



## The Total System Enzyme: Metazyme

Types of food enzymes:

- Bromelain which comes from pineapple
- Papain which comes from papaya
- Aspergillus is a type of fungus. These enzymes are not “grown on” the fungus (as is sometimes incorrectly said) but rather the Aspergillus secretes these enzymes for their own benefit. These enzymes are then harvested with special techniques. The Total Systemic Enzyme/Metazyme is an aspergillus enzyme that is derived from this method.

Our bodies are using both the HCL acid produced in our stomachs and enzymes produced in our digestive system to break foods down into tiny, little particles that can be absorbed into our blood streams to nourish our bodies. Food enzymes originate from raw foods and can support this digestive effort, especially if our bodies are becoming deficient in HCL or enzyme production.

The aspergillus enzyme stays operational despite the very high acid level in the lower stomach which should be 2.0. The aspergillus enzymes not only break down the food you just ate but can continue into the bloodstream still operational and finish digesting any proteins, fats or carbohydrates that were previously not fully digested. The ones taken with meals will break down those foods and limit the amount of undigested matter entering your system. The ones taken in-between meals will enter the blood stream and then break down the undigested proteins, fats and carbohydrates that are making mischief with your immune system and other parts of the body.

Hopefully some of the first things you will notice will be:

- An increase in your overall energy, especially at the end of the day
- Better sleep, you may notice that you are waking up more alert
- Improved alertness and concentration, less fuzzy-headed.
- Less bloating; most people say they feel “lighter” or “less full”
- A decrease or an elimination of allergy symptoms
- Less achy, reduced joint pain
- Glowing and clear skin
- Reduction of bloating, reflux or gas
- Reduced constipation
- Reduced diarrhea
- Improved cholesterol profile, triglycerides and blood sugar management
- Improved immunity
- And much more

## How to take:

I frequently recommend starting out with a high dose and then reducing to a maintenance dose later. The reason is I want you to really experience a significant change in your physical symptoms. I want you to recognize the difference between how you think you are supposed to feel and how you can feel when this undigested “debris” is cleared. For a lot of people, a good month at this level is a good idea. If you have a hectic lifestyle, a chronic condition or your symptoms are severe, a few more months at this level is recommended.

**1-2 with each meal *plus***

**1-2 between meals on an empty stomach**

Keep taking the higher amounts until you are able to reduce the amount and still feel well. If you reduce the amount you are taking and go back to feeling achy, tired etc, then stay at the higher amount for a longer time. Some people can reduce after a few weeks, some take a few months. You can actually re-stock your bodies “bank account” with continued use.

### **For those with more significant health challenges:**

If you have diabetes, HTN, a complicated fibromyalgia you may need to start out much slower. These enzymes can help with blood sugar regulation as well as other factors that are affecting blood pressure. If you are taking a lot of medications or supplements the enzymes may actually increase how much is being absorbed, so be mindful of your symptoms. You may be able to start decreasing your dosages. Of course, work closely with your doctor/healthcare practitioner about your symptoms before making any changes to your regimen.

Diabetes: You will need to monitor your blood sugar closely. If you are taking medication to lower your blood sugar and your blood sugar is starting to normalize, your medication may require adjustment to prevent a hypoglycemic event. Just work closely with your doctor/healthcare practitioner to make adjustments as needed. Remember, finally reaching stable blood sugar levels is one of the most important things you can do for your overall health.

Hypertension: Same as above, just monitor your blood pressure to avoid an orthostatic event. An orthostatic event is when you stand up you feel dizzy because your blood pressure is significantly low. The enzymes may even be causing you to digest your medications more fully which may even be causing an increased dose for your body. Just realize you may be on a path to improving your health and a potential need for less medication.

Fibromyalgia: By nature, these individuals have a complicated health profile. The enzymes may be making changes in digestion and detoxification that are still positive but may be better tolerated at lower doses. Don't forget that appropriate fiber, adequate hydration and including adequate amounts of healthy fats also support the detoxification pathways.



Be Healthy and Happy!

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