

ENZYMES FIGHT Urinary Tract Infections

by Ken Babal, C.N.

In healthy people, urine in the bladder is sterile. Normally, the urethra, the channel that carries urine from the bladder out of the body, does not contain infectious organisms. Yet, 10 percent of the population suffers from urinary tract infections (UTIs).

The usual suspects are bacterial pathogens *E. coli*, *Enterococci*, *Proteus* bacteria and *Staphylococcus aureus*, which commonly enter through the lower end of the urinary tract and travel upward. More than 85 percent of these infections are caused by bacteria from a person's own intestine or vagina. Ordinarily, they are flushed out by the bladder as it empties.

Conventional treatment of UTIs consists of antibiotics and increasing urine flow with water consumption. There is concern, however, that antibiotic treatment actually promotes recurrent infections by killing off beneficial probiotic bacteria and by giving rise to antibiotic-resistant strains. More serious kidney infections, however, may necessitate such treatment.

Along with cranberry juice, herbal diuretics and natural infection fighters like goldenseal, colloidal silver and grapefruit seed extract, a holistic practitioner may recommend an enzyme supplement, especially when antibiotics are prescribed.

In patients with UTIs, researchers have found that enzymes make antibiotics and other drugs more effective by increasing blood concentrations of the medications and complementing their actions. This combination therapy has led to complete cures of cystitis (bladder infection) without recurrence.

HOW ENZYMES FIGHT INFECTIONS

The body's first response to infection is inflammation, as it attempts to control and eliminate invading bacteria, viruses or fungi. The process increases the flow of blood to the infected area,

bringing white blood cells and other components of the immune system to attack the microorganisms. Symptoms can include redness, swelling and pain.

Infections should be treated by a health professional, but enzyme supplements can be used to help the body fight the infection. Enzymes support digestion, increase nutrient absorption, strengthen the immune system, reduce pain and inflammation and help to balance pH levels. In contrast to nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen, enzyme preparations support and accelerate the natural inflammatory healing response without letting it get out of control, resulting in a pain-relieving effect. This is accomplished by improved microcirculation at the site of inflammation and removal of inflammatory products. The key enzymes for fighting infections are proteolytic (protein-digesting), which break down and "digest" proteinaceous and fibrous waste materials, including cell debris, bacteria, dead tissue and immune complexes composed of antibodies and antigens.

ENZYME SPECIALISTS

Because enzymes play such a critical role in digestion and immune functions, it is important to supplement with high-quality products from enzyme specialists. Enzymedica is a leading supplier of non-animal enzyme formulations, including Digest Gold™, pH Basic™ and Repair™. Digest Gold is the product of choice for maximum digestive support while pH Basic contains enzymes and minerals that raise urine alkalinity. Repair is a systemic formula that would be extremely useful for UTIs. It contains proteolytic enzymes that dissolve damaged tissues and increase protein synthesis to ease discomfort and speed recovery. ■

Ken Babal, C.N., has a nutrition counseling practice in Los Angeles and is author of numerous books including Good Digestion: Your Key to Vibrant Health.



Enzymes & Herpes

Since the 1960s, German doctors have used enzyme combinations for treating herpes zoster. Results have been astounding: pain is often reduced within three days, and healing is accelerated. A study comparing the effects of enzyme therapy with acyclovir (Zovirax) has shown that there are no significant differences in the effects on pain or healing of skin eruptions. Doctors recommend starting proteolytic enzyme therapy immediately after the initial signs of an outbreak and continuing for a few days after symptoms have abated.



Resources

To find Enzymedica products near you, visit www.enzymedica.com or call them toll-free at 888-918-1118.

Technical Inquiries:
request@enzymedica.com

General Inquiries:
info@enzymedica.com