

Transformation Enzyme Therapy Center Case Study: Interstitial Cystitis

Chart Review: "K.L." (Estro)
DOB: 8/7/67

Initial Visit: 1/19/05, 37 yr. old

Complaints: burning stomach and nausea, heartburn and stomach acid reflux, burning bladder (from interstitial cystitis)

History: Has worked with Naturopath in the past. Currently has interstitial cystitis and treatments has caused more problems to develop. Nausea, diarrhea, acid reflux etc. Since Friday (1/14/05) system crashed and she can't eat anything but white rice.

Previous problems: Endometriosis and progesterone deficiency. Stopped progesterone in Nov. 2004 per gynecologist.

Protocol: 2 GastroZyme every two hours while awake, 2 Plantadophilus 3-4 times daily.

1/24/05 (Via phone)

Feeling better, enzymes are helping and she is able to eat more. Will add 3-4 DigestZyme.

Protocol: 3-4 DigestZyme w/ meals, 2 GastroZyme every 2 hours and after meals, 2 Plantadophilus 3-4/day.

1/31/05 (Via phone)

Doing much better, feels stronger, eating small amount every 3-4 hours.

TEC Office Visit: 2/1/05

Bladder discomfort greatly improved, muscle spasms almost gone, nausea has improved but is still present, eating every 3 hours, acid reflux and bleeding has stopped, migraines are better, energy level is higher, cycles were previously regular but not anymore. Following complete protocol (100% enzyme usage), made diet improvements, exercising only consists of stretching and a walk around the block.

Protocol: 3 PureZyme 3x/day between meals, 3-4 GastroZyme twice/day (AM/PM) and after meals, 1 MasterZyme and 2 DigestZyme with meals, 2 Plantadophilus after meals and at bedtime (may sub 2 Probiotic at bedtime), 3 PureZyme midafternoon.

TEC Office Visit: 2/25/05

A doctor is helping with BHRT, tried Acidplex and it didn't help, physical therapy is helping, more energy (has gone from a rating of -1 to a 6) and stomach pain is much improved with enzymes. Goes to physical therapy 1-2 times per week, walks for 20 minutes per day, diet is much improved.

Protocol: 2 Protease 3x/day, 2 Antioxidant 2x/day (AM/PM), 2 Probiotic at bedtime, 2 DigestZyme and 1 MasterZyme with every meals, 1 dropper of each K-Drain and Liver Support with 2 meals (morning and afternoon)

Plan: 3/10/05

Advised to stop Liver Support / K-Drain and retest QFA in 1-2 weeks.

TEC Office Visit: 4/4/05

Fatigue comes and goes, doctor started her on progesterone and DHEA, started cod liver oil, complains of stomach pain, GI doctor is going to check her esophagus also check for ulcers and enlarged pancreas (had a history of

enlarged pancreas 2 years ago that was found on a cat scan). Saw a chiropractor 3 weeks ago who decompressed her spine and stopped her headaches.

Following complete protocol (100% enzyme usage).

Walks 5x/week for 20 min, stretches 5x/week, Light weights 3x/week (using theraband)

Discussed a need for more protein in her diet.

Protocol: 2 Protease 3x/day, 2 Antioxidant 30 min before eating and when waking and at bedtime, ½ tsp Vitamin C Complex upon arising and in midafternoon, 2 Probiotic at bedtime, 2 DigestZyme and 1 MasterZyme and 1 Protease with all meals, 1 Adrenal Complex with two meals.

Cholestech® Lipid Profile

	2/1/2005	2/23/2005	4/4/2005
TC	191	181	180
HDL	59	62	68
TRG	132	97	62
LDL	106	100	100
TC/HDL	3.2	2.9	2.7
GLU	127	87	88

Biological Terrain Assessment

	2/8/2005	3/28/2005
Blood pH	7.39	7.36
Blood rH2	25.8	27.1
Blood R	202	206
Saliva pH	6.77	6.96
Saliva rH2	25	26.2
Saliva R	202	198
Urine pH	6.06	6.92
Urine rH2	22.2	25.7
UrineR	104	111

Body Composition Analysis (BCA/BIA)

ESTRO	2/1/2005	4/5/2005
Weight	119	124
%Fat	29.9	31.5
PA	6.6	6.7
Capacitance	586	608
BMI	21.77	22.68
BCM	33.2	32.5
ECM	36.9	36
ICW	57.7	57.4

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