

Headline: Therapeutic Enzymes Win Gold in the Race for Healthy Inflammation!

An achy back, a sore knee—whether the result of injury, repetitive motion or just overdoing it at the gym, minor inflammation can be irritating and painful. Our first response might be to pop a few pain relievers and wait it out. While ideal for a short term fix, these over the counter medications only treat the symptoms. Too often we fail to look at the root cause of the problem: our inflammatory process.

Inflammation is not our enemy

The body protects itself from life threatening illness and injury through the often misunderstood inflammatory process. It is this healthy inflammatory process which allows our body to heal, repair, and effectively cleanse our tissues at a cellular level. White blood cells are sent to the area of injury, swelling occurs, and damaged tissues are removed and eliminated. Without beneficial inflammation our bodies would be left in disrepair and eventually fall apart. But too much of a good thing brings its own share of problems. Inflammation that becomes chronic can be disease bearing and life threatening.

Pain and swelling are common symptoms that our inflammation response may be out of balance. Customary solutions for occasional pain and inflammation include the over the counter (OTC) medications known as non-steroidal anti-inflammatory drugs, aka NSAIDs. However, NSAIDs may slow or even turn off the inflammatory process, leaving the body less able to repair the damage that caused the pain in the first place. Overused, these medications may also compound the matter by causing gastric irritation and liver concerns.

So what can be done to support this important process?

Protease Enzymes Provide Therapeutic Support to Healthy Inflammation

An alternative solution to occasional pain and discomfort are therapeutic enzymes which work synergistically with your body's recovery mechanisms, easing stress on your metabolic systems and aiding your innate healing processes.

Proteolytic enzymes, often called proteases (enzymes that break down protein) are manufactured naturally by the body to support the immune system. These enzymes break down foreign particles and debris, as well as accelerate the elimination of unwanted pathogens and toxins by way of the lymphatic system. Supplemental oral proteases have been shown to provide significant support to aid healthy repair and recovery. Additionally, studies indicate that protease enzymes may reduce the negative effects of harmful inflammation.

High potency systemic enzymes include the familiar tropical proteolytic enzymes such as bromelain and papain but also feature the therapeutic serratiopeptidase, catalase, protease, lipase and amylase enzymes.

Of particular interest is serratiopeptidase, a proteolytic enzyme originally discovered in the digestive tract of the Japanese silk worm, now derived almost exclusively from bacteria of the genus *Serratia* strain. In multitudes of studies, Serratiopeptidase has proven to be effective in supporting healthy capillary repair, tissue and muscle recovery, reduced bruising, swelling and joint discomfort, and aiding cardiovascular health. This fast acting enzyme also shows great promise for those suffering from chronic pain.

Enzymes represent a novel approach by supporting your body's own ability to repair and recover, rather than numbing the pain with over the counter pain relievers. To learn more about enzymes and their ability to promote a healthy inflammatory response, visit the supplement department at the co-op.

Capella offers a variety of enzyme supplements, including a line of therapeutic proteolytic enzymes manufactured by Enzymedica, the trusted Enzyme Experts.