



The below info was summarized from episode 41 of the Vibrant You Health Show, in which Blake interviewed the world-renowned Dr. Dan Nuzum out of Meridian, ID. Dr. Nuzum discusses the many miraculous mechanisms of digestive enzymes and proteolytic enzymes in the human body. Did you know enzymes can break apart viruses, reduce inflammation, and help the body detoxify? You can watch this and all episodes of the Vibrant You Health Show at www.naturespantry.life under the Health Show tab.

You can find Dr. Nuzum at <https://spiritwaymedicine.com>

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Dr. Nuzum also sees patients at the Karlfeldt Center in Meridian, ID - <https://www.thekarlfeldtcenter.com>.

You can find his book Detox for Life here: <https://www.drnuzum.com/products/detox-for-life-paperback>

ENZYMES 101

There are three different kinds of enzymes:

1. Proteases are protein digesting enzymes (proteases are proteolytic).
2. Amylases are sugar digesting enzymes.
3. Lipases are fat digesting enzymes.

Most meals contain all three categories (protein, sugar, fat) together. Hence if we take all three types of enzymes with meals, we can speed up how fast our body breaks all these things down, so there is far less waste, and less stress in the gut. Dr. Nuzum uses digestive enzymes to stabilize people's guts often times as a first step with his patients before he introduces detoxing or probiotics or anything.

PROTEOLYTIC ENZYMES

Proteolytic Enzymes are protein digesting enzymes. In other words, proteolytic enzymes break apart proteins into their individual pieces called amino acids. Once proteins get broken down into amino acids they can be more readily utilized, recycled and/or disposed of. Proteolytic enzymes can help your body with digestion, viruses, parasites, inflammation, joint pain, sports performance, detoxification, heart health and more. Proteolytic enzymes include Nattokinase, Bromelain, Serrapeptase, Papain, Lumbrokinase, and all 300+ Proteases.

If taken with food, proteolytic enzymes will help you digest the protein in your food. But when taken away from food, proteolytic enzymes go to work in other areas of the body. Dr. Nuzum doesn't necessarily have a favorite proteolytic enzyme, because they all work really well, but he uses Bromelain a lot because it's affordable. Taking a substantial amount of proteolytic enzymes is important to achieve the health benefits. For example, Dr. Nuzum will give patients as much as 2,500 to 3,000 mg of Bromelain once or twice per day. Taking turmeric, ginger, and/or Boswellia with Bromelain can increase efficacy so that lesser amounts of Bromelain are needed.

CARDIOVASCULAR HEALTH AND BLOOD CLOTTING

Dr. Nuzum likes Serrapeptase, Nattokinase, Lumbrokinase and Bromelain for their ability to reduce blood clotting by breaking down the protein called fibrin in the blood. The body produces fibrin to form a net to catch blood from falling out of a wound or cut. Fibrin occurs anywhere in the cardiovascular system where you've had an injury. If you have toxins like heavy metals floating through your system and injuring the blood vessels, your body will produce fibrin to form a net around the injury in an attempt to prevent you from springing a leak. This is a great protective mechanism, but over time, it can start to scar up the cardiovascular system. Proteolytic enzymes are great at breaking down that fibrin, and in time, can even reverse hardening of the arteries. Dr. Nuzum has also used these enzymes to help people with blood clotting issues due to COVID and the shot. Dr. Nuzum is seeing and helping many patients with vaccine injuries.

VIRUSES

Dr. Nuzum has been using proteolytic enzymes in his practice for successfully for treating viruses for almost three decades of practice. There is a theory in naturopathic medicine that viruses are self-replicating toxic proteins. This toxic protein enters the cellular matrix and replicates itself. So, it takes pieces and parts away from the cell to build more copies of itself and that's how it kills cells. If you raise your levels of proteolytic enzymes way up, the enzymes can break down these toxic proteins (viruses) and disable their ability to wreak havoc at the cellular level.

JOINT HEALTH

If a joint or bone is misaligned for 10 days, scar tissue begins to form in that joint. Proteolytic enzymes can break down that scar issue when taken on an empty stomach. If there is food to digest, the enzymes will digest the food first. If there is not food to digest, the enzymes will go straight into the bloodstream and start working on scar tissues and as an anti-inflammatory. Proteolytic enzymes are exceptional anti-inflammatories.

SPORTS PERFORMANCE

Proteolytic enzymes can help with athletic recovery. When you weightlift, for example, parts of the muscle break down and have small tears in them. The reason you are sore afterwards, more than because of the tears, is because of the inflammation response that occurs when your immune system sends proteolytic enzymes to deal with the pieces of broken up protein (muscle tissue). When you take proteolytic enzyme supplements, this process can happen even faster, leading to reduced recovery times. On the other hand, if this broken up protein remains undealt with, it can become food for bad bugs in your system.

DETOX

Toxins can hide out by bonding to proteins in our bodies. Dr. Nuzum will give proteolytic enzymes to his patients before starting any kind of detoxification process, because the enzymes can help break off and loosen toxins from proteins ahead of time. This can really help minimize the negative side effects, minimize Herxheimer Reactions, and reduce the inflammatory response of the detox process. In our world today, we are deficient in nutrients and overloaded with toxins. When your system is nutrient dense, there is barrier between our cells and toxins, but when we are nutrient deficient, our cells are basically toxin sponges. For instance, mercury will fit into the same receptor sites in the cell as selenium, zinc and sulfur. If we are deficient in selenium, zinc and sulfur, and we get exposed to mercury, the mercury goes right into those receptor sites. At that point, we can't get the nutrient into that receptor site again until we introduce large enough amounts of the nutrient into the body to cause the cell to let go of the toxin.

FLOW is CRITICAL for DETOX and HEALING

For optimal detox and healing it's imperative to get these four systems moving:

1. Blood flow
2. Digestive flow
3. Nerve flow
4. Lymphatic drainage

Healing is proportionate to blood flow. Quality of blood determines the quality of healing. Components of blood come from the digestive system. Next is nerve flow. If the nervous system is not effectively relaying messages and signals from the brain/control center to the rest of the body, we are going to have a problem. Then, we have lymphatic drainage. The lymphatic system is like the sewer system of your body. Everything in your brain, your joints, your organs, your muscles, has to flow back into the lymphatic system. Then from the lymphatic system, it drains into the blood, and then the blood gets filtered by the liver and kidneys. The liver drains toxins into the gut and then out through the colon. But if the digestive tract isn't flowing properly from top to bottom, all the toxins end up going back into the bloodstream and then back into the liver causing a bigger burden on the liver. Therefore, before doing any kind of detox, it's imperative that the digestive system and colon are flowing properly.