

Transformation Enzyme Therapy Center Case Study: Cholesterol

Chart Review: "C.R." (Estro)

Initial visit: 2/15/2005, 55 yr. old

Has been a vegetarian for 15 years, complains of indigestion, bloating and constipation. Became a vegetarian b/c she can't digest meat (hasn't had eggs in 10 yrs, no white meat in 10 yrs, no red meat in 15 yrs). Trying to learn how to eat correctly to obtain adequate protein. Had a hysterectomy (1985) and was on hormones for 3 years (but no longer takes them). History of high cholesterol, was 360 three years ago, eliminated all fat, resistant to Lipitor, now cholesterol is 180. Has low BP. Exercises regularly cardio 3x/week (30 min) and weights 3x/week (50 min). Feels she may be lactose intolerant—milk causes bloating and nausea.

Protocol: 3 PureZyme 3x/daily between meals, 3-4 GastroZyme AM/PM/after meals, 3-4 DigestZyme with meals, 2 Plantadophilus after meals and at bedtime.

TEC Office Visit: 2/24/2005

Complains that she is extremely tired. Feels well upon rising around 9-9:30 AM, but feels a drop. Feels better after lunch but by 2 or 2:30 feels bad again. Cycle has been going on for a year. Craving for chocolate especially at 2 PM (feels she needs it for energy). Started taking Premarin at 48 and took for 3 years, gained 20 pounds, no longer takes it.

Discussed how hormones/hypoglycemia etc work. She's been stressed and need to increase protein intake. Samples given: Adrenal Complex.

Patient encouraged to return in March.

2/28/2005 (Via phone)

Reported she is much improved since adding small bits of protein into her diet.

3/31/2005 (Via phone)

To see a NP for BNRT. Taking Adrenal Complex and feeling better Still feels bad around 3 PM, gets sleepy.

TEC Office Visit: 4/13/2005

Using enzymes 100% of the time; 3 pound weight gain; overall symptoms are better. She is eating protein everyday. Feels much better since she added Adrenal Complex. Eating nut and seed mix every day and started on estrogen and progesterone one week ago. Frequency of bowel movements has increased to once per day (or 5 per week). Energy rating is between 6 and 7. Has not been exercising.

Plan: Repeat QFA in one month.

Protocol: 2 Protease 3x/daily between meals (may sub with 3-4 PureZyme), 2-3 Plantadophilus upon rising, 2 Digest or 3-4 DigestZyme with meals, 1 each of Liver Support and K-Drain and Adrenal Complex with two meals, 2 Probiotic at bedtime.

TEC Office Visit: 5/12/2005

Taking enzymes 100% of the time. Recently ran out of enzymes (5 days ago) and can feel a backslide. Wants to continue to take enzymes. Is now eating meat at least 2 times a week. Energy rating up to 8 1/2. Has been following complete protocol, diet and exercise.

Protocol: 2 Protease 3x/day between meals, 2 Probiotic at bedtime, 2 Digest and 2 Plantadophilus with meals, 1 Adrenal Complex with 2 meals, 3-4 GastroZyme after meals as needed for constipation, 2 Protease IFC and 2 RepairZyme as needed for aches (2-3x/day with food).

Cholestech® Lipid Profile

	2/15/2005	4/6/2005	5/10/2005
TC	187	201	202

HDL	64	71	70
TRG	82	70	77
LDL	106	117	117
TC/HDL	2.9	2.9	2.9
GLU	97	89	80

Biological Terrain Assessment

	2/22/2005	4/5/2005	4/6/2005	5/10/2005
Blood pH	7.36	7.36	7.38	7.36
Blood rH2	26.5	26.8	26.2	27
Blood R	210	213	208	232
Saliva pH	7.3	7.42	7.21	6.95
Saliva rH2	28.4	29.2	27.8	26.2
Saliva R	245	307	227	219
Urine pH	6.22	5.36	5.65	6.88
Urine rH2	22.9	19.4	20.6	25.5
Urine R	105	107	117	99

Body Composition Analysis (BCA/BIA)

Estro	2/15/2005
Weight	129
%Fat	29.5
PA	5.6
Capacitance	533
BMI	22.49
BCM	31.5
ECM	39
ICW	16.8

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