

# The Effects of Nutrition and Enzyme Therapy on Gastrointestinal Dysfunction

*An Evidence-based Clinical Review from  
Transformation Enzyme Corporation*

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## A B S T R A C T

Supplementation with digestive enzymes, probiotics, and herbal supplements along with dietary modifications has been used clinically for mitigating patient symptoms associated with gastrointestinal dysfunction. **Purpose:** To determine the effectiveness of a digestive wellness program as a therapeutic model for “leaky gut” symptoms. **Methods:** After baseline data and testing which included a symptom survey questionnaire, BOD POD® air-displacement plethysmography (ADP) body composition assessment, ELISA/ACT® Lymphocyte Response Assay (LRA), Cyrex™ Laboratories Intestinal Antigenic Permeability Screen, Genova Diagnostics (GDX) Lactulose / Mannitol Intestinal Permeability Assessment, Genova Diagnostics (GDX) GI Effects Comprehensive Stool Profile, and a comprehensive blood panel performed by Labcorp, participants were given a non-calorie restricted “Paleo” meal plan and enzyme supplement protocol of digestive enzymes, systemic proteases, probiotics, and an herbal support formula to follow for approximately 2 months. Data collection and testing was repeated at the end of the 2-month program. **Results:** The body composition test showed significant trends of weight loss (fat loss) and fat free mass gain. Participants cleared an average of 8.2 food reactions for a total average reduction of 42%. The intestinal permeability screen showed an overall 92% improvement. The stool analysis showed a strong trending toward a positive repopulation of predominant bacteria, and the markers of inflammation (lactoferrin) and immunology (fecal SigA) also showed positive trending. Based on the survey forms, all participants reported improvement of symptoms. **Conclusions:** Both the “leaky gut” symptoms and the underlying biological processes that cause those gastrointestinal symptoms improved within 63 day as a consequence of addressing diet and digestion through a nutrition and enzyme therapy program. **Key Words:** DIGESTION, GASTROINTESTINAL DYSFUNCTION, LEAKY GUT, ENZYMES, NUTRITION

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