



TECHNICAL SERVICES

NUTRITION & ENZYME THERAPY

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Ulcerative Colitis

DESCRIPTION

A chronic, episodic, inflammation of the large intestine and rectum. Diagnosis of disease is based on clinical signs, the results of barium x-ray films of the colon, and colonoscopy with biopsy. It is often difficult to differentiate between ulcerative colitis and Crohn's disease.

SIGNS/SYMPTOMS

It is characterised by profuse watery diarrhea which may contain blood, mucous, or pus. The attacks of diarrhea can be accompanied by tenesmus (spasms of the colon), severe abdominal cramping, fever, chills, anemia, and weight loss.

ETIOLOGY

Anything that causes inflammation in the GI tract, such as bacteria, maldigestion, dysbiosis, or stress.

RATIONALE

The goal of enzyme therapy and dietary modification is to create a healthy environment in the GI tract by providing proper digestion with digestive enzyme supplements, replacing beneficial bacteria with a probiotic, and supporting reduction of the inflammation by helping to heal the mucosal lining.

NUTRITION

For the diet, we suggest simply cooked chicken or fish (baked/broiled, without spicy seasonings) and cooked vegetables. Cook using olive oil. Avoid starches and sugars.

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Disclaimer: Transformation Enzyme Corp. neither diagnoses nor treats disease. Our goal is to make nutritional recommendations that assist individuals to find a healthy balance. If you have specific questions or for technical assistance, please contact us.

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PROTOCOL (for Ulcerative Colitis)

Initial Protocol (for 3-7 days)		
Product	Dose	Frequency
GastroZyme	3-4 caps	Before and after every meal or snack
Plantadophilus	3 caps	At bedtime
Secondary Protocol (for 3 weeks or until acute exacerbation has subsided)		
Product	Dose	Frequency
DigestZyme	3-5 caps	With every meal or snack
GastroZyme	3-4 caps	Following every meal or snack
TPP Inflammatory Control	2 caps	3xday between meals
GastroZyme	3-4 caps	At onset of any episode of diarrhea
Plantadophilus	3 caps	At bedtime
GastroZyme	3 caps	At bedtime
Maintenance Protocol - Option I		
Product	Dose	Frequency
TPP Digest	1-2 caps	With every meal or snack
TPP Protease	2 caps	3xday between meals
TPP Probiotic	2 caps	At bedtime
TPP Inflammatory Control	1-2 caps	As needed
GastroZyme	2-4 caps	As needed
Maintenance Protocol - Option II		
Product	Dose	Frequency
DigestZyme	3 caps	With every meal or snack
PureZyme	4 caps	3xday between meals
Plantadophilus	3 caps	At bedtime
TPP Inflammatory Control	1-2 caps	As needed
GastroZyme	2-4 caps	As needed

*The above suggestions are intended as a basic guideline. It is always important to address the patient's diet, exercise, and lifestyle on an individual basis and according to body type. Support products may be added as needed based on the patient's condition. Enzyme therapy can and often should be used in conjunction with other therapies.

REFERENCES

Breaking the Vicious Cycle by Elaine Gottschall

*This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. These protocols are intended for health care professional use only.