



Enzyme Therapy

CONSTIPATION

Constipation is characterized by infrequent, difficult, and sometimes painful bowel movements that require straining. Healthy bowel movements occur 2-3 times per day and are soft and pain-free. Constipation can occur for many reasons including a poor diet, lack of fluid intake, inadequate exercise, muscle / neurogenic disorders, thyroid disorders, aging, and side effects of certain medications. Bowel movements serve to remove waste from the body. Antigens and toxins from bowel bacteria and undigested food particles can potentially play a role in the development of many degenerative diseases. The timely eliminate of waste is imperative to health and wellness.

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function and repair.* Complete digestion also minimizes toxicity and supports a healthy immune system.
- An herbal enzyme blend will gently but effectively "jump start" the sluggish colon, taking the burden of bowel toxicity off of the immune system, kidneys, lungs, liver, and skin.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	1 cap	with every meal or snack
RELEASEZYME**	1 cap	after each meal
OR RELEASEZYME**	3 caps	at bedtime
TPP PROTEASE	2 caps	2 x day between meals
TPP PROBIOTIC 42.5	1 cap	in the morning and at bedtime

Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

DIGESTZYME	3 caps	with every meal or snack
RELEASEZYME**	1 cap	after each meal
OR RELEASEZYME**	3 caps	at bedtime
PUREZYME	3 caps	2 x day between meals
PLANTADOPHILUS	3 caps	in the morning and at bedtime

**ReleaseZyme is intended for short-term use (1-3 months) during the healing process and periodical use after as needed for chronic constipation.

Questions? 1-800-777-1474
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Additional support formulas you may want to consider for patients with Constipation. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

TPP THYROID COMPLEX*** 1 cap 2 x day with food

- Constipation is one of the classic signs of an underactive thyroid. Without enough thyroid hormones, many of the body's functions slow down. This glandular formula with herbs and enzymes is complete with nutrients necessary to promote healthy thyroid function.*

TPP LIVER SUPPORT 1 cap 1 x day with food

- The liver absorbs many of the toxins that enter the body. As those toxins build up, the liver becomes congested, and if we unable to eliminate those toxins through regular bowel movements, it ceases optimal functioning. This formula promotes optimum liver function by removing embedded toxic materials and supporting its normal regeneration sequence.*

GASTROZYME 2 caps daily with meals with 8 oz water

- Chronic constipation can be a sign of inflammation of the intestinal walls from Leaky Gut. This formula focuses on the health and repair of the mucosal lining of the GI tract.*

TPP CARBO-G 1 cap with every meal or snack

- Symptoms such as intense bloating and constipation are strong indicators of gluten intolerance. Some individuals may benefit from additional digestive support of gluten. This formula includes a protease blend with DPP-IV activity necessary for gluten digestion and probiotics and herbs to soothe the GI tract.*

***Testing or monitoring of hormone levels is advised with glandular / nutritional hormone therapies.

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