



LYMPHATIC/IMMUNE HEALTH

The lymphatic system is comprised of highly specialized glands called lymph nodes that filter foreign material and produce immune cells for protection. The lymphatic vessels mirror our blood vessels, transporting nutrients, fluids, and metabolic waste into the interstitial space where they can be transferred to the blood for re-circulation or elimination. The primary function of the immune system is to protect the body from infection, damage, and ultimately disease. Recurrent or chronic infections occur only when the immune system is weakened by a lack of proper nutrition or by excesses of stress, pollution, radiation, toxins, and exposure to a vast array of infectious microorganisms. In a healthy system, the initial exposure to these offending agents creates an allergic reaction, an inflammatory response, and then healing. Long term exposure, without proper support to the immune system, may lead to chronic allergies, systemic inflammation, and oxidative stress, which can manifest as auto-immune disorders and various degenerative diseases.

- A digestive enzyme formula with meals will help ensure proper digestion and bio-availability of all nutrients supporting cellular integrity and a strong immune system.*
- A protease formula between meals to promote optimal blood and lymphatic flow for delivery of nutrients and removal of toxins, to help manage inflammation, and to support the immune system.*
- A combination of herbs to assist in eliminating waste from the lymphatic system and relieving congestion of the interstitium.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	1 cap	with every meal or snack
TPP PROTEASE	2 caps	4 x day between meals
L-DRAIN	1 dropper	2 x day in water
TPP PROBIOTIC 42.5 [†]	1 cap	at bedtime

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

DIGESTZYME	2 caps	with every meal or snack
PUREZYME	2 caps	4 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

[†]Probiotic 42.5 is intended for short-term use as part of an enzyme therapy protocol. For maintenance / support, see Digestive System Health protocol.

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