



THE HEALING POWER OF ENZYMES

Chapter 17

The Athlete:
Performance &
Recovery

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The Athlete: Performance and Recovery

STRENGTHEN AND REPAIR YOUR MUSCLES WITH ENZYMES

Enzymes may be the most important, but also the most neglected, essential element of vibrant health. In fact, enzymes may be what make the difference between our fit, young, Olympic athletes and those youth who choose a path of sluggishness. Enzymes are the catalyst that transforms food into the necessary energy to make muscles move and grow. That is why bodybuilders have a special appreciation of enzymes. If muscle tissue enzymes were not at work, there would be no growth of new muscles. No neurological responses would occur to make the muscles work at all.



Because oxygen is one of the sources of enzyme production, proper breathing and exercise are very important for enzyme metabolism. Natural exercise, like walking, helps generate metabolic enzymes. If you are not doing regular, healthy exercise, you will probably have an enzyme deficiency. The creation of enzymes

is diminished with disuse of the muscular system. I am not referring to strenuous exercise or weightlifting. I favor exercise that is natural to the human body, like walking, swimming, or bicycling. Scientists are now showing a greater interest in nutrition than ever before. Still, very few have discovered the most important and invigorating factor in a truly potent diet — enzymes. We are all our own living, breathing pharmacies. Each of us carries a built-in fountain of youth. To turn it on and keep it perpetually running, do what it takes to step up production of metabolic enzymes.

We must find a way to continually refurbish our bodies. The feeding of muscle cells requires forty-five nutrients. These must be delivered to those cells by enzymes. If you desire to build muscles or take part in an active fitness program beyond natural exercise, these forty-five essential nutrients must be provided along with protease enzymes. If these nutritional components that increase stamina are not created, disastrous results may ensue. Many people have attempted to build their bodies and have experienced nothing but greater fatigue. This is an indication that you are lacking enzymes in your system. Enzymes occur naturally in every living cell. Without them, there would be no life.

We have ample proof that we lose enzymes in our perspiration. I have analyzed the blood of many athletes. Those who run or constantly “overdo” tend to have some of the worst blood I have ever seen. Exercise helps in the removal of waste from our system — that is, a moderate, healthy amount of exercise that works in our favor. There is such a thing as over-exercising, in which the body begins to break itself down. Two forms of exercise that help to remove toxins are brisk walking several times per week or perhaps a cardiovascular workout at a local club three times per week. These generate metabolic enzymes. Be cautious and always strive for balance in all facets of your life.

Enzymes transfer the energy resulting from good, complete digestion to the muscles, nerves, bones, and glands. This helps in the reduction of swelling and inflammation. These “wonder drugs of nature” build muscle and enhance muscle movement and coordination. They maintain sharp memory, mental wellbeing, and physiological stability. They afford us protection from the hazards of environmental pollution and other toxins to which we are constantly exposed. Without enzymes, we could not exhale carbon dioxide when we breathe.

Any interruption or corruption of these vital functions would be disastrous. Imagine how our health would suffer if we could not produce energy or build and repair tissue and muscle. We would be rendered helpless, and our bodies would decay. Many diseases attack us when we lose these enzymes. It is a known fact that if we exercise or exert our bodies beyond the fuel we have available to us, catabolism

sets in. This breaks down muscle and tissue, leaving us in a far worse position than we were before we began our exercise program.

INCREASE MUSCLE STRENGTH WITH ENZYMES

If your goal is to increase muscle strength, beware of some high-protein drinks and high-carbohydrate energy bars. Because these products contain large quantities of sugars along with quickly absorbed proteins, the circulatory system becomes sticky due to the excess protein in the blood stream. This stickiness keeps the blood cells from delivering oxygen to the tissues. To remedy this, supplemental enzymes will help in the digestion of these drinks and bars. High dosages of protease between meals will break down the excessive protein content in the blood and even assist to build muscle faster. Usually the enzymes added to the product are just enough to possibly deliver the product, which may be doubtful, but not enough to clean up the system from the easily absorbed proteins and carbohydrates (glucose).

TIM BROWN TESTIMONIAL

Tim Brown is a Heisman Trophy winner and one of the NFL's most prolific wide receivers, a nine-time Pro Bowl selection in sixteen seasons with the Los Angeles Raiders where he holds franchise records for touchdowns, receiving yards, and punt return yards. An analyst for Fox Sports Network, Comcast's Pro Football Now, and News America since his retirement, Tim is also heavily involved in the "9-1-1 for Kids" emergency preparedness program, is an ambassador to the President's Physical Fitness Council on Behalf of Reebok, and is starting a NASCAR racing team as part of their "Drive for Diversity" program.



In my 17 years in the NFL, I was one of those guys who did whatever the doctor said to do. I never took any vitamins, I never took anything that was healthy. I tore my knee up in 1989, my second year in the league, so I literally lived on Indocin for the next 15 years. I knew that Indocin would hurt my liver or my kidneys, but I didn't go a day without taking Indocin until I met Dr. Fuller.

I hurt my thumb in 2004, my last year in the NFL, when I was playing with the Tampa Bay Buccaneers. It was the same thumb I had hurt 3 years prior, and I had played 10 weeks of the season with two fingers taped together because the thumb was inflamed. So I took five Protease right after practice, then I took five later on that night. Long story short, the problem that had stuck with me for 3 months, 3 years prior was literally gone in 48 hours. When I was getting ready to go out to practice 2 days after I started taking enzymes, the doctor was about to tape my thumb up, and he thought I had gotten a shot in my thumb, because all of a sudden I had no more pain in my thumb. And for me, that was amazing. That was one of the first times I realized that, okay, I've got something special here.

Another problem I had at the time was from my surgeries. And one of the things I noticed immediately when I'd taken Protease is that I didn't have that stiffness in my body when I sat down and got up. My joints weren't aching and nothing was tight. I didn't have any issues anymore when I got up in the morning either. And to me, that was mind-blowing. I was about 37 years old and my body is feeling better than when I was 17, 18 years old. And I believe I owe that all to the enzymes. My ability to move around, to feel great, to play with my kids, to do all those things — things I didn't know 5 years ago if I'd be able to do. I feel a lot more confident now that I'll be okay.

I don't take anything else. My daily regimen is Protease in the morning when I get up, then Protease IFC, ExcellZyme, and Super CellZyme. And I'll repeat that process probably about two to three o'clock in the afternoon. Of course I carry Digest and EFA's in my pocket — I don't go anywhere without those. Then at night I'll do the same thing, and I may add a couple of Gastro when I go to bed. And that has been my life. For the last 4 years I take nothing — I take no Advil, I take no Claritin D, no inflammation pills, nothing. I live with enzymes. And I say I live "with" enzymes, not "on" enzymes. I'm living with them and they have been, and I think will continue to be, great for me as I move on.

Now I'm the enzyme man — that's what my wife calls me: "the enzyme man." I was just amazed that the whole world didn't know about it. I was shocked that the whole world did not know about Dr. DicQie and the enzyme program that they have. So immediately I wanted to get everybody involved, to get other players involved in it, and to get my family involved. As much as I possibly can, I'm talking to everybody I run into who I think can benefit from this, and we're trying to get in front of as many people as we can.

And that's the great thing about this program. It's not that they're telling you to stop taking what the doctor says. All Dr. DicQie says is to add to whatever you are currently taking. And now in my house, if you have an issue and you're not taking enzymes, I don't want to hear about it. That's just bottom line. I don't care what the doctor said. And I tell you, everyone in my family knows, if you're not taking the enzymes, don't come to the table with any problem you have. If anything comes up, I don't want to hear about it if you're not taking the enzymes.

Everybody at my church knows. My pastor is 72 years old, and both he and his wife are health nuts who eat right and do all the healthy things, and they know about the enzymes and take the enzymes. And if he asks me to come speak at the church, he'll say, "Isn't it amazing? This guy plays 17 years in the NFL, he can still walk straight, he can still walk without limping."

Because in the world that I come from, I'm seeing athletes really just deteriorate as they go on in their life because of what we did for so long. I mean, sure I played 17 years in the NFL, but I played 27 years of football if you go back to junior high, high school, and college. And that can't be good for your body. But I'm glad to know now that after all the harm that I did to my body, hopefully now I'm doing some good for my body. And I really don't think that would be possible without enzymes.

Five years ago if you had this conversation with me about my future and where I thought I would be, I probably wouldn't have been too optimistic. Because all I have is the history that has gone on before me and the guys who I know are struggling. I lived in a world where I see guys taking this, taking that, and it's only causing more and more problems for them. They take these anti-inflammatory products, they take products for depression, they take all this stuff, and it's only causing them more and more problems.

I was in a meeting just 2 or 3 weeks ago with the Commissioner of the NFL, the Executive Director of the Player's Union, and some older players were in the room. They were talking about all these great things they're going to do for the players as they come out of the league. They're saying, "Well we've got this drug for them, we've got that drug for them, we've got this and we've got that." And I raised my hand and said, "It's only going to cause more problems. You have a drug for the symptom, and when the symptom hits you'll say, 'oh we have a drug for that too. When that symptom hits, we've got a drug for that too.' But before we get to that point, can't we give these guys something that's helpful to them? Do we have any homeopathic methods? You know, is anybody talking about anything that's all natural?" And I get calls now almost on a weekly basis saying, "My back is hurting. I'm tired of taking all this stuff, it's not helping. I hear you've got something going on that's working."

So I'm pushing it on all levels. And part of our business plan is that we want to introduce products to kids. Because my 4-year-old twins take them. They get up in the morning, they go down to have breakfast, and they say, "Where are the enzymes?" My son calls them 'zymes. "Where the 'zymes at, daddy? Where the 'zymes at?" They don't walk out of the house without taking their enzymes. And my son has asthma so we take everything. They take PureZyme, they take GastroZyme, and they take DigestZyme. Bottom line is they're taking them and they're helpful to them.

Again, my father's 72 years old, and you know how these old guys from Louisiana who don't listen to anybody about anything are. But now we have him on Digest, EFA's, and Protease — he's taking everything. It took me a while to get him on them but now when I go over there, he's shaking his bottle. That means it's time to load up and give him some more. He calls Digest his "tummy pills." He'll say, "Can you bring me those tummy pills? They make my tummy feel good, man."

I could go on because I have tons and tons of stories. About a month and a half ago I burned myself really bad, and in about 2 weeks it started to fade and fade. And it's literally gone now — you probably can't really see it because it's almost gone. And I told my wife, "Call Dr. DicQie. I don't know what happened. I can't explain why I'm healing like that."

Last Christmas at my place in Dallas, I was climbing up on a ladder because our tree is fifteen feet tall. So I'm climbing up to put this tree

together, and I smashed my hand and I cut deep into it. And now you can't even tell where that mark is. I have another cut near it back from my basketball days. I got caught up on the rim and cut my finger 10, 12 years ago, and this was still there but the one I did last Christmas is absolutely gone. Dr. DicQie maybe can explain it, I can't. But I know it happened and I know it's now gone. And since I'm not taking anything but these enzymes it has to be because of them. Again, that's my testimony. Thank you.

Tim is a dear friend of mine and he has honored me by calling me his "white mama." He said I did not give birth to him but I did give him a new life. He still is taking enzymes and talking them up wherever he is. I was at the Heisman Trophy gala last December and he introduced me to several of his friends and just had to talk about enzymes.

PRO ATHLETE TESTIMONIALS

"I have been a competitive athlete my entire life, and have been a professional strength athlete since 2003. As a result, doctor visits and various treatments have always been part of what I do. I was diagnosed with Spondylolisthesis several years ago and throughout the years have had incurred muscle, tendon and ligament damage on various occasions. Most recently a torn hip flexor hampered me for two competitive seasons, and only recently was I able to once again compete at 100 percent. The therapy that I receive is unique in that various methods are used to work toward healing. We have had great success with regular adjustments, Active Release, Soft Tissue Mobilization, and most recently customized enzyme therapy with the help of Transformation Enzyme Corporation. Fitness Chiropractic and Dr. Patel provide a therapy that is much more advanced and beneficial than any other I've experienced. He has healed injuries that plagued me for years. Through regular treatment and enzyme therapy he has allowed me to be pain free and make gains in my athletic career that I thought were no longer possible." - Craig Smith, Top 10 Professional Highland Games Athlete in the USA

"We have been getting some amazing results with the enzymes that one of my pro athletes has been using. He has not been able to throw for over a year now and is doing better than ever! He has broken three of his personal records and the forums have taken note. There is a lot of buzz about his most recent performance. His bruises are recovering much

quicker than before. He threw this past weekend and his hip felt better. His results are outstanding! He is really a believer now in the enzymes! He is about to let the cat out of the bag at nationals next week! Thank you for everything. We are going to be doing a lot of business together!"
- Sachin B. Patel, DC

"Transformation Enzymes has been part of my daily nutrition plan for the past 9 years. It was a game changer in getting my health back from adrenal exhaustion and finding a way out of my food allergies. Being a Competitive Fitness Athlete, it continues to be a key factor in my supplementation. I take Probiotic, Protease IFC, and Carbo-G to keep my digestive system working properly so I can absorb the nutrients I take in better and eliminate toxins quicker. I take Adrenal Complex since my adrenals are continually working from training, lack of sleep, and the stress of owning a thriving fitness business. I also take Joint Health to keep my joints healthy and BalanceZyme Plus and Lypo for optimal fat burning. As the need arises I will utilize other enzymes since I try to keep my nutrition and health as holistic as possible. I am thankful for my health and know Transformation Enzymes have been a key factor in that along with all the support over the years!!" - Sonya Renea Roemisch, Ms. Fit American Beauty 2014 and owner of Younique Physique

SERIOUS ATHLETES, HERE IS YOUR PROOF!

I owned an enzyme company for many years called Transformation Enzyme Corporation. I bring this up because of the studies we did with Baylor University on our proteases. Since this is their research and they own it, I need to reveal my association. You can call and get the actual study from them if you like. It is too much to add to the weight of this book, but I will give you the highlights.

BACKGROUND

Biochemically, physiologically, or clinically, inflammation can be defined as the biological reparation response following any disruption of the cell's structural or functional integrity by injurious agent(s) (internal or external) to the body. Based on this definition, injury brought about by sports or athletic activities will trigger a biological reparation response. Any therapeutic agent or dietary supplement that could enhance this biological reparation response would not only be helpful in athletic events but also in healthcare, as inflammation remains a common denominator to any health challenge. Transformation Enzyme Corporation (TEC) has formulated unique protease blends that provide numerous health benefits,

most notably enhanced blood rheology, enhanced digestion of proteins, control of inflammation, and removal of protein debris from the circulatory system. These protease blends are comprised of several proteolytic enzymes that are able to sustain the acidic environment of the stomach without the addition of any excipients or coating agents. In an effort to specifically determine some of the biochemical actions of TEC's proteases on inflammation, a randomized, double-blinded, and placebo-controlled study was conducted at Baylor University under the direction of Dr. Darryn Willoughby.

OBJECTIVES

The study was designed to determine the effects of TEC's proteolytic enzyme blend on muscle function and inflammation following strenuous exercise.

METHODS

The study was conducted in a randomized, double-blinded, placebo-controlled manner. The subjects selected were twenty-nine physically active, healthy males with the study guidelines by the Baylor University Institutional Review Board for Human Subjects. Following the baseline testing (T1), the participants (approximate average age of twenty-two and by consent and upon approval) were divided into two groups: one group of fourteen received TEC's protease blend, whereas the other group of fifteen received a placebo made up of cellulose. The participants took their respective supplements for 21 days. On day 21, the participants were subjected to another series of tests (T2), followed by an intense physical exercise regimen. Immediately following exercise, the tests were performed again (Post) as well as at 3, 24, and 48 hours. The participants continued taking the supplement until all testing had been completed.

RESULTS

Transformation's protease blend proved to be more effective than the placebo in modulating several key inflammatory mediators and improving muscle strength as evidenced by the following data.

CONCLUSION

Relative to the inflammatory mediators TNF α , IL1B, IL6, and IL12, the study results show that Transformation's protease blend has considerable potential for use in controlling inflammatory conditions in the body. The data also showed a beneficial decrease in COX2 activity, which shows these proteases can be used to manage pain without negative side effects. And according to the study results, the force production measurements showed protease supplementation led to improved muscle performance and an increase in muscle strength. The data provides scientific evidence confirming Transformation's consistently positive

clinical results using proteolytic enzymes in the treatment of various health challenges characterized by inflammation.

DISCUSSION

It is a known fact that inflammation is a common denominator in any pathological condition and occurs as long as the body is functioning. The causative agents may be varied, but the body's basic response is the same. While the Baylor study used strenuous exercise to induce inflammation, the data points are characteristic of any condition that causes cellular injury, such as trauma, infection, or tumor growth, for example. Furthermore, studies have shown that decreases in IL12 help control some autoimmune disorders, suggesting TEC's protease as a good candidate in the management of certain degenerative disorders. Consequentially, the beneficial effect of protease on various inflammatory mediators, pain, and muscle strength could be extended to many other health challenges and implemented in a multitude of healthcare practices. A controlled secretion of TNF α helps pro-inflammatory cytokines IL1 and IL6 respond appropriately, helping to modulate acute inflammation and control chronic inflammation. Modulated inflammation also reduces COX2 levels, which can result in less pain. This combination of decreased inflammation and lessened pain has the potential to enhance muscle performance, evidenced here as improved tolerance in sustaining the greater force production exercise load.

RECOMMENDATIONS

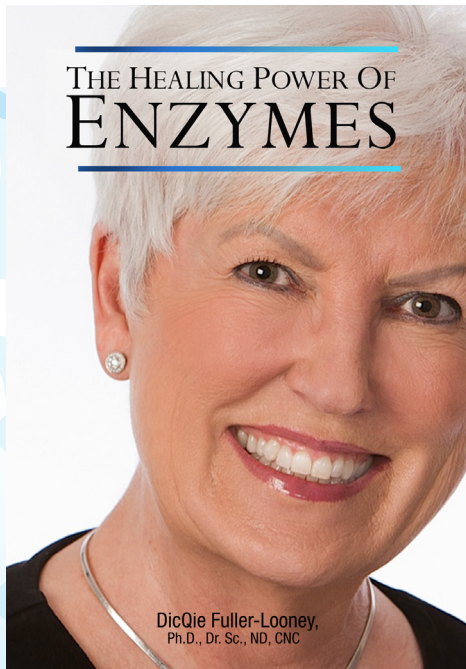
Transformation's protease blend is recommended for acute and chronic inflammatory conditions that may arise from trauma, infection, or any degenerative disease process. These results also deserve special attention in the area of athletic performance, where protease would be a healthy alternative for supporting pain management, reduced recovery time, and enhanced muscle performance. An objective of any wellness plan is to control inflammation either directly or indirectly. One of the functions of orally administered proteolytic enzymes as adjunct therapeutic agents is to trigger the inflammatory response and then also control it. Transformation's protease blend is a proven product for controlling inflammation, a valuable dietary supplement to be used as an adjunct therapeutic agent for the management of pain and to help control the debilitating effects of inflammation.

REFERENCE

Buford TW, Cooke MB, Redd L, Hudson GM, Shelmadine BD, Curts C, and Willoughby DS. "Dietary Protease Supplementation Attenuates Eccentric Exercise Induced Force Production Decrements by Augmenting Leukocyte Activity and Systemic Inflammation." Exercise and Biochemical Nutrition Laboratory, Baylor University, Waco, TX.

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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.

*"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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