

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Dramatically Reduce Recovery Time

In the movies we see the hero jump from trains, crash cars, go over cliffs, get banged and bruised from head to toe and somehow he keeps going. When it comes to injuries we could all use a little Hollywood magic. Of course, when we are young we can fall or bounce, get “really” hurt but, in many cases, the next day we’re back to normal. As we age however, if we sustain an injury, it seems to take longer to recover. Why are adults less resilient? One reason is that we have localized proteolytic enzymes in our tissues; and as we age, those enzymes tend to become depleted. The localized enzymes act like “Pac-Men” and digest the inflammatory debris caused by the injury, allowing better circulation, which speeds repair.

Current medical studies show dramatic reduction in injury healing time with proteolytic enzymes. One author after reviewing 14 different studies using over 1,500 subjects said the length of recovery time was cut in half by using proteolytic enzymes. Proteolytic enzymes are indicated for edema, swelling, and acute injury. They have also been used as digestive aids, for low back pain, disc herniation, reduction of food allergy symptoms, acute and chronic sinusitis, increasing the effectiveness of antibiotics, post surgical trauma/recovery, and as a natural vermifuge.

I have a great educational piece on proteolytic enzymes you can find below. This piece high-

lights 17 studies. You can also get a free CD that can be used as a patient education tool. But the study that really says it all, in terms of reducing healing time, comes from a book by Dr. Anthony Cichoke “Enzymes and Enzyme therapy.” Although he doesn’t give dosages and it centers around an unusually aggressive sport “karate,” it represents what I have seen with myself and my patients over the last 20 years.

Ten karate fighters of both sexes were given enzymes before the event. The second group of ten was given a placebo. All 20 athletes had comparable injuries. Here are the impressive results. Hematomas disappeared in the treated athletes in 6.6 days where placebo athletes took 15.6 days to heal. The swelling in the enzyme group disappeared in 4.3 days vs. 9.8 days in the control group. Restrictions in movement as a result of pain and injury disappeared in 5.0 days vs. 12.6 days for the placebo group. When the injuries suffered in the karate competition became inflamed it took 3.6 days to subside vs. 10.6 for the control group.

For the people who were injured and were unfit for work, the enzyme group was able to return to work in 2 days whereas the placebo group was unable to return to work for 5.3 days. Although this is a small study, it is consistent with all the other studies which show injuries heal faster, recovery time being reduced to 50% in many cases.

Intenzyme Forte

I have talked to clinicians over the years who haven't shared my enthusiasm until they learned how to use enzymes correctly. So before you try them let's go over a few points. First all enzymes are not alike. Sometimes the life or activity of the enzymes has expired before it gets ingested.

I will never forget Dr. Kim Christensen discussed how a formula he designed for a major nutraceutical company caused a big stir during manufacturing. The plant manager called to tell him that the product was so good it was actually warm as it was bottled. It was so hot that the workers had to wear gloves to handle the tablets. Later Dr. Kim learned from the research team at Biotics that if the tablets were warm, they were spending their enzymatic potential on the raw materials in the tablet. They were actually digesting the tablet. When the product was assayed for enzyme activity, there was little to no activity in the tablet six months later.

Contrast that to one of Biotics Research's flagship products, Intenzyme Forte, which met label claims eight years after the expiration date. You see enzymes are a whole field unto themselves and certain precautions have to be taken to make sure they are active when the patient takes them. That's one of the wonderful things about working with Biotics Research. Their enzymes meet or exceed label claim every time. So one reason patients might not get results is poor manufacturing.

Another reason is when enzymes are taken with food. Enzymes are catalysts and can have major effects on natural healing but if you take them with food, they will act as digestive enzymes. Another positive side effect of proteolytic enzymes is that they will lessen the effects of food allergy symptoms. So for

best results to reduce inflammation or take advantage of their systemic benefits is to take them 30 minutes before a meal or 2 hours after eating. The third reason is people don't take enough. Always take a loading dose of 10 tablets, take more if your patient is large and you have experience with the product. Then take 5-7 tablets 3 or 4 times per day between meals.

In high school I had many basketball ankle injuries. You know the kind where you twist an ankle after coming down with a rebound. So I know how painful a twisted ankle can be. Several years ago I was excited and ran down the stairs only to miss one of the middle steps. I fell about 6 feet, landed on my ankle, and twisted it just like I had done in High School. I saw stars. When I got my bearings, I crawled on my hands and knees to a chair and promptly took 15 Intenzyme Forte from Biotics Research. Then I asked for my wife to find some ice. I proceeded to take 5 tablets every 3 hours that I was awake and whenever I could take them between meals. The next day I was not only walking, but I was totally pain free. It was amazing.

Since then I have used them for any type of injury or accident, running, gardening, skiing, and any type of weekend warrior experience that leaves me tender. My grown children ask for Intenzyme when they experience any type of injury. If you haven't used proteolytic enzymes for yourself or your patients, give Intenzyme Forte a try. You'll be pleasantly surprised.

Have a great week and I'll see you next Tuesday.