



THE HEALING POWER OF ENZYMES

Chapter 11

The Seven
Stages of
Disease

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The Seven Stages of Disease

It has been my experience to witness fear, surprise, and utter confusion by a person receiving a negative diagnosis. Disease is never supposed to happen to us. We believe that this condition happened to us overnight, and there was absolutely nothing that could have been done to spare us. Many of us feel like victims and completely without choice in this matter. I have been in this position more than once in my lifetime and understand the fear and feeling of helplessness. However, what I have since learned is there are choices, and most conditions do not happen overnight. The choices a person makes not to ever exercise, or to stop for lunch every day and eat fast foods, or lead a stressful, negative lifestyle can all lead to the depletion and an imbalance of enzymes. Each one of us is born with an inherited ability to make metabolic enzymes. However, enzymes can either be repressed or destroyed when the body's condition or environment is not in balance.

It is these poor choices that we make. In fact, they result in imbalances to the whole body, which allows disease to manifest. No, disease does not happen overnight. It takes years of this constant neglect and over-indulgence to alter our metabolic enzyme balance and create a disease condition. I wrote this many years ago for my thesis when I decided to quit studying disease and switched my degree from an M.D. to a Ph.D. in Health Sciences. My focus was how a body works when in balance. By that method, I could then track ahead to the nature of a disease process. There are many cancer survivors like myself, and there are things we have in common. One is education — teaching ourselves about our disease in order to stop our movement down that slippery slope of cancer we were riding on. We did not want it to ride right into another organ and set up residence there. I hope you will recognize yourself in one of the stages and plan a way back to a healthier stage and into quality of life.

STAGE ONE

This stage is characterized by approximately ninety-five percent lifestyle and/or environmental factors.

The first phase of imbalance can be caused by overeating, drinking, overwork, worry, and over-indulgence in processed food. Foods that have been processed lack the nutrients to assist in your cell health. Our metabolic enzymes that are produced by our organs on demand are limited. Stress and alcohol deplete valuable enzymes. Sugar, salt, caffeine, soft drinks, tobacco, drugs, serum injections, impure water, polluted air, tension, depression, and lack of rest only add to the extra burden on the body to produce the necessary enzymes required for good health. The result is a weakened immune system and reduced vital energy or strength. How many of us choose to do this on a regular basis and never stop to think about the outcome?

In this stage, our metabolic enzymes (biochemically produced in the body) have now become compromised. This is true even in the simplest efforts of the body like mastication (i.e., chewing our food, which begins the first step of digestion and increases the surface area of foods to allow more efficient breakdown by enzymes). Receiving the proper enzyme support is now limited. If we could aid the body by adding plant-based digestive enzyme supplements such as proteases (to help break down the proteins), carbohydrate-splitting enzymes (to break down carbohydrates and starches), and lipase (to break down the fats) then we have at least begun to help the body regain its balance.

Etiology:

The beginning of malnutrition is overwhelmingly the result of poor lifestyle choices and environmental factors. This involves a weakened immune response, reduced vital energy, compromised metabolic digestive enzymes, and impairment of the digestive system.

Recommendations:

- Improve food choices according to your Biochemical Type
- Drink at least six 10-ounce glasses of pure water each day
- Start a regular exercise program in order to alleviate stress
- Mentally appreciate what you have while looking for joy in your life
- Possible 3 to 6-week program dependent on compliance to diet change and ingesting digestive enzymes at meals

Supplement recommendations:

- Supplemental plant-based digestive enzymes: one to two caps with each meal and snack

Protocol if starting a new exercise program:

- Supplemental plant-based systemic protease: two to three caps following exercise for inflammation

STAGE TWO

The choices above, when not corrected, will progressively overwhelm the system and create this next stage.

The second stage is created when the body's abilities have become so compromised it cannot even properly digest food. Result — there is an increase in food toxins. The initial lack of enzymes, created by the first stage, has slowed down the elimination of toxins by the liver and kidneys and has placed a burden on the body's defense system.

Poor nutrition from Stage One did not provide the necessary elements to supply the body's building blocks for metabolic enzymes, antibodies, and even hormones. Free radicals have also taken their toll. These factors can be accentuated with age as the body accumulates various toxins, which results in a continuous weakening.

During digestion, a lot of blood must flow to the digestive organs. Energies of the system are always divided between assimilation and elimination. An unequal use of those energies is again created by the practice of overeating and the other abusive choices mentioned in Stage One. Science tells us that we use eighty to ninety percent of the body's energies just digesting food. Other stimulating choices can also divert energy. For example, stimulating foods are caffeine, sodas, sugars, and alcohol. When non-usable substances and their toxins are not or cannot be eliminated, they are stored in the tissues, joints, and organs. This leaves the body intoxicated, sluggish, and weakened. One of the recognizable signs may be constipation, but there are other signs of toxicity that begin here.

Now the body is not only overburdened with toxins, but the struggle of the body's enzymatic potential to keep up the proper digestive enzymes, hormones, and rebuilding of muscle, tissue, bone, etc. is now impaired. A sluggish, continually tired body is susceptible to crises. Simple over-the-counter digestive aids do not work here. It takes supplemental plant-based digestive enzymes to restore proper

digestion to the body. Other chemically-based substances will only add toxicity to the body.

Obviously, the supplemental digestive enzymes mentioned in Stage One need to be increased with meals.

Etiology:

The natural progression of toxic removal by the body is now hindered.

Continued poor choices progressively overwhelm the system. Metabolic digestive enzymes continue to decrease, and the digestive system becomes sluggish, slowing elimination of toxins.

Recommendations:

- Address food choices according to your Biochemical Type
- Monitor exercise program
- Increasing digestive enzymes is a necessity
- Simple over-the-counter digestive aids are just a bandage, plus chemically-based substances will add toxicity to the already burdened system
- Cut back on the amount of sugar eaten
- Avoid sugar substitutes
- Avoid improper fat consumption or trans-fatty acids (hidden fats)
- Drink enough water for a healthy cell
- Control stress with simple deep breathing techniques
- Possible 9 to 12-week program to create balance

Supplement recommendations:

- Supplemental plant-based digestive enzymes: two to three with meals
- Systemic protease first thing in the morning and before bed
- Probiotic before bed

Constipation and/or Leaky Gut are in this stage. Adjust probiotics to assist in elimination.

STAGE THREE

Progression to Stage Three involves pH imbalances and a definite deterioration to the biological chemistry. Cellular energy is also compromised.

To best explain biological chemistry, think of the correlation between our environment (both outside the body and inside the body) and disease. Biological chemistry inside the body refers to the environment that surrounds the cells of our bodies. It contains the fluids, nutrients, minerals, trace elements, and adjoining cells of all our systems, plus a host of both good and bad microorganisms. If that seems a bit overwhelming, try to picture our red blood cells suspended by our plasma (a clear fluid), which is full of nutrients but can also include bacteria, parasites, yeasts, and fat globules. Our white blood cells or immune cells are referred to as plasma cells. When I look at live blood in my microscope, I am observing these very things.

The third stage represents an increased acidity in the plasma. Energy at the cell is now being hindered. When continual poor eating and drinking habits are repeated, it leads to overly acidic plasma. Once this plasma saturates our cells, we will experience a loss of electrons (energy) from the cell itself. Potassium, chlorides, magnesium, and other minerals (along with our life's energy) will then be carried out of the body via the kidneys.

This biochemical imbalance further impairs our metabolic system, our lungs' respiration rate, and our digestive ability. This is because the digestive system cannot produce the signal for hydrochloric acid in the stomach for digestion. The absence of free hydrochloric acid in the stomach leads to chronic gastritis. The burping, belching, and gas that can result from these chronic problems can again be alleviated by the use of supplemental digestive enzymes. Over-the-counter antacids only increase this problem. Remember, the body's number one priority is to keep the system in balance. If we add alkaline substances, the body will create acid to sustain its balance, and the cycle becomes repeated over and over. Stage Three calls for enough supplemental digestive enzymes with meals and between meals to meet our increased requirements. Probiotics in this stage are as necessary as are proteases.

Etiology:

The ratio of ions and electrical charges in the cell becomes imbalanced.

You are now experiencing deterioration of the body's internal environment and imbalances caused by increased toxicity in the body. These results make up the third stage.

Recommendations:

- Diet and lifestyle improvements according to Biochemical Type
- Eliminate all soft drinks and regulate coffee consumption
- Eliminate all synthetic sugars
- Drink adequate pure water (six to eight 10-ounce glasses) for kidney balance
- Walking as exercise to improve breathing
- Replace good bacteria with probiotics
- Make sure there is adequate rest for healing
- Possible 3 to 4-month program dependent on consistency

Supplement recommendations:

- Increase digestive enzymes with meals
- Increase probiotics before bed and possibly first thing in the morning
- Increase systemic protease: two capsules three times daily (one capsule = 400,000 HUT)

Or choose symptoms below for protocols:

- Fatigue
- Mineral imbalances – Potassium and Magnesium
- Organ assistance – Kidney Drainage or Lymphatic Drainage
- Panic attacks – Soothing remedy to calm
- Heavy Metal Detox Protocol
- Hyperlipidemia Protocol
- Constipation Protocol
- Allergy Protocol
- Asthma Protocol

STAGE FOUR

The continuances of constant toxicity have created a depressed environment and symptoms have increased. Inflammation, which is normal to the body, is now becoming more chronic and is a constantly recurring problem that is becoming difficult to eradicate.

This stage coincides with further deterioration of the metabolic environment, marked by the presence of high levels of toxins. Various parasitic and pathogenic growth factors continue invading the body.

- There is an accumulation of metabolic wastes, which includes dead cells
- The waste removal system is unable to adjust to the load now being imposed on it
- Increased growth of bad bacteria over beneficial bacteria
- Accumulation of toxic materials within the organs, joints, and other vital parts of the body becomes apparent
- Death of our twenty-five trillion red blood cells (seven million die per second, and their by-products contain toxins such as carbon dioxide)
- Anabolism (healthy growth) is greatly affected and the emphasis of the body's cellular activity is directed to defense
- The buffering capacity of the body fluids is impaired
- A series of symptoms manifested by stone-like formations in the joints, kidneys, and gall bladder, which consist of trapped inorganic substances from poorly digested food, drink, and/or drugs may be noted

These toxic substances are indigestible, but at the same time they cannot be expelled by the weakened body system. For example, so-called "allergies" may be nothing more than the irritation of already chronically inflamed nasal passages from a pronounced toxemic condition. Toxemia is the basic cause of inflammation, including the lining of the membranes of the hollow organs of the body. Heat, redness, swelling, and pain are characterized in this stage.

Science has now proven that all allergies, whether airborne or food-based, begin in the gut. Eighty percent of our immune system resides inside the digestive tract. With the body's immune state being compromised, additional supplemental protease now becomes vital for the body to survive these attacks. Protease not only becomes critical to the digestion of important proteins in the digestive tract, but it will also bind to alpha 2-macroglobulin and get delivered to the sites of immune function. Years of clinical experience have shown that toxins are also removed from the blood, perhaps from an overall improvement in blood flow. The circulation and improved blood flow begins with additional supplemental protease taken between meals.

In addition, protease supplemental digestive enzymes taken with meals provides for a very high level of antioxidants between meals along with probiotics taken at bedtime.

Etiology:

Chronic Inflammation.

These continued high levels of body toxicity create a contaminated physical environment, and inflammation throughout the body becomes very chronic. Digestion abilities have a slower transit time.

Recommendations:

- Balanced diet with several small meals — more like grazing during the day
- Walk twice a day for 20 minutes on a daily basis
- Get adequate fluids and rest
- Possible 6-month program dependent on compliance

Supplement recommendations:

- Supplemental plant-based digestive enzymes with each meal and snack
- Supplemental protease with each meal
- At least six caps or more of systemic protease (two capsules three times daily) is needed
- Probiotic two times daily

Or choose symptoms below for correct supplementation:

- Anemia Protocol
- Allergy Protocol
- Candida Protocol
- Fibromyalgia / CFS Protocol
- Arthritis Protocol
- Inflammation Protocol
- Eczema Protocol
- Psoriasis Protocol
- Rosacea Protocol
- Gastroesophageal Reflux Protocol
- Headache-Cluster Protocol

- Headaches-Tension Protocol
- Headaches-Migraine Protocol
- IBS Protocol
- Gallbladder Stress Protocol
- Toxicity Protocol
- Anxiety Protocol
- Asthma Protocol
- Hypoglycemia Protocol
- Adrenal and/or thyroid conditions

STAGE FIVE

This stage constitutes the onset of the actual disease due to organ deterioration and functional impairment. Chronic inflammation is characterized by the beginning of tissue destruction.

The fifth phase of degeneration is characterized by further weakening of the body, frequent recurrence of ailments, and “disease” onset. This is when a gradual thickening (hardening) of the mucous and sub-mucous tissue takes place. This is due to the causes of chronic inflammation, which remain unchanged from the last stage. This increased level of hardening chokes arterial circulation (hardening of the arteries), cutting off oxygen and the food supply. The tissues clump and break down, giving rise to skin disorders. These skin problems can be skin eruptions such as moles, liver spots, callused feet, and other dead cell accumulations. The lymphatic system becomes stagnant, is unable to utilize antioxidants, and puts the body in oxidative stress and premature tissue aging. At this point, any metabolic digestive enzymes the body has to supply for digestion are completely limited by the condition of the body. Many suffer from indigestion, bloating, gas, and burning sensations in the gastrointestinal area.

Definition:

A pathological process having a characteristic set of signs and symptoms. It may affect the whole body or any of its parts, and its ideology, pathology, and prognosis may be known or unknown.

Etiology:

The possibility of an actual disease may take place in this phase. The basis of internal inflammation has not been changed, and outwardly obvious signs and

symptoms of health problems are now evident. Women become aware of their hormonal imbalances. This is the stage many will “finally” seek care.

Recommendations:

- Lymphatic massage
- Nutritional consultation for lifestyle change is necessary to rebuild cells and adequate protein for rebuilding
- Walk two to three times daily to get oxygen to the cell
- Adequate water and rest for stress control
- Hormonal screening
- Consider “The Renewal Diet”
- Possible 6 to 9-month program dependent on compliance

Supplemental recommendations:

- Supplemental plant-based digestive enzymes with all food
- Additional protease with the foods
- Probiotics, possibly with each meal or three times daily
- Chronic Inflammation — systemic protease several times daily
- Hormonal Imbalances — feed and fortify the adrenals and thyroid

Or choose symptoms below for correct supplementation:

- Diabetes Protocol
- Skin Rejuvenation Protocol
- GERD Protocol
- Peptic Ulcers Protocol
- Gout Protocol
- Adrenal Protocol
- Menopause Protocol
- Osteopenia Protocol
- Celiac Disease Protocol
- Hypertension Protocol
- Periodontal Protocol
- Lupus Protocol

- Lymphedema Protocol
- Menière's Disease Protocol
- Hemorrhoid Protocol
- Precancerous conditions
- Shingles
- Hypoglycemia Protocol

STAGE SIX

The ability of the body has now given way to degenerative diseases, and major system dysfunction occurs. For instance, instead of normal toxin elimination, excretion of toxic-laden mucus erupts from open wounds, boils, fistulas, internal ulcers, chancre (as in AIDS), and herpes simplex. These excretions can occur from the eyes, ears, nose, vagina, or other body cavities. Other symptoms in this stage could be high or low blood sugar and/or anorexia, which are nothing more than SHS (sugar handling stress) due to adrenal exhaustion from a highly toxic condition. Irritable bowel syndrome and ulcerated states are also now seen in this stage. The good and bad bacteria in the colon are now out of balance, and the bad bacteria are striving to take over the enzyme sites of the villi in our intestines. The overgrowth of the bad bacteria fight for control of the same sites so they can eat off of the poorly-digested food sources. The ability of the body to break down wheat or other grains at this stage is further handicapped by the overgrowth of bad bacteria.

Conditions at this stage will worsen. Indigestion / malabsorption will favor the overgrowth of undesirable and opportunistic microflora in the GI tract, which will convert the poorly digested foods into toxic compounds, many of them shown to induce cancer. For instance, studies have shown that excess cholesterol may be converted by some undesirable bacteria of the GI microflora into estrogen-like compounds that are cancer promoting. Thus, in addition to any normal estrogen produced by the body as a normal physiological process, more estrogen may be produced by poor digestion creating an excess imbalance in the body.

Microorganisms (the good and bad bacteria) are out of balance, and the undesirable bacteria of the microflora begin promoting cancer-like cells and undesirable cancer-causing hormones.

Probiotic supplementation ("friendly" bacteria) now has become not just a preventative step but a necessity for the health of the whole body. A preferred probiotic that should be part of your probiotic formula is *Lactobacillus plantarum* (*L. plantarum*) with the ability to eliminate or reduce most other bad bacteria

and fungi as it is the dominating habitat of all sorts of naturally-fermented foods. *L. plantarum* has an up-regulatory effect on the immune system, changes the immune cells, and influences production of cytokines. One consequence of this is the normalization of the colon pH.

Etiology:

Cellular starvation and disease progressive state.

Degenerative diseases and major system dysfunction have reached critical levels. Instead of normal toxin elimination, you now have eruptions or excretions of toxic-laden mucous such as open wounds, boils, fistulas, internal ulcers, and herpes simplex. Other symptoms in this stage are hormonal involvements such as imbalance of insulin.

**Recommendations:**

- Besides the lifestyle changes, a psychological workup is necessary
- Renewal Program defines exercise (only walking) on a daily basis
- Eat 3-4 ounces of protein with vegetables every 3½ to 4 hours, up to six times a day
- Adequate fluid intake (six to eight glasses of pure water), sleep, and stress control
- Quiet time in a healthy environment
- If menopausal, test hormones and assess their Menopausal Type or Andropause
- Possible 9 to 12-month program dependent on compliance and condition

Supplemental recommendations:

- Supplemental plant-based digestive enzymes (it now depends on kind and strength)
- Additional supplemental protease at meals
- Systemic protease needs to be increased to at least 8 capsules daily (two caps four times daily)
- Probiotics must be increased and taken with meals
- Calming product to be taken during the day
- More of the same for stress and/or a better night's sleep

Protocols by Conditions:

- Adrenal Protocol
- Diabetes II Protocol
- Autoimmune Protocol
- Pancreatitis Protocol
- Ulcerative Colitis Protocol
- Crohn's Disease Protocol
- Hepatitis Protocol
- Scleroderma Protocol
- Osteoporosis Protocol
- Mononucleosis Protocol
- Multiple Sclerosis
- Fibrocystic Breast Disease

STAGE SEVEN

This final cellular disorder stage involves tissue growth of a morbid nature. Poor circulation and general degeneration of the body is a result from the prior stages' continued abuse. Poor eating habits, drugs that weaken the immune system, smoking, and unresolved stress upset the internal balance. The body's defense system breaks down as described above. The previous conditions of Stages One to Six have seriously compromised the body's ability to synthesize the needed metabolites, including metabolic enzymes and healthy cells.

It is this stage in which the cells can no longer adequately renew themselves. Tumors and other types of growths are encouraged to grow. Invasion of tumorous cells into local tissue and their spread into distant organs underlies the phenomenon

of metastasis (spreading of cancer). Metastasis is associated with ninety percent of cancer deaths.

There are over 150 different types of cancer, and they are a result of physical, nutritional, chemical, and/or genetic mechanisms interfering with the normal function of the body's cells. As cells suffer the kind of progressive damage seen in Stages One through Six, they rob the other cells of nutrients, resulting in cellular "asphyxiation."

Additionally, cancer cells may be covered with a protein coat that helps them be disguised and appear as normal cells ("self") thus helping them to evade the immune system. Damaged or abnormal cells are now left alone to coat themselves in glue-like fibers about fifteen times the thickness of normal cells. They hide under this protective glue-like coating so that they cannot be recognized. These sticky cells wander around looking for a place to adhere so that they can build more fibrin and multiply, forming a tumor. The fiber around the cancer cell is made up of protein. Cancer cells are clever and have a "trademark" or cell markers. Even when the cell is destroyed, the trademark can get left behind. They are so smart that they can even leave a false trail so they can remain undisturbed and form new markers elsewhere. As more and more cancer cells with specific antigens invade the body, they overwhelm the immune system.

The body requires more systemic proteolytic enzymes for this protein fibrin. Digestive enzyme supplements will help in meeting the body's nutrient needs, especially in cases of cancer where metabolic needs are increased. Additionally, various studies have shown that proteases ingested orally help regulate cytokines in inflammation and play a helpful role in some forms of cancer.

Oncologists recognize that environmental, hereditary, and biological factors play an important role in the development of cancer. Environmental causes are believed to account for at least fifty percent of many cancers. The AMA and Cancer Institutes of America have cited the results of poor digestive conditions are responsible for as high as eighty percent of many cancers.

IN CONCLUSION

Disease is not "bound to happen" and can be overcome if there is a willingness to eliminate all of the aforementioned abuses and maintain a disciplined adherence to a diet of life-giving foods.

The effect on our conditions by such a regime (digestive enzyme formulations, additional supplements, proper foods, and permanent life-changing habits) depends largely upon the extent of degeneration of affected vital organs.

If sufficient life energy remains, the chance for rejuvenation is great. This is an example of the energy power within every human body. Remember that all symptoms mentioned in this section are nothing more than the body's effort to return to balance.

Recommendations:

Ultimately, the prevention of cancer depends upon knowledge of each person's risk factors for the development of cancer, and that person's decision to avoid, whenever possible, those habits and practices that predispose the disease. If what the patients are doing is not working for them, then there must be a change — a possible 18-month program dependent on compliance.

Supplemental Recommendations:

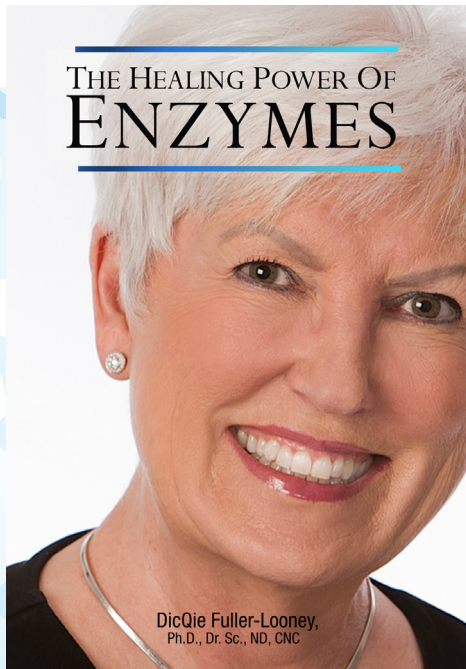
- Enough supplemental digestive enzymes taken with meals
- At least twelve capsules of supplemental systemic protease enzymes if the formula contains at least 400,000 HUT blended protease per capsule (take three capsules between meals four times daily)
- Probiotics with meals and whatever the health professional determines is needed in addition to the base products

Eat only organic foods free of GMOs, drink adequate pure water, and work on forgiveness and a positive outlook on your life.

NOTE: See Renewal Program

NEWLY REVISED WITH 6
ADDITIONAL CHAPTERS!

THE HEALING POWER OF
ENZYMES



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Dr. DicQie Fuller-Looney has enjoyed and been blessed by her 30-plus years as a clinician, educator, researcher, and author. She has earned two Ph.Ds, one in Health Science and the other in Dietetic Nutrition, and also holds a degree as Naturopathic doctor – Heilpraktiker from Germany Kneipp Heilpraktiker Akademie. Her passion in the last 35 years has been in the realm of Enzyme Therapy along with Biochemical Individualism and their use in bringing balance to the body whether involving our health, thoughts, or harmful beliefs.

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wonderful enzymes" - Rose Jacobson, CT*

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