

# Physica Radio Field Notes

## Dr. Stephen H. Atkins

It's THANKSGIVING tomorrow in the United States. Happy Thanksgiving to all our friends and colleagues.

As most of you know, Dr. Atkins and his wife run an 8 acre organic farm on Long Island, New York, that has been in the family for nearly a 100 years.

Currently, he is in the midst of harvesting over 1500 organic turkeys to sell in their farm store. Every year, people come from far and wide to buy these prized turkeys!

And you probably guessed, knowing Dr. Atkins' generous spirit, many of them are given away to needy families.

So this week he has asked us to replay one of our favourite past episodes as he's up to his elbows in organic turkeys!

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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 recurring lunchtime segment. It's always great to be here and I want to thank you all for tuning in, I really appreciate it.

Today I have a little treat for us all. At the recent Academy sessions in London, I had the opportunity to talk to Dr. Julia Hunter, a holistic dermatologist out of the Beverly Hills area who is also taking the 100 hour EAV course with Dr. Cass and faculty. She has a VERY successful practice and I took the opportunity to talk to her about her approaches to skin conditions. Dr. Hunter views the skin as a window to the health of the body and her practice is based on the principle that from "*health comes beauty*".

So here is a little excerpt of the talk I had with her and hope you will all enjoy it.

*Dr. Stephen Atkins:* "Hi, I'm here at the Academy of International BioEnergetic Sciences in London, and I have the pleasure of speaking with Dr. Julia Hunter."

*Dr. Julia Hunter:* "Yes, the skin basically is a window to everything that goes on in the inside. First of all inflammation, low hormones, low adrenal function, any sort of hyper pigmentation, any sort of redness that people have when their skin is dry. All of these are manifestations of what's going on in the inside.

Let's talk about some of the things that are actionable that we can treat. First thing is the *gut*. Everything is about the gut. Acne,

enlarged pores, any sort of skin redness, all that's about the gut. We all know you have to fix the gut first. That means probiotics (*Flora Syntropy*), *Hypo Zymase*, or *CataZyme-7 or U*, whatever tests out.

Then, there are the liver remedies, because if the liver is not clean you are certainly going to grow *moles*; you're going to grow *hyper pigmentation*, *seborrheic keratosis*, over time those gnarly moles that everybody hates, (that you need to exfoliate). But first you've got to clean your liver.

And so, of course everybody would have already done the RCCP™, because you need the minerals (*SpectraLyte*), you certainly need *GALT Fortifer*, you certainly need *HepataGest Powder*, all the different liver cleaning products including *Hepata-Tox*, *Liver Milieu*, all of those, etc, and then the adrenals.

When people put therapeutic skin products on their skin and they develop a rash, it's always because their hormones are low and the number one hormone is the adrenals. So, I just assume that there is *nobody in the world who doesn't have low adrenals anymore*. EAV, muscle testing, blood panels, regulation thermography always bears this out.

I put them on *Licro Intrinsic*. I have them on the *Bio-Omega 3* because the Omegas are very important; I'm a huge fan of treating inflammation, because it's also treating the hormone and transporting the hormone

into the nucleus of the cell. Very important! *SpectraLyte*, because of the minerals. Minerals are essential for every cell function in the body, particularly the skin. *Bio-Omega 3* because it basically helps protect you against the inflammation of the sun to a certain degree, (don't count entirely on that though!), but the primary factor is for inflammation and particularly for the adrenals and sex hormones.

Look, I use huge amounts of *Licro Intrinsic*, I use huge amounts of *Adrenal Life Force*. You need to get the cellular communication pathways open and then sort out the adrenals and liver before you treat anything else. We will assume that you have already looked at left spin, right spin. Do they need a *Hypothal Code*, a *ReHydrate*, a *Pineal Code*, etc, (to correct left spin)? Remember melatonin (*Melatonin Liposome Spray*) is very anti-breast cancer, it is very anti-inflammatory, and some researchers are now saying that it's the strongest anti-oxidant, even stronger than glutathione.

You have to treat the adrenals before you treat the thyroid. The thyroid is the gas for the cell basically, so then you are going to go more deeply into EAV or other testing modalities in order to do the rest of the hormones. Testosterone, for example is for men and for women. Remember that men and women have the same hormones, just in different amounts.

But if you don't have the core, if you don't have the body's Life force, the Vital force,

flowing and more energetic, then anything that a dermatologist puts on the surface of the skin, anything that people do for cosmetics, is going to only work at a fraction of its potential.

Also, if you don't have people cleansed and made more healthy (because from health comes beauty), then they are going to age more quickly. And so this is about slowing down the clock and turning back the clock!

Hair loss, all of that is hormones but that starts with cleaning the liver, having your gut right, before you get to hormones."

NOTE: Remember the adrenal remedies always recommended – *Adrenal Life Force*, *Licro Intrinsic*, *Bio-Omega 3*, *BioHealth Matrix and SpectraLyte*.

*Dr. Stephen Atkins:* "Great! So why don't you talk a little bit about how the use of harsh chemicals can affect the skin? And how does that affect the body?"

*Dr. Julia Hunter:* "Well, first of all everything that you put on the surface of the skin is absorbed. Look, (as I say to people)... 'Why would you want to spend your money on making yourself more toxic than your lifestyle is making you!?' I mean we live in the most toxic world where we are absorbing everything through our skin.

It starts with water. (We talked a lot about that at Concordia). We talked about the fact that chlorine absorbs like crazy. You need to have something on your water filter.

That's essential, because not only are you breathing it, you are absorbing it through your skin. Fluoride is another example. (*Pineal Code!*)

The other thing is skin products. You certainly don't want to use anything that has *parabens*, that has *Triethanolamine*, that has *propylene glycol*, all these things are not only inflammatory, they are well known and well documented to be *carcinogenic*. They are also hormone disruptors and that includes the adrenals as well as the thyroid. Then you have the acrylates, PEGS (polyethylene glycol), and the urea's. There is a list actually on my website of ingredients to avoid."

*Dr. Stephen Atkins:* "And what is that website?"

*Dr. Julia Hunter:* "That website is [juliathuntermd.com](http://juliathuntermd.com). So you do not want to spend your money on what makes you more toxic! People need to learn to read the ingredients of everything they put in and on their body. They can say organic but still have toxic chemicals in there. So you have to learn to read everything."

*Dr. Stephen Atkins:* "That's great, well, thank you so much for taking the time to speak to us. Thank you very much."

*Dr. Julia Hunter:* "My pleasure!"

Well, that was great! Dr. Hunter really touched upon a lot of interesting things there. You know, she mentioned the skin

being a great window into the body. She talked about the gut, she talked about the importance of the adrenals, thyroid and other hormones, she talked about the importance of the RCCP™, and she talked about the importance of melatonin as an anti-oxidant and also liver detoxification. I think a copy of her presentation at last year's Concordia is available from Physica Energetics where she goes into considerable depth into this subject. We do need more Dermatologists like her! She really touched on a lot in just a few minutes. In fact, it was *a New York minute-where everything can change!*

I have spoken about the adrenals and RCCP™ in the past and the gut, but I really haven't talked too much about the liver. So I thought this would be a good opportunity to kind of dovetail on the back of what Dr. Hunter was saying and talk about some of the remedies that I find very helpful in maintaining liver function and balance. This is one of the main filters of detoxification of the body and it's an absolutely important one!

The liver is very interesting as it is one of the organs that can regenerate itself and we can be really glad about that because the liver is an organ which takes a huge hit.

Liver drainage is so important! It's actually central to any successful healing protocol, as it relieves the stressful congestion to vital organs which in turn assists in the clarification of the extra cellular matrix

(ECM). If this doesn't occur deep and thorough restoration will not be realized.

You see, if you don't clear out that extra cellular matrix making it clean, then it's just a matter of time before serious problems begin to emerge. After all, *the cell can only be as healthy as the matrix in which it is bathed.*

So you know, there are basically three different sources of organic intoxication that can have a negative effect on the function of a specific organ that regulates elimination in various parts of the body. Of course, the liver falls under that category for sure.

So we have three different categories. 1) the *exogenous toxins*; these are chemical and psychological in nature that directly affect the tissues of the body. They include things like alcohol, drugs, tobacco, all kinds of environmental toxins or environmental pollution. Of course we also have emotional trauma; anxiety, shock, etc.

Then we have 2) *endogenous toxins*; these are toxins that come from within the body and these can come in the form of viruses and fungi, yeasts and other pathogens, etc, that affect normal body function.

And then we have 3) *autogenous toxins*; and these are toxins that created by the body itself. Then can be related to the genetic predisposition and/or the constitution or personality traits of the individual.

So the body drains toxins through its excretory organs and tissues and the liver, kidney and skin and mucous membranes. Once these systems are draining and tonified then the case is opened to what once was a *cloaked disturbance or a rigid signal*. But now, with the case opened, we can actually see what's present are compensatory or deeper levels and now the body can identify those elements and begin to move them out through the *now available* pathways. Dr. Cass speaks about this in the Academy and actually on the Physica Energetics website under the title of *hormesis*. This is an invaluable concept to understand and I highly suggest you look further into it.

So, the liver, just like the kidneys are really key to this process. One of the remedies that I love using for this is the *Liver Milieu*. The *Liver Milieu* was specifically designed to assist in the drainage and tonification of the liver and to support all phases of the liver detoxification. You all know we have Phase I, Phase II and Phase III. Phase III comes under the heading of biliary deficiency. So the way the liver detoxifies things through Phases I, II and III, works like this. A toxin comes into the body and the liver either renders it inactive and moves it out, OR if it can't do that it actually turns it into something many, many times more toxic. That is called an intermediate metabolite and then the body has to detoxify that. This is why we need to have the cellular communication pathways open as well as

the liver constantly draining and decongesting. Wouldn't you agree? Otherwise, toxins get driven deeper into cells and tissues with the best of intentions! Now, the body is a flow system and everything needs to continuously be in motion. If there are blockages along the way, toxins will accumulate and homotoxicologically speaking, be driven deeper on the road to degenerative patterning.

So a typical example of this would be aspartame, aspartame is NutraSweet it's found in virtually every artificial sweetener out there. I have a lot of my patients who still consume these toxins and what happens is this; aspartame goes into the body and it is immediately converted into wood alcohol. Now the liver cannot readily get rid of wood alcohol so what happens is it converts it to something a little more toxic. In fact, many, many times more toxic - formaldehyde! Then the body has to detoxify the formaldehyde. So, we want to be sure that the phases of liver detoxification are in position to deal with the daily onslaught of such toxic challenges.

Phase III can be seen as biliary insufficiency. You want to make sure that the liver is making sufficient and flowing bile to be stored in the gallbladder. A healthy liver is vital, in conjunction with a healthy gallbladder – both are a rare commodity these days. Most everybody has liver and gallbladder congestion at one level or another. Don't forget the *GB-40 Yuan*

*Source* and *GB Milieu*. It's not called the LIVER for nothing! Dr. Cass reminded us that an ancient Chinese greeting was, "How's your liver today?" We can all see the wisdom in that!

Now the thing I love about the *Liver Milieu* is it has a homeopathic dose of cytochrome P450 enzyme and that's the enzyme that assists in Phase I detoxification. During the Phase I pathway, toxin chemicals and metals (from food, water, and air) are converted into less harmful chemicals through many chemical reactions, through the induction of the P450 enzyme.

It's a fantastic remedy! I use a ton of this stuff in my practice. It's really not necessary to dose this too high as it's a drainage remedy. I think it's probably ok to dose this at 120 drops twice daily and that is generally what I do with that.

Other remedies that I reach for are things like the *Dandi Intrinsic*. Now I love *Dandi Intrinsic*, it's a concentrated handcrafted ethno botanical tincture, it's Spagyrically processed and the main ingredient in this is dandelion root which is *taraxacum officinale*. The official name of dandelion suggests its value. It comes from the Greek word, "taraxos" which means **disorder** and "akos" which means **remedy**.

Though dandelion is typically considered a weed, its roots and tops are valuable for medicinal purposes. Dandelion root contains an abundance of nutritive salts, electrolytes, that makes it very useful as a

herbal remedy for many, many different ailments. It's a wonderful herb, it strengthens the liver, it cleanses the blood, it stimulates the secretion of bile, it helps aid in digestion and also acts as a mild laxative and a stool softener, believe it or not. Dandelion has also been known to help dissolve and eliminate gallbladder and kidney stones. In India it is considered an excellent diuretic, largely because of its high potassium content and this helps to assist in sodium balance.

Another Intrinsic remedy I immediately head for is the *Carduus Marianus Intrinsic* and this is Spagyric milk thistle. Milk thistle is actually in the daisy family and is usually native to the Mediterranean region of Europe, North Africa and the Middle East. Milk thistle has been used since Greco-Roman times as a herbal remedy for a variety of ailments that all relate to the liver and the gallbladder. Now the active ingredient in the milk thistle, as we all know, is *silymarin* and this is a mixture of at least four closely related flavonolignans. 60-70% of these are a mixture of two diastereomers of silibinin. There are four compounds that make up the *silymarin* complex; silibinin, isosilibinin, silicristin and silidianin. Silibinin is the most active and is largely responsible for the botanical and medicinal powers of *silymarin*.

*Silymarin* strengthens and stabilizes liver cells and the walls. It also prevents many toxins from breaking through the fatty cell membranes entering through the cells and

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it neutralizes toxic substances that do break through. It induces the formation of the liver cell proteins which strengthen the liver and make it more resistant to toxins. It actually simulates protein synthesis in the liver cells by decreasing DNA and RNA activity and it enhances the rejuvenation of the liver cells.

AND it prevents the depletion of glutathione in liver cells. Glutathione is one of the most powerful antioxidants needed to detoxify many hormone depleting drug chemicals. I just love this stuff. I use a ton of this stuff in my practice.

Dr. Hunter also talked about melatonin as being a very, very powerful antioxidant. *Physica Energetics* has a great melatonin product called *Melatonin Liposome Spray* and I use this alot on my patients with metabolic disorder, but as she said, it is also a very, very powerful antioxidant. I use a ton of that stuff in my practice too.

Dr. Hunter made a nice point when she said that 'anything you put on the skin goes directly into the body.' I always tell my patients that the skin is the largest organ in the body and I say, "Don't put anything on the skin that you are actually not willing to drink, because it will go right in." That's a really big piece!

Other products I head for, when it comes to liver congestion are things like the *HepataGest Powder*. It's a great one for promoting Phase I, Phase II and Phase III liver detoxification without putting the

patient into a major detox! Note the sulphur factors in the remedy along with a plethora of synergistic ingredients.

You know, there are number of "medical foods" out there these days designed to work with the liver for example. Most of them are just so cost prohibitive and frankly are out of balance. This product is affordable and perfectly synergistic. I understand it's one of *Physica Energetics'* best sellers worldwide. Well, there must be a reason for that, don't you think?

The *HepataGest Powder* dosage is just 1 scoop daily in a smoothie. Or if you are having big problems you can do 1 or 2 scoops twice daily. As matter of fact I find that when people wake up in the middle of the night, it is generally due to either liver congestion or adrenal insufficiency (a hypoglycaemic event!) and so if you have a scoop in a smoothie right before bedtime many times that alleviates the problem.

I didn't talk about the dosing on the *Dandi Intrinsic* or the *Carduus Marianus Intrinsic*. I dose those at 240 drops twice daily. It's kind of a high dose but you really, really want to get in there. The liver is such an important and powerful filter and it's involved in processing every substance that circulates in the blood. So when people have a poor diet, have been exposed to chemicals or pathogenic organisms; that they have taken antibiotics, or even hormone replacement therapy, a lack of essential nutrients will really impair the

livers' ability to filter and detoxify these harmful substances. So, like I said, the *HepataGest Powder* is one of my "must takes" when it comes to liver detoxification, decongestion and overall liver and gallbladder nutrition. Tastes good too! I know most of you are using this already.

To help keep the liver pathways open I use a lot of *Nat Body CLR*. *Nat Body CLR* helps decongest the liver and helps promote healthy kidney function to help keep open the pathways of elimination. Now this is not a detox, this is just an opening of the drainage pathways. You can use it as a detox certainly. It's just a matter of dosage. I always give *Nat Body CLR* in conjunction with the *Nat Colon CLR*. *Nat Colon CLR* helps open up that large intestine and the colon pathways so that the body can rid itself of toxins. Actually it "feeds and heals" the colon so that it can function capably on its own without having to deal with all the accumulated toxins built up, sometimes over lifetimes.

So you have to remember when the liver and the organs of elimination cannot keep up with the demands for detoxification, the body will attempt to excrete toxins via

alternative routes and when this happens you see things like eczema, psoriasis, and other skin eruptions that are all signs that the body's ability to detoxify is compromised. Sluggish metabolism also plays a role in this, so we want to make sure that everyone is digesting properly. For that I would use one of the digestive enzymes that are available; the *Hypo Zymase*, *CataZyme-7* or *CataZyme-U* depending on what tests out and what's appropriate for your patient.

This is a huge topic! I trust this short overview makes the point that without good liver clearance you'll just be, how did he say it (?)... "rearranging the deck furniture on the Titanic"... So much more to consider, but that is about all the time we have right now....

*..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.*