



THE HEALING POWER OF ENZYMES

Chapter 14

Forever Young
with Skin
Renewal

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Forever Young with Skin Renewal

REAL REJUVENATION MUST COME FROM WITHIN; IT IS NOT A TOPICAL PROCESS

As we grow older, the body's ability to manufacture enzymes slackens. The enzyme content in the body tissues and fluids decreases with the natural aging process as well as with the onset of disease. Investigators at Michael Reese Hospital found that older people had less starch-digesting enzymes (amylase) in their saliva than younger people.

Dr. Edward Howell has stated that the faster you use up your body's enzyme supply, the faster you will exhaust your enzyme reserve or enzyme potential. This depletes the body's limited enzyme capacity, and he believed this is one of the paramount causes of aging and early death. In other words, forcing your body to produce enzymes for digestion limits its ability to manufacture the metabolic enzymes needed to build and repair the body. Supplementing your diet with enzymes not only aids digestion, it also helps to build, repair, and rejuvenate the body, making the most of your enzyme potential.

We all feel pride when our skin is clear, smooth, and radiant. We cringe when it is dry, crusted, sallow, wrinkled, and lifeless. Products that offer skin renewal are like magnets for most of us. Oddly enough, enzymes are mostly ignored in this ongoing quest. However, they play a vital role in skin care and maintenance.

Enzymes are directly related to the health and appearance of our skin. They are the catalysts (increasing the rate of chemical reactions without changing themselves) that work in healthy digestion, freeing the nutrients in our food that will form the building blocks for our glowing skin. Enzymes are the power source behind efficient circulation that will bring nutrients to the skin. Enzymes are responsible for reducing the unsightly signs of detoxification that come through our skin.

They slow the aging process that is evident in sagging and wrinkled skin. In this chapter, I will cover how enzymes hold the aging process at bay. You will learn how enzyme therapy will enhance your personal skin care.

FEEDING FROM WITHIN

The manufacturers of commercial beauty products are well aware of the American obsession with young-looking, healthy skin. They produce creams, lotions, gels, peels, pads, ointments, and masks for a wide assortment of skin needs and problems. The prestigious brands command as much as \$100 an ounce for rejuvenating cream. The reality, however, is this: Real rejuvenation must come from within; it is not a topical process.

The nourishment it receives from the blood determines the health and appearance of your skin. The skin's under-layer, or dermis, is made up of collagen (protein). Collagen extracts the nutrients it requires from the blood. The outer layer of the skin, the epidermis, is not nourished from within. It continually dies and sloughs off, allowing the new skin cells of the dermis to rise to the surface. This creates an ongoing process of continuously renewing the skin that is fed from its deeper layers. Our skin is not just a few layers, but thirty-two layers thick! That is why digestive enzymes play such a vital role in healthy skin upkeep. Enzymes are directed to the rich nutrients that must be available for skin nourishment.

DIGESTIVE ENZYMES

The skin needs to be fed with the nutrients from fats (fat-soluble vitamins), proteins, amino acids for the collagen, and carbohydrates (water-soluble vitamins) in order to remain healthy and vibrant. If your digestive system has an enzyme deficit, these nutrients stay locked inside the foods you have eaten. They will not be broken down properly and will exit the body undigested. The skin becomes undernourished, weak, and susceptible to problems.

DIGESTIVE ENZYME DEFICIENCIES

All of us should have plenty of naturally occurring nutrients in our diets. The digestive system calls on its own enzymes to break down foods and unlock nutrients. Many believe raw foods contain their own supply of digestive enzymes (which they do) but humans do not use them for digestion. These types of enzymes are turned off or made dormant by our stomach acid. The condition of our skin may improve from the wonderful nutrients which are intact in the foods, but not because of the raw food enzymes. I educated you in the chapter on enzymes in raw foods. There is nothing as full of nutrients as plant foods for our skin.

Our genetic programming, which happens in the womb, determines biochemical type and the result can cause us to have difficulty in the digestion of certain foods. Type One has trouble with most carbohydrates, even vegetables and fruit. Type Two does not properly break down fats or starch. Type Three cannot efficiently digest all protein. Type Four encounters problems with dairy products and many carbohydrates.

When the body is unable to produce digestive enzymes for any of these reasons, you will surely see it in the appearance of the skin. A shortage of protease is especially noticeable in the skin. This is because the dermis feeds primarily on protein. Protease breaks down protein to make it readily available to the cells. Without enough protease, the skin can literally starve from the lack of its requirement for amino acids.

SEEING IS BELIEVING

A proper supply of supplemental plant-based digestive enzymes will improve the overall look and feel of your skin. If you are suffering from a skin disorder, then I suggest taking a good source of protease systemic enzymes between meals. They are blended to work in the blood and can assist in ridding the body of toxins. The regenerative and healing power of enzymes will show up most dramatically in cases of visible skin disorders. A good example is acne, which is a problem with hormones and properly digesting fat. Adding lipase to the protease between meals will assist in this disorder.

I want to share with you a remarkable example of healing skin with enzymes. This is my own story. When I was a child, I had eczema virtually all over my body. It was especially severe in the creases of my arms, legs, eyes, and mouth. At times, the sores were so unsightly and painful that I had to stay home from school. Following doctor's orders, my parents would wrap me in cloths soaked in medication. I would lie in bed and cry, wearing my "mummy" prescription. My eczema was the weeping kind — if I scratched the sores, or if they cracked from dryness, they would weep and then spread. I cannot tell you how uncomfortable I was or how embarrassed I felt during these years of affliction.

As I grew, eczema episodes came less often and were less severe, but I was never completely free of its dry patches and scales. Whenever I was under stress, I would break out in the corners of my eyes, mouth, and the creases of my arms. The outbreaks aggravated the stress response and the cycle of discomfort, embarrassment, and cancelled appointments would repeat themselves.

Later, I began to learn about the skin-healing effects of enzymes and was anxious to try them on myself. I began with a multi-digestive enzyme supplement and

took these along with my three main meals. I also took high doses of protease between meals on an empty stomach. I have continued with this therapy to this very day and have never once had a recurrence of the eczema that plagued me for more than 35 years of my life. It was when I gave my body the proteases between meals for my cancer that I noticed my eczema went away and has no longer been a problem.

DETOXIFICATION IS IMPORTANT

Along with the kidneys, bowel, and lungs, the body also uses the skin for detoxification. Incomplete elimination of toxins through the kidneys takes place when we have trouble with urination or simply do not drink enough water. The same problem occurs in the bowel when we suffer constipation or lose our fluids by diarrhea. The lungs cannot do their part in detoxification if we smoke tobacco or breathe polluted air. What is left? Our skin takes over the job. This is painfully brought to our attention in noticeable conditions like acne, eczema, psoriasis, pimples, blackheads, lipoma, and especially for women, cellulite.

FIGHTING OFF FREE RADICALS

In addition to the natural process of elimination, the body is in a continuous detoxification battle with free radicals. These invaders roam through our bodies on an endless search-and-destroy mission. The pollutants we breathe, the hormones and antibiotics we ingest in our meats, the pesticides we consume on our fruits and vegetables, the bacteria, fungi, and parasites to which we are exposed, are just a few of the toxins that must be eliminated from our systems.

There are no more powerful scavenger antioxidants than supplemental plant-based protease enzymes. They grab on to the free radicals before they can do their damage. Think of them as a "Pac Man" because they actually look like them as they go in for toxins and then carry them away to be sent from the system. Any cellular debris left over after an attack is hauled away by these proteolytic molecules. These enzymes clean up free radical damage in cell membranes. They can actually enter the cell's control center and help repair devastation by free radicals to its DNA.

An ever-present supply of enzymes reduces future damage to the skin by toxins. Enzymes can even repair cells that are already impaired by free radicals. Enzymes are the only substances in the body that can rebuild injured cells by infusing them with oxygen and fortifying nutrients.

SIGNS OF DAMAGE

The effects of unchecked toxins on our skin can clearly be observed. Incomplete digestion and the adverse action of free radicals cause skin disorders in the majority of American adults. The remedy is supplemental multi-enzyme therapy. The major enzyme groups work together to address skin eruptions. Any sores, blemishes, lesions, or blisters on the skin are known as eruptions. Protease and lipase combine digestive and detoxifying action to manage the following most common skin disorders:

Acne	poor digestion of fats
Eczema	poor digestion of carbohydrates
Psoriasis	poor digestion of proteins
Pimples / blackheads	toxicity overload
Lipoma	rancid buildup of fats
Cellulite	toxins trapped in fats
Wrinkled skin	loss of skin elasticity
Unhealthy skin	overall poor digestion and lack of water

In addition, almost all skin hives and rashes will respond favorably to enzyme therapy.

THE END OF A CHRONIC CONDITION

A 30-year-old client of mine called Nancy came to me with a moderate but pesky case of psoriasis on her hands, arms, and feet. As a nurse, Nancy needed to wash her hands often during the day, which aggravated the condition and made her daily life very uncomfortable. Before calling me, Nancy had tried several topical medications, skin emollients, steroids, and even a recommended diet change. But nothing noticeably influenced the itchy, scaly skin.

I suggested the same course of enzyme therapy that I followed for my own problem with eczema. She took a multi-enzyme supplement with each meal and a high-dose protease between meals on an empty stomach. After 3 days of this therapy, Nancy could feel the positive effects of enzymes. Her energy level significantly increased. She noticed her digestive problems with bloating and belching had subsided. One week later, her skin showed marked improvement. The scales began to disappear and the color became more even. The overall

appearance of her skin was vibrant and healthy. In 21 days the psoriasis that doctors had told her would be a lifelong condition for her had vanished. Nancy is still on the same enzyme regimen. Her skin problems no longer exist.

YOUTHFUL SKIN

How youthful is your skin? Try the following simple experiment. Pinch the skin on the back of one hand between the thumb and forefinger of the other hand for 5 seconds. Then let it go and time how long it takes to return to normal. If your skin takes 5 seconds or less to return to normal, then the biological age of your skin is less than fifty. Ten to 15 seconds indicate an age range of sixty to sixty-nine. Time exceeding 15 seconds shows the biological age of your skin as seventy or more. It takes longer as we age. This is reflected in the wrinkles we bear from the deterioration of tissue under the surface of the skin.

Many researchers claim that aging skin is often caused by a lack of protein and a weak circulatory system. These deficiencies cause tissue, muscles, nerve fibers, and blood vessels to become rigid. They are responsible for loss of muscle tone and skin elasticity, resulting in sagging and drooping skin as well as muscles. This degenerative process can be slowed and sometimes even reversed with a healthy protein diet and enzyme therapy.

THE PROTEIN CONNECTION

Specialized proteins broken down by protease maintain the integrity of our supporting tissue and furnish normal elasticity for the skin. The interlocking of elastin (a yellow, fibrous protein that is the basic constituent of elastic connective tissue) with collagen in the layers of the skin keeps it smooth and supple. However, as we age, this interlocking system hardens. The aging process is arrested when there is an adequate supply of enzymes to feed the skin, to deliver abundant supplies of oxygen, to keep the cells plump, and to allow the dermis to replenish itself with healthy new skin.

Imagine the cells and tissues of the body looking like a sponge. These cells and tissues need the moisturizing agents delivered by protease in order to function efficiently. When the body's cells lack amino acids delivered by protease, they become thirsty and atrophy, wasting away because of insufficient nutrition. The characteristics of a sponge disappear. The cells absorb less of the necessary protein and the cellular walls break down, dry, and shrink. By this time, aging has set in.

EFFECTIVE CIRCULATION

The circulatory system also plays a key role in aging. A sluggish system delays the delivery of needed nutrients to the skin cells. A blood supply that is low in essential nutrients sabotages the needs of the skin to stay healthy. Once again, it is enzymes that will rescue! I emphasize again: Enzymes are the digestive catalysts that make nutrients available to the blood for their journey to every cell in the body.

Lipase enzymes help prevent the buildup of plaque and platelets on the walls of the arteries. This allows the blood plasma, rich with nutrients, to get the proteases, nutrients, and oxygen to the cells on schedule. Protease is the life force of the circulatory system and its blood. Protease keeps the blood moving by cleaning up congested red blood cells, which can stick together in clumps. Through microscopic live blood analysis, we can see how after only 10 minutes, one dose of protease immediately loosens sticky cells and frees the blood flow. Because the body is composed of protein, protease feeds and fortifies the cells of the blood itself, making them stronger and better equipped to carry out the task of distributing nutrients.

Because the skin is the largest organ of the body, it is a primary benefactor of an enzyme-rich circulatory system. Skin that is well enriched by oxygen and high quality nutrients always looks radiant, firm, and smooth.

YOUNG SKIN AT SIXTY

At the age of sixty, Carl called on me because his gums were bleeding and his front tooth was loose. He had high hopes that enzyme therapy could help his periodontal problems. A high-dose regimen of protease cleared up the swollen and inflamed gums and saved the tooth. He was an avid convert to protease therapy. Not long after starting his enzymes, Carl noticed an unexpected bonus from his daily intake of enzyme supplements — he looked 20 years younger! His skin looked smooth and soft. It lost its wrinkled and hardened appearance. Even its color was youthful. Carl phoned me one day to tell me that people were constantly telling him he looked great. Everyone wanted to know his secret. "I'm tempted to keep it a secret," Carl laughed. "But no one believes me anyway when I tell them I found the fountain of youth in enzymes."

ENZYME THERAPY FOR SKIN

To feed, detoxify, and slow the aging process of the skin, you must dedicate yourself to a lifelong program of enzyme therapy. However, a good way to obtain

the necessary supply of nutrients is from your foods. I also advise an increase in your intake of foods rich in plant proteins. These include non-GMOs:

brown rice	kasha	seeds
buckwheat	millet	soybeans
bulgur	nuts	wheat germ

It is difficult to get GMO-free soybeans, so be very sure they are organic. Raw fruit and vegetable nutrients eaten with the enzyme supplementation are good for the skin. Because protease is the enzyme that is most vital to a healthy skin, you would take it between meals. Ingesting a good plant-based digestive supplement with meals should be added to your program. Giving your body lipase enzymes in the digestive formula will assist in the proper breakdown of fats. You will not have a healthy fatty acid balance without proper lipase taken with meals.

THE SECRETS OF HEALTHY SKIN

The units of activity of enzyme supplements vary from label to label. Those of you with severe skin problems may need very high units that can only be purchased from a health care professional. In most cases, if you read labels carefully you can find a multi-enzyme supplement with the appropriate units of activity. The following unit numbers are the minimum dosages for a successful program.

Take these supplemental plant-based digestive enzymes with food:

- Carbohydrate-splitting enzymes in correct proportions
- Lipase (2,000 LU or higher)
- Protease (65,000 HUT or above)

Between meals to fortify and detoxify:

- Systemic blended protease (330,000 to 420,000 HUT)

The secret to youthful skin is supplemental enzymes. This is not regarded as one of life's great mysteries. It is not complex — all of this information is well-documented, proven, and simple. Your skin needs the continuous nourishment from within that only good nutrition and supplemental enzymes can supply. Remember, the nutrients cannot make it to the skin without their carriers (enzymes).

There are so many success stories I could relate, but then this book would be too heavy for the reader to lift. Psoriasis and other skin disorders clear in short periods of time once the enzyme therapy has started. One client had a skin disorder that is referred to as "elephantiasis." The enlargement of certain parts of

the body, especially the legs and genitals, characterizes this unsightly condition. The surrounding skin hardens and becomes ulcerated. It is caused by obstruction of the lymphatic vessels, often due to infestation by parasites. This poor woman was in a great deal of pain. Two weeks after she began her enzyme therapy, she could see and feel a notable difference. Others commented to her on how much better she seemed.

Working with therapeutic supplemental plant-based enzymes is so exciting. I feel truly blessed to be a part of this wonderful healing art. It makes so much sense to me, because I see it work and get to be part of this healing process!

TESTIMONIALS

"I am attaching before and after pictures of my daughter. We tried everything — creams, oils, even steroids — but nothing helped. Her class was going to have an end of the year swim party and she was determined that she was not going to go. I tested her using EAV equipment and the protocol called for the protease. She started taking them and literally started healing in 2 days. By the end of the 2 weeks, you could not tell that she had psoriasis. She has not had to repeat the protocol. It has been 3 years and she's totally healed. Thanks for the great products." - SS4H



"I wanted to tell you about a 6-year-old girl that came to me with eczema. She had been to over ten doctors that said it was the worst case of eczema they had ever seen. It literally covered her entire body. Part of her protocol I gave her was using your protease for sensitives and two homeopathics. It took her about 4 months to heal but her mother says she has only a little patch on her skin now. They are going to come back to see me soon. Again, thanks for your commitment to excellence." - Rebecca KS

"I have shared the Acne Protocol with some estheticians that asked for it, and I also sent it to my daughter. She is twenty-three now — how did she get so grown up? She wanted to clear her skin for a magazine photo shoot. Anyway, she texted me today and said her skin is as clear as when she was on birth control pills! She is taking your master endocrine product plus Digest, Protease, and Probiotic. She has also cleaned up her diet, drinks more water, and goes to yoga class every other day. I thought you would like to hear that feedback." - Dawn A., CNC

Re: My wife is no longer planning her funeral!

"My wife had an accident last July in which she fell backwards and broke her wrist. Shortly afterwards she started getting a rash on her body which was treated with anti-histamines. The situation got steadily worse, the rash is now permanent and she is taking the anti-histamine three times a day. We discovered that she was hypothyroid and suffering from adrenal fatigue, suspected that she had developed a food intolerance and 'leaky gut,' and have been told that this is chronic idiopathic urticaria but now treatment has been offered. Her enzyme protocol now includes your sensitive protocol of a digestive, protease, probiotic, and gut soothing enzyme supplements. Her condition has vastly improved. She was taking ten mg anti-histamine three times a day and now reduced to five mg once only, with minimal rashes appearing in the morning. And they do not last long before disappearing. Her general outlook has also improved. She is no longer planning her funeral!!! The sparkle is back and she looks and feels good. And she has lost 20 pounds, down to a size twelve. Coincidentally, this morning was the first day that absolutely no rash appeared." - Robbie P., MD - United Kingdom

"I couldn't wait for Monday to call and tell you that my son's acne is like seventy-five percent better. He had it all over his face. I am so happy and he is too — as excited as an 18-year-old boy can be. I just emailed one of my new clients and told her I can hardly wait to start the protocol. She also has a lot of acne and has been on medication with no real improvements. I just want to thank your clinic and the staff for being so patient with all my questions and me. I love being able to share the knowledge and help people to change their lifestyles to live a healthier life, through prevention." - Jan D.

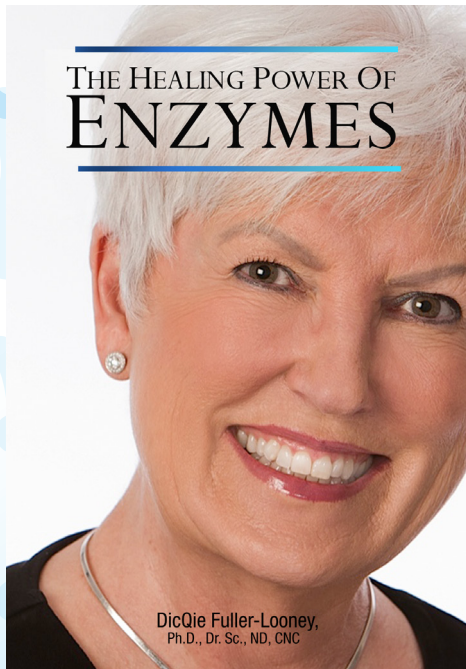
"This is where I believe protease has been the miracle worker for me. A year ago last October, I was diagnosed with very early stage lichen Sclerosis. I've totally changed what I put in and on my body, and have spent a year detoxifying. Your protease has been a key player in my

recovery. I saw my doctor just a few weeks ago, and she has confirmed that my lichen Sclerosis is 100 percent gone. There is no evidence that I ever had it. In addition, a body composition analysis shows all of my numbers are right on target, right where they are supposed to be. My blood work also turned out excellent. I am grateful beyond words. Thank you again and again!" - Ginny C.

"Ten years ago *I had gone through some stress when I lost my Aunt to leukemia. I developed a rash around my thighs inside and out, on my stomach, and some on my arms. It was so itchy that I was unable to sleep at night. I scratched day and night. I had gone to see my GP, my allergist, and a dermatologist. They prescribed steroid pills, expensive cortisone creams, and body washes to no avail. I was so tired of it. I had just read *The Healing Power of Enzymes* and located the phone number to contact them. Lisa Helffrich answered my call. She asked me what the problem was and I told her. She said, 'Well let's see, how far away are you and how soon could you be here?' She was kind enough to see me that day! She took a blood sample and began to help me understand what I needed to start taking. She told me it would probably take 3-4 weeks before I would feel relief. I started taking them that day and within 5 or 6 days I was already clearing up. I felt immediate relief and my skin cleared as though I never had a problem with my skin. I felt so good that I had forgotten how miserable I had felt. Now I am a true believer of healing with enzymes. I still take some of the enzymes and can tell the difference when I stop taking them. When I get off of enzymes I begin to feel sluggish and tired. I feel much better when I am on enzymes from Dr. DicQie." - Mona H.*

NEWLY REVISED WITH 6
ADDITIONAL CHAPTERS!

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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.

*"How exciting! A Must Read For Everyone!!!
What a great educational tool for those
practitioners stuck on the simplicity of our
wonderful enzymes" - Rose Jacobson, CT*

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