.physicaenergetics.com](http://www.physicaenergetics.com) Toll free - Canada 1.800.404.4163/USA 1.877.691.5442  
Contact Dr. Stephen Atkins at [physicaradio@gmail.com](mailto:physicaradio@gmail.com)

infection. I've also used it in treating people with respiratory infections as it's a great herb for people who have Asthma or hay fever, allergies, bronchitis any type of urinary tract infections, tonsillitis and I even use it for tuberculosis. Several innovative practitioners have used *Echina Intrinsic* for meningitis, enlarged prostate and swollen lymph nodes.

There are volumes of scientific research showing that "quality" Echinacea, and I emphasize QUALITY ECHINACEA (as you know there are a lot of junk herbs out there), is the KEY. Many echinacea products in tincture form, which is the best way to deliver accurate high doses, often have way too much alcohol in them! This is way over the top and indicates that the raw material is of a weak strain. So weak that it needed to sit in an alcohol solution for an extended or "chemically" extended time to draw whatever value was present in the inferior raw material, into solution. Once again KNOW your suppliers! Quality echinacea, and let me be clear here; I'm speaking about *Physica Energetics'* SPAGYRIC *Echina Intrinsic*, stimulates the immune system in a number of ways.

Ok, *Echina Intrinsic* acts as a natural antibiotic to fight off a wide variety of infections. A high concentration of the phytochemical inulin enhances the ability of white blood cells to fight infection, it increases the number of white blood cells available to combat infection and helps activate the T-cells and also the natural killer cells. It has a high content of caffeic acid, chichoric acid and echinacean which kills viruses similar to the immune systems own interferon which is one of our own cytokines. By doing this it helps increase the production of systemic interferon. It also helps stimulate our phagocytes into phagocytosis to help fight off pathogens. It helps block viral receptor sites on the surface of the cell and the cell membrane to actually prevent infection. It also may suppress

tumor growth, so I also use it in a lot of my cancer therapies. It has been referred to as the "King of the blood cleansers". So I really love using *Echina Intrinsic* for as I have said, it is a spagyrically processed ethno botanical tincture. Dr. Cass takes great care in creating these tinctures. It takes anywhere from 60-90 days to make. Many of them are still hand-crafted in a glass vat, stirred with a wooden sprig, just like the old alchemists used to use.

The *Echina Intrinsic* formula contains Andrographis, Astragalus, Holy Basil, Echinacea augustifolia, as well as the Echinacea purpurea which, is as we all know is the purple cone flower. This is a really fantastic remedy so I usually dose this pretty high. I start people anywhere from 120-240 drops once or twice daily to really start balancing the immune system.

With the *Echina Intrinsic* I also use the *Mycelia Intrinsic* and that is the organic handcrafted ethno, high end mushroom complex extract in a liposome tincture. Remember *Physica Energetics'* liposome tinctures, that's the delivery system right (?), concentrates the Spagyric ingredients in a closed spherical lipid vesicle composed of a phospholipid bi-layer membrane which has an aqueous core to allow for the uptake of nutrients to bypass the GI tract and go directly into the bloodstream via the sublingual mucosa or the Peyer's Patches in the small intestine. Remember any time you have a liposome tincture it increases its effectiveness by a minimum of 3.5 times. The great thing about *Mycelia Intrinsic* is that it has a high concentration of mushroom occurring beta glucans in there which are polysaccharide chains that promote immune modulation effects, which is one of the ways the medicinal mushrooms work. They also enhance

macrophage and T-cell production to fight bacterial and viral infections.

So the *Mycelia Intrinsic* is a unique blend of 6 highly potent mushrooms and they are all organic and they are wildcrafted. This exceptional blend of mushrooms gives us the highest content of beta glucans which helps provide intense support for the immune system modulation. I really love this tincture, it has the *Agaricus Blazeii*, Caterpillar Fungus, Turkey Tail which is the *Coriolus Versicolor*, it has the Reishi mushroom and the Maitake. I dose this pretty high from about 90 to 120 drops three times daily.

Now along with the *Echina Intrinsic* and the *Mycelia Intrinsic*, you can't forget the *Solray-D Liposome Spray*. This is one of the most unique remedies available to us. It is a cholecalciferol vitamin D spray in a liposome tincture, remember that means it is increased by 3.5 times. It also has the correct ratio of Vitamin K2/MK7 to provide for the calcium paradox without which you're asking for trouble! Again, I suggest dosing vitamin D at a relatively high dose. Vitamin D3 is cholecalciferol and cholecalciferol hits the liver and is converted to calcidiol. If there is sufficient left over (and this is the problem with the majority of Vitamin Ds on the market!) the kidney converts it to calcitriol. There is a calcitriol receptor site on every single cell of the body. All cells have the ability to update calcitriol, but if the dose isn't high enough and the delivery system isn't adequate, it never gets past the liver and on to the kidneys. There is no feedback loop mechanism at work here so the kidneys need a constant supply which the nanosphere liposome technology takes care of.

If you are doing blood testing dosages, I like to have people up to about anywhere between 70

and 100 when you are checking the 25-hydroxy vitamin D. In order to achieve that you need to do about 10 sprays daily. You can do that all at one time or spread it out throughout the day. However, all at once is typically sufficient.

Page | 4

There are so many articles written about Vitamin D3 coming out these days. It has been very heavily researched. However it's not really the vitamin D that is accomplishing all these great results. It's actually the calcitriol, that very potent steroid hormone which is getting the job done.

Along with the *Solray-D* I also want to get a lot of drainage into the body so I add a little extra drainage by using *Drainage Milieu* and that is one of the concentrated homeopathic tinctures.

Drainage, drainage, drainage...we need lots of drainage whenever we are trying to rid the body of any kind of toxin so I always have a little extra *Drainage Milieu* on hand and I usually dose that about 60-90 drops twice daily.

But with flu and influenza you also want to look at using the *Flu Milieu* at about 60 drops three times daily. This is highly specific and precisely generated, causal chain tincture designed to bring about homeopathic relief of the flu.

One of its notable ingredients is *barbarae duck liver and heart*, which Dr. Cass talks about sometimes during the Academy about getting that little duck that he uses in that mother tincture from a Rudolf Steiner community in Hong Kong. It is a very interesting story.

There is also Wild Indigo, White Bryony and *Crotalus Horridus*, which is Timber rattlesnake.

As a fascinating aside, Dr. Cass found this little gem of a flu-specific, homeopathic in an old, out

The commentary expressed in this transcript does not necessarily represent the views of Aperture Energetics or any of its affiliates and is limited to the opinion of Dr. Stephen Atkins and his guests. Limited to licensed healing practitioners. Not for public distribution.

Compliments of Physica Energetics [www.physicaenergetics.com](http://www.physicaenergetics.com) Toll free - Canada 1.800.404.4163/USA 1.877.691.5442

Contact Dr. Stephen Atkins at [physicaradio@gmail.com](mailto:physicaradio@gmail.com)

of print, homeopathic notebook indicting that this was one of the key remedies to resolving the 1918 Spanish flu. Once he found this he went looking for other obscure references from that time period and lo and behold that little remedy starting showing up everywhere – I'm very glad and you can be to, for Dr. Cass' tenacious approach to finding and testing the exact similia for us! Also included in this excellent remedy are nosodes of EBV at 30X, 60X, 200X, Echinacea augustifolia, Ginkgo Biloba and Condurango.

*Flu Milieu* also has the influenza nosodes at a 30X, 60X and 200X. Those have actually been derived from samples of blood or nasal secretions from patients who have contracted the flu and that was during the deadly 1918 flu pandemic and includes flu viruses since then up to our current time. So there is a whole wide range of flu nosodes included in this complex remedy. Also include is Bushmaster snake (homeopathic of course!), Pine Bark, Selenium, Thuja and Uvi Ursi. Dr. Cass has also added the flower remedies for cleansing, purifying and revitalization of the emotional and mental realms. We treat body, mind and heart right? He's included the Hornbeam, Oak, Crab apple, Olive, Sweet chestnut and Willow. The flower remedies are very powerful, for as in this instance they will help with feelings of helplessness, resentment, anguish and powerlessness. As you can tell, *Flu Milieu* is really a fantastic, well thought out, clinically specific remedy unlike no other available to us. Thank Goodness!

And finally I would recommend that people take the *Temple Warrior*. This is another one of the Chinese spagyrically processed botanicals which is based on the Gan Mao Ling & Yin Qiao, these

are some classic Chinese formulas and they are usually recommended when anyone has a cold or developing some kind of virus. I dose this Chinese medicinal at 90 drops three times daily.

Don't forget about the HOMEOPROPHYLAXIS protocol. Physica Energetics can send that to you and it is referenced well in the Vitamin D webinar.

I'm also going to list the remedies which you can use to remove the signature of vaccinations.

***Vaccin-Tox*** - 5 drops 1x month per year

***Flu Milieu*** - 5 drops daily 5 days before and 10 days after administration of *Vaccin-Tox* (15 days)

***Drainage Milieu*** - 5 drops daily 5 days before and 10 days after administration of *Vaccin-Tox* (15 days)

Also I want you to be aware of the protocol I use when a patient comes in with a full blown flu and they need deep and rapid support. Here's the protocol:

***Flu Milieu*** - 30 drops TID

***Mycelia Intrinsic*** - 30 drops TID

***Drainage Milieu*** - 30 drops TID

***Temple Warrior*** - 30 drops TID

***Olive Leaf Intrinsic*** - 30 drops TID

***Wild Oregano Oil*** - 2 caps 2-3x daily

Loading doses for the first 72 hours (double or triple depending on severity) then reduce to regular dosing as indicated.

REMEMBER: Symptoms lasting over 1 week or are recurring check adrenal/thyroid....**ADRENAL LIFE FORCE!**

If more systemic drainage is required add:  
*Lymph 1 Acute* - 30 drops BID

If sinus is inflamed add: *Sinus-Tox* - 30 drops TID

If mucus is "stuck" add: *Sambucus Intrinsic* - 30 drops TID warm water

If respiratory distress add: *Myrrh Intrinsic* - 30 drops TID warm water

If respiratory AND digestive add: *Convallaria Intrinsic* - 30 drops TID warm water

**If digestive distress add:**

a. CataZyme-7 - 2 w/meals

b. Flora Syntropy - 3 TID

c. GALT Fortifier - 2 TID

**Additional Clinical Tips:**

*Throat Spray Milieu* - Sore throat

*Sinus-Tox* - Sinus congestion

*Sambucus Intrinsic* - Mucus dissolver

*Thymus Code* - Recovery from illness, immune support

If we have more time I would love to go in depth with some of these remedies. Check out the monographs and you'll get a greater understanding of why they are so synergistically compatible, both physically and energetically. They really are a great service to our practices and if I may be so bold to say, to the well being of mankind.

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.*