The ‘Miracle’ Enzyme™

Giving the Answer to Pain, Chronic Inflammation, and Clogged Arteries

The amazing story of an enzyme that is set to become the most widely used health solution, because of its ability to replace the majority of anti-inflammatory drugs and bypass operations.

By Robert Redfern

With studies and literature extracts for health professionals.
The ‘Miracle’ Enzyme™ is Serrapeptase, the 2nd Gift from Silkworms Giving the answer to Pain, Inflammation and Clear Arteries! is not intended as medical advice. It is solely informational and educational about health.

Should the need for one be indicated, please consult a health professional and qualify them by asking “Do you believe that healthy recovery plans will only ultimately succeed with the inclusion of enzymes and nutrition as part of those plans?”
My book is about enzymes, one of the prime ingredients for the basic biology of life and, therefore health.

I am Robert Redfern, a nutrition consultant, and I have written this book to publicize a substance that may help you to recover from serious diseases, and to recover your good health. The stars of this book are called enzymes, also known as active proteins. The ‘Super Star Enzyme’, which is discussed in detail later, is one called Serrapeptase.

Enzymes are proteins that are the catalyst for life. Without them life (and, therefore, health) would not exist as we know it. Even oxygen needs enzymes to be released into the atmosphere. Their importance to health cannot be overestimated, and you are going to learn that they are the prime tools in regaining health from the majority of health problems. Without proper and appropriate enzyme activity, there can be no return to health. This is recognized by every medical doctor and is well known to those that use them as the front line in health care.

Enzymes are used in every facet of industry: making beer, cheese, leather processing, sauerkraut, fermented soy products, like miso and tempeh, food processing, and in many chemical processes. Even in the medical field, enzymes and enzyme activity are used in the analysis and manufacturing process.

**Fact: Only enzymes, nutrition, and lifestyle provide health care.**

**Fact: Drugs only provide disease management.**

The problem comes when enzymes are put forward for therapy and to replace patented drugs. Enzymes, as a primary treatment, are only ignored, because they negate the need for the majority of expensive patented drugs, and this is against the interests of the medical/pharmaceutical business (more about this later). The medical/pharmaceutical business controls what treatments doctors are allowed to prescribe, using powerful marketing and, sometimes, downright intimidation. This is not intended to ‘knock doctors’. They are caught between the devil and the deep blue sea. I personally know of many doctors who prescribe enzymes and nutrients for health recovery, but they only do it quietly to avoid trouble from the medical/pharmaceutical business. The rest may succumb to the expensive marketing, as well as pressure from patients who, impressed by the press release, demand the next ‘Wonder Drug’.

In this book, we are going to look at a range of plant-derived enzymes. Plant derived enzymes are the type that work best in humans, according to studies over the last 100 years. There are a number of enzymes found in living plants, and three basic types are:

- **Protease (Proteolytic)** – will digest differing types of proteins.
- **Amylase (Amilolytic)** – will digest starches.
- **Lipase (Lipolytic)** – will digest fats.
Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 80's. Up until 1986, Robert did not take much notice of his health - in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their 60's, to shock Robert into evaluating his priorities.

They looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health.

They researched the benefits of acupuncture and, together, developed the HealthPoint™, the world's foremost electronic acupressure device. This was based upon the electronic waveform research of Dr. Julian Kenyon, M.D. This has become the Gold Standard Electro-Acupressure device and is now successfully used by tens of thousands of users throughout the world and in many hospitals by physiotherapists.

Robert and Anne changed their lifestyle and diet, and, combined with the use of HealthPoint™, the improvement to their health became remarkable. In addition to good health, they feel and look younger and more energetic than all those years ago - before they started their plan. Robert is now nearly 60, and, both he and Anne, are still planning to look and feel even younger with continuing care.

Enzymes have been a major part of their life for nearly ten years, after reading a book by Dr. Edward Howell, entitled “Enzyme Nutrition, The Food Enzyme Concept.” That book filled in some of the gaps as to why just practicing good nutrition did not provide the maximum benefit to everyone.

Over the past ten years, tens of thousands of people have followed Robert and Anne's health plan and the majority that stayed with their program have reaped tremendous benefits. This book shows you how to resolve most of the common diseases, using enzymes and other lifestyle changes. To the extent that you follow them, you will be amazed how healthy you can become.

Good luck and good health.

Robert S. Redfern

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Other books and publications:

“10 Steps™ to Your Natural Eye Health”
Serrapeptase Newsletter
This "rising star" enzyme is relatively new on the scene, with only 30 years of studies and use by doctors in Europe and Asia, but Serrapeptase is set to become the biggest star of all time, as you will soon find out.

Serrapeptase – a protease-type enzyme that stops inflammation and dissolves non-vital tissue.

As an anti-inflammatory, nothing surpasses the ability of Serrapeptase to safely stop inappropriate inflammation in its tracks. No matter the cause or the location (it even crosses the blood brain barrier), Serrapeptase gets to work stopping the inflammation. If that is not enough, it has the ability to dissolve any dead or non-living tissue that may be preventing recovery, particularly mucus and inflammation associated with pain.

Over the past 30 years, studies and practitioners' observations have revealed benefits from serrapeptase in a huge range of conditions, including arthritis, inflammatory migraines/headaches, chest problems such as bronchitis, asthma, bronchiectasis, sinus, blocked arteries, fibrocystic breast disease, breast engorgement, and cancers.

The book is in two sections:

a. The first part of this guide explains how enzymes, and particularly Serrapeptase enzymes, work and gives you the information you need to understand why it may work for your condition.

b. The second part shows you a clear action plan to clear disease from your body, prevent its return, and, to maintain health & fitness for life.
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1. Introduction:

a. Enzymes, what are they?

Enzymes are catalysts and are made out of amino acids by RNA (Ribonucleic Acid) which is made by DNA (Deoxyribonucleic Acid). Some people call them “active proteins.” This activity means they make things happen. Imagine a factory with lots of equipment and raw materials, but nothing much happens without the workers. These are the same as enzymes, look after them, and they will do a great job. Enzymes need a specific temperature and PH (measure of acidity/alkalinity) to perform their work. Enzymes from plants work best at the human body’s temperature and PH. They are essential in every function of growth, repair, and therefore the health of every living cell in your body.

Thousands of enzymes are working every second to build and regenerate our body. They are constantly being converted or produced in our body and depend upon good living nutrition to keep ahead of daily damage and degeneration. They do need help in this job, and this essential help comes from co-enzymes. These are critical vitamins and minerals, such as vitamin B12. Even a small deficiency in B12 results in disease. This becomes such a problem with elderly people on poor diets that at times they need injections.

Another co-enzyme, zinc, is needed by about 80 enzyme activities, not to mention the famous co-enzyme Q10. Without enzymes and co-enzymes there would be no living thing. Grass, trees, insects, germs, animals and humans all depend on enzymes to sustain growth and health.

There are 3 types of enzymes:

1. Food/Digestive enzymes – These take the basic building blocks delivered by food we eat and convert it to colloidal particles (the smallest particles that exist in a free state) that can be converted into healthy living tissue.

2. Metabolic enzymes - Metabolic enzymes use these colloids to keep all of our organs and tissues functioning with hundreds of diverse chemical activities, repairing body organs and fighting disease. Our body’s ability to stay healthy, to repair tissue when injured, to protect us from disease, is directly related to the quality and number of enzymes, coenzymes, and nutritious food.

3. Clean-Up Enzymes - these third types are not really a separate group, but are the enzymes for last the job on the line, clearing up. They are responsible for cleaning up and eliminating the mess that is left in our body from the construction and repair work that is in operation 24/7. These clean-up enzymes clear our bodies of the undigested carbohydrates, proteins, and any non-vital tissue floating around. Another vital job is to provide anti-inflammatory enzymes to fight infections and tissue damage.

These enzymes act to do specific jobs such as:

1. Digesting food.
2. Breaking down toxins.
3. Cleansing the blood.
4. Supporting the immune system.
5. Converting protein into muscle.
6. Contracting muscles.
7. Eliminating carbon dioxide from the lungs.
8. Supporting the pancreas and other vital organs.

“Without sufficient enzymes (and co-enzymes) there can be no life or good health.”

Robert Redfern
Enzymes are the workers in your body - they carry out every chemical reaction. To have a healthy body, you need both workers (enzymes) and building materials. The building materials are proteins (amino acids), minerals, and vitamins. All of these are necessary to build a healthy body. Trying to function without all the necessary enzymes is the reason for most body malfunctions.

**There are seven categories of food enzymes:**

1. Lipase to break down fat;
2. Protease to break down protein;
3. Cellulase to break down fibers;
4. Amylase to break down starch;
5. Lactase to break down dairy foods;
6. Sucrase to break down sugars; and
7. Maltase to break down grains.

**There are two ways to preserve and replenish our enzyme level:**

- Eating living foods & food supplements.
- Taking enzyme supplements.

**c. Where do they come from?**

On a daily basis they are ingested in unprocessed, raw, or lightly cooked food (called exogenous or food enzymes) and they are also produced or converted by other enzymes inside the body (endogenous, meaning inside-created). Some have a long life (weeks) and some have a short life (minutes). This explains the obvious need for a daily intake of enzymes that are alive (meaning not microwaved, cooked, or processed until enzyme death, as in pasteurized milk) and foods, such as vegetables, fruits, raw or lightly cooked fish, meats, and sprouted seeds and beans. Studies show that a 70 year old has only 20% of the enzymes found in the body of a 20 year old. This is a major part of the cause of age-related diseases and is easy to correct with better food and nutritional supplementation.

**d. Are there any scientific studies?**

Probably more than any other facet of life over the past 100 years. In 1930, only 80 enzymes were known. By the year 2000, nearly 3,000 enzymes had been researched and discovered. There are literally thousands of studies on enzymes' contribution to life and health. Rheumatoid arthritis, cancer, lung diseases all have studies showing enzyme therapy to be the most successful prime treatment. (See the appendix for lists of studies.)

**e. Are they safe?**

In studies equivalent to a human taking thousand of tablets of enzymes, no side effects were shown. Only hemophilia patients were found to need supervision while taking them.

**f. Why don’t more doctors prescribe them?**

Many do. There are many doctors who have changed completely and now practice health care (Lifestyle and Nutrition) as opposed to disease management (drugs and surgery). They are unfortunately a tiny minority and the majority of doctors will only practice ‘health-care’ when the system is taken out from the control of the medical/pharmaceutical business, which only can see profit in diseases management.
2. Serrapeptase - a Powerful Proteolytic Enzyme

a. Overview

Serrapeptase has had wide clinical use, spanning over thirty years throughout Europe and Asia, as a viable alternative to aspirin (salicylates), ibuprofen and the more potent NSAID's. Unlike these drugs, Serrapeptase is a naturally occurring protease enzyme agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects.

What type of enzyme is it?

Serrapeptase is a proteolytic enzyme (protease) isolated from the microorganism, Serratia E15. In vitro and in vivo studies reveal that Serrapeptase has a specific, anti-inflammatory effect, superior to that of other proteolytic enzymes. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme.

This enzyme is manufactured commercially today through fermentation, but was originally found in the silkworm intestine. The Silkworm uses it for instantly dissolving the hard cocoon to allow the moth to escape and fly away. It also uses it to help digest the tough mulberry leaves that it feeds on. This truly is the “2nd Gift from the Silkworm.”

b. The Uses

Serrapeptase digests non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms. The uses are wide ranging and cover just about every condition that is affected by inflammation and/or non-living tissue. Every few months or so, another case is related by a doctor/practitioner/user of yet another condition it has helped.

This can be quite tedious for the average reader, who just really wants to know what it can do for their health problem. We have relegated this section to the appendix, page 85.

Dennis Gore, Pharmacist and Broadcaster.

When did you first come across the Serrapeptase?

“I basically met Serrapeptase in about March 2002, as a result of the publicity surrounding the good results people were getting, and the fact that it was available on prescription from doctors in Germany and other European countries.

I researched it and found out that it was an enzyme made by a bacterium and was originally found in the silkworm. The silkworm uses the enzymes to help digest the tough mulberry leaves it lives on and spectacularly uses it to instantly dissolve a large hole in the very hard wall of the cocoon it lives in. The silkworm moth then emerges quickly and escapes before predators can devour it. I found out that in about 1970 scientists started to culture this enzyme in the laboratory by feeding it a protein. The result was a dry, white, tasteless powder that contains the Serrapeptase enzymes. They then did some exploratory research, by giving it to animals and, eventually, humans. They found it was perfectly safe, with no side effects, and they set up properly conducted double-blind studies. The studies showed that, in addition to getting rid of chronic inflammation, they also dissolved non-vital protein material. I read about Dr. Hans Napier’s results with cleared blocked arteries and preventing the need for by-pass operations. I read studies from around the world where mucus and catarrh could be cleared very easily, as well as swelling and trauma recovery, and even non-cancerous breast cysts. In fact, after mentioning this on my radio program, a lady...
telephoned me from Southport and reported that, after using this for breast cysts, her doctors had given her the “all clear.”

The first dramatic effect that I experienced was with a man in his 60’s who had been a heavy smoker for many years. His wife wheeled him from a special van and into my pharmacy. He was very breathless in his voice and was difficult to understand, because he has emphysema and chronic obstructive pulmonary disease (COPD). These are considered to be irreversible damage to the linings of the lungs, usually caused by smoking or toxic environments. Whereas asthma may be considered reversible, COPD is an irreversible disease. Normally with this, the only thing we can do is to relieve or help, with, say, an oxygen tank or sprays to open the airways, or steroid sprays that help to stop inflammation. This man said he had heard me on the BBC radio program talking about the studies, saying that it had helped to maintain the airways of people with breathing problems by helping to break down the damaged tissue that had built up over their lifetime, whether due to smoking or things like working with chemicals. He told me he was on sprays, on oxygen, and on antibiotics every two weeks, as he was always getting bad infections, and breathlessly, he told me he wanted to try Serrapeptase. To begin with, he took two 20,000iu tablets on an empty stomach, four times per day. Later he reduced to four per day of the 40,000iu capsules and finally, as maintainance, he reduced to a couple per day.

Three weeks later the door opened, and this man, whom I had met only once, sat in a wheelchair (just one of daily faces in my practice), walked in and said, in a completely clear voice, with no breathlessness, “do you remember me? I was in three weeks ago with my wife.” I had to apologize that I see so many people, and could he remind me. He then reminded me that he was the person with emphysema, and this 6’ tall person, who had been in a wheelchair previously, had marched out of his van, no wife with him, no wheelchair with him, and spoke to me in a clear voice. He told me that in the early days, so much rubbish was coming up that he thought his lungs might be disintegrating, but he soon realized that it was a big clearout underway. He started to feel so much better, and he was no longer on antibiotics, no longer on oxygen cylinders, and he was no longer using his sprays. He was still smoking, and he had booked a holiday to go to Benidorm, in Spain, in March 2002. He is still a regular visitor to the shop to get supplies. He brings other people along, buttonholes other people in the shop, and praises Serrapeptase, if he hears them ask about it. He is still so thrilled after two years of feeling good.

This story related on the radio has given many people encouragement, who have gone onto the program themselves and been given a much better quality of life than they thought possible. Many of these who are smokers, and at that point have only a chesty cough, do not realize how it can easily develop into COPD, and by taking the Serrapeptase, are keeping it at bay.

All smokers should realize that no matter how pleasurable addictive smoking is, there are many chemicals and toxins in the smoke. Their quality of life, and possibly their lifespan, is in the balance (40% of all deaths are from lung diseases).

Support from your pharmacist with nicotine patches and Serrapeptase may change those outcomes.

I mentioned before the world-famous heart surgeon, Dr. Hans Napier, from Germany, who died in 1998. He presented to a press conference in Germany the results of his work treating people who had blocked arteries, using the enzyme Serrapeptase. He reported that he was able to cancel the operations for double, triple, and even quadruple bypasses. He presented two former gymnasts who, in their 70’s, were
scheduled for by-pass operations, suffering from cardiovascular disease, as they could “hardly walk across the room.” He reported that he was able to cancel the operation, because their arteries were now clear. To make the point, the gymnasts proceeded to do cartwheels across the floor in front of the journalist.

When I related this information on the radio, many people started to take it for that. Three gentlemen, all scheduled for by-pass operations within a few months, contacted me to tell me their stories; one 69-year-old Morecambe man, one 74-year-old Chadderton man, and the other Rochdale man was also in his seventies. All three have been reporting back to me over the past two years, and all three have had their by-pass operations cancelled by their specialists, who could find no symptom that would warrant an operation. Just taking 2-3 doses per day of the Serrapeptase appeared to have cleared their arteries, reduced their Angina manifestations, and left them very delighted gentlemen.

The gentleman from Chadderton has now had his second appointment with his specialist and again been given the “all clear.” That makes it two years in total. He is delighted to be able to travel and told me recently he was on his regular trip 200 miles south to play flat green bowling, which is not available here in the north. He is now delighted to be able to drive south with his wife and bowl for 10 hours.

One of the many wonderful benefits is to people with phlegm, catarrh, and mucus problems. I have been selling, for about 40 years as a pharmacist, a whole range of well-known products and sprays for relieving sinus and other congestion. They do work, but when the person stops, they can get what we call a “rebound effect,” which means it can come back again with a vengeance. With Serrapeptase, it is working in a different way and making the mucus material, both in the sinuses and the back of the throat, with the lungs and especially with asthma, much thinner, which allows the body to dissolve it out quickly. It also stops the inflammation that is often the cause of the mucus, and so it stops it from recurring, giving a wonderful improvement to their lives and from such a natural product.

It really has been a wonderful experience for me as a pharmacist to be able to offer a working alternative, when the traditional pharmaceutical route is not giving adequate relief, and especially when that alternative is proven in studies and already accepted by the medical establishment in many western countries.

I can only see the use of this expanding as new uses arise nearly every month or so.

Dennis Gore, August 2004

The following reports on professional uses were researched, interviewed, and verified by independent writer Jenny Pulling

“Practitioners are discovering the myriad uses of Serrapeptase.”

Jenny Pulling

Dr. Simon Norton - Epsom Chiropractic Clinic

Dr. Simon Norton, who heads the Epsom Chiropractic Clinic, is delighted with results. “It has greatly improved the quality of many of my patients’ lives.”

Varicose Veins

“I’ve prescribed Serrapeptase for those with varicose veins on their legs that looked like a bunch of grapes. After a few months, they’ve returned with scarcely any sign of disfigurement.”
Headaches

“I had another patient with an obstinate frontal headache, due to mucus in the sinuses. He had suffered with it for years. After three days on Serrapeptase, he called me to say that the pain was disappearing, and he could feel the dispersed mucus running down his throat.”

Lungs

“It has helped smokers, too. When they cough up a lot of stuff, it is likely to persuade them of the damage they are doing to their health, if they continue to smoke.”

Nephritis

Dr. Norton cites the case of another patient who was suffering from chronic nephritis, necessitating high dose steroids. “She was told she would die if she didn’t take them and had given up all hope of having children,” he said. “She came to me because she wanted to reduce the strength of the steroids. Serrapeptase is a powerful anti-inflammatory without side effects. As a result of taking it, her steroid dosage is reduced from 30 mg to 5 mg, and she is planning a family.”

Adhesions

The saying, “physician, heal thyself” couldn’t be truer in Dr. Norton’s case. He has used the enzyme for himself and members of his family with excellent results. “My son had to undergo major surgery for leg lengthening that resulted in painful adhesions. I used chiropractic techniques to work on his legs for eight years, but the condition remained. Then we tried Serrapeptase. I was amazed when, after a few months, these adhesions vanished.”

Tennis Elbow

Chiropractice is a physically demanding profession; practitioners often develop “tennis elbow.” It is a very painful condition, as Dr. Norton knows but, again, Serrapeptase came to the rescue. Rheumatoid arthritis also responds to this therapy, keeping pain under control. Dr. Norton is also surprised by the speed with which the enzyme appears to work. “Chelation therapy time has been reduced from three years to one, and I’ve had patients who were huffing and puffing, playing bowls in a remarkably short time.”

The clinic’s approach is a holistic one. It aims to encourage people to build their health by making lifestyle changes and using appropriate supplements. The silkworm’s secret has yielded a very useful one.

Nurse Tranter Practice

Since nurse Linda Tranter opened her own natural health practice in Gateshead, she has never looked back. Helping people back to health is what she always felt was her calling. At a recent conference, a colleague recommended an enzyme that has been getting much publicity recently, called Serrapeptase. This enzyme was found being used by the Silkworm to dissolve its way out of the rock hard cocoon in seconds. Research scientists took this enzyme and, after growing it in vegetable matter, have found it to be the perfect anti-inflammatory and to get rid of dead tissue in the body. The colleague who recommended it had great success and, although Linda was initially sceptical, she has now tried it both on herself and on a great number of patients. She and they find the results are quite astounding.
“It is so good. Everyone should be taking Serrapeptase,” says Linda. “I prescribe it for a number of health problems, and the results I see speak for themselves. One woman had suffered all her life from lumpy breasts. After taking Serrapeptase for three months, her latest mammogram revealed the cystic lumps had reduced from nine to one.”

Linda, a qualified hospital nurse, wishes consultants would be less non-committal. “It’s not all in the mind,” agreed a young woman solicitor who stopped practicing because of chronic fatigue syndrome.

“I feel like a different woman,” she told Linda, after ten weeks on the enzyme. “I’m taking it on my honeymoon with me,” another client who suffered from candida announced. “I can’t live without it now.”

An advocate of a clean healthy colon, Linda believes many of our ills are due to clogging our systems with sticky carbohydrates. Serrapeptase acts as a detoxing agent and reduces pain. “Clients with IBS suddenly realize they haven’t grumbled for weeks,” Linda confirms. “It’s uphill work convincing people,” says the bubbly therapist. She regrets clients are developing health problems at a younger age, often due to diet. “People find talk about enzymes difficult to accept. They’re used to the instant fix of antibiotics. I tell them they’ll need two bottles of Serrapeptase before they see results.” And Linda has great news for men who are concerned with developing prostate trouble. “I had one client who was distressed, because it took him ages to pass the smallest amount of urine,” she said. “I suggested he take Serrapeptase, and he agreed to give the enzyme a try. He called me recently, delighted with the results. ‘I’ve only taken two bottles and… well…. it’s working!'”

Varicose veins, parasites; the one-time sceptic is enthusiastic about the healing properties of the silkworm’s secret. “I am monitoring its effects and writing my own paper,” she said. “Personally, I’ve taken Serrapeptase for five months, and I feel fantastic.”

David Snow - Acupuncturist

“Of course we’ve known it for years,” says practitioner David Snow. “Good nutrition and a healthy life style are the foundations of health. ‘Detox’ may have become a buzzword, but it has been part of naturopath philosophy for a long, long time.”

“I am an acupuncturist and not formally trained in nutrition, but I can and do make suggestions of supplements, dietary, and lifestyle changes where they seem appropriate. I’m always interested to hear of therapies and supplements my clients have used to good effect.”

Yoga teacher does headstands again - thanks to Serrapeptase. “Serrapeptase came to my notice recently while I was treating a 68-year-old yoga teacher. She is a very active woman, but suffers from neck and back pain that adversely affects her life.” David uses acupuncture or electronic acupressure (HealthPoint™) to keep everything moving. He was interested, however, when she told him she took Serrapeptase, finding it to be a powerful anti-inflammatory that really helped control the pain. “The pain returns the moment I stop using it,” she told me.

Breast Cysts

“I was also interested to hear that both the cyst in her breast, which she has had drained, and a cyst in her eye, have not returned.”
Heart Disease

“I’m interested to hear that Germany is taking Serrapeptase very seriously as a supplement in the treatment of heart and regenerative disease.”

David is based in Sheffield and works holistically, even where the surroundings of his clients are concerned. A trained Feng Shui practitioner and a dowser, he will visit people in their homes, if a condition is obstinate in clearing up. “My advice generally is to look into your lifestyle and diet, and see how specific supplements like Serrapeptase may help.”

Janet Spence - Naturopath, Solihull Clinic

Naturopath Janet Spence is yet another practitioner whose satisfaction with Serrapeptase has prompted her to take it herself. “This is a wide spectrum nutrient,” she says. “Rather like vitamin C therapy or aspirin, it is multi functional.” Her treatment method usually begins with a cleansing and detox-program. To this she will add amino acids and liver support. She then prescribes supplements and nutrients indicated for particular health problems.

“I use Serrapeptase for pain control, as it is a powerful anti-inflammatory, thus reducing or even eliminating the use of steroids. Currently I am monitoring its use in controlling high levels of the ‘wrong’ kind of cholesterol. As a nutrient, it seems well accepted; none of my patients appears to have suffered any side effects, even when on very high doses.”

Ms. Spence is enthusiastic about the role of Serrapeptase in treating venous conditions. The problem of blood clots after air travel has been in the news over past months. “I’m prescribing Serrapeptase to patients who are planning a long-haul flight. They take it two months before departure and another two months on their return. Some of my elderly patients like to stay on a low dose all the time, rather like those who take a continual low aspirin dose.”

The anti-coagulant drug Warfarin is not well supported by some people. That presents a dilemma, as they may be suffering from high blood pressure and run the risk of thrombosis. Ms. Spence is pleased with the progress of one such patient. “Warfarin was killing her, when she came to consult me. I put her onto Serrapeptase and other anti-coagulants. Her GP is happy for us to be doing this, as there is no other drug he can use. I find this very encouraging and am now monitoring its use in the treatment of varicose veins.”

Anthony Edwards, Doctor of Acupuncture and Chelation/Ozone Specialist, Newport Clinic of Alternative Medicine, Shropshire.

“I have been getting good overall results with Serrapeptase on my patients and even myself, but one patient has exceeded expectations. He had suffered severe agonizing gout for the past nine years and tried just about everything. Within three weeks of taking Serrapeptase, it has completely gone and created a very happy patient.”
SERRAPEPTASE USERS CASE STUDIES

The Following users of Serrapeptase are very happy to share their success with others. Interviewed by Jenny Pulling.

MS Multiple Sclerosis - Maureen Rooney

Not so long ago Mrs. Maureen Rooney threaded a needle and sewed on a button. So what? I hear you say. In fact, this was a huge achievement in her 16-year battle against MS. It has involved years of dedication to a health regime. Every week, Mrs. Rooney undergoes hyperbaric oxygen treatment and uses a Chi machine daily. But it was her discovery of Serrapeptase that has made a dramatic difference to her life.

Says Mrs. Rooney: “My MS follows a pattern of relapses and remissions. During the relapses, I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory, and depression. During one of the relapses, in June 2003, when I had a relapse, I started to take Serrapeptase.

At that time, I was concerned about one of my little fingers. It had turned white and was curling backwards, I was terrified, believing it was on its way out. When you have a terrible disease like this, you will try anything. I started taking Serrapeptase, taking nine tablets a day. It has been a Godsend. Within five days, my finger was back to normal.

I now feel brilliant. Everything has improved. Since last June, I have had no relapses. The tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and, what is perhaps best of all, the old confident pre-MS me has returned.”

Maureen Rooney

Arthritis and Cholesterol - Mrs. Eileen Malone

Walking was agony for Mrs. Malone. The severe arthritis in her knee was very severe, and none of the many prescribed medicines she tried had any lasting benefit. By chance, she tuned into “Dennis the Chemist” on her local radio station and heard the name Serrapeptase for the first time. “Worth a try,” she told herself.

“I’m so glad I heard that program. I bought myself a bottle and after two weeks, the pain lessened.”

Eileen Malone

Cysts and Cardiovascular Disease - Mr. and Mrs. Jones, North Wales

The couple are spiritual healers and have helped many people with health problems in the course of their work. One of their clients is over 80 years old who suffered a stroke some time ago. The Joneses suggested she try Serrapeptase, as an aid to clearing her arteries, and sure enough, her walking ability improved.
Mrs. Jones adds: “We were amazed by its power in dispersing two cysts, one on her back and one on her breast. After only three bottles of Serrapeptase, the one on her back has completely disappeared, while the one on her breast is shrinking. She says she feels wonderful!”

The Joneses have had their own positive experience with the silkworm’s secret. About three years ago, Mr. Jones had a bad fall. Conscious of his recent hip replacement, he took the full impact on his left shoulder, which left him in terrible pain.

Mrs. Jones takes up the story: “We were going on a coach holiday to Slovenia when this pain really flared up. The doctor prescribed an anti inflammatory, but the side effects were disastrous, and my husband stopped taking them.”

Returning to another doctor for a cortisone injection, Mr. Jones was told that the problem was not in his shoulder but his arm. At that point, the couple read about Serrapeptase.

“I said to my husband, I’m going to send off for those; I’d rather have less holiday money, if you can be pain free. He started taking them three weeks before our holiday, and the happy ending is that the pain went away and never came back. Now he can swing his arms above his head!”

Having proved for themselves the efficacy of Serrapeptase, Mr. and Mrs. Jones often suggest it to their clients. And Mrs. Jones is an advocate of the low carbohydrate diet recommended by Robert Redfern.

“It’s brought my diabetic sugar levels back to normal,” she smiles. “It’s amazing!”

**Chronic Cough - S.T. Doncaster**

Mrs. T’s persistent cough and colds made her life a misery. She just couldn’t shake them off. Preferring ‘natural’ medicines wherever possible, she favors homeopathy and bio salts.

“Orthodox drugs often have unwanted side effects,” she says. “That’s why I was interested when someone told me about Serrapeptase. To be honest, I am delighted with it. If I have a cold or a chesty cough, I find it’s completely gone in a couple of days.”

“I was interested to learn about its action in dissolving scar tissue and recommended it to a friend, who had been suffering with the dreadful pain of sciatica for a long time. It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective.”

**Wegener’s Granulomatosis - S. Varah, Sheffield**

“I suffer from a condition called Wegener’s Granulomatosis. Wegener’s Granulomatosis is a rare form of vasculitis, or inflammation of the blood vessels, that begins in the respiratory system. In this case, the antibodies actually attack the immune systems’ own white blood cells, causing inflammation of the blood vessels and inflamed tumor-like masses called granulomas that interfere with blood flow.

My problem is a build up of tissue in my throat, just below my vocal chords, that threatens to choke me. This is especially in the winter, when I get a mucus build-up that further threatens to choke me, when I try to cough it up.

Up until now I have I have had to attend hospital to have this build-up cut away with a laser every 2-6 months. A year ago, I had an operation and immediately afterwards, I found Serrapeptase. Although suffering from poor health at that time, the Serrapeptase seems to have reduced the scar tissue and avoided the need for another operation or tracheostomy.
In the past, while suffering even from a simple cold, I was close to death from choking from mucus plugs. By keeping the scar tissue down and reducing the mucus, I feel Serrapeptase has literally saved my life.

On Monday, the 19th of July, I got the results of an MRI scan that showed the scar tissue had not returned, and I am absolutely thrilled.

Cardiovascular Disease, Prestwich, Manchester

"I’m 70 and was scheduled for bypass surgery. After using Serrapeptase, my surgery was cancelled, and my doctor told me I had brand new baby arteries."

Asbestosis - Margaret Maher

It is always distressing to see a loved one suffering, as Mrs. Maher found out, when she learned her father was suffering from asbestosis. About three years ago, he was taken into the hospital to be diagnosed with this horrible lung condition. Mrs. Maher never believed he would come out, but finally he was discharged.

As she recalls: “He was in such a bad way he could not walk from the front door into the driveway. I was at my wits’ end as to what to do, then a friend gave me the Serrapeptase website which impressed me. My father promised to take it seriously. The results were almost immediate. This was on a Monday, and by the following Saturday morning, he seemed to have regained some of the confidence he had lost in the hospital. I suggested giving him a lift to the local shops and he said, ‘No, I am going to walk.’ It took him some time, but he got there.”

When Mrs. Maher spoke to me, her father had gone down to the town center and managed to “toddle round the shops” and meet a few friends. Another benefit is that the dry flaky skin and dandruff the 74-year-old developed following continual use of a nebulizer has also cleared up.

“I can’t tell you what a difference those tablets have made to this household,” smiles Mrs. Maher. “They’ve kept the disease at bay. Without them he just wouldn’t be here.”

Asthma Breathing - Mrs Donnelly

When I called, Mr. Donnelly answered the telephone and told me he would have to fetch his wife from the garden, where she was watering her plants. I was surprised, as I’d been told that she suffers badly from shortness of breath and asthma.

“She’s made me feel 200% better," she declares. “My local health shop told me about them. They didn’t make big claims - just said they might be helpful. And they are. I started taking them straightaway, and everybody saw the difference in me. It is amazing. My husband and I love dancing, and now I can enjoy it again. You should see me on the dance floor doing ballroom and modern. I recommend Serrapeptase to lots of people these days.”

Back and Knee Pain - Ralph Owen

Severe pain in his back and knees was affecting Mr. Owen’s life badly. He walked sideways “like a crab,” as he puts it. That was until he heard about Serrapeptase on the “Dennis the Chemist” radio program.

“I made up my mind I’d give it a try,” he says. “I’d just like to say that it has worked wonders for both my back and knees. I have very little pain these days. I also recommended it to one of my sisters, and it has cleared up her chest problems.”
24 years of Leg Pain - Alan Russell

The amputation of Mr. Russell’s leg was cancelled at the last minute, but he was left in severe pain for 24 years. Now he is walking tall and pain free.

He recalls that Monday night in the hospital when, after a serious accident, the surgeon had told him he’d be better off with an artificial leg.

“My operation was scheduled for the Tuesday morning,” he says, “But then I had a visit from the surgeon the night before, who told me with a little smile: “You will be pleased to hear I am going to postpone your operation.”

All the same, Mr. Russell suffered years of acute pain and such difficulty in walking that for 20 years, he couldn’t even go on holiday. “I began to take Serrapeptase, and the pain has 95% disappeared. I am absolutely delighted. I keep waiting for it to come back, but it doesn’t.”

Mr. Russell is a great advertisement for the success of Serrapeptase and continues to recommend it to friends and family. One woman friend, who had always used sticks to walk, has managed to do without them. “Pain makes you feel out of control of your life,” he says. “Serrapeptase helps you to regain it.”

Author’s Testimonials - Robert Redfern

“My sister-in-law has suffered untold misery with Polycystic Ovaries (PCOs) and aching joints for many years... The cysts, as well as the pains, are kept away as long as she takes Serrapeptase”  
Robert Redfern

“Practically everyone in my family and extended family is taking Serrapeptase including me. On two occasions I have had a sore throat first thing in the morning. I have chewed a Serrapeptase tablet, and within 30 minutes the sore throat has completely cleared.”

Anne Redfern – “My wife was at her wits’ end, with very painful varicose veins. She even considered surgery, much against her own better judgement. Serrapeptase has left her pain free, and the veins have shrunk to a point where she is no longer bothered with them. She does, however, have to keep taking a couple to prevent any return.”

Lucy Redfern – “My daughter Lucy suffers IBS occasionally; now with Serrapeptase she can stop the attack within 24 hours. She suffered mastitis (breast engorgement) twice while breast feeding her daughter. Within one hour of taking two tablets, she was completely clear and able to carry on feeding. She was completely clear within two hours on two separate occasions.”

Sara McLaughlin – “My sister-in-law has suffered untold misery with Polycystic Ovaries (PCO’s) and aching joints for many years. She had just about tried everything and felt as bad as a woman can with this problem. The cysts, as well as the pains, are kept away as long as she takes Serrapeptase.”

Jasmine McLaughlin – “My niece and budding athlete uses the Serrapeptase after events or training, whenever she gets any muscle pulls or aches. Her brother Zak suffers from mucus and sore throats that are both immediately dealt with by a Serrapeptase tablet.”

Nora McLaughlin – “My mother-in-law, 79 years of age and looking after her wheelchair-bound husband has more than her fair share of backaches and other pains. As long as she is taking Serrapeptase, she is very comfortable but if she runs out, she is on the phone like a shot for more supplies. Still smoking (she says to relieve the stress) she also has more than her fair share of chest problems in the winter, that is until Serrapeptase came along to keep her mostly clear. Her life is unlikely to change, but Serrapeptase makes it much more comfortable.”
USA Serrapeptase Testimonials

Sarcoidosis, J. L. - Louisville, Kentucky

“I have suffered with sarcoidosis since August of 2000. I began taking natural supplements in September and NEVER took any steroidal drugs, despite being told by two separate doctors that I could die, if I did not enter into this treatment.

Despite taking whey protein products (glyconutrition), I have never quite been able to get over the sarcoidosis in its entirety. I managed to eliminate many of the symptoms, but in January of this past year, began developing some severe problems with my shoulder, neck, and arm (inflammation). I also have suffered with pain in my feet for over ten years, which no doctor or podiatrist ever seemed to be able to fix, nor any amount of expensive shoes relieved.

A good friend, who shares info with me about natural supplements, told me about Serrapeptase two weeks ago, and I ordered it, after reading the information available at your website. I noticed, in less than seven days that when I would get out of bed in the mornings, I was experiencing less foot pain. Now, two weeks later, I am starting to regain some mobility in my arm. My arm has been severely affected since January, and certain movements were entirely impossible. I am now able to move my arm in most directions. While still sore to some extent, I am thrilled beyond words at how much improvement I am seeing in such a short period of time. I walked two miles the other night, and not one time did I feel a need to return home because of foot pain.

Sarcoidosis is also an inflammatory disease that has affected my liver, spleen, and lungs. I believe that it, too, is being helped. The one thing that I have never totally been able to eliminate is a slight wheeze. I am now starting to experience less and less wheeze.

You cannot begin to understand how excited I am feeling. I believe that I have finally landed upon something that could potentially heal me totally of Sarcoidosis.”

J. L., Kentucky

“Serrapeptase has helped reduce my arthritis pain significantly. Thanks Serrapeptase”.

T.H., Sanee, CA

“After using Serrapeptase, my diabetes is under such better control that I no longer need Chelation”.

J.D., San Diego, CA

“Serrapeptase helped my varicose veins. Thanks”.

D.L., Santa Clarita, CA

“I can barely keep this product on my shelves. I’ve had clients with diabetes tell me this product has helped their blood sugar levels. Also MS patients have reported increased mobility”.

D.R., Sarasota, FL

“I've got a radio show called the Power Hour and sold 200 bottles of Serrapeptase in an hour!”

C.L., MN

“After testing several of my patients on Serrapeptase, I determined this product helped lower their blood sugar levels.”
3. Serrapeptase, its Uses & Action Plans

Serrapeptase has been admitted as a standard treatment in Germany and other European countries, for the treatment of inflammatory and traumatic swellings.

In one double-blind study of Serrapeptase… In the group receiving the Serrapeptase, the swelling had decreased by 50% on the third post-operative day, while in the other two control groups (elevation of the leg, bed rest, with or without the application of ice), no reduction in swelling had occurred at that time. Decreasing pain correlated for the most part with the reduction in swelling. The patients receiving Serrapeptase became pain-free more rapidly than the control groups. By the tenth day, all patients were free of pain in the Serrapeptase-treated group. The therapeutic daily dose was 1-2 tablets (5 mg) 3 times daily.

The following Action Plans (with Serrapeptase and other nutrients) have been proven time and time again to help people suffering from various conditions, to recover their health.

There is no doubt that taking Serrapeptase alone will give outstanding improvements - but if true health recovery is desired, then the more a person does, the better the results.

If there is anything that you are not sure of, please contact the Help Line for assistance.
Post-Operative Swelling

Following surgery and medical intervention, recovery can be impeded by inflammation and swelling (see scarring & lesions later). If this inflammation and swelling is not attended to, the recovery can be completely brought to a standstill.

How can Serrapeptase Help?

Serrapeptase helps immensely, as it clears out all of the inflammation and dead tissue. By alleviating the inflammation, swelling, and clearing away this problem tissue, it relieves the symptoms and allows the healing system to rapidly repair the problem.

How many do I take?

Start with 3 tablets of Serrapeptase x 3 times per day on an empty stomach and increase daily. If no relief, up to 30 per day if necessary; then gradually reduce to 1 x 1.

“What things can I do to help Post-operative Swelling?”

1. **Serrapeptase Enzymes**
   - Take Serrapeptase enzymes as recommended.

2. **Electro-acupressure**
   - Treatment with HealthPoint™, an electro-acupressure device, has proved to be highly effective in treating post-operative swelling and has been used by physiotherapists with great success.

3. **Elevation**
   - Elevation in the case of swelling on the lower limbs will help.

4. **Rest and exercise**
   - Rest the area, and exercise sensibly.

5. **Health Plan**
   - Using the Basic Health Plan on page 105 will ensure appropriate nutrients and actions are taken to help the healing process.

Traumatic Swelling

Swelling can occur for a variety of reasons, but here, we are specifically referring to swelling or oedema that is the result of inflammation. The swelling can be brought under control with the cessation of the inflammation.

How can Serrapeptase Help?

Serrapeptase helps immensely, as it clears out all of the inflammation and dead tissue. By alleviating the inflammation, swelling, and clearing away this problem tissue, it relieves the symptoms and allows the body’s healing system to rapidly repair the problem.

How many do I take?

Start with 3 tablets of Serrapeptase x 3 times per day on an empty stomach and increase daily. If no relief, up to 30 per day if necessary, then gradually reduce to 1 x 1.

“What things can I do to help Trauma and Swelling?”

1. **Serrapeptase Enzymes**
   - Take Serrapeptase enzymes as recommended.

2. **Electro-acupressure**
   - Treatment with HealthPoint™, an electro-acupressure device, has proved to be highly effective in treating post-operative swelling and has been used by physiotherapists with great success.
3. **Elevation**

   Elevation in the case of swelling on the lower limbs will help.

4. **Rest and exercise**

   Rest the area, and exercise sensibly.

5. **Health Plan**

   Using the Basic Health Plan on page 105 will ensure appropriate nutrients and actions are taken to help the healing process.

6. **Bilberry/Grapefruit Seed Supplement**

   In cases of leaking veins and capillaries (oedema), take a high dose of Bilberry/Grapefruit seed supplement (Anthocyanadins).

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**Arthritis / Rheumatoid Arthritis**

(knees, ankles, backs, necks, hips, hands, shoulders etc.)

Dr. Arnold Renshaw, from Manchester in England, reported in the Annals of Rheumatic Disease (1947) that he had obtained good results with enzyme treatment of over 700 patients with rheumatoid arthritis, osteoarthritis or fibrositis. “Some intractable cases of ankylosing spondylitis and Still’s Disease have also responded to this therapy.” He went on to say that of 556 people with various types of arthritis, 283 were found to be much improved, and a further 219 were improved to a less marked extent. Of 292 cases of rheumatoid arthritis, 264 showed improvement of various degrees. The longer the duration of the disease, the longer time before improvement was observed, although most started to show improvement after just two or three months of enzyme therapy.

Despite these favorable findings, digestive enzyme therapy in conventional medicine has been reserved for those diseases that directly result in a pathological deficiency of pancreas-derived digestive enzymes.

**What causes it?**

There are two main types of arthritis: Osteo-arthritis, which in lay terms, is due to wear and tear of the joint, and Rheumatoid Arthritis, (RA) which is a form of arthritis where the joints have become inflamed, possibly as a result of a virus or auto-immune response.

Warning: Rheumatoid vasculitis (inflammation of the blood vessels) is a serious complication of RA and can be life-threatening. It can lead to skin ulcerations (and subsequent infections), bleeding stomach ulcers (which can lead to massive hemorrhage), and neuropathies (nerve problems causing pain, numbness, or tingling). Vasculitis may also affect the brain, nerves, and heart, causing strokes, sensory neuropathies (numbness and tingling), heart attacks, or heart failure. Use the program with safety and seek medical help at the same time.

In general osteo-arthritic pain will respond faster to Serrapeptase treatment than rheumatoid arthritis, which may need more intensive treatment. The best results in any studies for rheumatoid arthritis come from those using enzymes and diet. A new US study revealed that a Mediterranean diet caused a substantial health improvement and confirmed earlier such studies that show processed starchy carbohydrate diets are disease promoting.

Surprisingly, doctors still do not know what actually causes arthritis - whatever the various schools of thought speculate on as to its cause, the one thing we are sure of is that the real problem is that the normal healing function of the body is no longer doing its job of looking after the repair of the damage being caused by the arthritis.