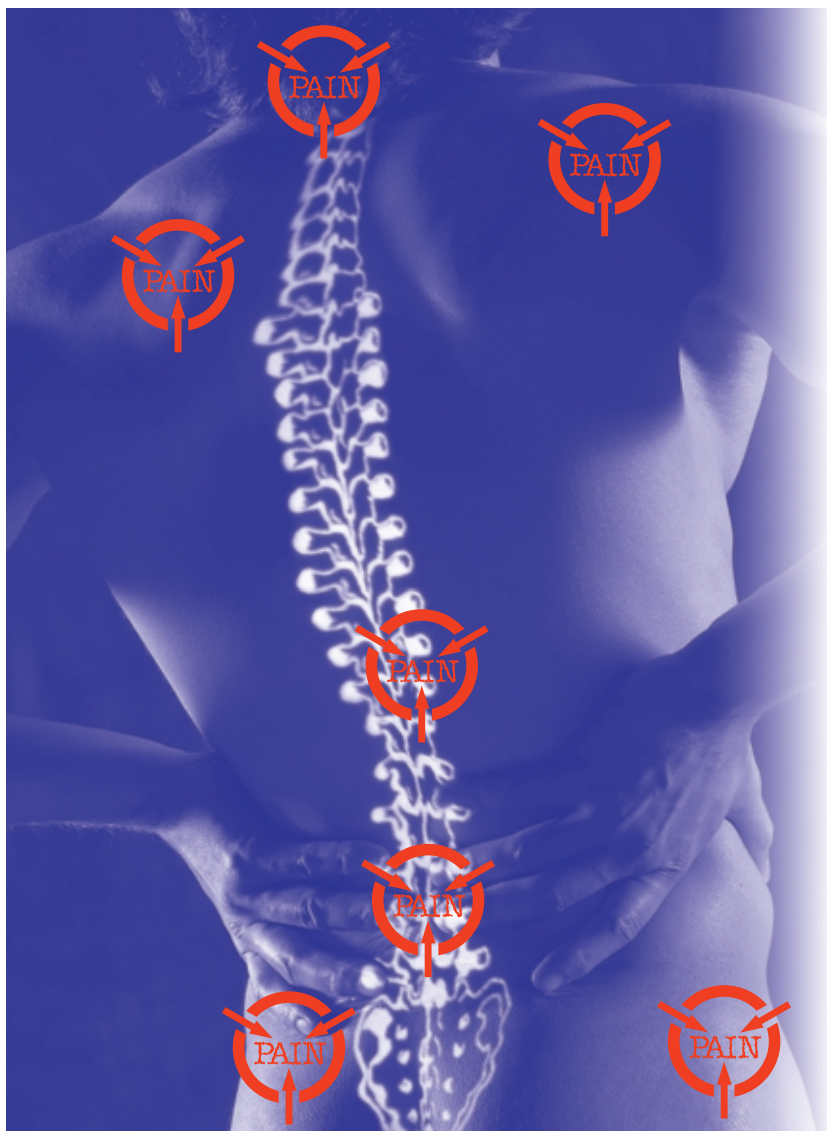


# SYSTEMIC ENZYMES JUMPSTART Fibromyalgia Health Program

Millions of Americans suffer from fibromyalgia, a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points that occur in precise, localized areas, particularly in the neck, spine, shoulders, and hips. Because of the pain, fibromyalgia also may cause sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety and other symptoms. Although pain relievers are often prescribed to these patients, these provide only temporary relief but do not get at the underlying cause of the condition.



**h** EALTHY LIVING HAS OBTAINED RESULTS from a pilot study involving 25 patients on an oral systemic enzyme product that combines serrapeptase with nattokinase, papain, and other important protein-digesting compounds and cofactors. The open-label study involved consenting patients at a health center in Santa Fe, New Mexico, who had already stopped using medical drugs and had been put on nutritional and lifestyle programs in an effort to address age-related issues, such as joint problems, circulatory health, insulin balance, and overall inflammation.

The patients were being given various supplemental nutrients, such as essential fatty acids and amino acids. They were improving but had not reached their health goals yet, according to Laurent Bannock, D.Sc., who conducted the study.

## HELP FOR FIBROMYALGIA PATIENTS

In natural health as well as progressive medicine, fibromyalgia is thought to occur as a result of tiny circulatory blockages that might be caused by a buildup of cellular debris and imbalances in growth factors, such as transforming growth factor-beta, that cause overgrowth of connective and other tissues known as fibrosis. Enzymes, which are known to modulate enzyme expression within the body at the molecular level, have long been used to support the body's natural ability to clear cellular debris and balance levels of TGF-beta and other growth factors.

In this particular aspect of his study, Bannock looked at fibromyalgia patients and what the addition of systemic enzymes could do to help them.

These findings back up additional research, both clinical and anecdotal, on systemic enzymes and fibromyalgia that generally have shown positive results (when enzymes always are part of an overall health program). In addition, these findings were consistent within the larger 25-patient study that also found good results for systemic enzymes.

## FIBROMYALGIA TEST GROUP RESULTS

According to written material supplied to *Healthy Living* by Bannock: "At the beginning of the study, 66 percent of the test subjects in the Fibromyalgia Test Group had moderate to significant perception of symptoms related to their diagnosis, and 33 percent had significant perception of the symp-

toms related to their diagnosis. At six months, 66 percent reported no symptoms relating to their diagnosis, and 33 percent reported only slight perception of symptoms relating to their diagnosis."

## SUMMARY OF OBJECTIVE RESULTS

Bannock's study also used objective blood tests, which also showed general trends of optimizing patients' health.

### C-reactive Protein

An area of analysis was for patients' levels of C-reactive protein (C-rP). A marker for overall inflammation, high-normal or greater levels of C-rP generally indicate a higher risk for arthritis, diabetes, heart disease, and perhaps even Alzheimer's and other neurological disorders.

At the start of the study, 33 percent of the Fibromyalgia Test Group participants had C-rP lab test values that were moderately out of range, and 66 percent had C-rP lab test results that were moderately to significantly out of range. At the end of the study, 33 percent had lab test results that were only slightly out of range, and the remaining 66 percent had lab test values that were normal.

"The systemic enzymes appear to have a beneficial effect on the C-rP lab test values of 100 percent of the test subjects in the RA [rheumatoid arthritis], OA [osteoarthritis] and fibromyalgia test groups," Bannock said.

### Erythrocyte Sedimentation Rate

Erythrocyte sedimentation rate (ESR) is a nonspecific screening blood test for various diseases. This one-hour test measures the distance (in millimeters) that red blood cells settle in unclotted blood toward the bottom of a specially marked test tube.

Markedly elevated out of range values could indicate rheumatoid arthritis and kidney disease

and might also be viewed as indicative of an overall pro-inflammatory bodily state.

According to Bannock, "66 percent of the Fibromyalgia Test Group participants were found to have ESR lab test values that were significantly out of range at the start of the study, and the remaining 33 percent had ESR lab test values that were moderate to significantly out of range. At six months, 66 percent of the test subjects had ESR lab test values that were within normal ranges, and the remaining 33 percent had ESR lab test values that were only slightly out of range."

## PUTTING THE STUDY INTO PERSPECTIVE

Very few people today even know about the connection between fibrosis and fibromyalgia. But they should. That so many people almost blindly take pain relievers with potential adverse effects on the kidneys, liver, and gastrointestinal lining is truly tragic since nature offers an important health pathway, particularly for people who are susceptible to toxic effects of painkillers.

These results, Bannock says, are limited—and follow-up research should be done to see if the patients are actually relieved of their condition entirely. Although many factors can influence perceived pain symptoms and perhaps even lab results, these results, however, should not be totally unexpected either, given what we know about other studies with systemic enzymes, such as quality preparations of pancreatin, nattokinase, serrapeptase, bromelain, and papain. Nonetheless, more studies will continue to shed light on the link between the proteolytic activities of systemic enzymes and human health. ■

## Did You Know?

In addition, systemic enzymes are generally sold as dietary supplements. By law, manufacturers and companies selling them cannot make any claims that their products can cure, treat or mitigate any disease. These products generally do seem however to offer support for healthy proteolytic activity to people battling fibrosis-related conditions.

## Resources

Neprinol is manufactured by Arthur Andrew Medical. For questions and availability, please call 800-448-5015.



Laurent Bannock, whose advanced training and credits include receiving a doctorate in nutritional medicine degree from the Royal Melbourne Institute of Technology in Australia (this major educational center has more than 50,000 students) and who was a guest expert on the Discovery Health Channel's *Fat Academy* in 2003 and 2004, told *Healthy Living* that the laboratory results for the study were from TriCore References Laboratories, a New Mexico not-for-profit corporation established as the result of a regional laboratory consolidation effort. The sponsors of TriCore include the University of New Mexico Health Sciences Center and Presbyterian Healthcare Services. Arthur Andrew Medical provided the nutritional product used in the study.

## How to Choose an Enzyme Blend

Not all enzyme blends are created equal. Enzyme potency is measured by activity levels. When enzymes are added to liquid they become active. Simply adding more milligrams (mg) of enzymes does not necessarily make the product stronger. Activity levels are measured by "FUs" or fibrinolytic units. When choosing an enzyme, look carefully for FUs rather than simply mg per serving. With most enzyme blends, a typical serving size is one to two capsules, providing an average of 1,000 to 2,000 FUs. The formula Bannock's patients used provided 15,000 FUs per serving, yielding 133 percent higher activity levels, according to the researcher.