

Enzyme Therapy

Beating allergies using
enhanced digestion

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This is an extension of leaky gut theory. If foods are digested fully, down to small components, they lose allergenicity. So, we supplement digestive enzymes.

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Works well in practice, but does it stand up in theory? (joke)

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It can help with IBS and other digestive disorders, getting more nutrients from your food and lowers blood allergens.

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Thing is: without proper digestion, foods remain partly “banana”, “wheat”, “milk” and so on. This passes into the blood.

When fully digested, food substances become more generic.

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We need amylase, protease and lipase!

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Amylase digests starches.

Proteolytic enzymes (pepsin, trypsin, chymotrypsin and carboxypeptidase) digest proteins

Lipase digests fats

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Note that fat digestion also requires bile, from the liver, to emulsify fats, otherwise the lipase can't get at them.

pH is also an essential factor...

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The mouth has an alkaline medium
(saliva)

The stomach needs strong acid pH: 1.8 -
2.0

Small intestine is back to alkaline

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We monitor all this with pH strips, testing saliva (while also tells us about the rest of the body).



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Always supplement with pepsin too.

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It is possible to obtain mixed formulas, with natural proteolytic enzymes, amylases and lipases.

Wobenzym®[®], from Germany, is one I prefer.

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Natural substances which are effective:

Bromelain, from pineapple

Papain from papaya

Pancreatin (from animal sources)

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William Phillpott's recommended regimen is given in writing on this page.