

NATURAL HEALTH SERVICES

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The Importance of Systemic Enzymes

By Keith Post, ND

Most people are familiar with the concept of digestive enzymes secreted by the body's digestive organs in order to process the various foods that we eat. However, enzymes are necessary for every function that the body's many systems perform. In fact, without enzymatic activity, there is no life.

At birth, we have an abundance of enzymes. However, researchers have discovered that somewhere between the ages of 27 and 35, our body begins to conserve the remaining enzymes in order to make them last as long as possible. So, this is the time of life when many of us begin to develop various aches and pains, which we often blame on old injuries. The truth, however, is that our repair mechanisms are not what they once were. A lack of a continued abundance of systemic enzymes is probably one of the main reasons behind the aging process.

To date, there are at least 3,000 known enzymes performing over 7,000 enzymatic reactions. It is believed that many of these enzymes are derived from the pancreatin, trypsin and chymotrypsin enzymes made by the pancreas and liver. For this reason, it is important not to overdo the intake of refined sugars, which places a stress on the pancreas or of alcohol and environmental toxins, which place a toxic burden on our livers.

Vitamins are not enzymes. They are actually co-enzymes and minerals are co-factors. This explains why some of us can take a handful of vitamins and minerals and feel better, while many of us do not. First, it is usually necessary that enzymes be supplemented in order to get the full benefit of all other nutritional supplements.

Here are some of the most important health benefits that can be experienced by supplementing with systemic enzymes:

Anti-inflammatory:

Proteolytic enzymes such as bromelain, papain, protease and serrapeptase, when used in combination, have been found to be as effective as non-steroidal or corticosteroid medications without any of the harmful side effects. Granted, medications do decrease swelling and pain, but they have the disadvantage of shutting off new bone matrix and cartilage formation at the same time. Also, the non-steroidal anti-inflammatory drugs (NSAIDS) have many other nasty side effects when used steadily over a long period of time. For example, they can cause gastric and duodenal ulcerations, gastrointestinal bleeding, disturbed sleep patterns, kidney damage, blood abnormalities, gallstone formation and psychiatric reactions, including suicidal depression. Besides these, they can also interfere with pancreatic insulin secretions and the action of prescribed heart medicines.

Anti-fibrotic:

Serrapeptase is the most fibrinolytic substance found anywhere in nature. It was originally isolated from the gut of a silkworm and is the enzyme which the insect uses to dissolve its' silk cocoon on the way to becoming a butterfly. As you know, silk is an incredibly strong substance. So, it is no surprise that serrapeptase is able to safely and easily reverse all diseases having a fibrotic component.

These include fibromyalgia, glomerulosclerosis (which is a major cause of decreased kidney function), cystic fibrosis (if not too advanced), fibrocystic breast disease, uterine fibroids and endometriosis. Serrapeptase is also able to reverse arteriovenous disorders, such as arteriosclerosis, atherosclerosis, peripheral vascular disease, varicose veins, spider veins and hemorrhoids.

Scar tissue caused by abdominal surgeries, such as Ceasarian sections, can become quite invasive to the point where the bowels are being strangulated, requiring additional surgeries. Taking proteolytic enzymes, such as serrapeptase, causes resorption of the invasive scar tissue, eliminating any need for surgery. Also, keloids and other old wounds have been reported to heal over completely to where none of the previous scarring is even detectable.

Blood cleansing:

The enzymes cleanse the blood of all debris, such as clumpings of red blood cells, sticky aggregations of platelets (both of which can lead to potentially fatal blood clots, strokes and heart attacks) and excess fibrin. Usually the liver cleanses all debris from the blood in the first pass through its' portal system. However, many people's livers are so toxic from alcohol consumption, pesticide exposure and other environmental insults, that the blood can become as thick as ketchup or yogurt. Before and after dark field microscopy studies have proven repeatedly the value of supplementing with sufficient quantities of proteolytic systemic enzymes.

Immune-system modulating:

Enzymes tend to have a normalizing effect on the immune system. For example, if the immune system is underactive, white blood cell activity will increase and the number of the anti-viral blood cells known as "natural killer cells" will increase. On the other hand, if the immune system is overactive, which is what occurs in diseases such as rheumatoid arthritis and lupus, the enzymes will eat away any excess antibodies that are attacking the body's tissues.

Anti-viral activity:

Basically, the enzymes will render all viruses inert by eating away their exterior protein coating. Viruses depend on this coating to latch onto their host cell's DNA and replicate themselves. Consistent supplementation with systemic enzymes can lower a person's viral load to the point where you hardly ever get sick.

This article was written by Keith Post, ND, a board-licensed physician practicing in the Portland, Oregon area on 10/1/03 and is available online at <http://naturalhealthservices.info>.