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# Enzyme Therapy

## MENSTRUAL IRREGULARITIES / PMS

Irregular menstrual cycles, pre-menstrual syndrome, menopausal symptoms, and infertility are most often the result of hormone imbalances of the reproductive system, mainly the ovaries. Since steroid hormones are produced from fats, proper intake and digestion of fats is important. Additionally, nutritional supplementation can help feed and fortify the ovaries and their correlated glands to promote optimal function and balance within the endocrine and reproductive system.\* The goal of enzyme therapy is to reinforce nutrient acquisition and complement a healthy diet consisting of proper ratios of proteins, carbohydrates, and fats.\*

- A digestive enzyme formula high in lipase taken with meals will help ensure proper assimilation of fats to support adequate production of steroid hormones.\*
- A nutritional support formula that supports hormonal balance and a healthy reproductive system.\*
- A protease formula between meals will help promote optimal blood flow and efficient delivery of hormones, supporting the overall health of our endocrine and reproductive systems as well as helping to reduce inflammation and assist detoxification.\*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.\*

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TPP DIGEST	1 cap	with every meal or snack
MASTERZYME**	1 cap	2 x day with meals
TPP PROTEASE	2 caps	2 x day between meals
TPP PROBIOTIC	1 cap	at bedtime

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

DIGESTZYME	3 caps	with every meal or snack
MASTERZYME**	1 cap	2 x day with meals
PUREZYME	2 caps	2 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

\*\*Testing or monitoring of hormone levels is advised with glandular / nutritional hormone therapies.

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

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TPP PROTEASE IFC                      1 cap                      3 x day between meals

- There is a strong relationship between symptoms of PMS and inflammation. While some inflammation is normal during a woman's monthly cycle, too much inflammation can create fluctuations beyond normal levels and can affect menstrual and PMS symptom severity. This formula is blended with herbs and highly active proteolytic enzymes and antioxidants to help naturally combat inflammation anywhere in the body.\*

TPP EFA 1200MG                      2 gelcaps                      daily with food

- Essential fatty acids are known for their many health benefits and positive influence on controlling inflammatory markers. They are also helpful in managing inflammation of the skin and/or breakouts that are common during a woman's menstrual cycle.\*

CALMZYME                              1 cap                      3 x day (or 3 caps at bedtime)

- Many women report insomnia symptoms associated with their monthly cycle. This is a result of hormone changes, including serotonin, progesterone, and estrogen. This formula helps to calm the nervous system and is the perfect non-habit forming natural solution for insomnia.\*

SUPER CELLZYME                      4 caps                      daily

- A diet lacking in proper nutrients can lead to worsened symptoms of PMS like fluid retention, bloating, and sugar cravings. For those who have trouble getting all the necessary vitamins, minerals, and antioxidants through a well balanced diet, this product makes an excellent alternative for a non-synthetic multivitamin. This whole food vitamin and mineral supplement is formulated with enzymes to facilitate the absorption of vital elements the body needs to function optimally.\*

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