

TRANSFORMATION

Breaking Barriers: Innovative Approaches to Cardiovascular Health



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Heart Disease



- Continues to be #1 cause of death in the US.
- Per CDC: Leading risk factors for heart disease and stroke are high blood pressure, high low-density lipoprotein (LDL) cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity.

What Do We Tell People To Do About This?



Recommendations from American Heart Association

- Choose heart-healthy foods (low fat and sugar)
- Get regular physical activity & Aim for a healthy weight
- Manage stress
- Quit smoking
- Get enough good quality sleep
- Limit alcohol
- Statins or Ace Inhibitors
- **What's missing?**

How Is This Working Out For Us?



- Diet only affects about 15-20% of cholesterol in blood.
- Eating low fat doesn't help triglyceride levels.
- Approximately 35% of all prescriptions written are antihypertensive.
- Statins are the most common drug class of prescriptions in America.



HEART DISEASE **STILL**
#1 KILLER

Cholesterol and Heart Disease



- 75% of people who suffer a heart attack have normal cholesterol levels
- Many countries have higher average cholesterol levels with lower rates of heart disease
- Studies show lower LDL cholesterol and triglycerides had a significantly elevated mortality risk, compared to patients with a higher LDL and triglyceride levels.

Why do we freak out about cholesterol?



What if we dug deeper vs slapping a band-aide on the problem?



- Micronutrient status
- Hormone levels
- Stress levels
- Intestinal Health
- Thyroid Health
- Genetics
- Liver Function

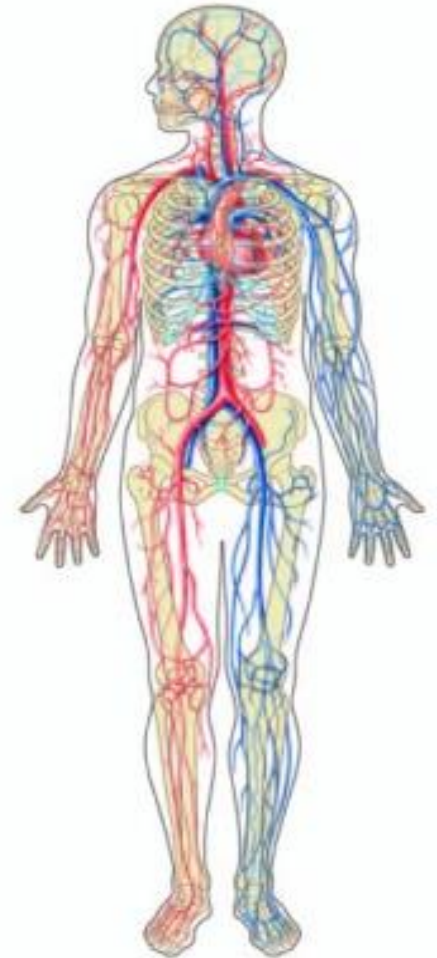
But wait...what if we went even deeper?



Our body's internal transportation system

- Blood
- Heart
- Vessels

What we put in the blood affects all other systems!



Cleaning Up The Highway



- The heart's main job is to pump blood to supply ALL cells with various nutrients, messenger molecules, enzymes, and oxygen
- The heart pumps to remove metabolite wastes from cellular environment
- Supporting the pump means making sure the substance it pumps is “clean” and the pipelines are in good working order

LEARNING OBJECTIVES



- Pathophysiology of endothelial dysfunction.
- How the super highway is damaged at a cellular level.
- Proteolytic enzymes and their mechanism of action as a therapeutic approach to root cause of heart disease.
- Clinical application of enzymes and herbs for cardiovascular well being.

Milton Bastidas, DC

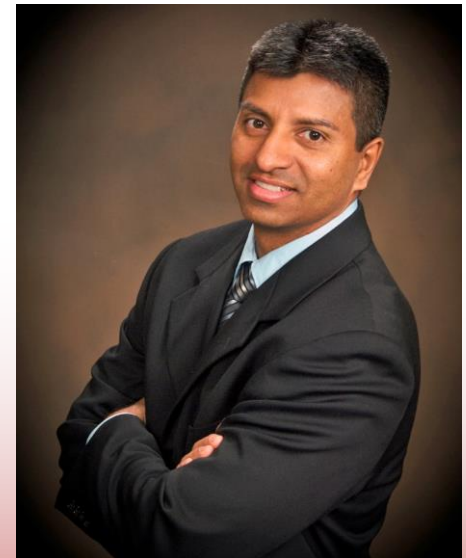


Graduate of Texas Chiropractic College with additional certification in Functional Medicine

Founder of True Lifelong Wellness Center, in practice since 1998 treating skeletal conditions, sports injuries, and systemic disorders

Vice President of the College of Integrative Medicine (CIM)

Director of Research Transformation Enzyme Corporation



Addressing the root cause



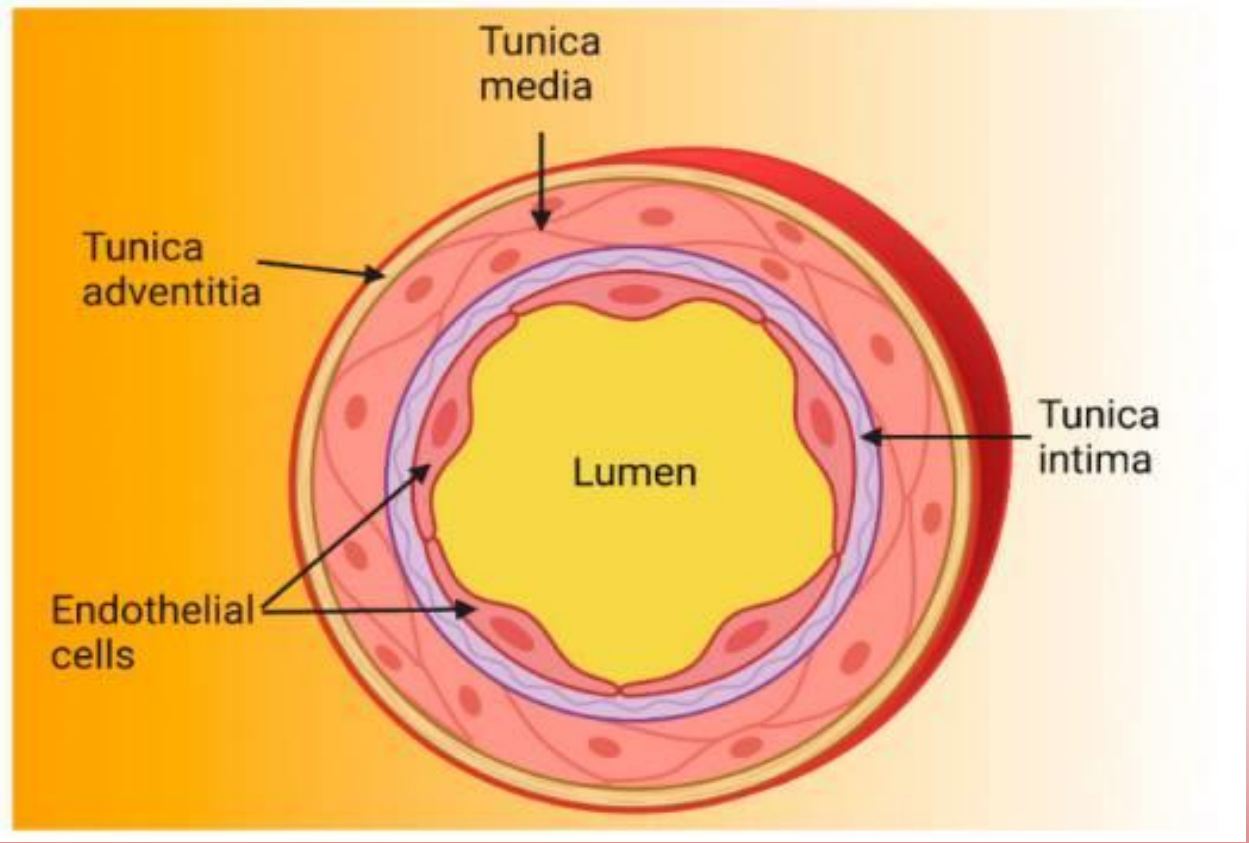
- True root cause of heart disease is **inflammation** – NOT HIGH CHOLESTEROL
- What we eat and how well we digest is one way to help mitigate inflammation.
- But many require more support than diet and digestive support to reverse years of damage and neglect to their body as many wait until disease is present to make any changes

Endothelial Cells

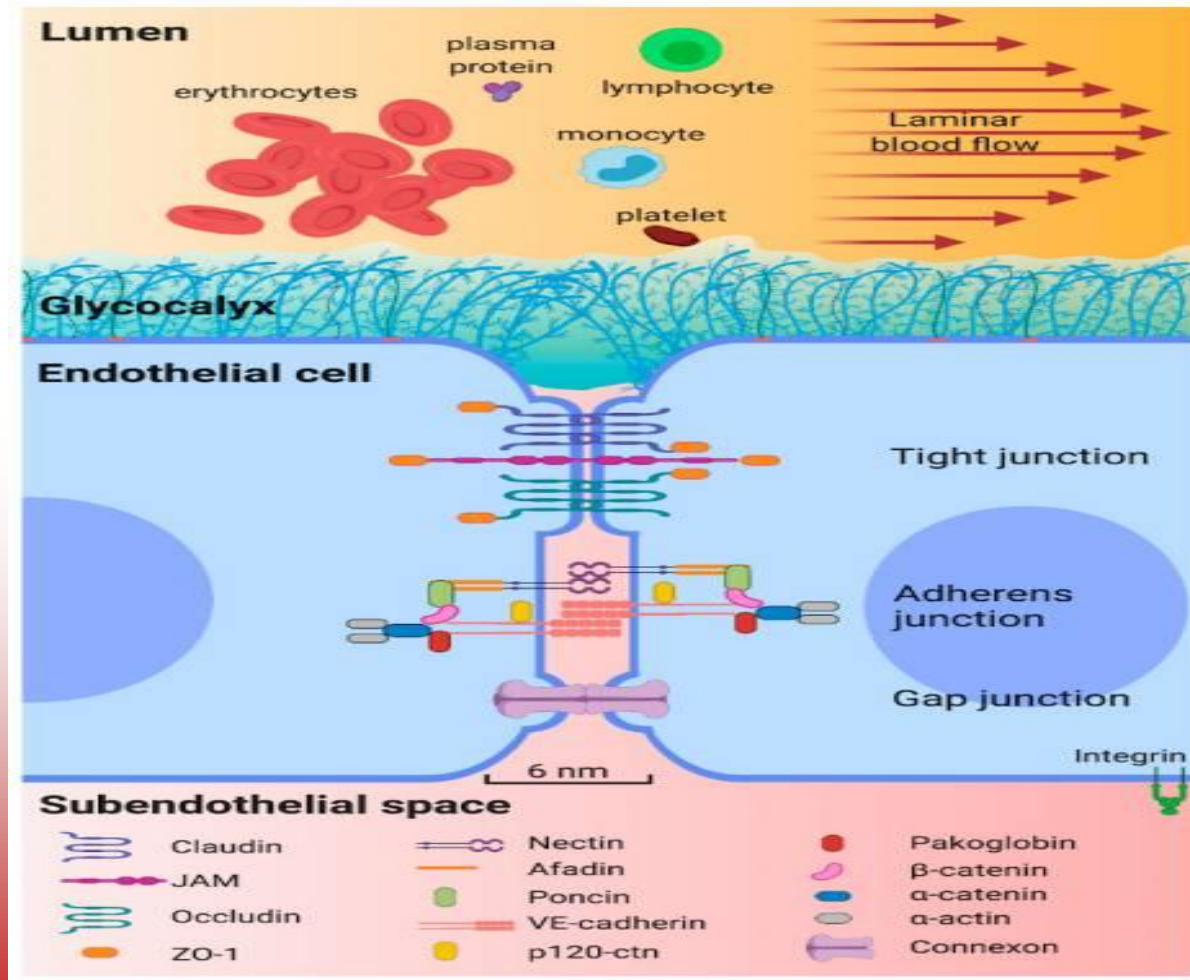


- Semipermeable monolayer
- Regulates vascular tone
- Prevents platelet aggregation
- Maintains fluid homeostasis
- Produces vasodilator and vasoconstrictor molecules such as NO and Endothelin respectively
- Covered by an important gelatinous layer called “Glycocalyx”

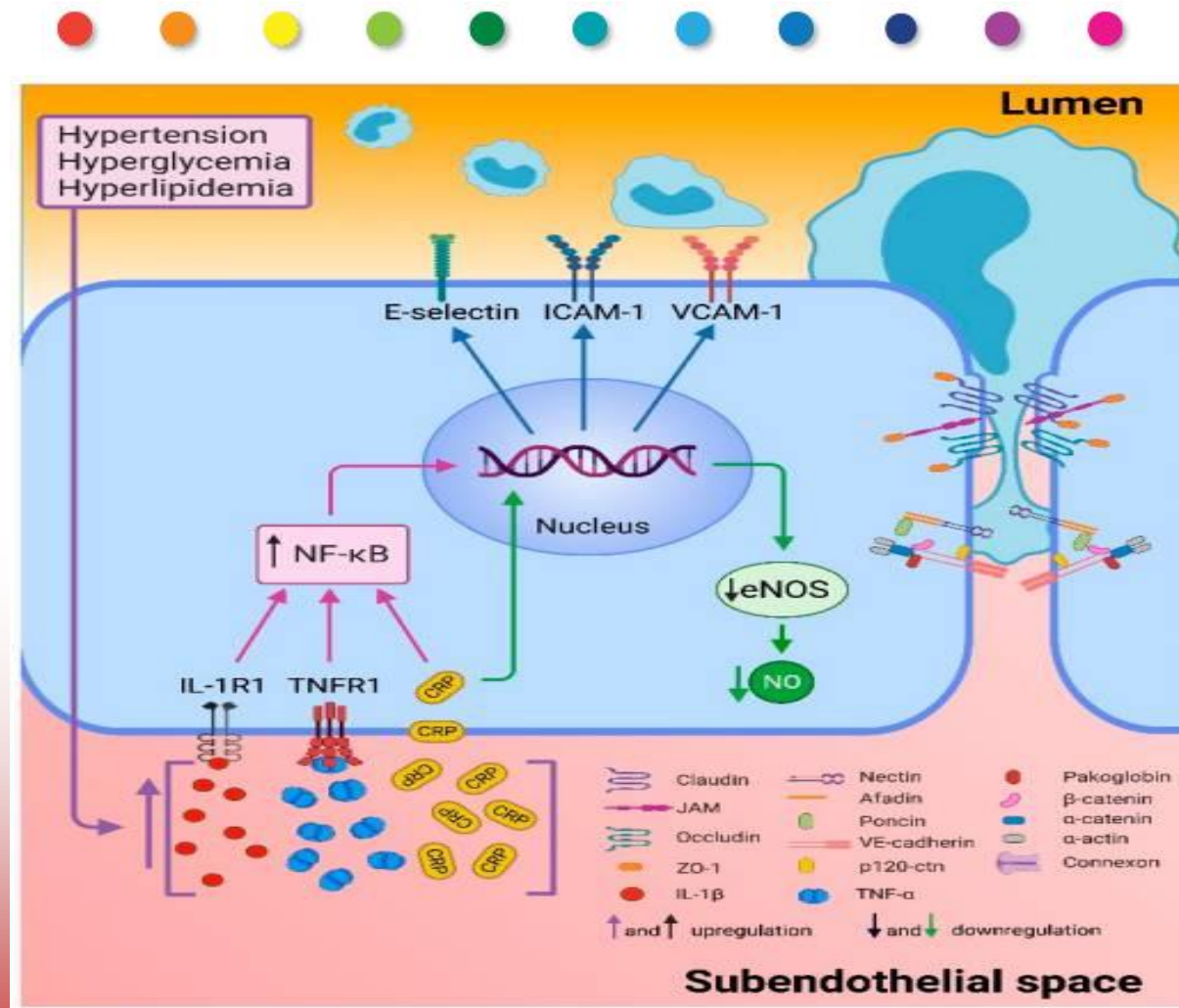
Endothelium



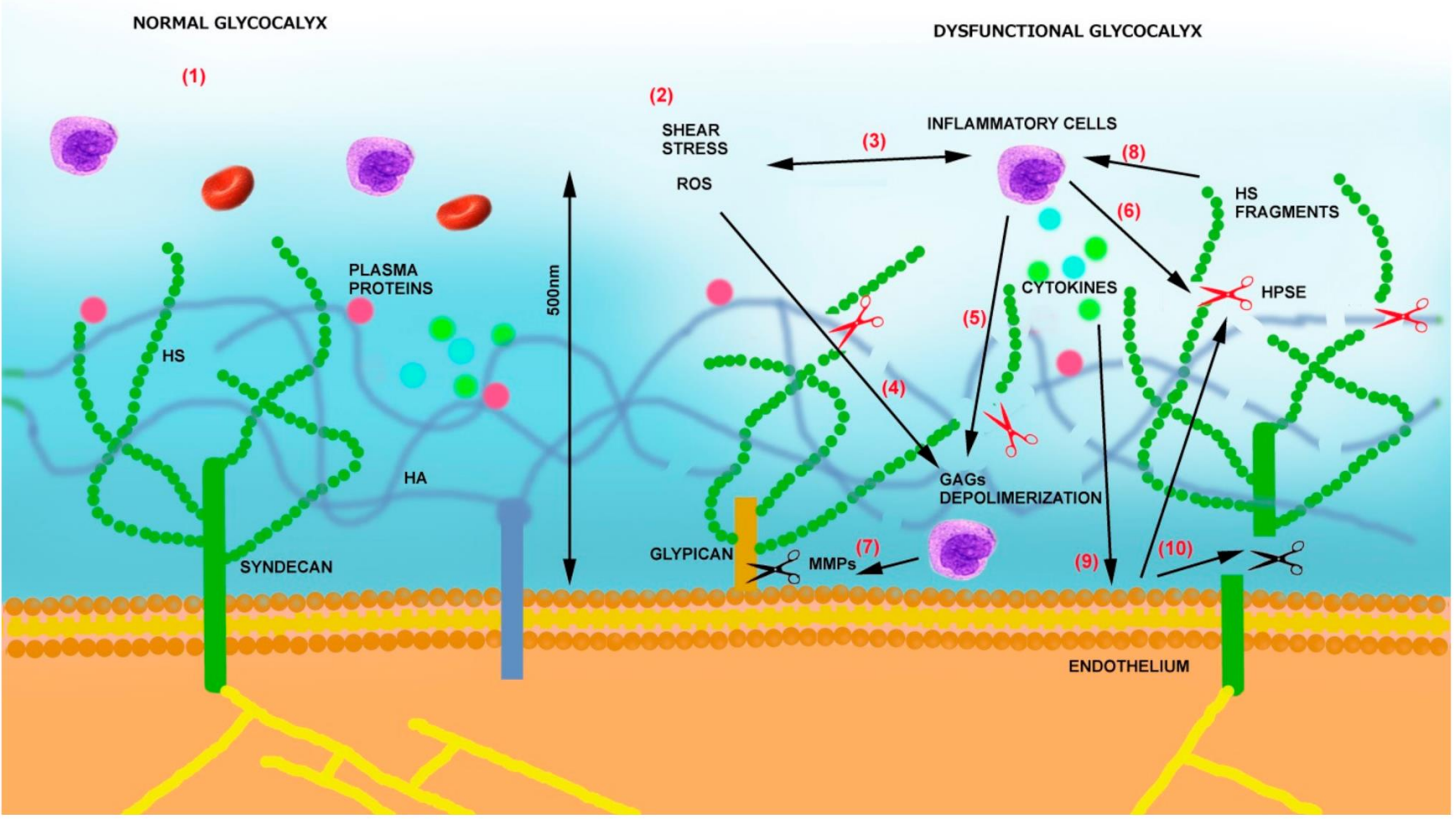
Endothelium



Pathophysiology of Endothelium



Pathophysiology of Endothelium



In summary



Endothelial cells play a crucial role in cardiovascular health via its different structural components and glycocalyx

Pathological conditions such as hypertension, hyperglycemia, and hyperlipidemia produce shear stress and trigger an inflammatory response

Destruction of glycocalyx exposes adhesion molecules which interact with lymphocytes and platelets which promotes clot formation

Endothelial dysfunction promotes an imbalance in production of vasoactive substances such as Nitric Oxide and Endothelin

Endothelial dysfunction is key in the development and pathophysiology of atherosclerosis and are associated with an elevated risk of cardiovascular events

Solutions



Healthy diet: organic, non-processed, non-GMO, all natural

Exercise: resistance training, cardio, etc.

Stress reduction: prayer, mindfulness, breathing techniques, meditation

Nutrients: fiber, phytosterols, polyphenols, good fats, vitamins, and minerals

Proteolytic enzymes for their health benefiting properties

Proteolytic Enzymes



Bromelain, Nattokinase, Lumbrokinase, and Serratiopeptidase have beneficial health properties such as:

Anti-inflammatory

Antithrombotic

Fibrinolytic

Anticoagulative

Inhibit platelet aggregation

Natto Kinase



Natto, a cheese-like food made of soybeans fermented with *Bacillus subtilis*, has been shown to possess:

Potent fibrinolytic activity, antihypertensive, anti-atherosclerotic, and lipid-lowering, antiplatelet, and neuroprotective effects.

Lumbrokinase



Lumbrokinase are a group of enzymes from earthworms. These enzymes are recognized as fibrinolytic agents that can be used to treat various conditions associated with thrombosis and possess anti-inflammatory, hematological, oxidative, antimicrobial, antiviral, and anticancer properties. Ground-up earthworm powder has been used as oral administration to support circulatory health and treat blood diseases.

Serratiopeptidase



Conventionally, serratiopeptidase is produced from *Serratia marcescens*, a Gram-negative opportunistic pathogen isolated from intestine of silk-worm and has been shown to possess.

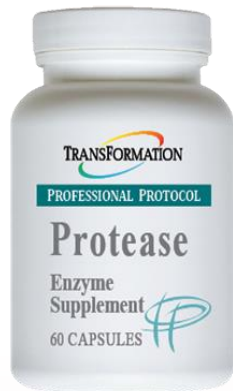
Anti-inflammatory, analgesic, anti-oedemic, fibrinolytic, anti-atherosclerotic plaque, and anti-biofilm properties.

Bromelain

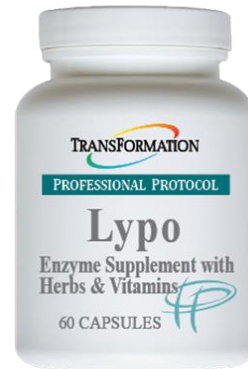


Bromelain is an enzyme from pineapple. Bromelain is a mixture of different thiol endopeptidases and other components like phosphatase, glucosidase, peroxidase, cellulase, escharase, and several protease inhibitors. In vitro and in vivo studies demonstrate that bromelain exhibits various fibrinolytic, antiedematous, antithrombotic, and anti-inflammatory activities. Bromelain is considerably absorbable in the body without losing its proteolytic activity and without producing any major side effects.

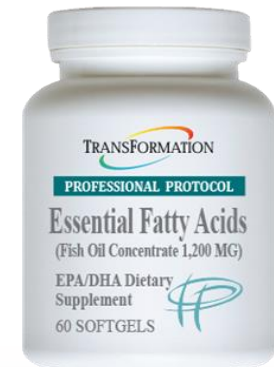
HEART HEALTH SOLUTIONS



Reduce oxidative stress, support blood flow and plaque buildup, reduce arterial calcium build up through inflammatory control



Enzyme support for digestion of fats and lipids. Cholesterol and triglyceride-lowering herbs and effective antioxidant blend to scavenge and correct free radicals within the cellular environments.



Help reduce the risk of heart disease by helping to lower levels of triglycerides and to raise levels of "good" cholesterol (HDL).

How Protease Works



Proteolytic enzymes modulate the inflammatory process by reducing the swelling of tissue, decreasing blood vessel permeability, and dissolving blood clot-forming deposits.

By reducing the thickness of the blood, enzymes improve circulation.

This increases the supply of oxygen and nutrients to and the transport of harmful waste products away from traumatized tissue.

Proteolytic enzymes also help break down plasma proteins and cellular debris at the site of an injury into smaller fragments.

This greatly facilitates their passage through the lymphatic system, resulting in more rapid resolution of swelling, with the consequent relief of pain and discomfort.

Transformations Proteolytic Formulas



Shown To:

- Decrease CRP, Fibrinogen, and other acute phase reactants correlated with inflammation.
- Survive varying pH levels from stomach to colon
- Provide inflammatory modulation vs cessation
- important components of overall antioxidant defenses because they can act to ameliorate the consequences of oxidative damage.
- Does not thin the blood, unlike some other forms on the market

PROTEASE

Transformation's most
therapeutic systemic
proteolytic formula

This proprietary blend of highly active, GI stable proteolytic enzymes has been combined to promote circulation, a strong healthy immune system, reduced inflammation, and timely detoxification.

Product Highlights

- Endo/exo peptidases break the inner/terminal bonds of amino acid chains for more efficient hydrolysis of proteins
- Protease blend (including bromelain plant enzymes) for reducing inflammation
- More than 400,000 HUT for the highest proteolytic activity available (600,000 PU = 51,000 HUT)
- 1.8 SAPU units from Protease 3.0
- Approx. 2,400 FU breaks down fibrin and clots and promotes healthy blood flow
- Calcium improves tolerance on an empty stomach

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving	% Daily Value	
Tzyme SM Protease Blend (peptidases, bromelain)	492 mg	†
(355,000 HUT + 1.8 SAPU) (600,000 PU)		
† Daily Value not established		
Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water), Calcium Citrate		

For Your Information

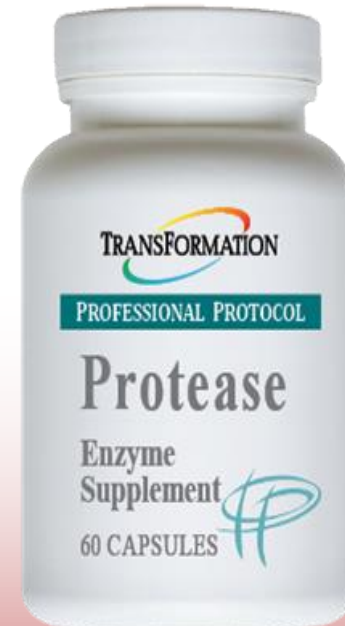
- First choice when patient has been diagnosed with a condition (this is the "therapeutic" strength blend)
- It is better to take small doses of protease frequently throughout the day rather than large doses once or twice a day (protease has a half-life of approximately 3-4 hours; the goal is to keep the protease activity constant in the blood stream for therapeutic benefits)
- Compares with Nattokinase and Serra-peptidase
- May be given to children if condition warrants; may be given to pets
- Caution with patients on prescription blood thinning drugs (give protease formulas 3-4 hours away from Rx dose)
- May cause discomfort for individuals with stomach ulcers as protease will debride necrotic tissue and promote healing
- Discontinue taking Protease 24-48 hours prior to surgery and resume 24 hours post-surgery

Dosage

- Maintenance dose: 1 capsule 3 x day (rise, midday, rest) on an empty stomach
- General therapy dose: 2 capsules 3 x day between meals (approximately 1 hour before or 2 hours after meals)
- Therapeutic dose: 2-3 capsules 4-5 x day, or every 3 hours (goal is to keep high levels of activity in the blood stream at all times; "between meals" becomes difficult, so 30-60 minutes before or after meals is acceptable)
- **MAY BE TAKEN WITH FOOD IF UNABLE TO TOLERATE BETWEEN MEALS**
- Sometimes it is suggested 1 capsule may be taken with meals to enhance the digestion of proteins (diabetes, heartburn, acid reflux, gout, autism, high protein diet)
- For those who have difficulty swallowing pills, the capsules may be pulled apart and mixed in a small amount of tepid water or liquid and consumed immediately
- Topical application: open capsule and make a paste with a small amount of water, then apply to insect bite, fungal rash, mouth sores, inflamed gums, etc

Clinical Applications

- Cancer of any kind
- Arthritis
- CVD / heart disease
- Chronic Fatigue Syndrome / Fibromyalgia
- Bacterial / Viral / Fungal Infections
- Hepatitis
- Kidney Disorders / Renal Insufficiency
- Eczema / Psoriasis
- Asthma / Emphysema
- All hormone imbalances
- Auto-immune disorders
- Autism
- Diabetes
- Muscle strains, soreness, injuries, and surgeries



PROTEASE 375K

Transformation's second highest formula in proteolytic activity

This proprietary formula of highly active, GI stable systemic proteolytic enzymes have been combined to promote circulation, a strong healthy immune system, and timely detoxification.

Product Highlights

- Protease: 375,000 HUT per capsule is second highest in proteolytic activity
- Contains no bromelain, papain, or calcium

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving	% Daily Value	
Protease (375,000 HUT)	625 mg	†
† Daily Value not established		
Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water)		

Clinical Applications

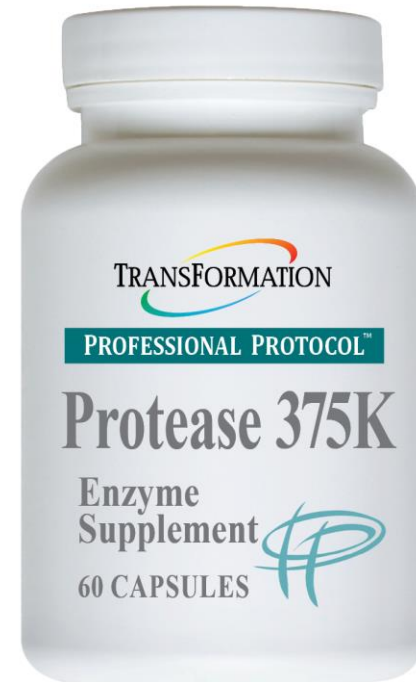
- Cancer of any kind
- Arthritis
- CVD / Heart Disease
- Chronic Fatigue Syndrome / Fibromyalgia
- Bacterial / Viral / Fungal Infections
- Hepatitis
- Kidney Disorders / Renal Insufficiency
- Eczema / Psoriasis
- Asthma / Emphysema
- All hormone imbalances
- Auto-immune disorders
- Autism
- Diabetes

For Your Information

- Appropriate for individuals who are intolerant to bromelain (pine-apple) or papain (papaya)
- This formula is used by DC's specializing in scoliosis, as these patients need to limit calcium
- Protease 375K has similar properties as Protease with less anti-inflammatory benefits
- May be given to children if condition warrants, may be given to pets
- Caution with patients on prescription blood thinning drugs (give protease 3-4 hours away from Rx dose)
- Proteases may cause discomfort for persons with stomach ulcers, as the protease debrids the necrotic tissue and promotes healing
- Discontinue use 24-48 hours prior to surgery and resume 24 hours after surgery

Dosage

- Maintenance dose: 1 capsule 3 x day (rise, midday, rest) on an empty stomach
- General therapy dose: 2 capsules 3 x day between meals (approximately 1 hour before of 2 hours after a meal)
- Therapeutic dose: 2-3 capsules 4-5 x day, or every 3 hours (in this case the goal is to keep high levels of activity in the blood stream at all times; "between meals" becomes difficult, so 30-60 minutes before or after meals is also acceptable)
- Sometimes it is suggested 1 capsule may be taken with meals to enhance the digestion of proteins (diabetes, heartburn, acid reflux, gout, autism, high protein diet)
- For those who have difficulty swallowing pills, the capsules may be pulled apart and mixed in a small amount of tepid water or liquid and consumed immediately
- Topical application: open capsule and make a paste with a small amount of water, then apply to insect bite, fungal rash, mouth sores, inflamed gums, etc



PROTEASE IFC

Transformation's antioxidant
and enzyme product for
inflammatory control

This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere on or in the body. This product is ideal for muscle aches, pains, injuries, and stiff joints as well as to promote cardiac health and is applicable for any other inflammatory conditions.

Product Highlights

- Antioxidants (A, C, E, Se, Zn) plus antioxidant blend to combat damage from oxidative stress, modulate the immune system, and reduce inflammation
- Over 300,00 HUT of protease activity emphasizing bromelain and papain for inflammation
- Rutin, Quercetin, Turmeric, and Hesperidin are well known for their anti-inflammatory properties

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Vitamin A (100% as beta carotene)	2,370 mcg (7,900 IU)	263%
Vitamin C (as magnesium ascorbate)	9 mg	10%
Vitamin E (as d-alpha-tocopheryl succinate)	1.3 mg (2 IU)	9%
Zinc (as zinc citrate)	0.5 mg	5%
Selenium (as selenium citrate)	16 mcg	29%
Tzyme™ Protease Blend (acid, neutral, alkaline, exo/endo proteases, bromelain, papain) (2,800,000 FCCPU + 65,480 HUT)	209 mg	†
Tzyme™ AntiOx Blends (Kelp, Irish moss, Rutin, Grape seed extract, Quercetin, Alpha-lipoic acid, Citrus bioflavonoid complex, Rose hips (fruit), Hesperidin complex, Turmeric (root), Asian ginseng (root), Eleuthero (root), Ginkgo biloba leaf extract, L-glutathione, CoQ10, Ginkgo biloba leaf, Green tea extract, Catalase, Flaxseed, Lutein, SOD)	253 mg	†

† Daily Value not established
Other Ingredients: Vegetable Capsule (Hyppromellose, Water), Calcium Citrate

For Your Information

- This formula is applicable to everyone, as inflammation is a common denominator in nearly all illnesses and disease
- This product is very well tolerated
- Beta carotene (Vitamin A) toxicity is rare – research suggests caution with long-term intake greater than 10 times of the RDA
- Reduced recovery time (post-surgery and post-injury) when combining Protease IFC with RepairZyme in equal amounts
- We advise discontinue taking Protease IFC 24-48 hours prior to surgery and resume 24 hours post-surgery

Dosage

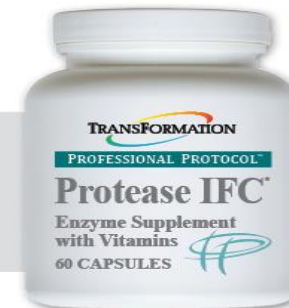
- Maintenance dose: 1 capsule 3 x day on an empty stomach in conjunction with the basic protocol
- Chronic inflammation: 3 capsules 3 x day
- Acute injury: 3-5 capsules 4-5 x day

This product has been identified as containing naturally-occurring lead that exceeds California Proposition 65 lead levels when dosing more than two capsules per day.

Clinical Applications

- Prevention, wellness, and anti-aging
- Auto-immune disorders
- Sore muscles after exercise or sports activities
- Recovery post-surgery and post-injury
- Cardiovascular health
- Skin disorders (eczema, psoriasis, rosacea)
- Inflammatory bowel disorders

In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.



What Herbs Can't Do



- Nutritional benefits of more rapid and complete digestion of proteins, making more amino acids available not only for building but also for signaling.
- Protease has superior ability to clear the blood stream of short chain peptides.
- Proteases can eliminate innate immune system triggering proteins before they reach the intestinal lining.
- Proteases interact directly with the extensive portion of the immune system that extends along the gastrointestinal tract, suppressing the immune system rapidly via a variety of mechanisms at the surface of the cells.

Omegas & Heart Health



- Reduce triglycerides by increasing fatty acid oxidation, which suppresses hepatic lipogenesis and subsequent VLDL production
- Promote and/or prevent cardiac arrhythmia via several pathways, (modulation of cardiac myocyte metabolic activity and cardiovascular oxidant stress, direct and indirect modulation of ion channel and transporter activity)
- Modulate atherosclerosis by affecting uptake and binding of LDL to the arterial wall.
- Decrease serum levels of pro-inflammatory biomarkers, including interleukin-6 (IL-6), soluble E-selectin, ICAM-1, VCAM-1 and C-reactive protein (CRP)

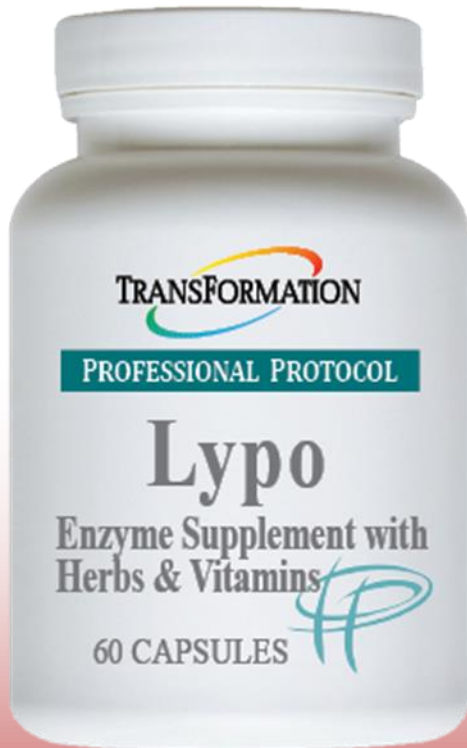
Triglyceride & inflammatory Support



- Transformation's **Essential Fatty Acids** 1,200 MG (EPA 360/DHA 240) is manufactured from a highly purified fish oil concentrate.
 - EPA/DHA ratio of 1.5:1
 - Capsule for this product, we use a 100% bovine gelatin, glycerin and purified water
 - Higher EPA for antioxidant & cardiovascular support
- From **sardine** and **anchovy** for additional provision of DPA and lower mercury content
 - DPA reduces platelet aggregation, and improves lipid metabolism, endothelial cell migration, and resolution of chronic inflammation.



ADDITIONAL SUPPORT FOR HEART HEALTH



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (100% as beta carotene)	204 mcg RAE 23%
Vitamin E (as d-alpha tocopheryl succinate)	1.7 mg 11%
Chromium (as Chromium polynicotinate)	100 mcg 286%
Lipase (3,898 FIP)	106 mg †
Garcinia cambogia fruit extract	150 mg †
Tzyme™ Polysaccharolytic Blend	62 mg †
Amylase	4,900 DU †
Alpha galactosidase	63 Gal U †
Diastase	59 DP° †
Invertase	20 SU †
Lactase	196 ALU †
Glucoamylase	0.042 AGU †
Guggulipid std extract	60 mg †
Bladderwrack algae	60 mg †
Tzyme™ AntiOx Blend (Mixed carotenoids (from dunaliella), Alpha-lipoic acid, Eleuthero (root), Asian Ginseng (root), CoQ10, Flaxseed)	48 mg †
Garlic (bulb)	40 mg †
Lecithin (from soy)	40 mg †
Tzyme™ Protease Blend (peptidases, bromelain)	26 mg †
Artichoke extract	30 mg †
Rice bran	51 mg †

† Daily Value not established

OTHER INGREDIENTS: CELLULOSE & WATER

Contains soy. May contain fish or shellfish. Bladderwrack algae is a natural aquatic product which may contain traces of fish and/or shellfish.

Lypo: Cholesterol Lowering Components



- Guggul resin extract – contains stereoisomers E- and Z-guggulsterone which help to **decrease elevated lipid levels**.
- Garlic Bulb - allicin, a chemical found in raw garlic bulbs, **helps to decrease LDL cholesterol and reduced blood pressure** by lowering cholesterol synthesis.
- Lecithin (from soy) - soybean lecithin can contribute to **raising HDL** (good) cholesterol which **helps to lower LDL** (bad) cholesterol in blood profiles. HDL keeps bloodstream clear and **aides in removal of plaque**.
- Artichoke Leaves Extract –to **reduce LDL and triglycerides** in which its components luteolin and chlorogenic acid may play a key role.
- Rice bran - improves cholesterol levels to the oil's plant sterols, which **prevent your body from absorbing cholesterol**.
- Bladderwrack – helps to **reduce the absorption of cholesterol** in the digestive tract, and may also have a **cholesterol-lowering effect in the liver**.

Lypo: Antioxidant Components



Dunaliella extract
Alpha-lipoic acid
Eleuthero (root)
American Ginseng
(root)
CoQ10
Flaxseed
Vitamin E

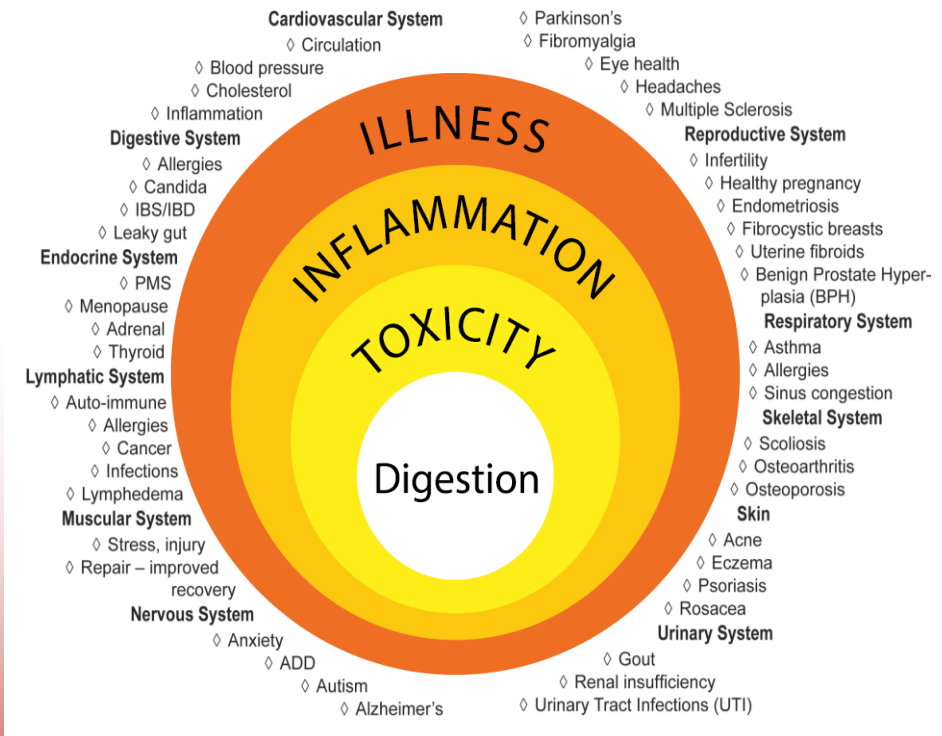
- Blend of highly active antioxidants is incorporated to ensure the **vitality of gut epithelial cells** and to prevent further oxidation of vital digestive hormones and enzymes.
- Antioxidants to interfere with CVD by quenching ROS and plaque formation.

LYPO: Glucose and Weight Mgmt Components



- Chromium (as Chromium polynicotinate) for improved lipid patterns, stabilized glucose tolerance, lowered cholesterol, and enhanced lean body mass.
- Garcinia contains HCA (hydroxycitrate) which inhibits fat production and regulates appetite for improved glucose control

Why a Digestive is STILL Important for Heart Health



- When we chronically inflame our bodies with problematic foods, the sympathetic nervous system turns on.
- Hormones divert blood into the tissues necessary and divert blood away from the digestive process.
- If the gut is not in proper condition, there is going to be higher susceptibility to everything.
- Chronic inflammation & poor digestion, will eventually develop into disease.

ESSENTIAL SUPPORT FOR HEART HEALTH

STEP 1

- Healthy Diet and Lifestyle
 - *Thrive is great for this!*

STEP 2

- Digestive Enzyme therapy to stop toxicity & inflammation at the root!
- Systemic Enzymes as an alternative to prescription drugs!
- Probiotics to clear away the waste!



Studies have shown that **probiotics** help to reduce inflammation. The beneficial bacteria appear to have an impact on inflammation, reducing common biomarkers of inflammation, including C-reactive protein (CRP).



mycliniciantoolbox.com

Enzyme Therapy

CARDIOVASCULAR HEALTH

The cardiovascular system – the heart, the vessels, and the blood – is our body's internal transportation system. The blood is contained in the vessels and pumped by the heart. The blood carries nutrients, oxygen, hormones, and immune mediators to the cells and metabolic waste from the cells. In these efforts, the cardiovascular system plays an important role in maintaining a healthy cellular environment, protecting from disease, promoting healing, and supporting constant communication between the 11 systems of the body. When we consider what the cardiovascular system does and the fact that it literally touches every other system of the body, why would we not protect it and focus on supporting its health? This protocol along with a healthy diet and exercise is the perfect place to start.*

- A digestive enzyme formula with meals will help ensure proper assimilation of all nutrients to supply the heart with energy, minimize free radical damage, and reduce the risk of plaque or toxins in the blood.*
- Essential fatty acids from fish oil concentrate are a good source of DHA and EPA omega 3's known for their effectiveness in the management of cardiovascular disease.*
- 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 our heart, vessels, and blood.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	1-2 caps	before every meal or snack
TPP EFA 1200MG	1 gelcap	2 x day
TPP PROTEASE	1 cap	3-4 x day between meals
TPP PROBIOTIC	1 cap	at bedtime

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

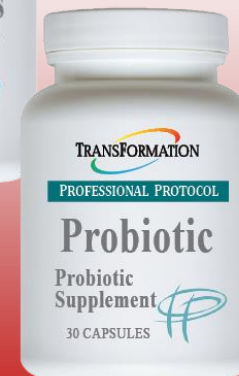
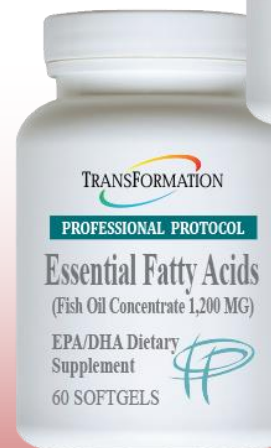
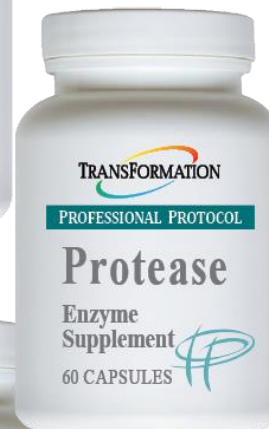
DIGESTZYME	3 caps	with every meal or snack
TPP EFA 1200MG	1 gelcap	2 x day
PUREZYME	2 caps	3-4 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

Questions? 1-800-777-1474
email moreinfo@tecenzymes.com
www.transformationenzymes.com



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





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Enzyme Therapy

CARDIOVASCULAR HEALTH

Additional support formulas you may want to consider for cardiovascular health. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

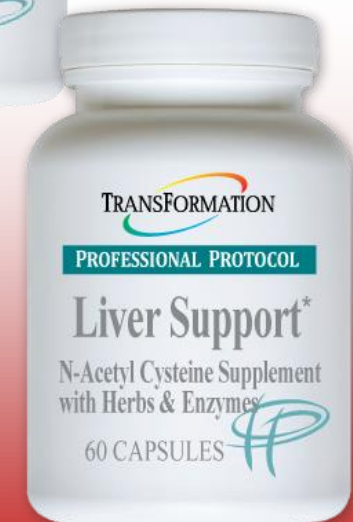
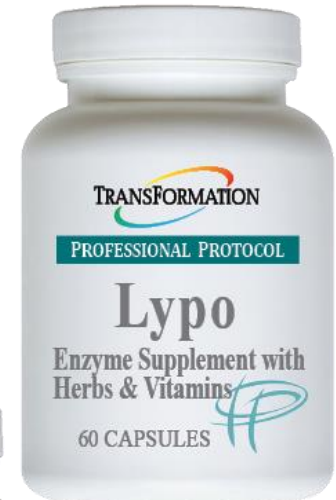
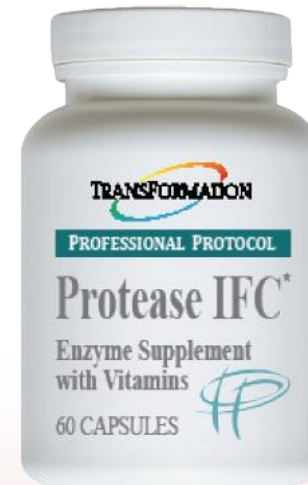
TPP PROTEASE IFC	1-2 caps	3 x day between meals
<ul style="list-style-type: none"> Highly active proteolytic enzymes and antioxidants to help regulate inflammation anywhere on or in the body.* 		
TPP LYPO	1-2 caps	after or between meals
<ul style="list-style-type: none"> For an imbalance of healthy cholesterol, this formula is designed to control excess lipoproteins such as LDL in the blood and improve the ratios of LDL/HDL.* It may also minimize the absorption of dietary cholesterol.* 		
TPP LIVER SUPPORT	1 cap	daily with meals
<ul style="list-style-type: none"> If the liver is overloaded with too many toxins, it loses its ability to eliminate cholesterol. This formula promotes liver function by removing embedded toxic materials and supporting its normal regeneration sequence.* 		
TPP GASTRO	1-2 caps	with or following meals
<ul style="list-style-type: none"> Heartburn and indigestion can be common in individuals with heart disease.* This comprehensive formulation designed to soothe GI discomfort and heal damaged mucosa is excellent for reflux, ulcers, gastritis, etc.* 		
SUPER CELLZYME	2 caps	daily
<ul style="list-style-type: none"> Vitamins play an important role in lowering the body's homocysteine levels which helps to reduce the risk of heart disease and stroke. This whole food vitamin/mineral supplement is formulated with enzymes to facilitate the absorption of these nutrients.* 		
TRANSCENDENCE [™] REZEN	2 caps	1-2 x day between meals
<ul style="list-style-type: none"> Supporting the nervous system with gentle and natural ingredients can assist the body with its overt and dangerous reactions to stress.* 		
BALANCEZYME PLUS	1 cap	with every meal
<ul style="list-style-type: none"> Over time, high blood sugar can damage blood vessels and the nerves that control your heart. This formula supports blood sugar control and weight management, which can both be problematic in CVD.* 		

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Enzyme Therapy

INFLAMMATION

Inflammation is the body's response when our cells are damaged. This can be caused by infections, injury, autoimmune disorders, or oxidative stress. The immediate response and repair is necessary and beneficial. It is when the response is chronic and uncontrolled that it becomes a problem. Enzyme therapy will help manage chronic inflammation and help control the onset of degenerative diseases.*

- A digestive enzyme formula with meals will ensure proper assimilation to supply the cells with all the nutrients needed for function and repair as well as help minimize free radical damage that may trigger allergies or further inflammation.*
- A protease formula between meals will promote optimal blood flow, support efficient detoxification, and help manage inflammation.*
- A support formula of highly active proteolytic enzymes and antioxidants designed to help regulate inflammation anywhere in the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	2 caps	with every meal or snack
TPP PROTEASE	2 caps	3 x day between meals
TPP PROTEASE IFC	2 caps	3 x day between meals
TPP PROBIOTIC	1 cap	at bedtime

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

DIGESTZYME	2 caps	with every meal or snack
PUREZYME	3 caps	3 x day between meals
TPP PROTEASE IFC	2 caps	3 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

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Enzyme Therapy

INFLAMMATION

Additional support formulas you may want to consider for patients with Inflammation. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

SUPER CELLZYME 2 caps daily

- Vitamins and minerals are needed to control levels of CRP and other inflammatory markers in the body. Deficiencies can increase the severity of chronic inflammation. This whole food vitamin and mineral supplement is formulated with enzymes to facilitate the absorption of these nutrients.*

REPAIRZYME 2 caps 2-3 x day

- Inflammation can cause considerable damage to host tissues, which can be a part of the creation of a disease process. This formula provides building blocks and facilitates repair for healthy growth of muscle, skeletal structure, and tissue.*

TPP EPA 1,200MG 2 gelcaps daily with food

- Omega 3 fatty acids are beneficial due to their role in the reduction of inflammation in various parts of the body.* These essential fatty acids are a good source of DHA and EPA omega 3's known for their many health benefits.

TPP JOINT HEALTH 1 cap daily on an empty stomach

- Inflammation can cause joint swelling, pain, and stiffness. Individuals struggling with arthritis and other conditions that affect the joints will benefit greatly from this unique combination of whole food nutrients like glucosamine and collagen to balance fluid around the joint and further reduce inflammation.*

TPP PROTEASE-CBD 1 cap daily with a fatty meal

- CBD increases endocannabinoid signaling, which directly affects the body's cannabinoid receptors. These components of the endocannabinoid system help mediate inflammation by regulating the body's cytokines. The "homeostatic modulating trio" of cannabidiol, moringa, and enzymes in this formulation work synergistically to help calm the autonomic nervous system, reduce inflammation, and create a feeling of wellbeing.*

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Enzyme Therapy

HYPERLIPIDEMIA - HIGH CHOLESTEROL/TRIGLYCERIDES

Hyperlipidemia is the presence of elevated levels or imbalances in total cholesterol, LDL, HDL, and/or triglycerides in the blood above and beyond what is considered necessary and healthy. Excess fats in blood over a period of time can accumulate in the blood vessels, increasing the risk for various cardiovascular diseases. Enzyme therapy, along with diet and exercise, will support digestion and proper management of blood fats – cholesterol, triglycerides, and lipoproteins.*

- A digestive enzyme formula high in lipase taken with meals will help ensure proper assimilation of all nutrients, especially fats, minimize free radicals (oxidized fats), and reduce the risk of plaque or toxins in the blood.*
- A support formula high in lipase enzymes will further aid in the digestion of fats, help control excess lipoproteins such as LDL in the blood, improve the ratios of LDL/HDL, and minimize the absorption of dietary cholesterol.*
- A protease formula between meals will promote optimal lipid ratios helping to manage and regulate lipoproteins (LDL/HDL).*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	2 caps	with every meal or snack
TPP LYPO	1 cap	3 x day between meals
TPP PROTEASE	2 caps	3 x day between meals
TPP PROBIOTIC 42.5	1 cap	at bedtime

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

DIGESTZYME	3 caps	with every meal or snack
LYPOZYME	2 caps	3 x day between meals
PUREZYME	3 caps	3 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

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Enzyme Therapy

HYPERLIPIDEMIA - HIGH CHOLESTEROL/TRIGLYCERIDES

Additional support formulas you may want to consider for patients with Hyperlipidemia. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

BALANCEZYME PLUS 1 cap 3 x day between meals

- Uncontrolled blood sugar levels can affect healthy contraction of blood vessels. Appetite and cravings can also be a challenge for someone on a restricted diet trying to manage their cholesterol. This formula is meant to help control weight, sugars, and has also proven effective in naturally supporting the body to lower cholesterol.*

TPP PROTEASE IFC 1-3 caps 3 x day between meals

- Coupled with high cholesterol, inflammation can lead to buildup in the arteries, setting the stage for a heart attack or stroke. This formula is a combination of proteases and antioxidants designed to help regulate inflammation anywhere on or in the body, making it a great choice to promote cardiac health.*

TPP LIVER SUPPORT 1 cap daily with meals

- The liver plays a key role in controlling cholesterol levels in the body. Production of cholesterol is based on how the liver reads circulating lipids. If the liver is overloaded with too many toxins, it loses its ability to eliminate the toxins and harmful cholesterol. This formula promotes optimum liver function by removing embedded toxic materials and supporting its normal regeneration sequence.*

TPP EFA 1200MG 1 gelcap 2 x day with meals

- Increasing consumption of omega 3 fatty acids with daily fish oil supplementation may support overall healthy cholesterol levels as well as joint stiffness, brain and heart wellness, and healthy skin. These essential fatty acids are from fish oil concentrate and are a good source of DHA and EPA omega 3's known for their many health benefits. They should be considered as a staple of any wellness protocol.*

TPP PROTEASE-CBD** 1 cap daily with a fatty meal

- For those looking for a natural alternative to statins, CBD can be a great option for helping to reduce cholesterol and other cardiovascular risk.*

**This product should be used with caution if on a statin due to risk of drug/nutrient interaction.

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Enzyme Therapy

HYPERTENSION - HIGH BLOOD PRESSURE

Blood pressure represents the force of the blood against the arterial walls when the heart contracts and relaxes to pump blood throughout the body. Hypertension (high blood pressure) is the persistent increase in the force that blood exerts on the arterial walls. In general, healthy blood pressure is 110-120/70-80. Enzyme therapy will help maintain healthy blood flow, blood chemistry and support the health of vessels, minimizing stress on the heart.

- A digestive enzyme formula with meals will help ensure proper assimilation of all nutrients, supporting a healthy balance in blood chemistry and minimizing the damaging effects of free radicals on the walls of the blood vessels. Proper digestion of proteins also supports healthy kidney function.*
- A protease formula between meals will promote optimal blood flow, kidney health and management of fluids.*
- A gentle blend of nutrients and herbs designed to provide stress support and maintain healthy cortisol levels.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	2 caps	with every meal or snack
TPP PROTEASE	2 caps	3 x day between meals
TRANSCENDENCE™ REZEN	2 caps	2 x day (at rise and in mid-morning)
TPP PROBIOTIC 42.5	1 cap	at bedtime

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

DIGESTZYME	3 caps	with every meal or snack
LYPOZYME	1 cap	with every meal or snack
PUREZYME	3 caps	3 x day between meals
TRANSCENDENCE™ REZEN	2 caps	2 x day (at rise and in mid-morning)
PLANTADOPHILUS	3 caps	at bedtime

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Enzyme Therapy

HYPERTENSION - HIGH BLOOD PRESSURE

Additional support formulas you may want to consider for patients with Hypertension. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

TPP LYPO 1 cap with, after, or between meals

- High cholesterol has a direct correlation to high blood pressure thus increasing the severity and risk of cardiovascular disease. This therapeutic formula is designed to help control excess lipids in the blood and improve ratios of good and bad cholesterol while also minimizing the absorption of dietary cholesterol.*

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

- Blood pressure is an important indicator of adrenal health and function. Mild adrenal weakness is usually accompanied by normal to high blood pressure. This formula nourishes and supports the adrenal glands with glandular tissue, nutrients, herbs, and enzymes to promote the adrenals' ability to do what they need.*

CALMZYME 1 cap 3 x day (or 3 caps at bedtime)

- Episodes of anxiety can cause dramatic, temporary spikes in blood pressure. If those temporary spikes occur frequently, they can cause damage to the blood vessels, heart, and kidneys. This formula is an herbal and enzyme blend that feeds and fortifies the nervous system, assisting with stress management.*

TPP PROTEASE IFC 1-3 caps 3 x day between meals

- Inflammation plays a large role in the development of hypertension and heart disease. This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere in the body.*

TPP EFA 1200MG 1 gelcap 2 x day with meals

- Omega 3 fatty acids are beneficial for individuals with hypertension due to their role in the reduction of inflammation, which can deteriorate the health of the blood vessels. These essential fatty acids are a good source of DHA and EPA omega 3's known for their many health benefits.*

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

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HEART HEALTH EDUCATION HIGHLIGHTS



- Case Studies

- Cholesterol
- Diabetes

- Articles

- Cardio Health
- Probiotics & Cholesterol

- Product Info

- EFA Booklet

- Testimonials

- Cardiovascular Testimonials
- Weight loss Testimonials

- Science Briefs

- EFA

- Rationales

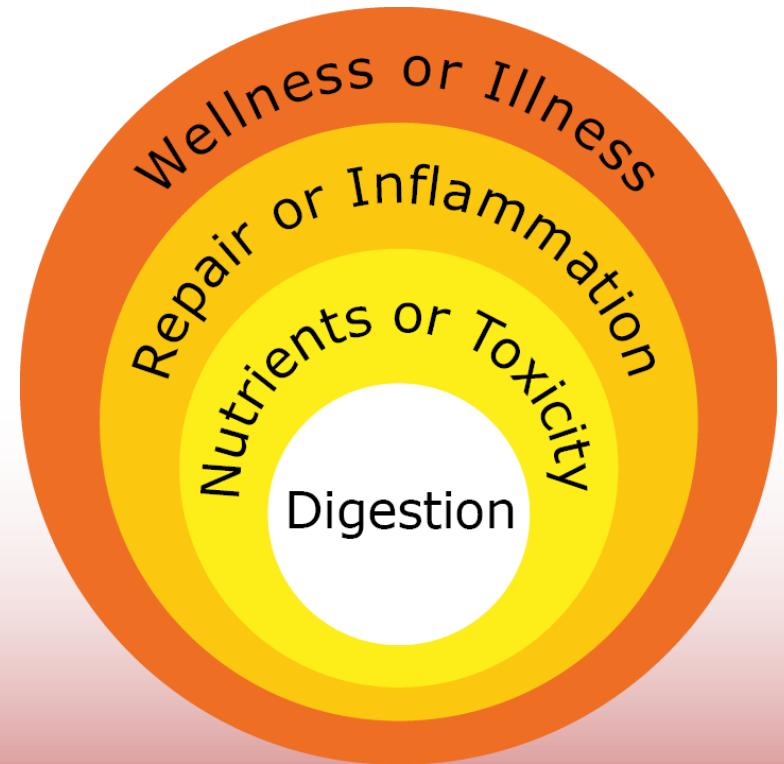
- EFA
- Lypo
- Protease
- Balancezyme

Are You Feeding the Cell?



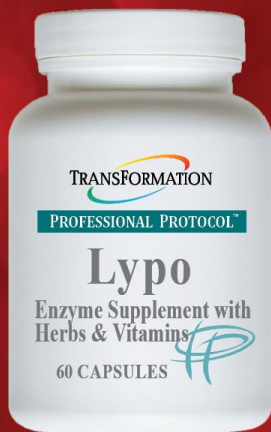
Before we can heal,
we must first look at
where the disease
began.

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and digestive system is...
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