Systemic Enzymes

The human body uses enzymes to carry out virtually every metabolic function. While supplemental enzymes play an important role in optimizing digestion, taking enzymes outside of meal times has a powerful effect on the body's immune response. Using a wide array of different enzymes can provide a full-body anti-inflammatory effect that benefits several different systems in the body.

Enzymes are biocatalysts that are used to carry out and speed up the process of chemical reactions in the body. We have around 3000 unique enzymes in our bodies that are involved in over 7000 enzymatic reactions. We also consume enzymes when we eat raw, sprouted, and fermented fruits and vegetables. Supplementing with an array of plant and proteolytic enzymes has been shown to have powerful health benefits.

Anti-Inflammatory Activity

When the body is injured or under chronic stress the immune system initiates a protein chain called Circulating Immune Complex (CIC) that causes pain, redness, and swelling in a particular region. This is a beneficial process and early on is a necessary part of healing. However, inflammation is self-perpetuating and creates further insult and irritation to the region. Unless there is modulation of the CIC response, the inflammation can dominate and overwhelm the region of the body creating painful and degenerative conditions.

Non-Steriodal Anti-Inflammatory Drugs (NSAID's) work by blocking CIC activity in the body. This affects all CIC's, including those used to maintain the lining of the stomach, intestine, liver, and kidneys. This is why long-term NSAID usage causes liver and kidney toxicity, stomach ulcers, and leaky gut syndrome. Every year 20,000 Americans die from the over the counter use of these drugs and another 100,000 end up

in the hospital with liver and kidney damage and intestinal bleeding from NSAID usage.

Systemic enzymes work to modulate or coordinate the activity of CIC's and have no major adverse reactions. They work as a lock and key mechanism and have an affinity for proinflammatory cytokines such as Tumor Necrosis Factor (TNF) and C Reactive Protein (CRP).

Immune System Modulations

Systemic enzymes help to destroy foreign proteins which include viruses, bacteria, yeasts, and other parasites. They also help to destroy abnormal cells such as cancer cells. They will also destroy excessive antibodies that the body is producing such as in cases of auto-immune diseases.

Anti-Fibrolytic Activity

Fibrosis is scar tissue that the body produces in the repair process of cuts and wounds on the outer and inner surfaces of our body. When we have optimal enzyme stores, the enzymes are used to clean up fibrolytic tissue in the body. However, when our enzyme stores are being depleted due to chronic stress and inflammatory activity, the fibrolytic tissue builds up. When the body has an abundance of fibrolytic tissue build up, we end up with things like fibrocystic breast disease, uterine fibroids, endometrosis, and arteriol sclerosis.

Systemic enzymes eat fibrolytic tissue and prevent the fibrosis of our organs and tissues. They have a remarkable ability to not only prevent all of the above conditions but also to eat up old scar tissue. This includes surgical wounds, pulmonary fibrosis, kidney fibrosis, and even old keloid plaques.

Blood Cleansing Activity

Chronically inflamed individuals often times end up with very thick blood that is loaded with fibrin that can lead to heart attacks and strokes. Doctors often prescribe asprin and in more extreme cases powerful pharmaceuticals like Coumadin, Heparin, and Plavix. These have very dangerous side effects.

Systemic enzymes are able to clear up excess thickening agents such as fibrin from the blood stream and naturally thin the blood. They also break down dead material including dead blood cells, pathogens, toxic debris, and immune agents that have been left in circulation. This helps cleanse and detoxify the bloodstream and enhances circulation and cellular oxygenation.

Recommended Supplements:

- Systemic Enzymes
- Digestive Enzymes

Sources for This Article Include:

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- http://www.systemicenzymes.net
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