

## Injuries

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03/07/2005

Enzymes can support the relief of pain and inflammation and nutritionally support the healing of accidental or sports injuries, including sprains, broken bones, disc problems, tendonitis, injured ligaments, muscle soreness, bruising and so on. First I will present a very general picture of enzymes needed to help remediate sports injuries and other trauma, including the trauma of surgery. In specific cases, such as those presented below, there may be more support needed than what is presented here. I am merely trying to give you a simple picture of how food enzymes and herbs help alleviate pain, inflammation and promote healing. Nutritional support is not a substitute for proper chiropractic or other needed medical care.

*In general, each enzyme is specific in relieving a certain type of inflammation:*

*Protease* supports relief of the type of inflammation that requires ice, and soft tissue trauma such as when the skin is broken or cut.

*Amylase* helps relieve the redness of skin conditions, and when combined with other formulas, acts like an antihistamine and relieves many kinds of skin irritations. Amylase is great for athletes because it increases joint mobility and helps relieve sore muscles. It also helps relieve the pain of neuritis or neuralgia.

*Catalase* is a plant enzyme in many of the Thera-zyme formulas. It is known for its strong antioxidant properties and also for its ability to relieve the edema (swelling) of injury.

*Lipase* relieves cold lymphatic swelling, the kind that requires heat.

*Here is a general summary of how injury treatment is supported with food enzymes and herbs.*

*Broken bones:* IVD, an enzyme herbal formula high in balanced calcium and phosphorus, 18 amino acids, and protein. It helps repair broken bones, ligaments and herniated discs.

*Bruises:* For bruises, Thy, containing sea minerals (kelp) plus protease is used. If taken *immediately* after the injury, the hematoma with its black and blue colors is greatly reduced and sometimes does not develop. TRMA also contains kelp.

*Joint pain, arthritis, swelling:* Before giving supplements to support joint pain relief, I make sure the patient is not ingesting NutraSweet, which causes joint pains, headaches and many other more severe symptoms. Next, I test for low thyroid function. Joint pain is one of the many symptoms of a sluggish thyroid gland. Then, I test to see if there is a need for Mal (for males or menopausal women) or Fem (for women prior to menopause), formulas useful in supporting relief of the pain and swelling of arthritis. OSTEON is a new formula for joint and musculoskeletal pain.

*Muscle soreness:* MSCLR, high in amylase helps relieve sore muscles from excessive exercise, whether from running, basketball or painting the house.

*Sprains, torn ligaments:* IVD.

*Tendonitis:* Thy (kelp plus enzymes) or TRMA (protease plus kelp). People with gastric problems must be sure to take TRMA between meals with water only. Both TRMA and Stm contain catalase, which helps reduce swelling due to injury.

## **Case Histories**

### *The Girl Who Fell Thirty Feet and Lived*

The ring of my telephone jarred me during a rare idle moment in the sunshine of an early Spring Sunday. I was surprised to hear my daughter's voice in a tone I had never heard before.

"Mama", she said, "Ariel fell and got hurt badly."

"What?" I exclaimed. "I thought you were hiking up the Butte today!"

"We were," came the monotone, tearful voice. "We were swinging on the rope swing across the ravine and Ariel slipped from the rope and fell all the way down!"

"What do you mean - all the way down? How far?"

"Thirty feet, Mama. She was unconscious for at least 15 minutes and all we could do was stroke her head and pray. We sent her all our angels."

"Where is she now?"

"In the ambulance. It took eleven paramedics to carry her out of the ravine. Please come to the hospital and bring your enzymes and homeopathics, Mama!"

Numb, I threw enzymes into a bag and raced to the emergency room. Ariel was my daughter's best friend. At fifteen, she was a popular dark-haired beauty, a fearless tomboy whose vocabulary did not include the words 'danger' or 'careful'. She had recently moved to our neighborhood to enter the high school my twin teenagers also attended. At the hospital, I was greeted by 10 unusually quiet, wide-eyed teenagers with tear-streaked faces.

I was shocked by what I saw in the emergency room. Ariel's long, thick hair lay tousled around her face. One cheek looked like an inflated balloon. Her body was swollen, bruised and scraped from head to toe. Pain prevented her from moving and I feared the worst. Even in this condition, she was still feisty and brave and fought the doctors with whatever strength she had left to push away the oxygen mask and the IV needles. They wheeled her out for x-rays and we paced the floor for what seemed forever. Finally, back came the doctor with Ariel and the x-rays.

"You are one lucky girl," said the doctor. "You have a fractured fourth lumbar vertebra. There is no medical treatment for it. You will have to stay in bed and won't be able to move around for a while but you will heal. Your age is an advantage." With that, he gave Ariel a narcotic painkiller, wheeled her out of the hospital and gently lifted her into my van.

This story has a good ending, thanks to the use of plant enzymes plus a good chiropractor. I gave this young girl enzymes five times daily. They included an enzyme formula high in protease and catalase

combined with foods containing minerals to reduce the pain, inflammation, swelling and bruising (TRMA), an enzyme-herbal formula to reduce muscle pains, stiffness and spasms (MSCLR), a kidney formula to help her bruised kidneys and the nausea that followed the pain (Kdy), and an enzyme containing a source of protein and vitamin C, to help heal the fractured bones (IVD).

The first day, she could walk slowly with the painkillers. The second day, she dumped the prescription painkillers because they made her sick and caused a rash. With only an occasional aspirin plus many enzymes, she was able to control the pain. On the third day, when she could sit up long enough to ride in a car, we took her to a chiropractor who began a series of treatments. By the end of the week, Ariel was walking, standing and sitting and was well enough to fly to California to visit her friends for a week! Looking at her today, it is hard for me to believe that she totally healed from a fall that could have killed her. That's the miracle of enzymes.

### *The Man Whose Parachute Wouldn't Open*

This is the story of a man with health problems so severe that he was taking eight toxic drugs to relieve pain and lower blood pressure. Here is a summary of his health history, medical diagnosis and his nutritional program.

- Ankylosing spondylitis, diagnosed 28 years prior. Since then he had been taking anti-inflammatory drugs, including Prednisone (synthetic cortisone) and Clinorol (a non-steroidal anti-inflammatory drug). His face had the moon-shaped appearance of people on Cortisone.
- Accidents and surgeries: a sky diving accident 13 years prior requiring surgery on left leg to repair a broken femur and cracked hip, which included plates and pins. The plates and pins were removed in after five years; total right hip replacement 4 years prior; total left hip replacement 3 years prior.
- Increasing kidney damage, with increasing levels of BUN (blood urea nitrogen), creatinine, potassium and phosphorus and a high urinary level of protein. He had been taking 2,000 mg of Tylenol since 1968 (28 years). Tylenol has been shown to cause both liver and kidney damage in long time users.
- High blood pressure for which he was taking three medications, Vasotec, Dynacirc and a Thiazide diuretic.
- He was also taking Levsin/SL, an antispasmodic (to relieve spasms) for what the doctor told him was irritable bowel syndrome. My testing ruled out irritable bowel. In fact, his problem was constipation, which I have never found to co-exist with irritable bowel syndrome.
- His current health complaints included: fatigue, progression of joint problems in spite of the drugs, digestive problems, high blood pressure, overall feeling of weakness. Also, he had recently been diagnosed with bursitis (shoulder impingement) in both shoulders. His major concern was kidney failure, as described above.

### *Summary of Drugs Taken*

- Sulindac, 200 mg daily, a non-steroidal anti-inflammatory drug, for 28 years
- Prednisone (synthetic cortisone), 10 mg, a steroid, for 28 years
- Vasotec, 5 mg daily, for high blood pressure, for one year
- Dynacirc, 10 mg daily, for high blood pressure, for less than one year
- A Thiazide diuretic, 5 mg daily, for high blood pressure, for less than one year
- Levsin/SL, as needed, for irritable bowel cramping and spasms
- Tylenol, 2,000 mg daily, for 28 years

I decided to work on three problems: kidneys, pain, and digestion. His program was adjusted several times, but here is a list of his most important enzyme and herbal formulas. My choices were based upon his urinalysis, blood chemistry, patient history and a consultation with Loomis to help unravel and prioritize this complex case.

- VSCLR: a digestive formula high in lipase used in people who have mild high blood pressure.
- Coleus forskohlii: an herbal formula for high blood pressure and many other health conditions.
- Blue green algae: I recommended this instead of the high doses of many vitamins and minerals he was taking.
- Kdy: to help the kidneys cleanse the blood of allergens (food and environmental)
- TRMA: protease/catalase formula for the immune system in general. A kidney support formula. Both protease and catalase have anti-inflammatory properties.
- Rsp: an enzyme herbal formula for bursitis. It is also used for asthma and other lung problems.
- Thyroid glandular: to help improve his immune system, which had been damaged by 28 years of Prednisone and other drugs. Also, arthritic conditions are sometimes alleviated by improving thyroid function. I cautioned him to avoid NutraSweet, a known cause of joint pain and many other health problems.

In four months, I was surprised at his improvement, except for worsening kidney damage. Then, fearful of the prospect of kidney dialysis, he stopped taking Sulindac, Vasotec, Dynacirc, the Thiazide diuretic and Tylenol. He called me to proudly announce this action, saying that in the past he could never tolerate more than 24 hours without his drugs because of the pain but since taking the enzymes, he was able to eliminate these drugs without increased suffering. I asked him, “*What happened when you eliminated the drugs?*” He replied, “*Nothing!*” He substituted buffered aspirin for the Tylenol and took the minimum dosage to control his pain to a tolerable level. He continued taking only one medication for high blood pressure (Ziac) plus Prednisone. Not long after this he called me to report that his kidney function tests were improving and his blood pressure stable. I consider his progress a miracle.

### *Basketball Apnea*

When my daughter, Veronica was 14-years old, she joined a basketball team. A long-legged girl who runs like a gazelle, she was the coach’s dream. She practiced diligently and put her heart into the game. She had two to three practices weekly before the first big game! Excited, I got a good seat to watch the competition. Veronica played in the first quarter. Within five minutes, her face grew beet-red, she began lagging behind and went down on her knees, gasping for air. Running to her aid, we gave her a homeopathic remedy (Rescue Remedy) and water, as her breathing became normal. After several minutes, she regained her breath and re-entered the game. The only thing she could tell me is that she had no warning, felt dizzy and her throat constricted. No problem, I thought. Just the excitement of the first game. Wrong! Game number two. A repeat performance.

The coach, now worried, wants me to sit on the bench and watch my daughter. I am puzzled. How can a young, athletic girl who bikes, skis, runs, plays baseball, etc., have trouble breathing in less than 5 minutes of the game? I called Dr. Greg Kahn, a Eugene chiropractor who consulted with his colleague, Dr. Scott Pengelly, a Eugene psychologist and biofeedback therapist. Here’s what they found: Veronica was in a state of autonomic arousal (sympathetic dominance). In Khan’s office, he examined her. Compared to the rest of us, Veronica had sweaty palms, dilated pupils, and shallow (clavicular) breathing, instead of breathing from the diaphragm. “*Hummingbird breathing,*” said Kahn. Her diaphragm was like a brick wall! Sympathetic dominance causes muscle contraction. The Loomis palpation test showed that her diaphragm was locked in an up-position. Loomis has developed an enzyme/herbal remedy for this condition (Thera-zyme Circ). This enzyme/herbal remedy contained an herbal form of magnesium.

In particular, magnesium depresses nervous system activity, reduces skeletal muscle contractions, and is important in regulating the pituitary gland which requires magnesium to prevent over stimulation of the adrenals, triggering the fight or flight reaction. After taking this enzyme/herbal formula for two-three days plus practicing her breathing from the diaphragm, Veronica sailed through her next game.

Have you ever noticed that when you discover something, everyone who has it walks into your office? Two other girls on the basketball team complained of the same symptoms. One, a high school student, was told by her coach that he would not let her play until she got tested for asthma! *"I don't think you have asthma,"* I told her. *"That's the opposite from your symptoms"*. I tested her and found the same condition! Shallow breathing. Brick-like diaphragm. This girl also needed Circ. I was concerned, because her next basketball game was only two days away. No problem! She sailed through it after only two days of taking the enzymes and practicing her breathing!

What comes first? Sympathetic dominance, incorrect breathing, or the anxiety of competition? No one knows. Perhaps all three contribute.

### *The Boy Who Kicked Too High*

At fifteen years, my son, Sean was the original karate kid! He loved to kick as high as he could and to mimic the Kung Fu way of life! One day he did his karate kick and pulled his inguinal (groin) muscle. He fell on the floor and crawled to his bedroom, tears running down his eyes. This was a most embarrassing situation since we were having a party and there were many teenagers present. I tested him with a south and North Pole magnet. He responded to the North Pole, so I placed it against the groin area. Next, I gave him three capsules of Thera-zyme MSCLR, the athletic injury formula and left the room. I told him to repeat the remedy in 30 minutes. One hour later, I went to his bedroom to see how he was doing. He was gone! I looked outside and saw my son propelling down the driveway on his skateboard!

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02/04/01 rf3