

Inflammation

& the

POWER

of Enzymes



by Margy Squires

Systemic enzymes are powerful agents that can **quench inflammation and pain**, plus reduce scar tissue and fibrin that interfere with healing. Arthritis, cardiovascular disease, SEID (ME/chronic fatigue), fibromyalgia, injuries, low immunity—enzymes are ready to take action when you're ready to take them!

Most people are familiar with enzymes that aid in digestion; from the saliva that starts the process to the specialized enzymes in the stomach that break down fats, dairy, carbs and proteins. Digestive enzymes are limited to digestive work, but there's another class of enzymes that deserve attention, *systemic enzymes*. As the name implies, these enzymes have the ability to travel system-wide via the bloodstream, influencing the health of the entire body.

About Enzymes

There are more than 3000 known enzymes in the human body. Research is only beginning to reveal the therapeutic potential of these remarkable agents. There is one thing researchers do know: without them you die.

Enzymes are the catalyst of life, enabling you to move, breathe, digest and repair every second of every day. They are part of every living organism. Amazingly, 90% of enzymes keep you alive by breaking down proteins in your body, which in turn actually builds you up. The most obvious evidence of this action is in digestion of your food to extract life-giving nutrients and energy. Enzymes increase overall health by helping you utilize vitamins and minerals more efficiently. As catalysts, enzymes are very active and very fast. They can start, speed up or slow down biochemical reactions without being used up in the process, moving on to their next task in an orderly and efficient manner. Enzymes are very specific in function, like the digestive ones mentioned earlier. This article will focus on the *systemic* enzymes that have the ability to enter the bloodstream and thus impact *multiple* systems in the body.

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Dr. Max Wolf and Dr. Karl Ransberger are considered pioneers in systemic enzyme research. While you're not getting a history lesson here, what you need to know is that enzymes have been used therapeutically in Asia and Europe for more than 40 years. They are shown to be effective, safe and virtually without side effects. As therapeutic agents against inflammation, systemic enzymes shine.

FIBRO-ENZYMES™ THERAPY

Helps by quenching inflammation and pain to promote healing for:

- ◆ Acute & Traumatic Injuries
- ◆ Back Pain & Sciatica
- ◆ Bruises, Cuts & Wounds
- ◆ Bursitis & Tendinitis
- ◆ Inflammatory Disorders
- ◆ Muscle Sprains & Strains
- ◆ Osteo & Rheumatoid Arthritis
- ◆ Post Surgery
- ◆ Tendon & Joint Disorders

Inflammation

Inflammation occurs as a natural by-product of the body's healing process. No matter what the injury – sprains, cuts, bruises, broken bones, surgery – systemic enzyme therapy helps reduce inflammation so tissues heal faster. When an injury occurs, inflammation is part of the body's defense mechanism. Capillary permeability increases, encouraging as fluid buildup (swelling) in the area, a perpetual wall of insoluble proteins (like fibrin) that keeps any infection out in an effort to protect the rest of the body. Unfortunately, it also keeps oxygen and nutrients out. Enter enzymes to the rescue, breaking down the protein wall, bringing nutrients in and clearing out repair debris and excess fluid. Swelling and pain subsides and healing begins. Enzymes also stimulate the immune system to act against any viruses or bacteria, to shorten recovery.



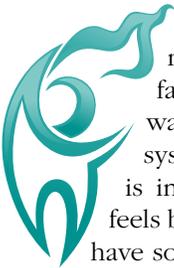
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Inflammation & the POWER of Enzymes... *continued*

Enzymes shine best when used early in an injury, especially in sports related injuries involving soft tissues and muscles, and for post surgery healing. By reducing inflammation, enzymes reduce the risk of scar tissue, which can affect the flexibility and function of blood vessels, tissues and joints. Their proteolytic action prevents new scars but also breaks up fibrin and restores function of old scarring. In the same manner, systemic enzymes are helpful for cardiovascular disease, reducing harmful blood clots that cause heart attacks and strokes.



While enzymes are truly amazing, there's only one problem and that's having enough of these "chain reactors". Normally you would obtain these essential substances from food and water but enzymes are fragile, sensitive to light, heat and pH ranges. In this age of increased pesticides, tainted water and other environmental factors, enzymes get destroyed. The fact that heart disease is still the number one killer is evidence that we're not getting enough. Supplementing is an easy answer.



Enzymes missing in action are implicated in many disease processes. In one study of chronic fatigue (SEID) patients, an enzyme abnormality was found which may explain why the immune system over-reacts if a defective anti-viral enzyme is involved. Naturopath, Dr. William Wong, who feels better himself on enzymes, suspects that it may have something to do with fibrin. By clearing out the "debris", pain and fatigue are improved. He does caution that it took eight months before he felt the difference. The more chronic the illness, the longer it may take to heal from the inside out.

Enzyme Helpers

Enzymes do not act alone; they need vitamin and mineral cofactors which are best found in organic foods. Magnesium assists more than 325 enzyme reactions in every cell! When choosing dietary sources, remember that enzymes are only found in living organisms. Choose veggies raw or lightly steamed, whole grains, non-fat unsweetened yogurt, non-fat cottage cheese, butter, freshly squeezed veggie and fruit juices, raw sunflower and flax seeds, fish and poultry without skin, organic sprouts, raw fruits and locally grown honey. If you're like most of us and organic is not always an option, take a quality daily multiple to ensure your enzymes stay active.

More Facts You Should Know

The strength or therapeutic value of an enzyme is directly related to its activity or potency which should be listed on the product label. If there is no activity measurement included, you should question the effectiveness of the product.

Plant and fungus-derived enzymes operate at more higher temperatures and acidic environments than those derived from animal sources. Serrazimes® is an all vegan blend of proteases to promote protein metabolism, both within the digestive tract and systemically to support healthy joints, muscles, circulation, heart, and immunity.

A Word about NSAIDs

Non-steroidal anti-inflammatory drugs (NSAIDs) are a multi-billion dollar industry. The sad fact is that NSAIDs cause the single most severe adverse drug reaction – GI complications – and yet do not address the cause of inflammation. According to the American Association of Poison Control Centers, since 2006 acetaminophen has accounted for more fatalities than all other over-the-counter pain relievers combined. If you're on an NSAID and want to switch, don't stop cold turkey. Talk to your doctor. The best way is to stay on the NSAIDs and start the enzymes, slowly tapering off the NSAIDs. Systemic agents need time to work their healing power.

Summary

Enzymes are catalysts that can help your body operate more efficiently and heal faster. As we age or are faced with degenerative diseases, illness or trauma, the ability to mend ourselves back together again slows down and gets increasingly more difficult. Aging is, in fact, a result of that slowdown. Providing supplemental enzymes turns up the activity again for healing – fast!

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Fibro-Enzymes™ with Serrazimes®

SUGGESTED DAILY DOSAGES

For all dosages, take Vcaps® 30 minutes before or in between meals for absorption into the bloodstream and optimal healing.

Supplemental

Take 3 Vcaps® of Fibro-Enzymes™ a day.

Recovery (Post Surgery, Bone & Tissue Repair)

Take 2-3 Vcaps® of Fibro-Enzymes™ 3 times a day (upon approval of your surgeon).

Acute Inflammation or Flare-Ups

Take 3 Vcaps® 4 times a day for 1-3 days or as instructed by your health care professional. Reduce dose to *Supplemental* (See above).



**Caution: Not recommended for pregnant or nursing women or young children. Please consult your health care professional before use if you are on a blood thinning agent, have an aneurysm, ulcer or blood coagulation disorder or for pre and post surgery use.*