

THE FIRST 1,000 DAYS OF LIFE:

Changing The Clinical Destiny
of Our Youth Through
Nutrition & Enzyme Therapy

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RECAP FROM LAST MONTH

- Women are not provided preconception nutrition counseling.
- The importance of digestion and GI health prior to conception or during pregnancy are ignored.
- We have generations of women whose health has been compromised by our modern lifestyles which is contributing to rising rates of autism, ADHD, dyspraxia, dyslexia, asthma, eczema, allergies, diabetes, and more in our children.
- There is a disconnect between the recognized impact that nutrition and the microbiome have on pregnancy and infancy outcomes and a doctor's ability to confidently and effectively counsel patients.
- We can improve pre and post natal care for women by bringing awareness on the importance of a healthy digestive system for the prevention of disease later in life for a healthier future.

BECOMING HUMAN: THE FIRST 1,000 DAYS

There are three crucial stages in the first 1,000 days: pregnancy, infancy and toddlerhood

Good nutrition during pregnancy and the first years of a child's life provides the essential building blocks for brain development, healthy growth and a strong immune system.

A growing body of scientific research indicates that the foundations for lifelong health—including predispositions to obesity and certain chronic diseases—are largely set during this 1,000 day period.

In a real sense, nutrition provides the fuel that drives a child's early development and sets the footprint for future health.



Mainstream Approach

- 1/3 of western children in the US are now being estimated to not outlive their parents.
- Yet we have...
 - More Vaccines
 - More Antibiotics
 - More Prescription Medications
 - More Surgeries
 - More “well checks” and specialist



The New Normal

1 IN 166 HAS A TIC DISORDER

1 IN 100 HAS EPILEPSY

1 IN 54 HAS AUTISM

1 IN 13 HAS A DEADLY FOOD ALLERGY

1 IN 11 HAS ASTHMA

1 IN 10 HAS A SPEECH DISORDER

1 IN 10 HAS SENSORY PROCESSING DISORDER

1 IN 9 HAS ADHD

1 IN 5 HAS ECZEMA



Childhood Development and the Microbiome

- The gut microbiome should be thought of as an organ system that has important effects on childhood development.
- The composition of the intestinal microbiome affects health from the prenatal period throughout childhood, and many diseases have been associated with dysbiosis.
- Is this being addressed with parents? In medical school?

Bifido Bacteria Extinction

- According to a 2022 NCBI article, *Bifidobacterium infantis* is in danger of extinction.
- Breastfeeding is associated with higher levels of Bifidobacteria in infants, but some breastfed infants may not have them at all.
 - For example, infants born via caesarean section may have delayed or absent Bifidobacteria establishment.
- Lack of microbes like bifidobacteria in early life has been linked to an increased risk of asthma and allergies in children, as well as a weakened immune system and increased susceptibility to disease.
- Low levels of bifidobacteria in the intestines have also been associated with many other diseases, including celiac disease, diabetes, obesity, allergic asthma, and dermatitis.

Microbiome Disruptors in Children

- Antibiotics - 70% of antibiotics are inappropriately prescribed with no instruction on how to re inoculated the gut post treatment
- Non-antibiotic Drugs (antihistamines, PPI's, laxatives, hormonal contraceptives) influence bacterial balance.
- Psychological stress - school pressure, toxic home environment, bullying, life events (new sibling) are also damaging to gut.
- Poor Diet - Fake health foods, additives, added sugars.
- Formula-fed infants may have a more rapid maturation of their microbiome towards that of an adult, and has been shown to have more organisms associated with inflammation.



Microbiome Disruptors in Children

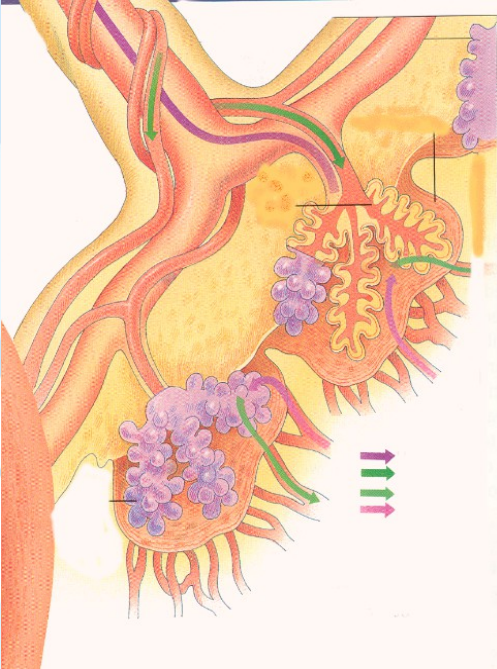
- Poorly digested carbohydrates ferment
 - Nutrients cannot be properly absorbed or utilized & become toxins
- Poorly digested lipids turn rancid
 - Toxins in the colon are absorbed into the bloodstream, oxidized to become free radicals.
- Poorly digested proteins putrefy
 - Results in toxic amines & the kidneys become overloaded. Lymphatic system, which also works to remove toxins, will also suffer.



Gut Developmental Biology and Characteristics



IN-UTERO GI TRACT DEVELOPMENT



- Pancreas buds (v/d) are seen at 30 days

- Dilation of stomach at 6th week

Duodenum and jejunum crypts at 10th to 11th week

Ileum and colon crypts at 11th to 12th week

- Brush borders, and enzymes developed at 10th-12th week

- α -amylase at 6th month after term birth

- Villi: fully developed in teenage years



*Biochemicals (Nutrients, Enzymes & DNA)
are obtained through our mother's breast milk*
NO BABY FORMULA CONTAINS THEM

*DO NOT MAKE DIGESTIVE ENZYMES FOR
FORMULAS,
ONLY FOR MOTHER'S BREAST MILK*

Table 1.1*Composition of milk from different types of animals.*

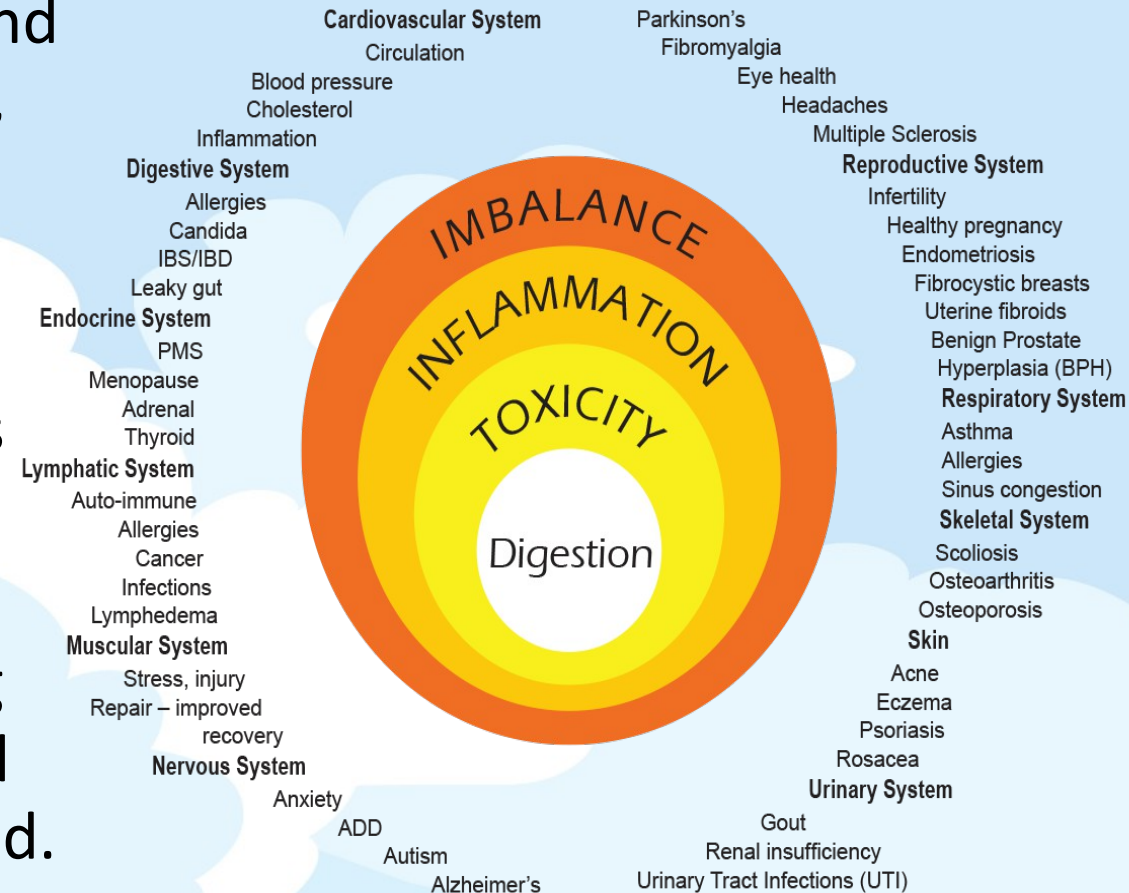
Animal	Protein total %	Casein %	Whey protein %	Fat %	Carbo- hydrate %	Ash %
Human	1.2	0.5	0.7	3.8	7.0	0.2
Horse	2.2	1.3	0.9	1.7	6.2	0.5
Cow	3.5	2.8	0.7	3.7	4.8	0.7
Buffalo	4.0	3.5	0.5	7.5	4.8	0.7
Goat	3.6	2.7	0.9	4.1	4.7	0.8
Sheep	5.8	4.9	0.9	7.9	4.5	0.8

Component	Human	Bovine
Protein (g/dL) ¹	0.9 to 1.2	3.3
Fat (g/dL) ¹	3.2 to 3.6	3.7
Lactose (g/dL) ¹	6.7 to 7.8	4.5
Oligosaccharides (g/dL) ¹	0.7 to 1.2	0.1
No. of identified oligosaccharides ²	<200	approximately 40
% fucosylated ²	35% to 50%	approximately 1%
% sialylated ²	12% to 14%	Less than 25%

Sources:¹ (Ballard & Morrow, 2013), ² (Totten et al., 2012).

Limitations of the Infant Digestive Tract

- Newborn stomach secretions contain pepsin and HCL which, along with the pancreatic enzymes, effectively break down the specific proteins, minerals, and fats presents in **breast milk**
- The walls of the infant's small intestine are extremely permeable during the first 9 months ensuring maximum absorption but with less discretion than that of a mature gut
- Foods that come in too early are going to bring on more toxicity and inflammation in that child if there is not proper digestive support provided.



Limitations of the Infant Digestive Tract

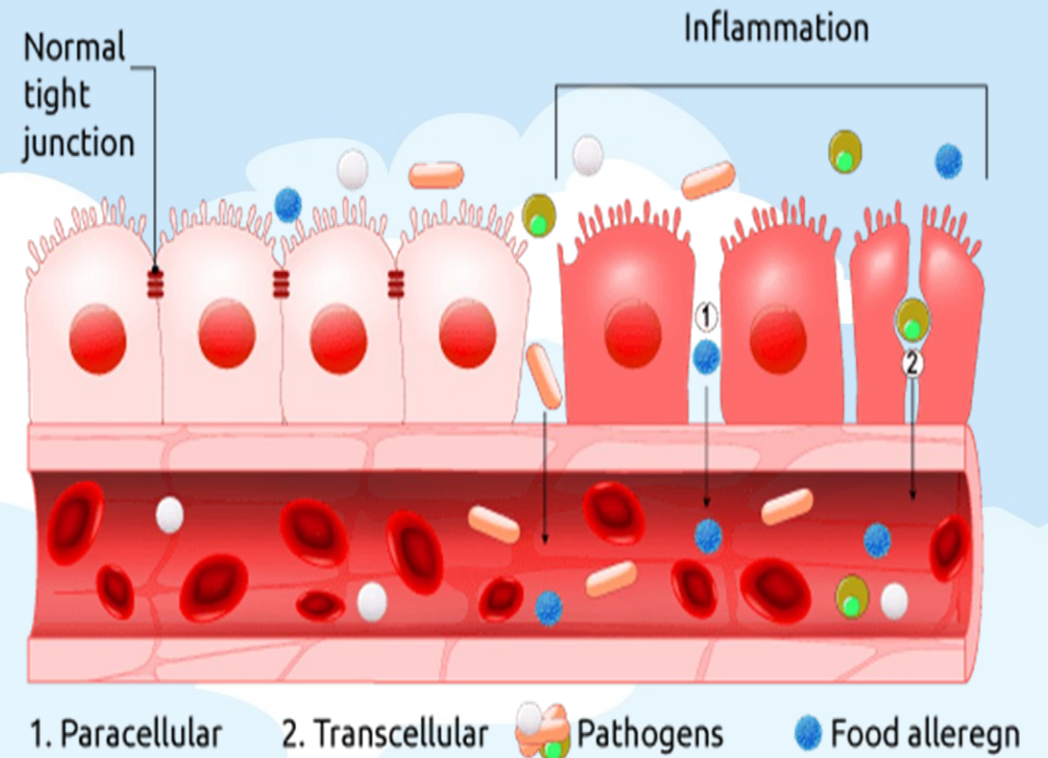
- Infant has no teeth and insufficient salivary secretions necessary for starch breakdown
 - Significant concentrations of these enzymes are not present until the first teeth appear at approximately 5-7 months
- Breakdown of more complex starches occurs in the small intestines and involves pancreatic amylase.
 - Most pediatric gastrointestinal doctors agree that this enzyme does not appear until around 15 months
- Gut lining closes at closer to 24 months



AT 18 MONTHS



Leaky Gut



**THEY CAN BEGIN TO PROPERLY BREAK DOWN
CARBOHYDRATES**



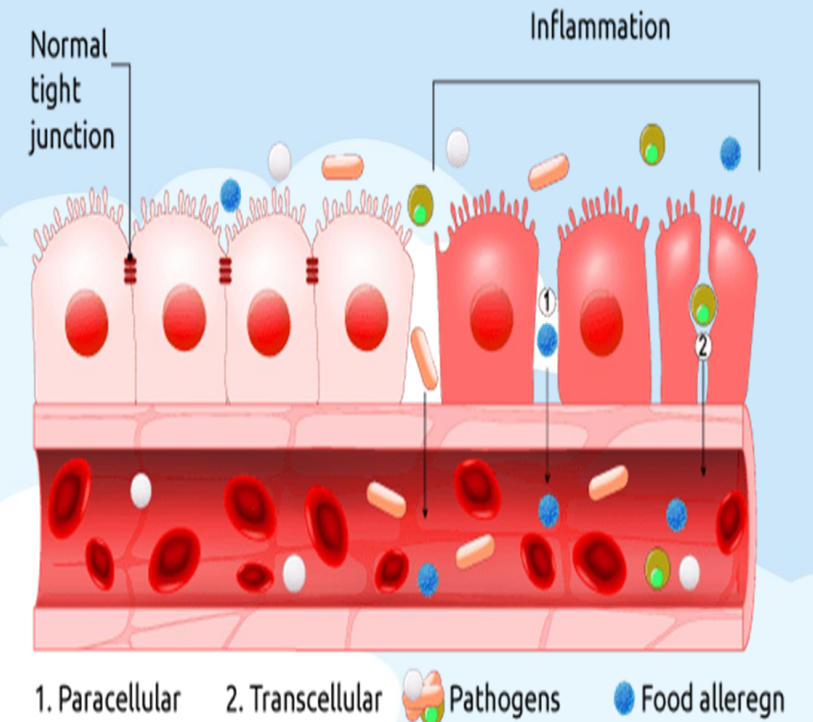
THREE YEAR OLDS

- *CAN PROPERLY UTILIZE SUGARS BECAUSE THEY NOW HAVE BETTER GUT BACTERIA BALANCE*
- *BUT THEY ARE STILL NOT DONE, THEIR DIGESTIVE SYSTEM IS STILL DEVELOPING*



***CHILDREN'S DIGESTIVE SYSTEMS ARE NOT
FINISHED UNTIL THEY ARE OUT OF
PUBERTY***

Leaky Gut



•Despite all the technological, cultural and social advances of the last few decades, we have lost sight of this most basic fact: **If children eat and digest poorly, they live poorly**

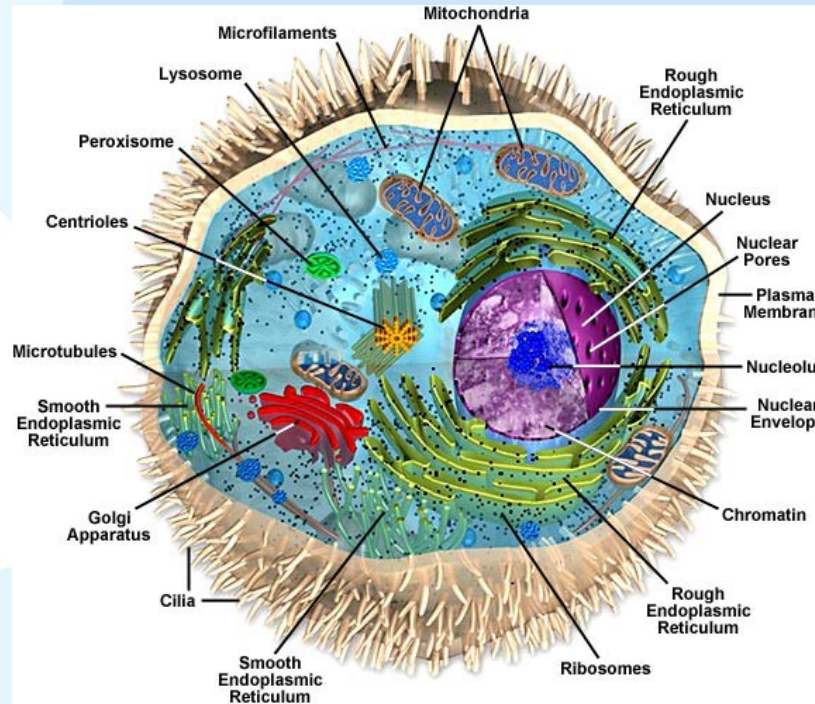


Back To Basics

healthy cell,

healthy gut,

healthy child



What We Should Be Doing

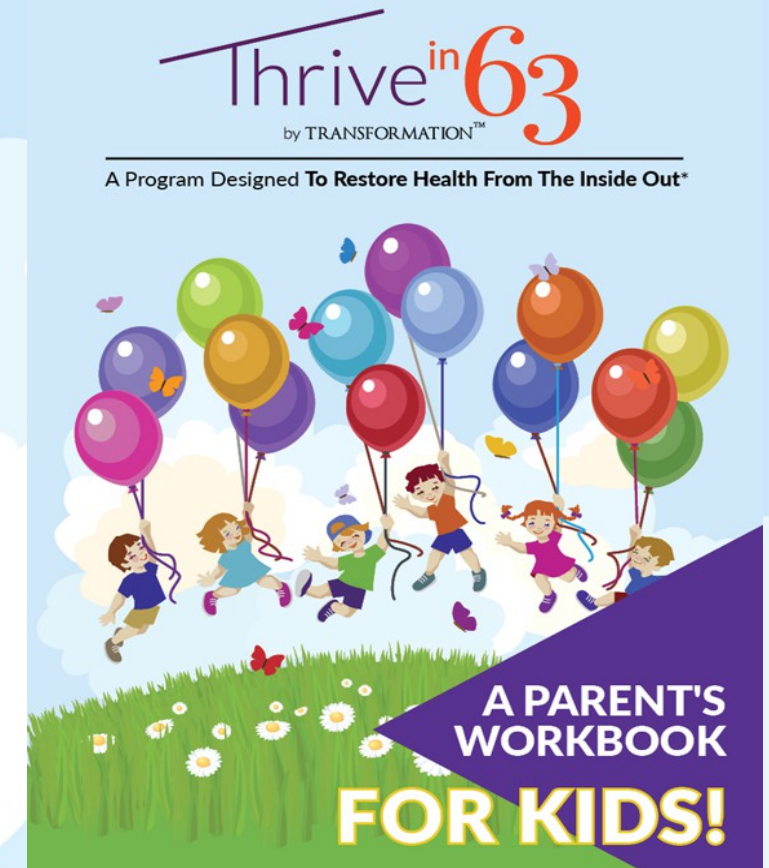
- Providing realistic and up to date nutrition guidelines and education
- Supporting digestion & cleaning the gut
- Re-establishing harmonious microbiome
- Supporting the gut wall
- Reducing toxicity & Inflammation
- Promoting autophagy & a healthy terrain





Thrive in 63 For Kids

- A wellness program based on a system shown to help restore gut function in 63 days with enzyme therapy and the right diet
- Designed to reduce inflammation, boost cellular nutrition, and mend mucosal lining and other indirect health benefits
- GOAL?
- **Restore health from the inside out AND teach the importance of nutrition and lifestyle for a promising future.**



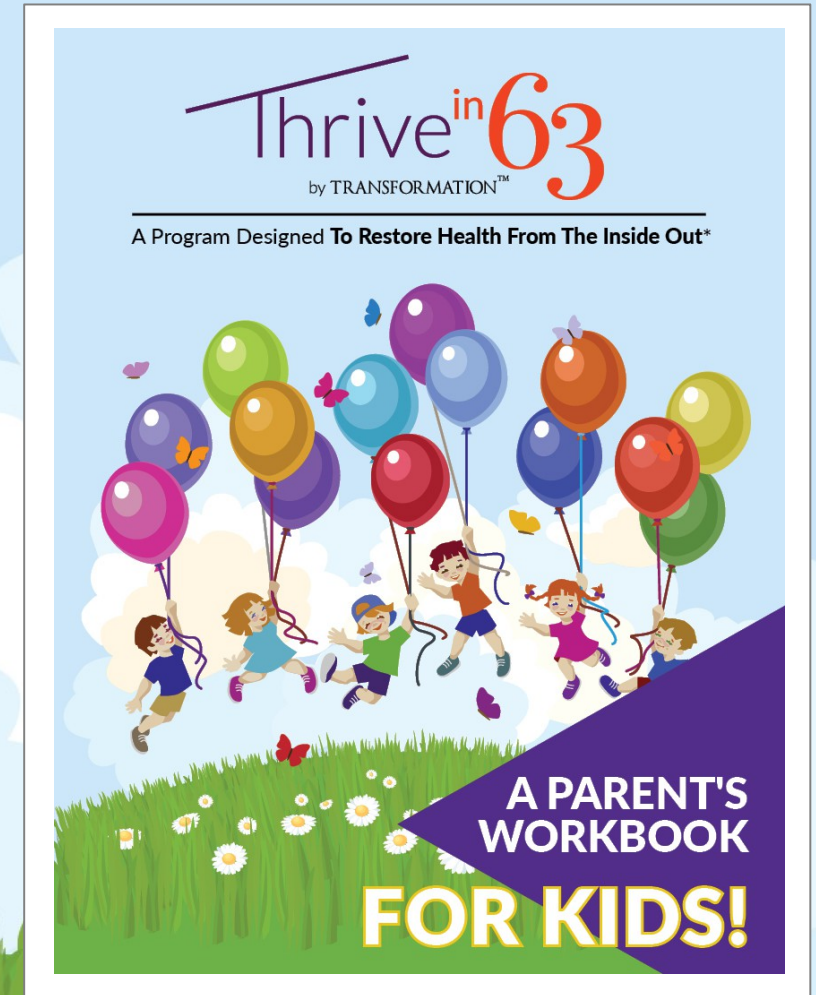
The Missing Link

- Various programs include supplements and/or diet change in to improve Leaky Gut.
- No focus on ensuring that whatever is being taken is also being **digested** and **absorbed (digestive enzyme)** and that **inflammation and toxicity** are being managed at the same time **(systemic enzyme)**
- Therapies are useless if unable to be utilized by the body due to inadequate digestive support and lack of inflammatory control outside of food elimination or if they cannot be compliant with lengthy protocols and restrictive guidelines



Why 63 Days?

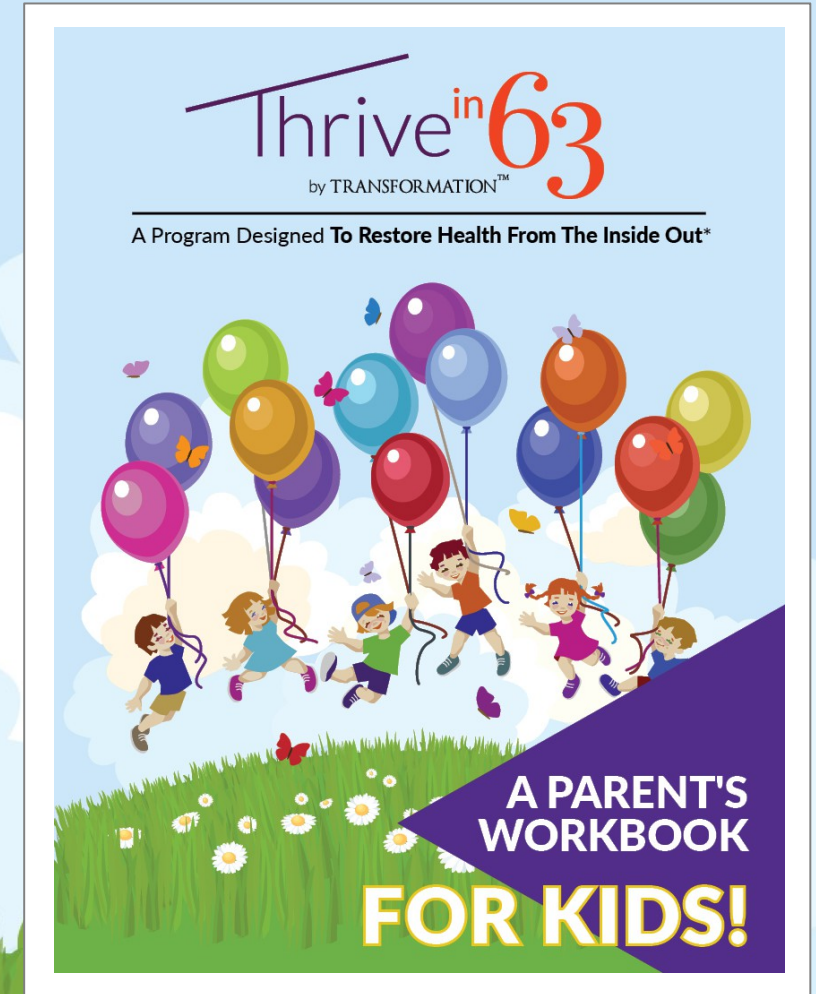
- The program is divided into 3 phases
 - Phase 1 HEALING
 - Phase 2 REPAIR
 - Phase 3 REJUVENATION



Protocol - *Nutrition*

Parent's Workbook:

- Food Lists
- Kitchen Tips
- Protein Powder Advice
- Daily Anti-inflammatory Meal Plans
- Kid Friendly Recipes
- Enzyme Protocols – Using Sensitive Formulations

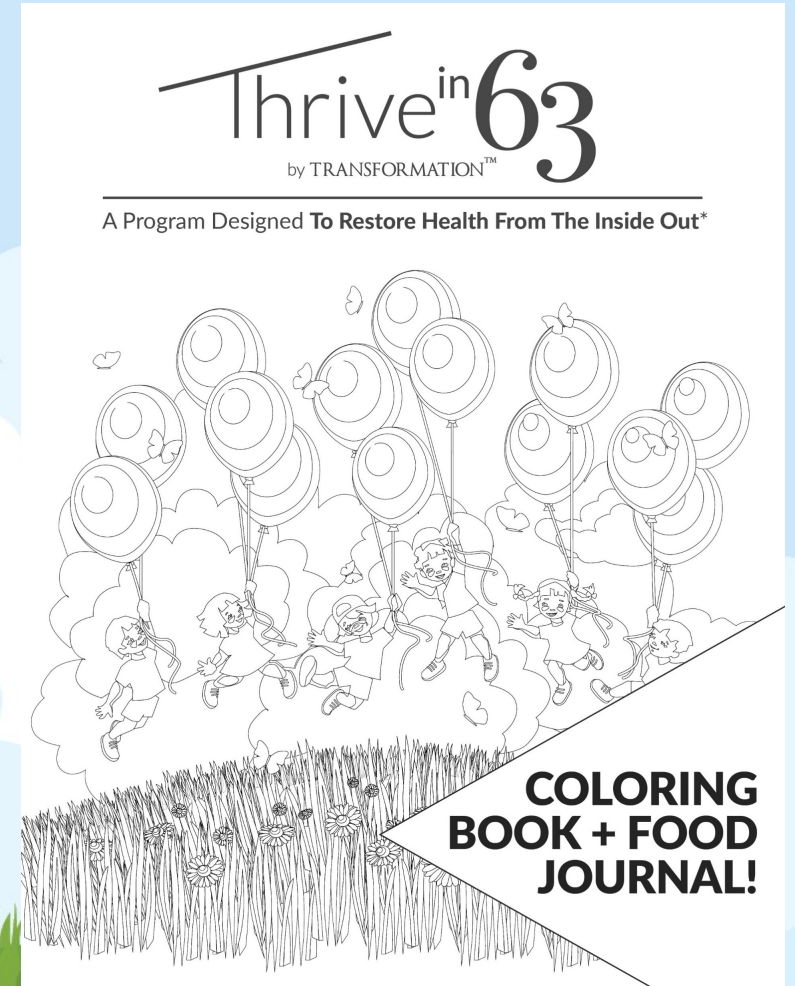


Protocol - ***Nutrition***

Coloring Book + Food Journal -

Add'l copies available for purchase separately

- Food/Mood Journal
- Water Tracker
- Plate Method
- Coloring Book to facilitate talking about importance of microbiome



Thrive in 63 Workbooks: Tools

The Ripple Effect of Gut Dysfunction (aka Leaky Gut)

The ripple effect illustration is an easy way to see how the food we eat and the ability to break down those foods affects our health. When we eat, the foods should be digested into nutrients, and those nutrients are delivered to every cell of our body. We have anywhere from 50-100 trillion cells, and every one of them needs nutrients and oxygen to survive and perform its function. On the other hand, if we are not eating nutritious foods and/or are not digesting them, the body and our health will suffer.



Now, what does and not break carbohydrates and instead of with chemicals the cell. When inflammation is:

Inflammation is something for the inflammation. However, the ripple effect is the toxicity, and

Supplements

3 DigestZyme + 1 PureZyme before meal
3 GastroZyme following meal

3 DigestZyme + 1 PureZyme before meal
3 GastroZyme following meal

2 DigestZyme with snack

3 DigestZyme + 1 PureZyme before meal
3 GastroZyme following meal

3 Plantadophilus + 3 PureZyme at bedtime

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast Raspberry Mint Smoothie	Breakfast 2-4 Egg Muffins 2 tsp Avocado 1/2 cup Mixed Berries	Breakfast Kale Shake with Coconut Milk	Breakfast 2-4 Egg Muffins 2 tsp Avocado 1/2 cup Mixed Berries	Breakfast Raspberry Mint Smoothie	Breakfast Kale Shake with Coconut Milk	Breakfast Your Choice (must meet THRIVE guidelines)
Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea
Lunch 3-6 oz. Pork Chops 1/2 cup Mashed Yams with Walnuts 1-2 cups Sautéed Spinach	Lunch 3-6 oz. Pistachio Crusted Fish 5-8 pieces Oven Roasted Asparagus 1/2 cup Sautéed Sliced Plantains	Lunch Nuttly Mixed Up Salad with Chicken	Lunch 1 1/2 cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Lunch 3-6 oz. Pork Chops 1/2 cup Mashed Yams with Walnuts 1-2 cups Sautéed Spinach	Lunch 3-6 oz. Pistachio Crusted Fish 5-8 pieces Oven Roasted Asparagus 1/2 cup Sautéed Sliced Plantains	Lunch Your Choice (must meet THRIVE guidelines)
Snack Small Packet of Mixed Nuts	Snack KIND® Bar	Snack Small Packet of Mixed Nuts	Snack Apple with 2 tbsp Almond Butter	Snack Carrot Sticks with Guacamole	Snack Thunderbird® Real Food Bar	Snack Your Choice (must meet THRIVE guidelines)
Dinner Nuttly Mixed Up Salad with Chicken	Dinner 1 1/2 cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Dinner Nuttly Mixed Up Salad with Chicken	Dinner 3-6 oz. Pork Chops 1/2 cup Mashed Yams with Walnuts 1-2 cups Sautéed Spinach	Dinner Nuttly Mixed Up Salad with Chicken	Dinner 1 1/2 cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Dinner Your Choice (must meet THRIVE guidelines)

Thrive in 63: Week One

Food Journal (Day ____)

☐ 2 DigestZyme + 1 PureZyme (1 = not hungry, 5 = very hungry)
Breakfast _____ Hunger Scale: 1 2 3 4 5
☐ 2 GastroZyme _____ How do you feel? 😊 😐 😞 😡 😤

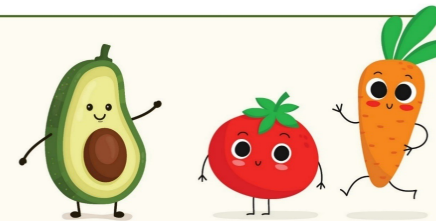
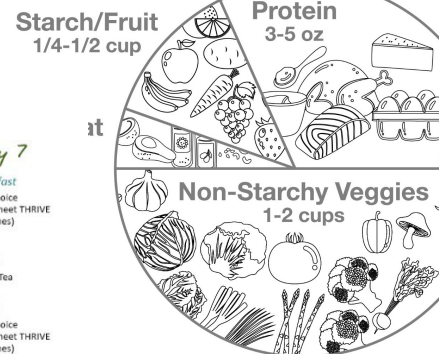
☐ 2 DigestZyme + 1 PureZyme
Lunch _____ Hunger Scale: 1 2 3 4 5
☐ 2 GastroZyme _____ How do you feel? 😊 😐 😞 😡 😤

Snack _____ Hunger Scale: 1 2 3 4 5
☐ 1 DigestZyme _____ How do you feel? 😊 😐 😞 😡 😤

☐ 2 DigestZyme + 1 PureZyme
Dinner _____ Hunger Scale: 1 2
☐ 2 GastroZyme _____ How do you feel? 😊 😐

Bedtime _____
☐ 2 PureZyme
+ 1 Plantadophilus

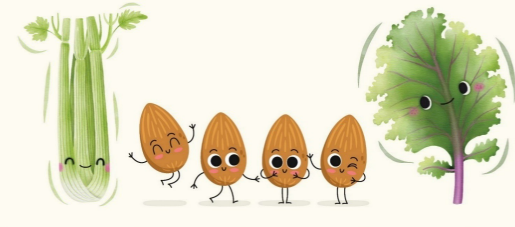
Notes/Comments: _____



Snack Options

Is your child a snacker? Here are some quick, easy, and healthy options!

- 1 Small Apple with 2 tbsp Almond or Cashew Butter
- Small Bag of Mixed Nuts
- Veggie Slices with 1/2 cup Guacamole or Salsa
- Simple Protein Shake or Smoothie
- EPIC® Beef Stick
- Thunderbird® Bar or RX Bar®
- Celery with Almond or Cashew Butter
- Carrot Sticks with Primal Kitchen® Ranch
- 1 cup Strawberries and Almonds
- 1 cup Grapes and 1/2 cup Walnuts
- Almond Butter with Mixed Berries
- Diced Avocado and Tomato with Salt and/or Pepper
- Southern Recipe® or 4505 brand Pork Rinds with Salsa or Approved Dip
- 20 Kale Chips with Salsa
- 15 Plantain Chips with 1/2 cup Guacamole or Salsa
- 2-3 stalks of Celery chopped into quarters with 2 tbsp Mustard



SNACKS

Guacamole

Prep time: 10 min
Cook time: n/a
Serves: 1-2

- 1 ripe avocado
- 1/2 cup diced tomato
- 1/2 cup diced onion
- 1/2 cup chopped cilantro
- 1/2 fresh lime (juice)
- garlic
- and combine with all well.

Romesco Dip

Prep time: 15 min
Cook time: 15 min
Serves: 10

- 1 cup blanched, toasted almonds
- 2 cloves garlic
- 1/4 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- 1 cup roasted red bell peppers, patted dry
- 1/2 cup green pitted olives, drained
- 2 tbsp fresh lemon juice
- 2 tsp red wine vinegar
- 5 tbsp olive oil
- Salt and pepper to taste

In a food processor, combine almonds, garlic, paprika and cayenne; pulse until coarsely chopped, about 15-20 times.

Add roasted bell peppers, olives, lemon juice and vinegar.

While machine is still running, add the olive oil in a thin stream through the feed tube and process to a coarse purée. Season with salt and black pepper. Taste and adjust seasoning.

Thrive in 63 Dietary Protocol

Allowed:

- Grass-fed meat
- Poultry
- Wild caught fish
- Eggs
- Fruits
- MOST vegetables
- Nuts and seeds
- Herbs and spices
- Honey / molasses
- Healthy fats and oils

NOT Allowed:

- Caffeine/alcohol
- Most dairy
- Grains
- Legumes
- Processed foods
- Artificial sweeteners and sugar
- Sugar and high-fructose corn syrup

Healthy Food & Beverage Exchange List

The following is a list of healthy foods to help you when shopping or eating out:

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Dragon Fruit
- Durian
- Figs
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Raspberries
- Strawberries
- Watermelon

Vegetables (starchy)

- Beets
- Carrots
- Jicama
- Parsnips
- Plantains
- Pumpkin
- Snow Peas
- Sweet Potatoes
- Taro
- Turnips
- Winter Squash (Pumpkin, Acorn, Butternut)
- White Potatoes
- Yams

Vegetables (non-starchy)

- Asparagus
- Artichoke
- Arugula
- Bamboo Shoots
- Bell Peppers (Red, Green, Yellow, Orange)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chives
- Cilantro
- Cucumbers
- Eggplant
- Endive
- Fennel
- Garlic
- Greens (Collard, Turnip, Mustard, Chard)
- Green Beans
- Jalapeños (and other hot peppers)
- Kale
- Kohlrabi
- Leeks
- Lettuce (except Iceberg)
- Mushrooms (Portobello, Shiitake, Oyster, Button)
- Okra
- Onions (Red, Purple, Green, White, Yellow)
- Parsley
- Radicchio
- Radishes
- Rutabaga
- Scallions
- Seaweed (Dulse, Nori, Hijiki, Kombu)
- Spinach
- Spring mix
- Sprouts (all varieties)
- String Beans
- Tomatoes
- Water Chestnut
- Watercress
- Zucchini

Meats / Proteins

- Bacon
- Beef
- Buffalo
- Chicken
- Crab*
- Deer
- Duck
- Eggs*
- Fish*
- Lamb
- Lobster*
- Pork
- Protein Powder (Beef, Cod, Pea)
- Tuna*
- Turkey
- Shrimp*

Nuts / Nut Butters*

- Almonds
- Almond butter
- Brazil Nuts
- Cashews
- Coconut
- Hazelnuts
- Macadamia
- Nut Flours
- Pecans
- Pine Nuts
- Pistachios
- Walnuts

Seeds

- Chia
- Flax
- Hemp
- Pumpkin

- Sesame
- Sunflower

Oils / Fats

- Avocado
- Avocado oil
- Butter (grass fed)
- Coconut oil (organic)
- Ghee
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Olives
- Olive oil

Condiments, Spices, Seasonings

- Basil
- Bay leaves
- Black Pepper
- Cardamom
- Capers
- Cayenne
- Chilies
- Chili powder
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Curry Powder
- Dill Weed
- Fennel
- Ginger
- Lemon
- Lemon pepper
- Lime
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Mint leaves
- Mustard

- Nutmeg
- Oregano
- Paprika
- Pickles
- Ras el hanout (spice blend)
- Rosemary
- Sage
- Stock (Chicken, Beef, Vegetable, or Bone Broth)
- Tamari
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Vinegar (Apple Cider, Balsamic)
- Worcestershire sauce

Beverages

- Almond milk
- Coconut milk
- Cashew milk
- Fresh juices (limit)
- Hemp milk
- Bone broth
- Herbal teas
- Matcha
- Water

Miscellaneous

- Arrowroot powder
- Coconut aminos
- EPIC® beef jerky
- RX Bars®
- Honey
- Molasses
- Plantain chips
- Salsa (organic)
- Thunderbird® bar



AS OFTEN AS POSSIBLE, CHOOSE LOCALLY GROWN, NON-GMO, PESTICIDE & HERBICIDE FREE, ANTIBIOTIC FREE, HORMONE FREE, GRASS FED, FREE RANGE, WILD ANIMALS



***NOTE: THE 8 MOST COMMON ALLERGY FOODS ARE DAIRY, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, SOY, AND WHEAT**

Rationale Behind Thrive in 63 For Kids Protocol

- **Digestive enzymes** are the catalysts which allow us to break down foods into absorbable nutrients.
- Once nutrients are available through effective digestion, **Systemic enzymes** (proteases) help ensure optimal blood flow and delivery of nutrients to the cells while breaking down inflammatory proteins in the blood reducing inflammation.
- **Probiotics** at bedtime to maintain good microflora within the GI tract and promote healthy elimination.
- **Mucosal Healing** support with herbs and enzymes after meals for the health and repair of damaged GI lining.

Thrive For Kid's Supplement Protocol



Thrive For Kid's Supplement Protocol Infants & Toddler's



Transformation Enzymes New & Improved Kidz Digest Powder

Designed to serve as a 2 and 1 option providing complete digestive support while simultaneously providing the primary microbe found in breast milk and needed for an infant's gut.

B. infantis has a particularly important role in the development of an infant's microbial, digestive, and immune health.

For children 1 year and older who are unable to chew or swallow, can be paired with Plantadophilus or TPP Probiotic due to need for additional support.

KIDZ DIGEST POWDER

Transformation's non-encapsulated
digestive formula with DPP-IV
and probiotic

This combo formulation supports the digestion of carbohydrates, fats, and proteins including gluten and casein. This product was designed for babies but can be taken by older children and adults

Product Highlights

- Polysaccharolytic enzymes for digestion of all carbs: starches, sugars, fiber
- Protease: 48,800 HUT and 300 DPP-IV for protein, gluten, and casein digestion
- Lipase: 3,200 FIP for fat digestion
- Probiotic for healthy gut flora
- No added sugar/artificial colors

SUPPLEMENT FACTS		
Serving Size ½ scoop (¼ tsp)		
Amount Per Serving		% Daily Value
Tzyme™ Enzyme Blend (Amylase, Protease, Oligopeptidyl Peptidase IV, Lipase, Lactase, Pectinase, Diastase, Invertase, Cellulase)	168 mg	†
<i>Bifidobacterium infantis</i>	1 billion cfu	†
Sunfiber® AG	66 mg	†
† Daily Value not established		
Other Ingredients: Rice Bran Extract		

Clinical Applications

- Gluten/casein intolerance
- Lactose intolerance
- Babies unable to consume mothers milk
- Food sensitivity/allergy
- Cramp/gas/bloat/colic
- Irregular bowel movements (constipation/diarrhea)
- Patients unable to swallow or fed via a feeding tube

For Your Information

- Designed for infants and toddlers, but can be taken by those who are unable to swallow capsules
- Dual Action Relief: powerful digestive enzymes for breaking down food work synergistically with the prebiotics and probiotics to promote digestive function and microbiome balance
- Pre and Probiotic support with *B. infantis*, the primary strain needed in infants digestive tract, and Sunfiber®, a soluble fiber that helps maintain digestive health and microbiome balance without the excess gas or bloating associated with other fibers
- Seeding infants with the appropriate HMO-metabolizing bacteria helps ensure the correct immune and microbiome trajectory
- Gut barrier support promotes production of short-chain fatty acids
- Keep refrigerated when possible to maintain probiotic stability
- May be given to pets via syringe or mixed with small amount of wet food

Dosage

- ½ scoop mixed in a tablespoon of tepid water just prior to meals, mixed with first bite of food, or made into a paste with a few drops of water and swabbed into the inner cheek at feedings
- Do not sprinkle on large amounts of food
- If baby is "fussy," administer soon after feeding



Signs A Child May **Need** Thrive in 63 for Kids

- Bloating or other forms of digestive distress
- Variable stools (diarrhea and/or constipation)
- Food allergies
- Asthma
- Eczema
- Chronic sinus infections
- Fatigue
- Behavioral or mental health Issues
- Autism

NUTRIENTS OF FOCUS FOR HEALTHY KIDS

- **Fats**
- **Fiber**
- **Protein**
- **Calcium, Iron, Vitamin D, Magnesium**
- There is no shortage of any of these key nutrients in the Thrive in 63 for Kids program
- You are also supporting digestion and gentle detox for improved utilization of nutrients from the child's diet

Safety of enzymes in children?

- Yes, you can give enzymes to infants and children
 - Dosing depends on the need, not age or weight
- Delivery depends on the situation
 - When breastfeeding, mom gets enzymes
 - With formula or solids, child gets enzymes directly





TRANSFORMATION™ Enzyme Nutrition

BREASTFEEDING

There are very few times in a woman's life when nutrition is as important as when she is pregnant and/or nursing. During this time both mother and her baby have to acquire the proper nutrients to sustain health for proper growth and development. To ensure proper nutrient acquisition from mother to baby, the mother's digestive system and circulatory system must be functioning properly.

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function, and repair.*
- Omega 3 essential fatty acids are known for their anti-inflammatory benefits and are important for healthy brain development.*
- 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 all systems of the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment, good absorption processes, and adequate elimination of wastes.*

TPP DIGEST	2-3 caps	before every meal
TPP EFA 1200MG**	1 gelcaps	2 x day with food
TPP PROTEASE	2 cap	3 x day between meals
TPP PROBIOTIC	2 cap	at bedtime

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

DIGESTZYME	5-6 caps	before every meal
TPP EFA 1200MG**	1 gelcaps	2 x day with food
PUREZYME	4 caps	3 x day between meals
PLANTADOPHILUS	5 caps	at bedtime

**A pure, high-quality EFA should be included in a woman's supplement regimen before and during pregnancy as well as during breastfeeding. Both EPA and DHA are important, but DHA is particularly important throughout pregnancy and during the early stages of an infant's life as it is essential to ensure brain, eye, immune, and nervous system development. After delivery, a mother's level of DHA can remain low as breastfeeding transmits her reserves of DHA to the breastmilk for the baby. The need for DHA remains critical for a baby as brain development continues through the first 2 years.

Questions? 1-800-777-1474
email moreinfo@tecenzymes.com
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This product is not intended to diagnose, treat, cure, or prevent any disease.





TRANSFORMATION™

Enzyme Nutrition

KIDS DIGESTIVE HEALTH

The digestive system is responsible for receiving and digesting food and then excreting waste. This system includes not only the stomach, small intestine, and large intestine, which move and absorb food, but also associated organs such as the pancreas, liver, and gallbladder, which produce digestive enzymes, remove toxins, and store substances necessary for digestion. The health of this system is critical, as its primary function is to break down foods and make nutrients available to the cell for optimal function, energy production, repair, and reproduction of that cell. The health of a child's cells will ultimately be reflected in the overall health of his or her tissues, organs, systems, and whole body. Transformation™ enzyme products have been clinically used for over 20 years to safely and effectively assist with the reduction of food sensitivities that may cause occasional gas, bloating, diarrhea, cramping, heartburn, and constipation.*

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function, and repair.* Complete digestion also minimizes food intolerances and supports a healthy immune system.*
- 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 all systems of the body.*
- A probiotic supplement further supports digestion and promotes timely elimination while maintaining a healthy gut environment.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	1-3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

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ECZEMA (FOR INFANTS/CHILDREN)

Eczema is a common inflammatory skin condition characterized by red raised lesions, oozing, and crusting in the acute phase, or scaly red thickened patches brought on by rubbing and scratching in the chronic phase. It is commonly found in children but also occurs in adults and is often linked to food allergies such as gluten and dairy. Children with eczema tend to later develop other allergic conditions, most often hay fever or asthma. This condition can also be attributable to an intestinal dysbiosis – a disruption of the normal bacterial flora of the gut. If an imbalance occurs and candida over-populates acidophilus to the extent that it penetrates the walls of the large intestines, it can enable undigested lipids and proteins to leak out of the walls. This can instigate food allergies and promote eczema. Therefore addressing the damaged lining of the intestinal walls is critical in the treatment and prevention of eczema in addition to enzyme supplementation along with probiotics to restore the balance of microflora and ensure complete digestion and absorption of foods.*

- A digestive enzyme formula specific to gluten and dairy proteins with meals will ensure proper digestion and nutrient acquisition to supply the body with the nutrients needed for healthy skin.*
- A blend of herbs and enzymes designed to soothe and repair the mucosal lining of the GI tract and further support the reduction of inflammation within the gut.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the health of the skin.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment and timely removal of waste.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
GASTROZYME	2-3 cap	after each meal***
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	1-3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow. May apply Plantadophilus directly to mother's breast if breastfeeding (make paste by mixing with 1 tsp of water).

Transformation's goal is to make nutritional recommendations that assist individuals to achieve a healthy balance. Dosages may vary depending on need, i.e., lower dose for maintenance, higher dose for therapy. See Practitioner's Guide or individual product pages for additional suggestions.

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ECZEMA (FOR INFANTS/CHILDREN)

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

TPP INTESTINAL SUPPORT*** 1 cap with meals until symptoms resolve

- A blend of herbs and enzymes designed to eliminate the growth and prevent the recurrence of invading organisms in those suffering from dysbiosis or candidiasis.*

REPAIRZYME*** 1 cap daily

- This formula provides necessary building blocks for healthy growth of muscle, skeletal structure, and tissue. It facilitates repair of stressed or injured muscles, bones, tendons, and tissue. It is also wonderful for the healing of skin disorders.*

TPP CARBO-G 1 cap with every meal or snack

- For kids 8 and older who can swallow capsules and may benefit from a more powerful formula due to the complexities of their diet. This unique formula assists with the digestion of complex carbohydrates found in grains, legumes, and fibers. It includes a protease blend with DPP-IV activity necessary for gluten digestion and probiotics and herbs to soothe the GI tract.*

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

Protocol for Breastfeeding Mothers

TPP DIGEST	1 cap	with every meal or snack with 6-8 oz water
OR DIGESTZYME	3 caps	with every meal or snack with 6-8 oz water
TPP PROTEASE	2 caps	2 x day between meals with 6-8 oz water (optional, but recommended)
TPP PROBIOTIC	2 caps	at bedtime with 6-8 oz water

Transformation's goal is to make nutritional recommendations that assist individuals to achieve a healthy balance. Dosages may vary depending on need, i.e., lower dose for maintenance, higher dose for therapy. See Practitioner's Guide or individual product pages for additional suggestions.

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ECZEMA

6 M.O. Baby Boy



- Suffered from severe eczema as well as constipation, starting at 2 months of age.

After 3 months of enzyme therapy the constipation had resolved, and the eczema had cleared.



- Today he is 10 months old, still taking his digestive and systemic enzymes, and clear of any constipation or skin issues.



TRANSFORMATION™ Enzyme Nutrition

CONSTIPATION (FOR INFANTS/CHILDREN)

Constipation is characterized by infrequent, difficult, and sometimes painful bowel movements that require straining. Healthy bowel movements occur 2-3 times per day and are soft and pain-free. Constipation can occur for many reasons including a poor diet, lack of fluid intake, inadequate exercise, muscle / neurogenic disorders, thyroid disorders, and side effects of certain medications. Bowel movements serve to remove waste from the body. Antigens and toxins from bowel bacteria and undigested food particles can potentially play a role in the development of many degenerative diseases. The timely elimination of waste is imperative to health and wellness.

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function and repair.* Complete digestion also minimizes toxicity and supports a healthy immune system.
- 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 all systems of the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

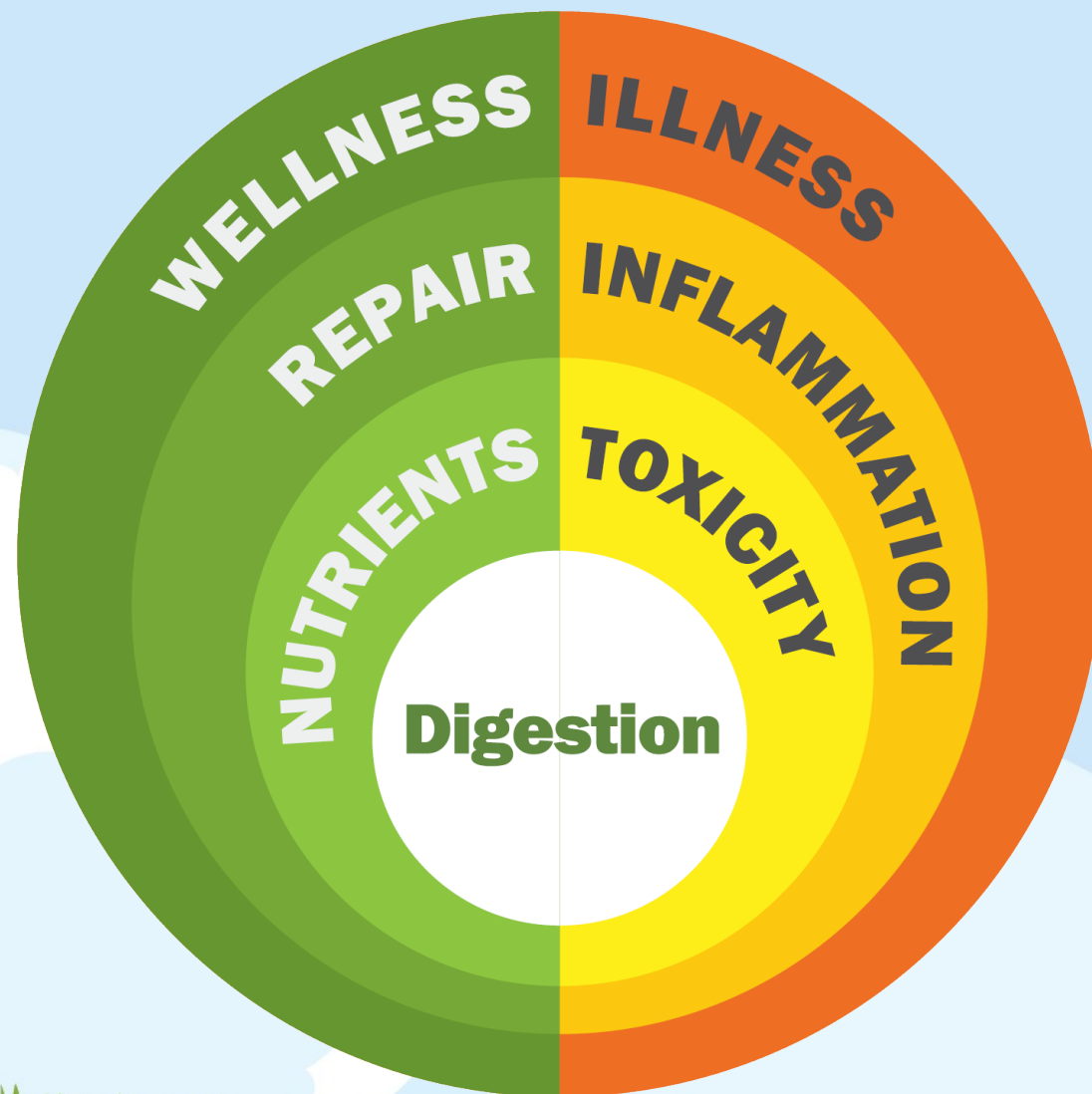
***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

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Case Study: Constipation

Patient, Male, 2 months old brought to TEC clinic 7/15/2020

- 7-10 days between bowel movements – mom told “normal”
- Began *Kidz Digest Powder* (¼ scoop) and *Plantadophilus* (2 caps) in bedtime bottle
- 7/18 - increased dosages to ½ scoop *Kidz Digest* with each feeding and 2 caps *Plantadophilus* 2xday - Hard bowel movement that evening
- 7/21 - changed formula to Nutramigen® and increased to full scoop Kidz Digest Powder
- 7/23 - First poop on his own with no suppository.
- 3/23/2021 update: Baby still having 1-2 regular bowel movements daily
- No more straining or painful bowel movements

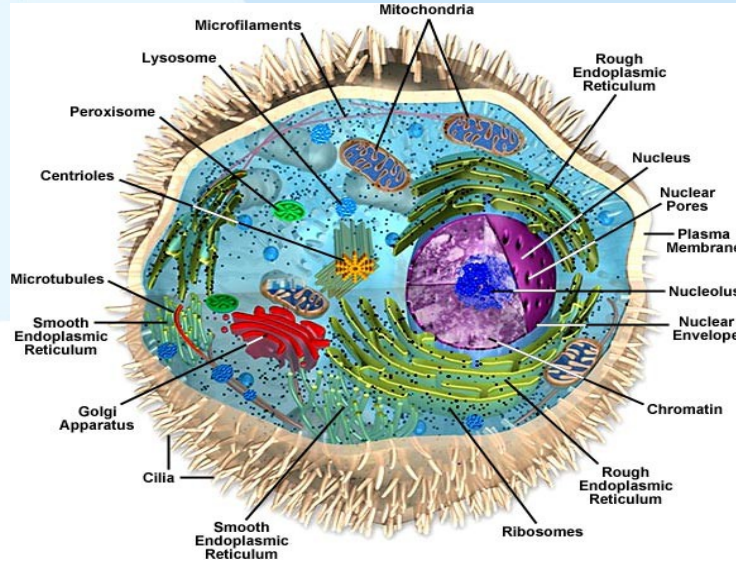


LAY THE FOUNDATION

healthy cell,

healthy gut,

healthy child



STEP 1: DIET & LIFESTYLE

STEP 2: DIGESTIVE & SYSTEMIC SUPPORT

STEP 3: HEALTHY CELL, HEALTHY GUT, HEALTHY CHILD

- Learn more at mycliniciantoolbox.com
 - webinars on Thrive in 63, Histamine Intolerance, GMO's, Detoxing, etc
 - Research, protocols, case studies Practitioner Reference Guide
- Visit Thrivein63.com or use QR code
 - Access our Thrive in 63 support group on Facebook
 - Download the Gut Dysfunction (Leaky Gut) Clinical Study
 - **Join waitlist for Thrive for Kids set to launch this August!**



MONTHLY SPECIALS

- 20% off Kidz Digest Powder using coupon code: **POWDER20** valid through the end of the month
- LAST DAY OF OUR BEAUTY BUNDLE SALE
- 10% OFF Skin Health Bundle which includes RepairZyme 120, PureZyme 120, and EFA
- TEC Seminar Early Bird Special

EDUCATIONAL OPPORTUNITIES

TECseminars.com

- **2024 Houston Seminar**
- **Biochemical Individualism Training**
 - Individualized nutritional protocols
- **Advanced Enzyme Certification Course**
 - Comprehensive training modules

MyClinicianToolbox.com

- Webinar, Education & Research library of health topics from various modalities

Consultations

- Schedule time with Amy!
- Email clinic@tecnzymes.com



The poster for the Transformation Enzymes seminar features a light beige background with a subtle texture. At the top, the word "TRANSFORMATION" is written in a bold, black, serif font, with a colorful swoosh graphic above it. Below it, the tagline "THE GENESIS OF GOOD HEALTH®" is in a smaller, black, sans-serif font. The dates "October 11-12" and location "Houston, TX" are prominently displayed in a bold, green, sans-serif font. A horizontal bar with a rainbow gradient separates the header from the main content. The main content area has a green background with a blurred image of a hand holding a small globe that shows a lush green landscape. The text "NEW PERSPECTIVES IN ENZYME THERAPY" is in a bold, green, sans-serif font, followed by "Integrative Approaches to Autoimmune Conditions" in a smaller, black, sans-serif font. At the bottom, the text "Early Bird Tickets Available! Learn More & Register Today TransformationEnzymes.com" is in a bold, black, sans-serif font.

TRANSFORMATION
THE GENESIS OF GOOD HEALTH®

October 11-12 Houston, TX

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QUESTIONS?

Thriveⁱⁿ 63
by TRANSFORMATIONTM