

# 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 re-occurring lunchtime segment. As always I want to thank you all for being here and it is certainly a pleasure of mine to be speaking with you.

Recently I have had a number of patients coming to my practice suffering from *Pancreatic Insufficiency*. I've been corresponding and speaking to a number of you and you've indicated that you've been seeing this as well so I thought I would do a little talk on that today.

Let's remember some of our pancreatic anatomy. The pancreas has two main functions; one as an *endocrine* gland and one as an *exocrine* gland.

As an endocrine gland, the pancreas produces the hormones *insulin* and *glucagon* which are released into the circulatory system to help regulate blood glucose metabolism. *Pancreatic polypeptides (PP)* are another set of endocrine hormones which affects energy and balance.

As an exocrine gland, the pancreas is an important part of the gastrointestinal

system. The ductile cells of the pancreas produce bicarbonate which then neutralizes stomach acid and raises the pH of the chyme from 7 to 9 once it enters into the jejunum. Bicarbonate is released in response to *gastrin* in the bloodstream. Gastrin, you might recall is a peptide hormone that stimulates secretion of gastric acid (HCl) by the parietal cells of the stomach and aids in gastric motility.

So some of the roles of the pancreatic enzymes just mentioned, monitors insulin to regulate carbohydrate and fat metabolism. Insulin causes the liver muscle and fat cells to take up glucose from the blood and store it as glycogen or as fat. Now, insulin inhibits the release of glucagon and thus prevents the utilization of fat for energy. When it comes to glucagon it is released by the pancreas when the blood glucose levels get too low and causes the liver to turn glucose back into glycogen from its stores. There is instant release so the glucose can be utilized by the insulin dependant tissues.

And finally pancreatic polypeptides are secreted mainly by the cells around the periphery of the *Islets of Langerhans*. So when administered, pancreatic

polypeptides suppress pancreatic enzyme secretion and appetite.

Of note here, a lack of pancreatic polypeptides has long been associated with obesity through animal experimentation. So patients who have PP secreting tumors stay thin with very little ill effects to their size.

The *acinar cells* of the pancreas produce zymogens that are inactive pro-enzymes. These pro-enzymes could easily digest the pancreas itself if they were in the **active** form.

There is also *cholecystokinin* or CCK which is a hormone/neurotransmitter promoting the release of pancreatic zymogen into the duodenum. It is a really interesting process, don't you think?

Let's look at some of the pancreatic enzymes now. There are many pancreatic enzymes and I would like to talk about them briefly and what their activities are. The first one we have is *trypsinogen* and this is secreted in the jejunum. Then there is *enteropeptidase* an enzyme produced in the mucosa of the duodenum and it cleaves it into the active enzyme *trypsin* and this in turn converts to trypsinogen which also activates the other pancreatic zymogens that I spoke about before. There is only a small amount of enteropeptidase required to activate the pancreatic enzymes and just to note the trypsin is a proteolytic endopeptidase. We then have *chymotrypsin* which is a pro-enzyme that is converted by trypsin into chymotrypsin which is another

proteolytic endopeptidase and an interesting thing on the side about chymotrypsin: it is a really cool pancreatic enzyme in that when chymotrypsin is activated it actually helps 'uncloak' tumor cells in the body. We all know that there are many times when you are treating patients (at least initially) either doing some EAV testing, Auricular therapy or muscle testing (AK) and prior to building the foundation and balancing the body out, you may find that you get some readings that are abnormal, just not quite right. That is because there are certain systems in the body that are cloaked when the foundation is not balanced.

Anyway chymotrypsin is a very interesting enzyme making it possible for the body to see cancer cells....it kind of works like a lock and key mechanism. There is actually a doctor, an Austrian physician who did a lot of research on chymotrypsin and she found that the chymotrypsin is one of the active proteolytic enzymes that uncloaks cancer cells to the body. A really interesting pancreatic enzyme.

Then we have enzymes like proelastases, dipeptidases, colio lipase, there are bile salts and other lipases that are similar to pancreatic lipase. Bile salts are required to stabilize lipase and it protects it from proteolytic hydrolysis of the intestine. Then there are sterol enterasys, pancreatic alpha amylases, pancreatic ribonuclease and pancreatic dioxy-ribonuclease 1.

So we have a lot of different pancreatic enzymes in the body that do a multitude of functions. Many times these enzymes and these pancreatic polypeptides are not working optimally. I love to try to balance these out because when you look at the 'Healing for the Pattern of Life™' you want to balance a person's digestive system, balance their neuro-endocrine system and get their liver and kidneys functioning properly. And importantly you want to balance the adrenals before you start removing any causative factors of illness. There are some great products Physica Energetics has and is developing to help balance pancreatic insufficiency. Let's take a look.

A new product we've been working with is called *Pancrea Life Force* and will be out around mid to late December and it's a great, great product because it helps to give nutrition to the pancreas; it helps to stabilize blood sugar; it delivers a lot of enzymes, metabolites, proteins, fats and carbs; and it helps to balance out Metabolic Syndrome. I actually see a lot of Metabolic Syndrome or Syndrome X in my practice and the common symptom you see with that, is men and women with that spare tire around their middle. That is a clear cut indicator that someone has Metabolic Syndrome. *Pancrea Life Force* will also help to balance digestive disturbances (and we'll talk about that in a minute), it helps biliary status and it helps with sinusitis and allergies.

Remember: if anybody has any sinusitis or allergies it is generally a digestive problem. 'So problems down below effect areas up above'. I have found (at least in my practice) whenever anybody has air borne allergies or sinusitis, many, many times it is just due to insufficient digestion and once you clear that up the sinuses miraculously clear up themselves!

The *Pancrea Life Force* has 500 mg of bovine glandular derived from government-inspected, range fed animals raised in New Zealand, whose animal husbandry regulations are among the strictest in the world. It has pancreatin 8X at 100 mg, that's protease, amylase and lipase, Vitamin B1, B2, B3 and B6 at 15 mg, zinc at 10 mg, chromium GTF at 250mcg and vanadium at 100 mcg....beautiful. This remedy is going to fly off my shelves! It is going to be a perfect compliment to *Jambola (the specific for blood sugar balance as in Type 2 Diabetes, MetaObesity, Metabolic Syndrome, etc...)* the *HPA (Axis) Life Force* (which are both new products), *GB-40 Yuan Source*, *Hypo Zymase* and *HepataGest Powder*.

Dr. Cass did a wonderful educational webinar on the 21 new products that Physica Energetics' is in the process of releasing. Ask Physica Energetics for the web link to listen to this fast moving, clinically inclusive webinar.

The next remedy I look to is *GlycoPan-Tox* to balance blood sugar and to balance the pancreas. This is a wonderful concentrated

homeopathic detoxifier, perfect for pancreatic insufficiency, reactive hypoglycaemia, Diabetes, food allergies, fatty liver, sinusitis and the gall bladder. If you don't have anyway to test for pancreatic insufficiency look for the person having an impaired digestion, nutrient or enzyme deficiency or malabsorption, that includes people who have nausea or abdominal discomfort, these are all signs of pancreatic deficiency. Another indicator is the intestinal overgrowth of Candida, mycoplasmas, protozoa, yeast, liver flukes and worms in the small intestine and colon. It can also cause adrenal and thyroid fatigue which is another common symptom of pancreatic insufficiency.

There are many ways the blood sugar system can become imbalanced and this can be due to xenobiotics, hormone imbalances, stress, poor diet, not enough exercise and not enough rest and that's just to name a few...! I love the *GlycoPan-Tox* because it is fast acting at stabilizing blood sugar. Its ingredients include the argentum nitricum 9X, 12X, 15X also known as silver nitrate. This can help with diarrhea due to gastric disorders and this is normally caused by people eating too much sugar, candy and sweets. It can actually help to reduce sugar cravings. It has liver at 6C, 6X, it has adrenal sarcodes also at 6C, 6X; it has the pancreas, thyroid and pituitary sarcodes at 6C, 6X which really help to balance out many of the causal chain factors. Along with zinc, selenium, fenugreek, sumac, dwarf bean

and gumarbooti (most of us know this as *Gymnema sylvestre*) which incidentally raises the production of insulin by regeneration of the insulin producing cells in the pancreas....amazing. *Jambola* has a high concentration of *Gymnema sylvestre* in balance with other blood sugar regulating ingredients. You really need to review both these remedies along with *Pancrea Life Force* for all sugar handling and related challenges which, are not so incidentally, on the rise!

The next remedy I head for (and I should have mentioned this before), is *BioCell Salts*. I don't think people really use enough of the *BioCell Salts*. Remember, everything in the body from connective tissue, to elastic tissue, to muscle tissue, to organs is all composed of differentiated cells. So *BioCell Salts* give the body healthy salts and a blueprint of the 12 biochemical mineral salts the body needs. All with the basic salts Dr. Cass has added parathyroid at a 6C, hypothalamus at a 6C and ATP at a 5X. So *BioCell Salts* I think is an under utilized remedy, it really, really helps with mineral deficiencies, endocrine and cellular health.

Now when it comes to balancing digestion and we all know that the pancreas is key in digestion, I reach for one of the causal chain worthy(!) digestive enzyme products. *Hypo Zymase* and the *CataZyme-7*. The *Hypo Zymase* is very important as I find anyone over the age of 35 has a problem with the parietal cells of the stomach secreting hydrochloric acid (HCl). And if someone's

pancreas is not working optimally, bicarbonate can't be released properly into the body in response to the gastrin signal in the bloodstream. So that automatically makes us say there is not enough hydrochloric acid in the stomach. This is a beautiful digestive enzyme as it has just the right amount of HCl at 160 mg as in betaine HCl, then Dr. Cass has also added the amino acid glutamic acid which stimulates your parietal cells to make its own hydrochloric acid. If you JUST give HCl as so many unenlightened practitioners do, you run the risk of the body reducing its natural output of self-generated HCl. Not with *Hypo Zymase* of course as the ratios and proportions are causal chain remember, and centrally supportive at the dynamic core of the NATURAL INNATE digestive processes.

*Hypo Zymase* contains a powerful enzyme in there called papain from unripe, organic, papaya. Also pepsin and pancreatin 8X. One of the central features of this remedy is that it is also a **dual phasic enzyme** so it helps not only in the gastric aspect of the digestive system but in the duodenum as well. So Dr. Cass has lipase, bromelain, bile salts, fenugreek, gentian root and ginger to help in **phase 2 of digestion: the duodenum**. Big feature I'd say!

I also use the vegetable digestive enzyme product, *CataZyme-7*, which we all use as part of the *RCCP™* program. It's also an excellent stand alone digestive remedy outside of the *RCCP™* program. It helps

balance and regulates the digestive system and you can actually use *CataZyme-7* as a digestive enzyme along with the *Hypo Zymase*.

Here's a great clinical tip that many of us in the Physica International Community of Practitioners have been using for the past year: now, I wouldn't recommend taking them both together at the same time. I would however take the *Hypo Zymase* with meals and the *CataZyme-7* away from meals. You want to do 1-2 *Hypo Zymase* tablets with meals and then you take 2 caps *CataZyme-7* away from meals. This will help with digestive disturbances, bloating, allergies, heartburn, constipation, flatulence, diarrhea, etc. It also helps with ileo cecal valve problems, low energy, fatigue, it can help balance weight issues and it has a really, really high chlorophyll content, it's an amazing product relative to that. *CataZyme-7* also has organic and wildcrafted botanicals to continue the digestive healing between meals, which more often than not accelerates the healing process substantially.

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.*