

Thera-zyme Enzyme Formulations

By Lita Lee, Ph.D.

Updated 10/1/06

In the early 1980's Dr. Howard Loomis formulated his first line of enzymes called NESS (Nutritional Enzyme Support System). It was introduced in 1987. Over the past 10 years, Loomis' research led to his second-generation line of enzymes, Called Thera-zyme. The following describes this new line of enzymes.

In the following descriptions, 'enzymes' mean protease, amylase, lipase, cellulase and sugar digesting enzymes (called disaccharidases or carbohydrase, such as sucrase, lactase and maltase). The proportion of each enzyme is directly related to the amount of protein, fat, carbohydrate, fiber and sugars contained in the food or herb in the formulation. In addition, many of these formulas contain catalase, an antioxidant enzyme that also reduces abnormal tissue fluids, such as edema following injury.

These formulas nourish organs or tissues that are stressed by vertebral subluxations (misalignments of the spinal cord). Each formula corresponds to possible subluxations of several vertebrae, which include the seven upper cervical vertebrae, the middle 12 thoracic vertebrae, the five lower lumbar vertebrae, the sacrum and the coccyx (tailbone). For example, there is a formula for stomach problems, Thera-zyme Stm, a multiple digestive enzyme formulated to nourish the tissues of the stomach stressed by subluxations of the mid-thoracic spine (between the fifth and the ninth thoracic vertebrae). If you have gastric problems (such as burning, an ulcer, hiatal hernia or gastritis), you are likely to need a chiropractic adjustment of one of these thoracic vertebrae. Taking Thera-zyme Stm helps to maintain the adjustment. Formulas with no vertebrae listed are intended to nourish the entire body, such as Thera-zyme TRMA for soft tissue trauma, and Thera-zyme CLM for the nervous system.

You will note that there are several formulas, which help relieve the same or similar conditions. This is not to confuse you. This is because a condition or a symptom can have more than one cause and thus, more than one remedy. For example, insomnia can be caused by restless legs due to calcium deficiency (Thera-zyme Para), sugar intolerance (Thera-zyme Adr), nervous or emotional problems (Thera-zyme CLM) or the inability to relax, become serene and stop the mind from racing (Thera-zyme SvG). Headaches have many causes, such as an atlas problem (Thera-zyme Sym) or vascular problems (Thera-zyme VSCLR), frontal headaches from kidney-lymphatic stress (Thera-zyme Kdy), from jaw-joint misalignment, or TMJ (Thera-zyme IVD). Nausea can be caused by stomach problems (Thera-zyme Stm), kidney-lymphatic stress (Thera-zyme Kdy), gallbladder problems (Thera-zyme Bil), and constipation (Thera-zyme LgI).

If you need one of these Thera-zyme formulas, you probably have at least one symptom on the list. However, from my experience with thousands of clients, I have learned that these formulas can offer nutritional support in conditions not included on the list. For example, a client asked me for Thera-zyme SmI to help relieve a skin fungus. I told him that this formula was for candidiasis and would probably not help his skin. I was wrong. As soon as he took the formula, the skin fungus started to disappear. When he discontinued it, it returned.

The following list of Thera-zyme enzyme formulations was researched and developed by Loomis. I have listed the contents of each Thera-zyme formula and indications that may be relieved simply by supplying the organ or tissue with the deficient enzymes or nutrients. These enzyme formulations are changed, improved or updated according to clinical results. It is an open-ended project. Also, new formulas are added as research and clinical experience dictates.

Multiple Digestive Enzyme Formulas

Thera-zyme Bil (Biliary)

Ingredients: Protease, lipase, disaccharidases, amylase, cellulase plus fennel seeds, turmeric root, lecithin, cinnamon bark, and ginger root.

Short description: Nutritional support for the gallbladder and difficulty digesting fat (fat intolerance). A multiple digestive enzyme which emphasizes fat and protein digestion.

Indications: intolerant of fat and spicy foods; loss of appetite, especially for meat; burping or pain under the right rib cage; regurgitation of food after eating; nausea and/or vomiting after eating; frequent sour taste in mouth; gallstones or gallbladder surgery; frequent constipation with light colored stools. Dosage: 2 caps immediately before or with each meal 3x/d. Contraindication: gastric problems (ulcer, gastritis, hiatal hernia, frequent use of antacids or anti-inflammatory drugs).

Related articles: Unwanted Stones - Kidney Stones And Gallstones; Stomach Problems

Related products: Thera-zyme Lvr (liver)

Thera-zyme DGST (Digest)

Ingredients: disaccharidases (sucrase, lactase, maltase)., amylase, protease, lipase and cellulase.

Short description: A multiple digestive formula for mild digestive problems or colic in babies.

Indications: mild digestive problems when unaware of the cause, flatulence, bloating, and colicky abdominal pain, including colic in babies sometimes accompanied by projectile vomiting. Dosage for babies: ½ cap per meal: open the capsule and add ½ to a small amount of water before nursing. Dosage for adults with good digestion: 2 caps immediately before or with each meal 3x/d.

Related articles: Childhood Conditions

Thera-zyme HCL

Ingredients: pepsin, betaine (from beet root powder), amylase, protease, disaccharidases (sucrase, lactase, maltase), lipase and cellulase.

Short description: A multiple digestive enzyme formula for intolerance of (difficulty digesting) sugar, protein and fat intolerance. May have sluggish digestion of foods and may be low in hydrochloric acid.

Indications: Loss of taste for meat, desire to eat when not hungry, indigestion 2-3 hours after eating and lower bowel gas. Dosage: 2 caps immediately before or with each meal 3x/d. Contraindication: gastric problems (ulcer, gastritis, hiatal hernia, frequent use of antacids or anti-inflammatory drugs).

Thera-zyme PAN (Pancreas)

Ingredients: amylase, disaccharidases (sucrase, maltase, lactase), protease, cellulase and lipase.

Short description: A multiple digestive enzyme for people who are sugar intolerant (have difficulty digesting sugars) or eat excessive amounts of sugar - cane sugar (sucrose), grain sugar (maltose) and milk sugar (lactose).

Indications: abdominal discomfort under left rib cage after eating, especially sugar, grains (gluten) or fruit; sensitive to air pollutants (perfumes, smog, smoke, etc.); craving for cold liquids and foods; history of asthma or bronchitis. Dosage: 2 caps immediately before or with each meal 3x/d.

Related articles: Asthma - A New Childhood Epidemic; Lagundi

Related products: Thera-zyme SvG (Salivary Gland); Thera-zyme Adr (Adrenal); Thera-zyme Rsp; Thera-zyme Kdy (Kidney); Lagundi (herbal formula)

Related products: Thera-zyme PAN_(Pancreas)

Thera-zyme Stm (Stomach)

Ingredients: catalase, amylase, cellulase, glucose oxidase, lipase, hemicellulase plus papaya leaf, marshmallow root, slippery elm bark, and mastic tree.

Short description: Multiple digestive enzyme for people who have gastric problems and need to nourish the lining of the gastrointestinal tract.

Indications: ulcers, gastritis (gastric irritation, not flatulence) or hiatal hernia; frequent heartburn or indigestion with nausea and/or pain; esophageal reflux (acid rebound); frequent use of antacids; burning relieved by eating. Dosage: 2 caps immediately before or with each meal and 4 caps anytime needed to relieve gastric indications.

Related articles: Stomach Problems; Colostrum; Citricidal - A Natural Botanical Extract From Grapefruit

Related products: Colostrum powder, Citricidal (grapefruit pulp and seed extract)

Thera-zyme VSCLR (Vascular)

Ingredients: lipase, amylase, protease, disaccharidases (sucrase, maltase, lactase), cellulase plus bilberry extract, fenugreek seeds, ginkgo biloba leaf, and dandelion root & herb.

Short description: For people who have trouble digesting fat and have health problems resulting from severe lipase deficiency.

Indications: high blood sugar, glucosuria (sugar in urine); high cholesterol and/or triglycerides; high blood pressure, use of anti-hypertensive drugs; dizziness or light headedness aggravated by movement; headaches on the side of the head or the temples; difficulty losing weight; history of varicose veins; fat soluble vitamin deficiencies; serious immune system problems such as hidden viruses, cancer and AIDS. Dosage: 2 – 4 caps immediately before or with each meal 3x/d.

Related articles: Diabetes; Weight Control; Headaches; Coleus Forskohlii

Related products: Coleus forskohlii; Gymnesyl

Formulas for Nutritional Support in Acute and Chronic Conditions

Thera-zyme Adr (Adrenal)

Ingredients: Brewer's yeast, Siberian ginseng root, gotu kola, rose hips and ginkgo biloba plus disaccharidases (sucrase), amylase, protease, lipase and cellulase.

Short description: Food source of protein, vitamin B complex and Vitamin C complex. For people who have trouble digesting sucrose (white sugar) and need nutritional support for the adrenal glands.

Indications: low blood sugar; dizziness or lightheadedness, especially when skip meals; seizure disorders; low blood pressure; trouble staying asleep or nightmares; hyperactivity - attention deficit disorder (ADD), lack of mental clarity; depression; mood swings, irritable, angry or violent behavior; panic attacks; diagnosed with mental problems. Dosage: 2 caps immediately before or with each meal to digest sugar and/or 4 caps as needed to relieve the above indications.

Related articles: Mental Problems; Seizures - Convulsions; Hypothyroidism; Thyroid Resistance; Thyroid Myths; Pregnenolone - A Fruit Of Cholesterol

Related products: Thera-zymes PAN (Pancreas) and SvG (Salivary Gland)

Thera-zyme Challenge Food Caps

Ingredients: fig, fennel, psyllium, flax, rhubarb, pumpkin, guar plus cellulase, glucoamylase, lactase, maltase, alpha-galactosidase, hemicellulase and invertase.

Short description: for severe constipation.

Indications: Contains no sugar. Changes pH of the bowel. For severe constipation, when LgI and/or Sml are not enough. Dosage: 2 caps in the am and the pm or between meals or as directed by your health care provider.

Thera-zyme Challenge Food Powder

Ingredients: fig, psyllium seed, fennel seed, flax seed, pumpkin seed and guar gum. Does not contain enzymes.

Short description: Provides a balanced ratio of protein, carbohydrate, fat and fiber. For parasites and a toxic colon.

Indications: itching around rectum and groin; restless sleep; gnawing of teeth at night; loss of appetite; fatigue - unable to meet daily requirements. Dosage: one level Tbsp in water in the am and the pm between meals. Caution: if you have noticeable gallbladder problems, you may not be able to tolerate this formula because it stimulates the gallbladder.

Related articles: Candidiasis And Other Parasites

Thera-zyme Circ (Circulatory)

Ingredients: hawthorne berries, motherwort, collinsonia root, rosemary leaf and white willow bark plus lipase, protease, amylase and cellulase.

Short description: Nutritional support for circulation and the cardiovascular system.

Indications: poor circulation, irregular or skipped heart beats; pain under the breast bone upon exertion; anxiety with sighing or panting (hyperventilation); hemorrhoids, varicose veins. Dosage: 2 caps with after meals 3x/d.

Related articles: Cardiovascular Health And Cholesterol Fairy Tales; Hypothyroidism

Thera-zyme CLM (Calm)

Ingredients: valerian root, hops flowers, chamomile flowers, passionflower, and blue vervain plus lipase, cellulase, amylase and protease.

Short description: Food source of magnesium plus herbs that support the nervous system.

Indications: nervousness; insomnia; inability to concentrate; frequent daydreaming or nightmares and unresolved health problems; painful tailbone, hurts to sit down; history of severe emotional, mental or physical stress. Dosage: 2-4 caps as needed to relieve the above indications.

Related articles: Insomnia; Anti-Stress Nutrition; Pregnenolone - A Fruit Of Cholesterol

Related products: Thera-zymes Adr (Adrenal); SvG (Salivary Gland); TRMA (Trauma)

Thera-zyme DERM-H3 (Derm - Hives, Herpes, Histamine)

Ingredients: calcium gluconate, tayuya and coriander leaf plus amylase.

Short description: a enzymatic food supplement that nourishes the skin. Contains amylase, an enzyme with natural antihistamine properties. Use DERM along with Kdy if more help is needed with allergies (food or environmental).

Indications: allergies; abscesses; skin manifestations, such as hives, rashes, canker sores, cold sores and other forms of herpes, bug bite or bee sting allergies and poison oak/ivy allergies. Dosage: 3-4 caps at onset and every two hours until relief is obtained.

Related articles: Skin Problems; Allergies

Related products: Thera-zyme Kdy (Kidney)

Thera-zyme ELXR (Elixir)

Ingredients: folic acid, Vitamin B12, borage herb, chlorella, yerba mate, American ginseng root, astragalus root, echinacea purpurea root, hawthorn berries, licorice root, sarsaparilla root, ginger root, stomach intrinsic factor plus protease, amylase, lipase and cellulase.

Short description: A multiple herbal formula plus enzymes to nourish the body and to replace synthetic vitamins and minerals.

Indications: nothing specific – use as herbal/food source of vitamins and minerals. Dosage: 2 caps with or after meals 3x/d.

Related articles: Enzymes Vs. Vitamins

Thera-zyme IrB (Irritable Bowel)

Ingredients: blackberry leaf and root bark, marshmallow root, mullein leaf, nettle leaf, plantain leaf, and psyllium seed plus amylase, cellulase, lipase, disaccharidases and protease.

Short description: Food source of B vitamins and herbs that nutritionally support the colon.

Indications: abdominal pain, especially in the lower left quadrant; loose stools or diarrhea, frequent or painful bowel movements; blood or mucous in the stool; or other disorders of the large intestine. Dosage: 2, 3 or 4 caps 3x/d with, after or between meals. Start with 2 caps per dosage.

Related articles: Colon Problems

Thera-zyme IVD (Intervertebral Disc). See **Injuries**

Ingredients: nettle leaf, prickly ash bark, rose hips and marshmallow root plus amylase, lipase, protease and catalase.

Short description: Whole food source of protein, calcium and herbs for nutritional support of the musculoskeletal system.

Indications: back pain, history of disc problems - herniated disc or back surgery; back spasms; TMJ (clicking or painful jaw, TMJ headaches; irritated or receding gums; inability to concentrate; and slow reaction time. Dosage: 2 - 4 caps 3xd anytime (with, after or between meals) until relief is obtained. Then, reduce the dosage or eliminate.

Related articles: Injuries

Related products: Thera-zymes OSTEO; Para (Parasympathetic); TRMA (Trauma); Sym (Sympathetic)

Thera-zyme Kdy (Kidney)

Ingredients: alfalfa juice concentrate, rose hips, echinacea purpurea root, mullein leaf and ginger root plus lipase, protease and cellulase.

Short description: Whole food source of Vitamins A, E, K and minerals for nutritional support of the lymphatic system and kidneys.

Indications: allergies; frontal headaches; dark circles under eyes; swollen glands; low blood sugar; nausea in the am or between meals; nausea and/or vomiting during menses or pregnancy (morning sickness); and low back (kidney) pain - under the left and/or right ribs. Dosage: 3 caps between meals 3x/d until relieved, then reduce the dosage to 2 caps 3x/d or use as needed.

Related articles: Allergies

Related products: Thera-zyme DERM-H3 (derm).

Thera-zyme LgI (Large Intestine)

Ingredients: butternut bark, cascara sagrada bark, dandelion leaf, gentian root, and ginger root plus protease, amylase, lipase and cellulase.

Short description: For nutritional support of the large intestine.

Indications: constipation or lack of daily bowel movements; lower abdominal pain, especially in the lower right abdominal quadrant; hard, painful stools; use of laxatives or enemas. Dosage: take 2 caps first day. If no results, take 2 caps 2x/d second day (with meals). If no results, take 2 caps 3x/d third day (with meals). When you are no longer constipated, reduce dosage or eliminate. If more help is needed, take the SmI formula along with LgI. May also add Challenge Caps (not Food).

Related articles: Colon Problems

Related products: Thera-zymes SmI (Small Intestine), Challenge Caps

Thera-zyme Lvr (Liver)

Ingredients: safflower petals, barberry bark, beet root powder, milk thistle extract, and gentian root plus amylase, lipase, catalase, protease and cellulase.

Short description: Whole food source of nutritional support for the liver.

Indications: hepatitis, jaundice, or other liver disorders; nausea after high fat meals; varicose veins or hemorrhoids; coated tongue; water retention/swelling of hands and feet (due to inability of liver to assimilate protein); inability to tolerate drugs, vitamins and minerals or alcohol; frequent 'hot', red, tender or burning soles of feet. Dosage: start with one cap with or after meals 3x/d. After one or two weeks, increase to 2 caps per meal 3x/d.

Related articles: Unwanted Stones - Kidney And Gallstones

Related products: Thera-zyme Bil (Biliary)

Thera-zyme Mal (Male)

Ingredients: saw palmetto fruit, yucca root, alfalfa juice concentrate, safflower petals and parsley leaf plus protease, amylase, lipase and cellulase.

Short description: Food source of Vitamins A, C complex and alkaline minerals to nutritionally support the male glands.

Indications: frequent night urination; dribbling; loss of libido or painful intercourse; feeling of incomplete bowel evacuation; pain in the groin or pain down the front of the leg. Dosage: 4 caps 3x/d until relieved. Then decrease the dosage.

Related articles: Prostate Problems

Thera-zyme Nsl (Nasal)

Ingredients: citrus bioflavonoids, carrot powder, fenugreek seed, mullein leaf, odorless garlic, rose hips and grape seed extract plus lipase, catalase, amylase, protease and cellulase.

Short description: Whole food source of bioflavonoids, Vitamin A and C complex and herbs which nutritionally support the nasal mucous membranes.

Indications:; frequent sinusitis; loss of sense of smell; obstructed nasal breathing (mouth breather); dry, stuffy or congested nose nosebleeds; facial pain and/or paralysis; acute food allergies. Dosage: 2, 3 or 4 caps with or between meals 3x/d. Start with 2 caps and increase if relief is not obtained. If more help is needed, add Citricidal Nasal Spray.

Thera-zyme Opt (Optical)

Ingredients: bilberry leaf, calcium lactate, acerola cherries, rose hips, marigold herb plus amylase, cellulase, protease and lipase.

Short description: Whole food source of Vitamin C complex, calcium and herbs that nutritionally support the eyes and lacrimal (tear producing) glands.

Indications: bruising and slow wound healing; frequent head colds with wet, runny nose and watery eyes; eye pain or pain when moving the eyes; feeling of sand in the eyes; eye-strain headaches; conjunctivitis; poor vision and other eye problems, such as floaters. Dosage: 2 caps with or between meals 3x/d or 3 caps in the am and in the pm.

Thera-zyme OSTEO

Ingredients: glucosamine sulfate, MSM (methylsulfonyl methane, organic sulfur), vitamin D, chamomile flowers fo-ti root, golden seal root plus protease, lipase and amylase.

Short description: A whole food source of nourishment for the musculoskeletal system.

Indications: osteoarthritis; gout; degenerative disc disease; musculoskeletal pain, stiff, sore muscles; difficulty walking; bone or joint pain in the spine, hips, knees, feet or hands; stiff joints or sore muscles; diagnosed with fibromyalgia; inflammation of any kind (fever, redness, swelling or pain); injuries involving cartilage such as knee injuries. Dosage: 3-6 caps 3x/d between meals or anytime there is pain.

Related articles: Arthritis; Hypothyroidism; Injuries

Thera-zyme Para (Parasympathetic)

Ingredients: calcium lactate, fenugreek seed, horsetail rush, and shitake mushroom (source of vitamin D) plus protease, amylase, lipase and cellulase.

Short description: whole food sources of calcium and vitamin D to nutritionally support the sympathetic nervous system.

Indications: bone disorders, spurs, osteoporosis; sore or weak joints; loose teeth or poor fitting dentures; hyperirritability, nocturnal restless legs, leg or toe cramps, worse at night; night cough; low back pain due

to sacral problems; sore or weak joints or ligaments; fallen arches. Dosage: 2 - 4 caps 3x/d with or between meals.

Thera-zyme Rsp (Respiratory)

Ingredients: pleurisy root, mullein leaf, wild cherry bark, sarsaparilla root, and horehound herb plus amylase, lipase, protease and cellulase.

Short description: Whole food source of Vitamin A, Vitamin C complex and herbs to nutritionally support the lungs.

Indications: lung problems, including asthma, wheezing, chronic bronchitis; chronic cough, dry or productive; shoulder pain or bursitis. Dosage: 2-4 caps 3x/d or as needed. Note: Lagundi is an herb which is also indicated in lung problems.

Related articles: Asthma - A New Childhood Epidemic

Related products: Thera-zymes Kdy (kidney); PAN (Pancreas); Lagundi (herb)

Thera-zyme Skn (Skin)

Ingredients: fumitory herb, burdock root, golden seal root and figwort plus lipase, protease, amylase and cellulase.

Short description: Whole food source of Vitamin A, B-complex and herbs formulated to nutritionally support the skin, hair, nails, and sebaceous and sweat glands. Also nutritionally supports the liver, kidneys and intestines.

Indications: skin conditions including acne, dermatitis; history of many warts and moles; skin eruptions or rashes; excess perspiration or a lack of perspiration. Dosage: 2-4 caps with or after meals 3x/d.

Related articles: Skin Problems; Psoriasis; Hypothyroidism

Related products: Thera-zymes DERM-H3

Thera-zyme SmI (Small Intestine)

Ingredients: highly concentrated cellulase, disaccharidases, L. acidophilus, L. casei, bifidobacterium longum, and L. salivarius.

Short description: Provides probiotics (friendly bowel microorganisms) to nutritionally support the small intestine.

Indications: candidiasis (chronic yeast infections) and other fungal problems; parasites; constipation alternating with diarrhea; constipation with hard, dry stool; diarrhea caused by antibiotics. Dosage: two level tsp in water twice daily between meals and away from other enzyme formulas.

Related articles: Candidiasis And Other Parasites

Related products: Thera-zyme TRMA; Citricidal

Thera-zyme Spl (Spleen)

Ingredients: pau d'arco, yellow dock root, echinacea purpurea root, astragalus and mullein leaf plus protease, amylase, lipase and cellulase.

Food source of organic iron and herbs to nutritionally support the spleen and the immune system.

Indications: low resistance (frequent colds and infections); pale skin, lips, nails - anemia (low red blood cell count), get breathless when going up the stairs; bruise easily (low vitamin C), frequent mild, nagging headaches; low-grade fevers of unknown origin. Dosage: 2 caps with or after meals 3x/d.

Related articles: Hypothyroidism

Related products: Thera-zymes TRMA (Trauma), VSCLR (Vascular); Citricidal.

Thera-zyme SvG (Salivary gland)

Ingredients: manioc root, citrus bioflavanoids, wheat germ, peppermint leaf, rose hips, acerola cherries plus amylase, disaccharidases, lipase and cellulase.

Short description: Food source of carbohydrates and co-factors, Vitamin B-complex and potassium to nutritionally support the salivary gland.

Indications: sugar and carbohydrate intolerance; crave carbohydrates; frequent sore or irritated throat; hard, marble-like lumps under the jawbone; sores on the tongue or in mouth; dry itchy eyes or dry mouth; history of speech impediment, stuttering or stammering; loss of voice or laryngitis; inability to relax the mind or meditate; difficulty falling asleep because can't stop thinking or relax. Dosage: 2 caps per meal to relieve carbohydrate craving and 4 caps per dose to relieve a sore throat, 3-5x/d. Take 4 caps before bed to relax the mind.

Thera-zyme Sym (Sympathetic)

Ingredients: chickweed herb, echinacea purpurea root, chamomile flowers, chicory root and dandelion leaf plus catalase, amylase, lipase, protease and cellulase.

Short description: A whole food source of herbs and alkaline minerals to nutritionally support the parasympathetic nervous system.

Indications: upper cervical problems (atlas or C1, C2 and C3); whiplash or head injury which can lead to one or more of the following problems: history of headaches (including migraines) in back of head and neck or radiating to the forehead and behind the eyes; wandering pains; startled by sudden sounds; stiff joints, loss of mobility; sudden weak or sinking spells with complete loss of energy; high blood pressure; strokes; dizzy spells or seizures; dizziness sometimes with nausea; may have problems with constipation and indigestion. Dosage: 4 caps with meals 3x/d when experiencing signs of upper cervical problems and 2 caps per meal 3x/d to hold chiropractic adjustments.

Related articles: Injuries

Thera-zyme TRMA (Trauma)

Ingredients: calcium lactate and kelp plus protease and catalase.

Short description: A whole food source of calcium and organic minerals plus protease and catalase.

Indications: weak immune system; frequent infections of any kind (bacterial or viral); immune system problems; edema (fluid retention anywhere, such as legs, hands, ears); soft tissue trauma - accidental or surgical; kidney disorders; motion sickness; general pain relief formula, especially deep bone pain or painful weak teeth; tendonitis and frequent anxiety - sigh a lot or use tranquilizers. Dosage: 4 caps between meals 3x/d. In serious immune system problems take 5 doses daily. Contraindication: gastric problems.

Related articles: Injuries; Mental Problems; Cancer And Tumors Nutritional Program

Thera-zyme Ultra BDG (Bowel Distention Gas)

Ingredients: marshmallow, turmeric, citrus bioflavanoids, cumin, buckthorn, cilantro, cayenne, valerian, fenugreek plus amylase, beta-galactosidase, protease, lactase, maltase, alpha-galactosidase, glucoamylase and lipase. Also contains beet root.

Short description: relieves symptoms of lower bowel gas, bloating and abdominal discomfort.

Indications: lower bowel gas, bloating, abdominal discomfort. Nourishes and soothes the mucosal lining of the gastrointestinal tract. Helps relieve inflammatory problems that accompany autointoxication from the lower bowl. Dosage: 2 caps after meals or as directed 3x/d.

Thera-zyme UrT (Urinary Tract)

Ingredients: alfalfa juice concentrate, buchu leaf, horsetail rush, cranberry, hydrangea, meadowsweet and uva ursi plus protease, amylase, lipase and cellulase.

Short description: Herbal source of Vitamins A and herbs to nutritionally support the urinary tract.

Indications: urinary tract problems, including bladder inflammation, burning urination or cystitis; frequent urination, urgency or loss of bladder control, voiding small amounts; bladder pain or discomfort; hematuria (blood in the urine –regardless of cause); kidney stones. Dosage 2-4 caps with or between meals 3x/d. Use the higher doses during acute conditions and take between meals.

© 2001
02/03/01rf3

"Disclaimer: I am a chemist and an enzyme nutritionist, not a medical doctor. I do not diagnose, prescribe for, treat or claim to prevent, mitigate or cure any human diseases. I do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles. I do not prescribe prescription drugs nor do I tell you to discontinue them. I provide enzymes and other dietary supplements to improve digestion and to nourish and support normal function and structure of the body. If you suspect any disease, please consult your physician."

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, prescribe for, treat or claim to prevent, mitigate or cure any human disease. They are intended for nutritional support only. The FTC requires that we tell you that the results in case notes and testimonials published here are not typical, however, they do show what some people have been able to achieve. Individuals vary, which is why we must always consider the whole person when recommending a course of action. The third party information

referred to herein is neither adopted nor endorsed by this web site but is provided for general information purposes. The listing of specific disease terms is based upon medical literature and is not a substitute for competent medical advice. If you suspect a medical condition, you should consult a physician.

Copyright 2001 - 2006. Neither this article, nor any part of it, may be reproduced without permission.

If permission to reprint is granted, the article must include author and URL information.

Lita Lee, Ph.D.

<http://www.litalee.com>

Lita@litalee.com

.