

Reduce Recovery Time

“Medical studies have shown dramatic reduction in injury healing time with proteolytic enzymes.”

People use what works, and since proteolytic enzymes have been in the top 5 of all the products we sell for over 20 years, I thought we should talk about them.

Medical studies have shown dramatic reduction in injury healing time with proteolytic enzymes. One author, after reviewing 14 different studies using over 1500 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 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.

Below, you can access an educational piece that shares the highlights of 17 studies, but here is one that really says it all in terms of reducing healing time. This study comes from [Enzymes and Enzyme Therapy](#), a book by



Dr. Anthony Cichoke. He cites an aggressive sport – karate, and although he doesn't mention dosages, this study 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 an 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 6.62 days, where placebo athletes took 15.59 days to heal. The swelling in the enzyme group disappeared in 4.25 days vs. 9.82 days in the control group.

Restrictions in movement as a result of pain and injury disappeared in 5.04 days vs. 12.62 days for the placebo group. When the injuries suffered in the karate competition became inflamed, it took 3.63 days to subside vs. 10.56 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 5.29 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.

I have talked to clinicians over the years who haven't shared my enthusiasm, until they learned how to use them correctly. So, before you try them, let's address a few issues. The first thing we should be aware of is that all enzymes are not alike. Sometimes the life or activity of the enzymes has expired before it gets ingested. I have purchased and then tested some products that didn't have any detectable enzymes upon assay. Contrast that to one of Biotics Research's flagship products Intenzyme Forte, which met label claims 8 years after the expiration date. Intenzyme Forte by Biotic Research is a broad spectrum proteolytic enzyme formulation containing pancreatin, bromelain, papain, lipase, amylase, trypsin, and alpha chymotrypsin.

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 people might not get results with other enzymes is poor manufacturing.

Another reason is that enzymes should NOT be 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. Knowing this, for best results to reduce inflammation and to maximize

their systemic benefits, take Intenzyme Forte 30 minutes before a meal or 2 hours after eating.

The third reason is that people don't take enough. Always take a loading dose of 10 tablets. Increase the loading dose if your patient is large or once you have experience with the product. Then recommend 5-7 tablets, 3 or 4 times per day between meals.

I've had several basketball ankle injuries back in high school. 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 and landed on my ankle and twisted it just like I had done in high school. I saw stars. After writhing in pain for about 10 minutes, I crawled on my hands and knees to a chair and promptly took 15 Intenzyme Forte from Biotics Research and asked my wife to find some ice. I proceeded to take 5 tablets every 3 hours that I was awake and away from food. The next day I was not only walking, but I was totally pain free. It was amazing.

Intenzyme Forte can be used for any type of injury or accident, running, gardening, skiing, and any type of weekend warrior experience that leaves muscles tender. Intenzyme Forte is also safe for children when they experience any type of injury.

So, if you haven't used proteolytic enzymes for yourself or your patients, give Intenzyme Forte a try. You'll be pleasantly surprised.

Thanks for watching, I look forward to being with you again next Tuesday.