Nature's Hidden Health Miracle

101 Ways Enzymes Can Help You End Pain, Stop Disease and Live Longer



Nature's Hidden Health Miracle

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Contents

The Importance of Enzymes

Basic human survival requires only a handful of primary needs to be met. You're undoubtedly aware of most of them: oxygen, water, food, shelter and sleep.

Yet many live their entire lives without once considering another primary survival need: enzymes.

They're responsible for breaking down the food you eat to give your body the nutrients needed to build new bone, muscle, nerves and every other cell. But they're needed for far more than digestion.

Enzymes are required for every biochemical reaction in all 100 trillion cells in your body. Biological catalysts, enzymes accelerate and regulate processes throughout your body so they can perform at a pace fast enough to keep you alive. For example, one enzyme – carbonic anhydrase – helps convert over 36 million molecules of carbon dioxide per second into a form that can be transported safely out of your muscle tissue.

It's no exaggeration to say that without enzymes, you're dead.

Your body manufactures trillions of enzymes on its own. But as we age, the number of enzymes produced drops as much as 13% per decade of life following puberty.

As a result, digestion suffers. Energy plummets.And disease, discomfort and chronic pain become commonplace.

Over time, the number of enzymes needed to sustain every essential process in your body, every moment of your life, become insufficient.

For thousands of years, most humans who managed to survive to old age did so without many of the ailments we struggle with today... in significant part thanks to getting the enzymes they needed through their diet. Yet most Americans and other Westerners today are severely enzyme-deficient.

In this special report, you'll discover how to preserve your body's enzyme potential, how to get more life-sustaining enzymes through diet and supplements and how they can help you overcome both everyday and severe health ailments.

> "Enzymes are substances that make life possible, the key to unlocking good health and vitality. Without enzymes our bodies would not be able to harvest the nutrients from the foods we eat. They are the manual workers that build the body from proteins, carbohydrates, and fats."
>
> - Dr. Edward Howell

Extend Your Life by Increasing Your Body's Enzyme Potential

Some enzymes are used for digestion while others circulate throughout your body performing important tasks such as producing hormones, regulating body secretions, managing inflammation levels, balancing pH levels, producing cellular energy and destroying foreign invaders.

However, it takes a toll on your body to create the enzymes needed. It's part of why you feel sluggish after a large meal as your body works to digest the food.

Many scientists, going back to Dr. Edward Howell who first started researching enzymes over 80 years ago, believe our bodies have a limited lifetime total enzyme production potential. They discovered simply reducing the caloric intake of mice – which reduced the demand for enzyme production for digestion – greatly extended their lifespan.

Reducing your calorie intake may preserve your limited enzyme potential to help you live longer. But so can increasing the amount of enzymes you consume so your body doesn't have to create them all itself.

Since enzymes are necessary for life in every living plant and animal, not just humans, enzymes

can be found in virtually all food. Yet most of the food we eat has no active enzymes for one simple reason: heat and processing both destroy enzyme activity, making the enzymes in most foods we eat useless in our body.

That's one good reason to incorporate more enzyme-rich, raw foods in your diet. When active enzymes are present in your food, your body can more easily digest and consume the meal without having to produce all the enzymes itself.

There's still a problem, though. Most raw foods found at your local grocery store were picked long before they were ripe then trucked or flown to some warehouse to sit for days or weeks before you ever get your hands on it.

Not only are you missing out on the highest enzyme levels that only diminishes over time. It's why "fresh" fruit rots so fast in the bowl on your counter – the enzymes have already been busy breaking down the fruit they're found in!

While the enzymes in raw foods can help with digestion and preserve some small amount of your lifelong enzyme potential, many truly remarkable improvements in your health may only be possible through enzyme supplementation.

By getting the enzymes you need through diet and supplementation, you spare your body the task of having to create its own enzymes. And according to some researchers, this alone may extend your life just like they found in the mice study.

Two Types of Enzyme Therapy

When it comes to using enzymes to improve your health, there are two distinct ways to supplement.

One improves your digestion and relieves much of the burden your body carries in manufacturing enzymes. The other replenishes an important category of enzymes whose common deficiency later in life is associated with numerous diseases and painful ailments.

Both are vitally important for optimal health.

Digestive Enzyme Therapy

Virtually all of the enzymes your body needs for digestion are created within your body. From the moment you put food in your mouth, the digestive process goes to work.

Enzymes in your saliva begin breaking down your meal as you chew. More enzymes in your stomach continue the process once your food reaches your stomach. As your meal moves on to your small intestine, even more enzymes made there and excreted into it from your pancreas convert the food into molecules that can be extracted through the lining of your intestines and used throughout your body.

Although there are thousands of individual types of enzymes, each can be simply classified as one of three types when it comes to

digestion. Each one digests a different type of food into simpler forms that can be absorbed from your small intestine into your body:

- Proteases - break down proteins into amino acids
- Lipases - break down lipids (fats) into fatty acids and glycerol (sugar alcohol)
- Carbohydrases - break down carbohydrates into simple sugars

Listen to your mother. Chewing your food is an essential part of eating – and the digestive process.

Beside breaking food into smaller, easier to digest pieces, chewing also gives time for the three types of amylase enzymes found in your saliva to begin breaking it down further. These amylase enzymes are carbohydrases, which means they break down the carbohydrates you eat.

Digestion of carbohydrates continues in the upper stomach while protein begins to break down in the lower stomach where it encounters stomach acids and proteases. As your meal continues further into your small intestine, additional enzymes including lipases are released to finish digesting your food.

When eating cooked and processed foods, all of the enzymes needed for digestion must be made by your body. But when you eat raw foods, the active enzymes – the same ones that cause the fruit in your fruit bowl to go bad as it self-digests – help the digestive process along so your body doesn't have to do so much of the work.

Digestive enzyme therapy is as simple as taking an enzyme supplement with a variety of proteases, lipases and carbohydrases at the beginning of your meal. This takes much of the digestive load off your body to ensure you have the necessary enzymes to get the maximum nutrition and energy potential out of the foods you eat.

By taking a broad spectrum digestive enzyme supplement including proteases, lipases and carbohydrases with every meal you can soon expect to enjoy several benefits:

- Reduced heartburn and indigestion
- Reduced gas and bloating
- Reduced susceptibility to food allergies
- Relief from stomach ulcers
- Improved digestion of dairy products
- Increased energy levels

Of course, making the right food choices is as important as supplementing with enzymes. Enzymes can't extract nutrients that aren't in your food!

If you're chronically tired or often fatigued, try reducing the digestive load off your body further by occasional fasting, restricting your calorie intake, eating more raw foods and taking a digestive enzyme supplement.

Simply take digestive enzyme supplements with every meal and systemic proteolytic supplements between meals and suddenly you unlock the door to less pain, better health and increased longevity.

Systemic Enzyme Therapy

All three categories of enzymes are important for digestion and other processes. But proteases, also known as proteolytic enzymes, play the largest role in your overall health as metabolic enzymes.

It's the scarcity of proteolytic enzymes in your body that's a primary driver of the increased inflammation, chronic pain and incidents of disease you're more likely to experience as you grow older.

That's because proteases perform numerous additional vital functions when they are absorbed through the lining of your small intestine to circulate through your body as systemic, or metabolic, enzymes. The enzyme is the same, only it functions differently because of its location.

The key to using proteolytic enzymes in systemic enzyme therapy is to take them at least a half hour to hour before or one to two hours after a meal. Otherwise they'll break down proteins in your digestive tract and get flushed out with other waste in your stool.

By taking digestive enzymes with your meals (to aid swift digestion) and taking your proteolytic enzyme supplement when your stomach is clear of meals and snacks, they'll easily pass from the lining of your small intestine into your blood stream.

Once these proteolytic enzymes pass through to your blood stream, they travel throughout your body to:

- Reduce systemic inflammation throughout your body
- Improve blood flow by reducing blood pressure
- Improve wound healing
- Reduce excess scarring
- Dissolve blood clots and clear plaque from blood vessels
- Improve immune system response
- Clean blood and lymph systems of organic debris
- Reduce susceptibility to allergies
- Improve recovery time from exercise and injuries

Simply take digestive enzyme supplements with every meal and systemic proteolytic supplements between meals and suddenly you unlock the door to less pain, better health and increased longevity.

101 Conditions Improved (Or Cured!) By Enzymes

Together, digestive enzyme therapy and systemic enzyme therapy can improve or cure far more than 101 individual conditions. This section merely serves to illustrate a broad cross section of conditions enzyme therapies can help. Even if you don't see your specific condition here, chances are enzymes can help.

Injury Recovery

Following any injury, from a minor twisted ankle to a traumatic wound, your body responds by signaling for inflammation to flood the area with protective fluids and white blood cells to fight off potential invaders. It also uses fibrin to seal off the area, especially where skin, major blood vessels and minor capillaries may have been broken.

During a normal healing process, proteolytic enzymes signal your body to shut off the inflammation once repairs are complete and then the remaining proteolytic enzymes dissolve excess fibrin so deposits or restrictive scar tissue aren't left behind to cause pain and hinder mobility. That cellular debris left behind is broken down by proteolytic enzymes and flushed out of your body via your lymphatic system.

Of course, if you're in your 30s or older, you already recognize that it takes longer to heal from an injury now than it did when you were younger. That's because as we get older, our body manufactures less proteolytic enzymes.

In our childhood and teen years, healing is rapid and effective. But by age 27 on average, our bodies start suffering from a deficiency of proteolytic enzymes. That's why the amount of systemic proteolytic enzyme help your body needs will vary, increasing due to various health conditions and aging.

From puberty through your late 20s, regular systemic enzyme therapy is likely unnecessary (yet harmless) unless you're suffering from a condition aided by systemic proteolytic enzymes as described in this report. However, taking a proteolytic enzyme supplement following an injury or heavy workout may decrease your recovery time.

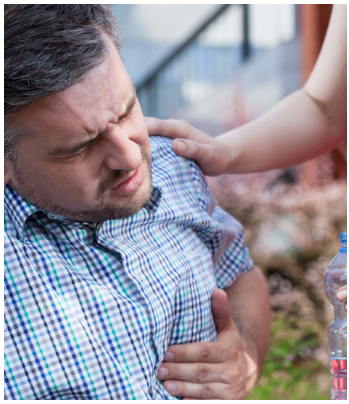
From your late 20s through your mid-40s you'll want to add systemic enzyme therapy to your daily routine, supplementing with a moderate level of proteolytic enzymes to help prevent fibrin buildup that leads to restrictive internal scar tissue and formation of arterial plaques. Increase your intake of proteolytic enzymes following an injury, heavy workout, or during times of high stress.

By your 50s you should consider daily systemic enzyme therapy mandatory for optimal health. Your body will only make a small fraction of the proteolytic enzymes it did when you were a child and healing from injuries will take an extended period of time without them. The lack of proteolytic enzymes will also make you more susceptible to the majority of the conditions listed in

this report, so systemic enzyme therapy continues to serve as a preventative as well. High level supplementation of systemic proteolytic enzymes may be necessary for full injury recovery at this point.

Remember, since systemic proteolytic enzymes are the same enzymes that break down protein you eat, only in a different location (outside of your digestive tract), taking digestive enzymes with every meal will reduce the load on your body to create proteolytic enzymes. By including digestive enzyme therapy your body can use more of the proteolytic enzymes it still makes for healing and health throughout your body rather than using them to digest food.

Heartburn / Acid Indigestion



Heartburn, as you may already know, has nothing to do with your heart although the symptoms of chest pain may be similar. Rather, the discomfort and acidic taste in your mouth from acid indigestion is a symptom of stomach acid rising into your esophagus. If this happens frequently, it may be caused by Gastroesophageal Reflux Disease (GERD).

Before you resort to using antacids, realize the problem is unlikely to be too much acid. Your stomach is supposed to be acidic. Antacids only mask the problem and can cause worse digestive problems over time.

Instead, fight heartburn by taking a digestive enzyme supplement with each meal. By supporting your digestive system, you help

relieve the gas and bloating caused by fermenting sugars in your stomach. And yes, digestive enzymes can also help reduce excess stomach acid – if there is an excess.

Lactose Intolerance

While lactose intolerance may cause severe abdominal discomfort within a half hour to two hours following consumption of food or drinks containing lactose (primarily dairy), the good news is it's unlikely to carry any long-term side effects.

It's worth mentioning that consuming dairy can boost mucus production, which can lead to sinus issues, ear infections and more whether you're lactose intolerant or not. Still, if you wish to include dairy in your diet without discomfort from lactose intolerance, enzymes are the answer.

Like many disorders, an enzyme deficiency is the culprit for lactose intolerance. In this case, a deficiency of lactase, the specific carbohydrase enzyme your body needs to break down the milk sugar lactose into simpler sugars. Without it, lactose passes on to your colon undigested where bacteria ferment the sugar causing painful gas and bloating.

Many digestive supplements include lactase. Taken with meals or beverages which include dairy will greatly reduce symptoms of lactose intolerance. In fact, "lactose-free" milk is basically just milk with the lactase enzyme added.

Celiac Disease

Even incidental exposure to gluten by those with celiac disease can result in significant discomfort plus inflammation and injury of the small intestine. But good news is on the horizon thanks to a new

study out of Finland reported in the June 2014 medical journal Gastroenterology.

In the study, two groups of participants with celiac disease on an otherwise gluten-free diet each ate two grams of gluten daily in the form of breadcrumbs for six weeks. The placebo group showed significant deterioration in the small intestine following the challenge, while the other group, which received a pill with two recombinant gluten-specific proteases (enzymes) did not. As expected, the group taking the enzymes with the breadcrumbs also reported less celiac disease symptoms.

While the study was performed with the intent of creating a pharmaceutical option, we should remember that fundamentally the treatment is a pair of enzymes which work together to minimize gluten's damage to the small intestines of celiac sufferers. Keep an eye out for more info on this one as a larger clinical trial is now underway.

Food Allergies

Food allergies and sensitivities are often best dealt with by avoiding the foods in question. However, combining systemic enzyme therapy to reduce the mucus production and inflammation associated with these food sensitivities along with digestive enzyme therapy to better digest your food may significantly reduce symptoms.

Some researchers state that since most food allergens are carbohydrate-based, you should take a digestive enzyme supplement with high levels of amylase to help break those offending molecules down. Others suggest food allergies are actually associated with undigested proteins, so proteases would be a better fit. Taking a broad spectrum digestive enzyme with both amylases and proteases is probably your best answer.

Obesity

If you struggle with extra weight that you just can't lose, enzymes may be the answer you've been looking for all along. One study found that 100% of clinically obese individuals - every single one –were deficient in lipase enzymes, used by your body to break down and properly digest fats.

But the problem goes even deeper. When your foods are both enzyme- and vitamin-deficient, poor digestion and lowered nutrition means your body requires more food just to feel satiated. And, as a result, you increase your total caloric intake. Making matters worse, these cravings typically drive you to carbohydrates and sugary snacks.

Here's the good news... once you get the enzymes you need to better digest your meals, allowing your body to absorb the nutrients and minerals from your food, your body feels satiated helping you control those cravings and eat healthier without feeling hungry.

So in addition to dietary improvements, supplemental vitamins and exercise, be sure to start taking digestive enzymes, particularly supplements with high levels of lipases (3,000 FCCFIP or higher), at every meal.

Heart Attack, Stroke and Hypertension

Cardiovascular disease remains the foremost cause of death in the United States, killing nearly 30% of Americans. That more than doubles to 65% for those with diabetes, as most diabetics eventually

die from a stroke or heart disease. Most of the time these are caused by blood clots.

Closely related, hypertension is another major cause of premature death worldwide according to the World Health Organization, affecting nearly one billion people. Defined as high blood pressure that remains above 149/90, hypertension is actually a symptom of a different problem, usually congested and hardened arteries, obesity or a high salt / low potassium imbalance.

According to Dr. Dwight Lundell, former heart surgeon and author of The Great Cholesterol Lie, "The injury and inflammation in our blood vessels is caused by the low-fat diet that has been recommended for years by mainstream medicine." That's because an overload of simple, highly-processed carbohydrates and omega-6 oils typical in a low-fat diet contribute to the chronic inflammation.

Members of the Live Pain Free® community can listen to my complete interview with Dr. Lundell on heart health and read his related article featured in the October, 2012 issue of Live Pain Free®. I invite you to accept a 30-day free trial membership at **http://www.losethebackpain.com/lpf-bones-m115.html** to get instant access to both.

Your immune system responds to this inflammation by laying down cholesterol deposits along the walls of your blood vessels to seal them and protect them from rupture. But chronic inflammation causes a buildup of arterial plaque inside

your arteries, narrowing the channel for blood to flow through and spiking your blood pressure.

These arterial plaques secretly lining your veins and clogging your arteries are made of fats and cholesterols held together by a fibrin mesh. Fibrin is a protein used to repair wounds, deposited while the area remains in an inflammatory state – your body's natural response to injury, making chronic inflammation a leading risk factor for heart disease.

Which is why if high blood pressure or your cardiovascular health are a concern, you need to understand that the conventional advice to follow a low-fat diet actually increases your risk because it replaces fats in your diet with additional inflammatory carbs.

Once allowed to build up, if a significant chunk of that arterial plaque breaks off it can partially or completely block the blood supply to vital organs like your heart, brain and other areas of your body. Depending where that plaque lodges and blocks blood flow, the symptoms can range from angina to heart attack, TIA to stroke, peripheral arm and leg pain to erectile dysfunction.

That's why maintaining high levels of proteolytic enzymes throughout your body is absolutely critical for your cardiovascular health. They not only help prevent arterial plaque from forming by putting the brakes on runaway chronic inflammation, they also help remove plaque that has already accumulated by breaking down the fibrin mesh holding the plaque together.

Here's how...

First, proteolytic enzymes work in a "lock-and-key" fashion to help dispose of the specific prostaglandins behind inflammation. This signals your immune system to shut down any runaway inflammatory processes that lead to excess plaque deposits once your natural healing process has run its course.

Next, they dissolve the excess fibrin binding together the plaque lining your arteries. That's because fibrin is a protein and proteolytic enzymes are proteases – the type of enzymes that break down proteins. Proteolytic enzymes dissolve the actual fibrin bonds holding arterial plaque together so it can be safely whisked away for disposal.

Proteolytic enzymes also play a role in cleaning your circulatory system. As they travel along in your veins and arteries, they break down circulating waste fragments of fibrin and plaques, including blood clots. This thins and cleanses out sludge from your blood to bring down high blood pressure and allow easier blood circulation.

All told, the circulatory health benefits are one of the most exciting reasons to take a regular proteolytic enzyme supplement.

Rheumatic Heart Disease

Characterized by inflammation of the heart muscle with fibrinous repair following rheumatic fever, this sometimes fatal disease is most common in children. It's the fibrosis hardening and scarring of the heart valves that makes this condition so deadly.

Since proteolytic enzymes help regulate the inflammatory process, break down excess fibrin and reduce heavy scarring, systemic proteolytic enzyme therapy can be used to help minimize or reverse many of the worst symptoms in those affected.

Crohn's Disease

The cause of Crohn's disease remains unknown but is associated with chronic inflammation that may appear anywhere along the digestive tract from the mouth to the anus. It most commonly affects the small intestine. Crohn's disease often impairs digestion, especially of fats and carbohydrates.

Digestive enzyme therapy is especially important to assist with the digestion and absorption of nutrients for those with Crohn's disease. However, fibrosis in the small intestine and colon caused by the inflammatory nature of Crohn's disease are the most common complications and cause of surgery in patients.

While existing drugs and surgical techniques are of limited benefit to prevent progression of Crohn's disease, proteolytic enzymes naturally dissolve excess scar tissue making systemic enzyme therapy especially useful.

Osteoarthritis

Arthritis is a joint disorder resulting in pain and stiffness largely attributed to inflammation. While true inflammation plays a major role, several factors typically contribute.

Low levels of systemic proteolytic enzymes allow runaway inflammation... an acidic body composition leave cartilage

damaging acid deposits in joints... and muscle imbalances create uneven pressure and wear in daily joint movements.

In the meanwhile, poor digestion, mineral imbalances and inadequate nutrition combined with poor supply of nutrients to joints make it nearly impossible for your body to correct the underlying issues without your help.

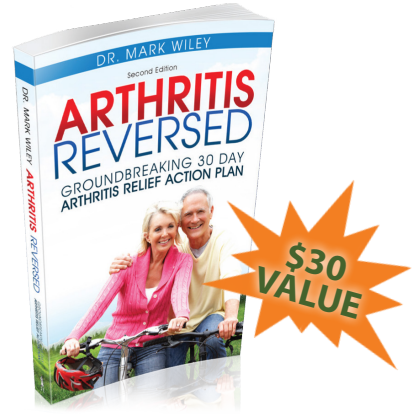
Since inflammation is a primary cause of arthritis, restoring high levels of systemic proteolytic enzymes, which help naturally shut down the unchecked inflammatory response in your joints can be an effective way to ease the pain and stiffness without resorting to pharmaceutical anti-inflammatories.

If your doctor has told you arthritis pain is something you're going to have to live with – or you must take drugs to manage the pain – it's time for a second opinion!

Dr. Mark Wiley, master of holistic healing and creator of the self-directed wellness model, The Wiley Method, explains how to finally relieve arthritis pain in his groundbreaking book, Arthritis Reversed.

Normally $14.95, readers of this special report can request a FREE copy by visiting **http://www.losethebackpain.com/arthritisbook-m115.php**

The proteolytic enzymes also help break down fibrin, restoring lost mobility caused by excess scar tissue buildup. And by improving blood circulation blocked by arterial plaque and excess fibrin in your circulatory system, your body can



more readily deliver the minerals and other nutrients necessary for joint repair.

Of course, you need to ensure your body is able to absorb those important nutrients and minerals in the first place. That's why digestive enzyme therapy should be combined with systemic enzyme therapy to ensure maximum success in reversing arthritis.

Since arthritis is so common, I'm pleased to share a comprehensive plan developed by Dr. Mark Wiley on how to beat it naturally. Shared in detail in his book, Arthritis Reversed, I urge you to get a copy and read it. See the sidebar for how to get a free copy.

Rheumatoid Arthritis

Rheumatoid arthritis, though less common than osteoarthritis, may be the most severe of all inflammatory joint disorders. An autoimmune disease, rheumatoid arthritis occurs when your immune system attacks your joints and sometimes other organs in your body as well.

Systemic enzyme therapy should be combined with other natural anti-inflammatories like turmeric to reduce the pervasive inflammation found in RA sufferers. But steps to reduce body acidity are especially important to recover from RA as well. And just like with osteoarthritis digestive enzyme therapy is important to support the absorption and delivery of healing nutrients and minerals.

One of the biggest reasons for RA sufferers to incorporate systemic enzyme therapy into their daily routine is because proteolytic enzymes help break down the pathogenic, or disease-causing, immune complexes attacking your joints so they can be flushed out of your body via your lymphatic system. And some evidence shows they even help prevent them from forming in the first place.

Again, there are a number of additional natural treatments for rheumatoid arthritis in Dr. Wiley's book detailed above. So even if you've been given no hope from your doctor besides drugs, I urge you to get a free copy of Arthritis Reversed (see last page) and see how enzymes and the other options detailed by Dr. Wiley can help with even severe RA.

Other Inflammation-Related Conditions

Chronic inflammation plays a role in virtually every disease state known to man. However, you should be aware that every condition with the suffix "-itis" indicates it's primarily an inflammatory disorder. Beside arthritis, here are some other inflammatory conditions indicated by the designation:

- Dermatitis
- Pyelonephritis
- Prostatitis
- Hepatitis
- Plantar fasciitis
- Tendonitis
- Achilles tendonitis
- Tonsillitis
- Appendicitis
- Bursitis
- Colitis
- Cystitis
- Plebitis
- Rhinitis
- Vasculitis
- Diverticulitis
- Pleuritis
- Peritonitis

Again, systemic proteolytic enzyme therapy shuts down runaway inflammation so your body can heal. As inflammation subsides, proteolytic enzymes help break down and clear away excess scar tissue and other fibrous deposits left behind by the inflammatory disorder to help restore health and mobility.

Back Pain, Neck Pain and Sciatica

One of the most common medical problems of all, back pain affects 8 out of 10 people at some point in their lives. Neck pain and sciatica are closely related, often occurring at the same time as back pain – and for the same reason.

Depending on the underlying condition and cause, the pain may subside quickly or become chronic, lasting for months or years without lasting relief. Numerous conditions associated with back, neck or sciatica pain include:

- Bulging Disc
- Herniated disc
- Spinal arthritis
- Pinched nerve
- Piriformis syndrome
- Scoliosis
- Spondylolisthesis
- Spinal stenosis
- Whiplash
- Pulled muscles

Proteolytic enzymes are known to dissolve even large knots of scar tissue left behind from failed surgeries.

While the initial cause of each of these may be different, in every case chronic pain is associated with chronic inflammation. And as inflammation continues, internal scar tissue continues to build up leading to lasting pain and restrictions in mobility.

Systemic enzyme therapy with proteolytic enzymes begins reversing that pattern of chronic pain by shutting down the chronic inflammation. Once inflammation is in check, other proteolytic enzymes start breaking down the restrictive fibrin protein causing continued restrictions and scar tissue.

While many opt for surgery for many of these conditions, surgery is notoriously prone to failure at resolving the pain and often causes additional pain and restriction thanks to the additional scar tissue created from the surgery itself.

Here's great news for those who may have already went down the route of surgery and continue to have pain: proteolytic enzymes are known to dissolve even large knots of scar tissue left behind from failed surgeries. So even if surgery didn't work on your back pain, systemic proteolytic enzymes may.

Osteoporosis

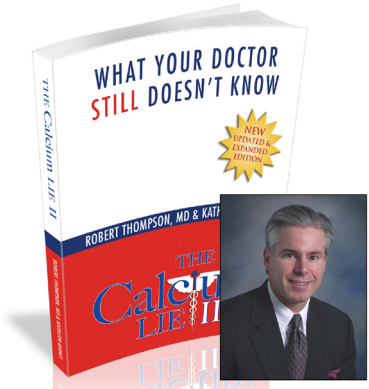
Loss of bone density, known as osteoporosis, is caused by an imbalance between bone formation – when your body builds stronger bones using nutrients and minerals available in your body – and bone resorption – when your body strips minerals such as calcium from your bones back into the blood for use in other areas of your body.

However, following the common advice to "drink more milk" and "get more calcium" could actually increase your risk and severity of this dreaded bone weakness. In fact, a review of

Osteoporosis the result of too little calcium? That's a LIE!

Get the truth about osteoporosis and the dangers of excess calcium by listening to BOTH of my interviews with Dr. Robert Thompson - and reading a FREE copy of his book, The Calcium Lie II.

Together a $39.90 value, the book and interview recordings are yours free when you visit **http://www.losethebackpain.com/lpf-bones-m115.html**



Dr. Robert Thompson, MD, (Author)

The Nurse's Health Study found that those who consumed the most dairy also had the most bone fractures!

The truth is the mineral imbalances behind osteoporosis are rarely the result of too little calcium. Rather, high calcium and an imbalance between calcium and other important nutrients and minerals causes your body to steal minerals from your bones to remedy this imbalance and provide the minerals other organs need – leaving your bones in a weakened state.

That's why you should use digestive enzymes to help ensure your body absorbs the bone-strengthening nutrients and minerals it needs from your diet and other supplements. Systemic enzyme therapy can also help by relieving pain and inflammation associated with osteoporosis.

Again, because osteoporosis is so common, I want to provide additional help for this condition. Recently I interviewed Dr. Robert Thompson, author of The Calcium Lie and his bestselling sequel The Calcium Lie II, on what really causes osteoporosis and the dangers of excess calcium. For a limited time, I'm offering a free CD of my interview with Dr. Thompson along with a free copy of The Calcium Lie II to readers of this report. Visit the link in the sidebar to ask for your free CD and book set.

Pulmonary Fibrosis

Pulmonary fibrosis is a disease that causes an uncontrolled healing response in the lungs leading to fibrous scar tissue buildup throughout lung tissue.

This scar tissue thickens to the point the lung's air sacs fail to function properly and can no longer provide the body with adequate oxygen. Shortness of breath, a spasmodic, dry cough, weight loss and fatigue are common symptoms. Following

diagnosis, the median survival rate is just over three years.

Conventional medicine has little to offer pulmonary fibrosis sufferers except immune suppressive agents to slow the lung inflammation and related scarring like corticosteroids, or a lung transplant.

However, systemic proteolytic enzymes shows promise in helping those with pulmonary fibrosis as they help modulate the inflammation response cycle, break down excess scar tissue, prevent and break down blood clots, and stimulate microphages to clean the blood of debris.

Cystic Fibrosis

Cystic fibrosis (CF) is a genetic disorder most noted for its dangerous impact on lungs, with frequent lung infections leading to fibrotic scarring and difficulty breathing. However, the disorder usually appears with exceptionally sticky mucus blocking pancreas ducts, bile ducts, intestines and bronchi in the lungs.

Since CF blocks the release of pancreatic enzymes, digestive enzyme therapy is critically important for those with the disease. Without digestive enzyme supplementation, those with CF may fail to gain weight and suffer from malnutrition.

Systemic enzyme therapy should also be used to help clear excess mucus from the body and to support the immune system. One proteolytic enzyme in particular, seaprose, may be especially effective for use in cases of CF because of its exceptional ability to thin and clear mucus from lungs. However, all proteolytic enzymes help reduce excess mucus.

Alzheimer's Disease

Over five million Americans suffer from this degenerative brain disorder that progressively robs you of your memory, cognitive function and ability to carry out even the simplest of daily activities. A number of factors appear to increase the risk of Alzheimer's Disease including genetics, age, environmental toxins and heavy metal toxicity.

Brain damage from Alzheimer's Disease appears to be caused by the development of abnormal fibrous protein clumps called amyloid plaques, tangled bundles of fibers called neurofibrillary tangles and the resulting loss of connections between neurons in the brain. And yes, scientists recently discovered a correlation between Alzheimer's Disease, these amyloid plaques and the plaques hardening your arteries discussed earlier in the section on heart attacks, strokes and hypertension.

Both enzyme therapies may help prevent and lessen the impact of Alzheimer's Disease. Digestive enzyme therapy can

support the absorption of vitamins and minerals for improved nerve communication while supplementing with systemic proteolytic enzymes may help remove heavy metals, reduce inflammation and break down excess fibrin.

One study found nattokinase, an enzyme extracted from a specially fermented soy, effective at degrading amyloid fibrils – making it a useful Alzheimer's Disease preventive enzyme supplement.

Recent research at the Mayo Clinic has identified a new enzyme, BACE2, which has the ability to break down the beta-amyloid protein fragment that causes Alzheimer's Disease's amyloid plaques faster than any other enzyme. This suggests a promising new enzymatic treatment for Alzheimer's Disease may be available in the near future.

Dental Health

Periodontitis, or inflammation in the gum around a tooth, is the leading cause of tooth loss in adults. By helping regulate inflammation, systemic proteolytic enzymes can help minimize this inflammation and protect your teeth. They can also help speed recovery following dental procedures such as tooth extractions.

For those prone to dental infections, systemic proteolytic enzymes also help by boosting your immune system. By stimulating macrophages, the large white blood cells which hunt down and

destroy harmful viruses and bacteria, your body can more readily prevent painful dental infections.

Additional proteolytic enzymes in your saliva from taking a systemic enzyme supplement or brushing with a toothpaste which includes proteolytic enzymes also helps remove dental plaques. And with less plaque and bacteria present, bad breath may be the next to go.

Sinusitis

One common "side effect" some notice when first taking a systemic proteolytic enzyme supplement is increased sinus drainage. This is an action of the enzymes clearing excess mucus buildup out of your nasal passages, which may be caused by infections, allergies or simply consuming too many mucus-producing foods like dairy.

Either way, systemic enzyme therapy, especially if supported with lipase in a digestive enzyme supplement to break down milk proteins, can help clear up your sinuses. The drainage should stop once the cause of congestion is relieved and your nasal passages are cleared.

Uterine Fibroids

Uterine fibroids are surprisingly common, affecting as many as 80% of premenopausal women. While you may not know you have them, their symptoms include abdominal and back pain, bladder issues, constipation, bloating, incontinence, heavy or unusual menstruation, mood swings and infertility.

Since these fibroids are non-cancerous tumors made at least in part of fibrous tissue, proteolytic enzymes can help your body safely dissolve these protein bonds. A systemic proteolytic enzyme

supplement can help shrink or completely dissolve uterine fibroids safely and effectively.

The wife of Healthy Back Institute® co-founder Steve Hefferon successfully used proteolytic enzymes to painlessly and effectively dissolve three uterine fibroids she had over a period of about six weeks.

Lymphatic Congestion

Your lymphatic system is a key component of your immune system. Among the functions of your lymphatic system are transportation of fatty acids from the small intestine to other areas of your body, defense against invasive pathogens and the destruction and removal of waste from your body such as destroyed pathogens and cellular debris.

Unlike your circulatory system which pumps blood throughout your body with every beat of your heart, lymph moves during physical activity by the contraction of muscles which squeezes the lymphatic fluid through tissues.

Systemic enzyme therapy will help strengthen your immune system and reduce inflammation that may be interfering with the flow of lymph. And use digestive enzyme therapy, especially lipases, to help your body digest and absorb more fatty acids.

Edema

Edema, or swelling, is one of the five key signs of an inflammatory response in addition to redness, heat, pain and restriction of movement.

Besides the pain and discomfort of pressure from excess fluid trapped in swollen tissues, edema can restrict blood circulation

and increase your risk of infection and internal scarring leading to more mobility restriction.

Proteolytic enzymes naturally fight the inflammation that's causing your edema to begin with. They break down the plasma proteins and cellular debris your body is trying to move through your lymphatic system as it heals which allows easier – and faster – drainage. And they normalize capillary permeability and reduce swelling of mucous membranes so there's less fluid buildup for your body to flush out.

As you see, systemic enzyme therapy both minimizes fluid buildup and speeds drainage through your lymphatic system making proteolytic enzymes a useful tool for reducing swelling.

Irritable Bowel Syndrome

Affecting both the large and small intestines, irritable bowel syndrome (IBS) represents nearly half the gastrointestinal complaints made at hospitals and doctor offices.

While other steps may be needed to fully resolve IBS, such as taking probiotics and eliminating allergen-causing foods, taking a digestive enzyme supplement with every meal can be especially helpful at relieving the uncomfortable symptoms of IBS by breaking down foods your body has trouble digesting.

Diarrhea

While there are many causes of diarrhea, research indicates bromelain – a common proteolytic enzyme supplement sourced from the stem of pineapple – can serve as an effective anti-diarrheal. While there remains some debate on how bromelain actually works, it has been shown effective at relieving diarrhea caused by intestinal pathogens, including severe bugs like cholera and E. coli.

Systemic proteolytic enzymes also boost your immune system, making a systemic proteolytic enzyme supplement which includes bromelain a good choice. And since many seem to pick up these type of stomach bugs while travelling abroad, be sure to pack some extra enzyme supplements which include bromelain in your bags before you head out.

Hypothyroidism

Hypothyroidism, caused by insufficient thyroid hormone production, has numerous side effects. While enzyme therapy cannot restore thyroid function, it can help support your body and protect it from some of the worst effects of the disease.

Digestive enzyme therapy, especially with lipase and carbohydrases to help fully break down fats and carbohydrates will help common symptoms of hypothyroidism such as fatigue.

Systemic enzyme therapy should also be used to reduce the hypothyroidism-increased risk of heart disease, hypertension and atherosclerosis. It will also help improve circulation and reduce excess inflammation, helping alleviate other common symptoms like cold hands and feet and joint pain and stiffness.

Hay Fever / Airborne Allergies

Few ailments drive more people crazy every year than the onset of spring or fall pollen (most commonly ragweed) allergies, commonly called hay fever. These allergies are triggered by a release of histamine in an attempt to drive out a perceived invader when large amounts of pollen-specific antibodies are created by your body's immune system.

Systemic proteolytic enzymes help by breaking down excess histamine and boosting immune and lymphatic system effectiveness. This helps remove allergens from your body faster, thus relieving symptoms of sneezing, watery eyes and difficulty breathing associated with the pollen allergy.

Those sensitive to other airborne allergens including dust, pet hair, feathers or chemicals in the air will also find relief the same way.

Behcet's Syndrome

An autoimmune disease causing vasculitis, or inflammation of the blood vessels, Behcet's is most common in the Middle East and Asia. Intermittent symptoms usually appear first as mouth sores, genital sores, skin lesions and inflammation of the eye. Left untreated, arthritis, blood clots, ulcers, blindness and other life threatening symptoms may occur.

Systemic proteolytic enzyme therapy helps shut down excess inflammation caused by the disease and boosting your immune system. The circulating proteases help dissolve life threatening blood clots and scar tissue caused by the inflammation.

Lupus

An autoimmune disorder with potentially severe health effects that usually affects women, lupus can flare up from time to time then go into remission.

Digestive enzyme therapy should be used to support the digestive system, aid absorption of nutrients and relieve fatigue. Systemic enzyme therapy should also be used to fight inflammatory flare-ups and support regular immune system response.

Multiple Sclerosis

The leading cause of nontraumatic neurological disability in young adults, multiple sclerosis (MS) is a progressive, degenerative disease thought to be an autoimmune disorder. Attacks can lead to numerous physical disabilities.

Researchers believe some of the contributing factors to MS include a reduced ability to eliminate free radicals, heavy metal toxicity and excessive intake of saturated fatty acids.

A combined approach of digestive enzyme therapy and systemic enzyme therapy helps support both the digestive and immune systems. Systemic proteolytic enzymes also help your body clear heavy metals and other toxins from your body as well as reduce inflammation and pain during and following attacks.

Immune System Boost

Macrophages are your immune system's extra-large white blood cells that engulf and devour cellular debris, cancer cells, foreign substances and pathogens of all types. But it's the proteolytic enzymes in these cells that do the main work of breaking down and destroying those harmful particles.

Taking a systemic proteolytic enzyme supplement between meals is one of the best ways to strengthen your immune system's ability to devour and remove all forms of invaders. Bacterial, viral, mold and fungal infections are all overcome more easily when your immune system's macrophages are fortified with extra proteolytic enzymes which break down these protein-based invaders.

Just as important, by breaking down these harmful particles and other cellular waste and debris, proteolytic enzymes improve

drainage through the lymphatic system – one of your body's most important pathways for removing toxins and waste from your body.

Lyme Disease

Caused by an infection of the bacteria Borrelia burgdorferi and transmitted by the bite of a deer tick, Lyme disease is found throughout Europe, Asia and is becoming more prevalent across the northern tier of the United States.

Fever, fatigue, headaches, joint pain and nausea early during Lyme disease infection may appear to be the flu. If untreated, Lyme disease may cause symptoms for years including an irregular heartbeat, arthritis, brain damage and enlargement of the spleen and lymph nodes.

While antibiotics are considered the first line of defense against Lyme disease, both digestive and systemic enzyme therapies can be used to support your body during recovery. Digestive enzymes help take the edge off the nausea and relieve the load on your body of creating new digestive enzymes.

Systemic enzymes help relieve the inflammation and pain caused by the infection and support your immune system's macrophages in removing the bacteria from your body. This is especially important as your body becomes susceptible to additional infections while fighting Lyme disease.

Heavy Metals & Environmental Toxins

Heavy metals take a tremendous toll on your immune system. One reason why is because heavy metals like mercury and lead can bind with the systemic proteolytic enzymes in your blood, disabling their ability to support your immune system and all of the other important functions they carry out.

Besides eliminating or minimizing exposure to heavy metals, taking high doses of systemic proteolytic enzymes have been shown to lower levels of heavy metals found in the blood. Since the extra enzymes bind with the heavy metals, they act like a sponge soaking them up so they can be readily flushed out of your body.

While detoxifying from heavy metal exposure, your body is under additional stress to create enzymes specifically for toxin removal. That's why digestive enzymes should also be taken to support the additional load on your body's proteolytic enzyme requirement during this period.

Detoxification from other environmental toxins including pesticides, herbicides and radiation also respond favorably to digestive and systemic enzyme therapies.

Systemic proteolytic enzymes scour your blood for toxins and help remove these dangerous wastes from your body. And by breaking down all forms of cellular waste and debris, proteolytic enzymes hasten the removal of toxins via your lymphatic system as well.

Fibromyalgia & Chronic Fatigue Syndrome

Fibromyalgia affects nearly 4% of the population at any time. More than anything, fibromyalgia is characterized by chronic, widespread pain and fatigue. Multiple tender points, sleep disturbances, anxiety, depression and concentration problems are also common. Many who suffer from fibromyalgia also have difficulty digesting starches and fats.

Digestive enzyme therapy, especially of carbohydrases and lipases to help digest starches and fats, should be used to provide additional support to your digestive system.

Since chronic inflammation is frequently associated with the pain of fibromyalgia, use of systemic enzyme therapy can help control the inflammation, reduce the pain and give your immune system a much-needed boost.

But you by far the most important benefit of systemic enzyme therapy for fibromyalgia sufferers is its anti-fibrosis action. You may recognize the "fibro" part of fibromyalgia by now. That's due to the fibrosis, or internal scar tissue, which starves your muscle tissue of oxygen and results in ischemic pain – pain that regular pain relievers can't touch. By eating away this excess scar tissue, proteolytic enzymes can help relieve the pain and other symptoms of fibromyalgia like no other medicine can.

Similar to fibromyalgia, but with the hallmark of debilitating, persistent fatigue, chronic fatigue syndrome (CFS) affects over 5 million Americans. CFS is treated similarly to fibromyalgia with both enzyme therapies so your body has the extra enzymatic support needed to reduce inflammation, dissolve excess scar tissue and maximize your energy levels.

Cancer

Some of the earliest research involving enzymes goes back to the early 1900s when Dr. John Beard first investigated the use of pancreatic enzymes in the treatment of cancer as first described in the Lancet then in his book, The Enzyme Treatment of Cancer.

Dr. Beard noted that cancer cells followed the same pattern of uncontrolled growth as the placenta did in a new pregnancy –

acting invasively and inducing their own blood supply. Only unlike cancer, the placenta stopped growing immediately on Day 56 of the pregnancy– the same day the newly formed fetal pancreas developed enzyme granules.

Unfortunately, Dr. Beard's work was unfairly maligned by the medical establishment and largely forgotten in favor of the harsh radiation and chemotherapy regimens still used today. However, enzyme therapy was used to amazing success by dentist William Kelley to treat hundreds of patients following his cure of his own pancreatic cancer in the early 1960s.

Members of the Live Pain Free® community can listen to my complete interview with Dr. Gonzalez on the use of enzyme therapies for beating cancer and read his related article featured in the September, 2014 issue of Live Pain Free®. I invite you to accept a 30-day free trial membership at **http://www.losethebackpain.com/lpf-bones-m115.html** to get instant access to both.

In his book, One Man Alone, Dr. Nicholas Gonzalez documented 50 case studies of the use of pancreatic proteolytic enzymes in Dr. Kelley's patients that cured or greatly extended the life of patients with poor prognosis under conventional medical care. These cancers included:

- Bile duct carcinoma
- Brain cancer
- Breast cancer
- Cervical cancer
- Colon cancer
- Hodgkin's disease
- Leukemia

- Liver cancer
- Lung cancer
- Lymphoma
- Melanoma
- Myeloma
- Ovarian cancer
- Pancreatic cancer
- Prostate cancer
- Rectal cancer
- Renal cell (kidney) cancer
- Stomach cancer
- Testicular cancer
- Uterine cancer

While chemotherapy and radiation usually come with severe side effects – and many who use these treatments die from the treatment itself rather than the cancer – systemic enzyme therapy for cancer can be an effective way to support your immune system's natural ability to kill cancer cells.

Commonly Asked Questions about Enzyme Supplements

Where Can I Find a Quality Proteolytic Enzyme Supplement?

While good digestive enzyme supplements can be found in most health food stores or online, getting a powerful enzyme supplement for systemic enzyme therapy as used in this report can be harder to come by.

The Healthy Back Institute® has prepared what we consider to be the world's most powerful proteolytic enzyme supplement, called Heal-n-Soothe®, using enzymes and all-natural ingredients derived strictly from non-animal sources suitable for vegetarians and anyone desiring to improve their health using systemic enzyme therapy as described in this report.

Try a FREE bottle of the world's most powerful proteolytic enzyme supplement!

Even better, Heal-n-Soothe® is fortified with a dozen natural anti-inflammatories which can provide powerful pain relief and magnify the health benefits of the high dosage enzymes included.

Ask for a free sample bottle by visiting **https://www.losethebackpain.com/healnsoothefreetrial-30-m115.html** or calling us at 1-888-850-4923 (U.S. toll free) or 1-512-749-1487 (Int'l).

Are Enzyme Supplements Truly Safe for Anyone?

Unlike virtually every medicine and many natural supplements on the market – including many vitamins and minerals – no toxicity has ever been found with enzymes. In other words, you can't take enough to "overdose" like you can other substances.

Dr. Hector E. Solorzano del Rio, a noted medical doctor and expert on the medicinal use of enzymes, wrote of their safety in Systemic Enzyme Therapy, a supplement to The Art of Getting Well:

"Enzymes are very safe. A lethal dose (LD-50: the LD-50 is the measure of the dosage necessary to kill off one-half of a trial group of rats, and is a standard used to measure safety of most drugs) could never be found. Rats, for example, were fed with the equivalent of 2,500 tablets for 6 months, with no significant changes and no harmful effects. Horses were also fed with the equivalent quantity of 250 tablets daily for 6 months, too, with no problems. No toxicity has ever been found."

That said, some individuals should exercise caution in the use of enzymes and should check with their doctor before beginning any form of enzyme therapy. In particular, check with your doctor before taking enzyme supplements in these conditions:

- If you take a prescription blood thinner such as Coumadin, Heparin or Plavix
- If you expect to have surgery within two weeks
- If you have a known ulcer of the stomach
- If you are pregnant or breastfeeding
- If you are taking antibiotics
- If you have an allergic reaction to pineapples (source of the enzyme supplement bromelain) or papaya (source of the enzyme supplement papain)

Why Are Enzymes Measured Differently Than Other Supplements?

When looking at most supplement labels, you'll find measurements in familiar milligrams (mg), micrograms (mcg) or international units (IU). These measure the products' mass, though with IU the actual mass measured varies based on the supplement. For example, 1 IU of Vitamin C would be 50 mcg of L-ascorbic acid while 1 IU of Vitamin D would only be the biological equivalent of 0.025 mcg of cholecalciferol or ergocalciferol.

When it comes to quality enzyme supplements, typical weight measurements aren't used for the individual enzymes like other ingredients. Instead, you'll find a variety of specialized units of measurement such as FCCPU, HUT and USP. That's because enzyme potency is not measured by weight. It's measured by potency, or active units. The measurement unit used varies based on the type and function of the enzyme.

Also, be aware that different enzymes break down different types of proteins, fats, carbohydrates and fiber. Different enzymes also work better in different pH environments. Therefore, a good mix of enzymes, though lower in measured potency, may actually be a more effective supplement for a given purpose.

Can Enzymes Survive Passage Through the Stomach?

As discussed earlier, heat and processing kills the enzymes in your food. And enzymes are known to help digest food. But can enzymes survive their passage through the acidic environment of your stomach to reach your small intestine where they can be absorbed and become systemic?

The answer is "it depends."

Enzyme supplements that are animal-sourced, typically enzymes from the pancreas, stomach or small intestine of pigs and cows, will become denatured. Basically, this means they lose all ability to become active and are dead upon arrival in the small intestine unless the supplement has an enteric coating to protect it until it reaches the small intestine.

Enzyme supplements that are plant-based may or may not become inactive in the highly acidic environment of the stomach. If they do not, they'll attempt to digest whatever food is in your stomach of the correct type. Those that become inactive, however, are usually not denatured. Unlike animal-sourced enzymes, once the plant sourced enzyme reaches the lower acidity of the small intestine, it becomes active again. If not actively involved in digestion at that point, the plant-based enzymes, especially proteases, readily pass through the intestinal lining to become systemic.

Should I Use Plant-Based or Animal-Sourced Enzymes?

While animal-sourced enzymes are known to offer some additional support to an overworked pancreas and have been studied longer (going back to the late 1800s), in most cases plant-based enzymes are preferable.

First, as described above, plant-based enzymes in most supplements easily pass through the acidic environment of the stomach without becoming denatured – even without an enteric coating.

Second, in tests that have compared animal-sourced proteases against plant-based proteases in the same conditions, the plant-based enzymes broke down anywhere from 10 to 100 times the amount of protein as the equivalent measure of animal-sourced enzymes, depending on the protein. While there may be some proteins that animal-sourced proteases break down faster, so far the plant-based ones are the clear champions.

Third, since the rise of certain diseases like mad cow and use of antibiotics, steroids and other questionable practices have become common, use of animal-sourced enzymes now introduce more risk than ever before unless the supplement manufacturer can be trusted to maintain extremely tight quality control throughout the process.

Finally, for those who are vegan or follow a vegetarian diet, avoiding animal-sourced enzymes in favor of plant-based enzymes is a clear and easy choice.

One area where animal-sourced enzymes may be preferable over plant-based enzymes may be for the treatment of cancers, as described earlier in this report.

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