Cleanup Crew for Your Body: Scar Tissue, Cysts & Our Systemic Enzyme Stories Transcript

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Introduction to Fibrenza and the episode stories

I decided to start taking Fibrenza for general health purposes, reducing overall inflammation, helping with pain signaling and things like that from some nerve pain stuff that I deal with, which I've talked about a little bit on this show, just taking it because it's a good idea to take for those things.

And then about nine-ish, eight, nine months in, I don't know exactly, unfortunately, I had this happy accident where I swallowed these big pills and they went down without a hitch.

And I haven't had a problem now in the last four or five, six months swallowing capsules. Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs.

I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't, so that you can make confident, informed decisions about nutrition, supplements and your health.

Hello and welcome to Vitality Radio. I'm your host each and every week. My name is Jared St. Clair. And back on the natal kinase episode I did a couple of months ago, I told you I had a systemic enzyme story that blew my mind and that it would deserve its own show.

This is that show, you're gonna hear two stories today. One is mine and it involves something that I lived with for the last 27 years. The other is my wife Jen's story and involves a ganglion cyst on her wrist.

real world results for yours truly and the love of my life in two very different situations that I just think you need to know about because it's really, really cool.

Before we get into it though, I want to talk to you about what a systemic enzyme is because I'm becoming more and more passionate about this topic. I did three shows on this about a year ago, 566, 567 and 568. They're all linked in the show description.

And there's three of my favorite shows that I've ever done, and three the most well-loved, I think, shows I have done. I had lots of people give me great feedback on that series of shows.

So, if this show resonates with you, go back and check out those shows for sure.

What systemic enzymes are and how they work

Let's give you the Systemic Enzymes 101, especially if you're a newer listener who found me over the last several months and you haven't heard anything about this.

This is a topic in nutrition that is extremely underrepresented, extremely, underappreciated, I'm going to do my darnedest to get it out there because it's so important.

What is an enzyme? An enzyme is a protein that makes a chemical reaction happen. Your body runs on thousands of them. We would die without them, most people know enzymes or think enzymes and they think digestive enzymes.

And especially if you listen to me, because I talk about digestive as part of my vital five, but systemic enzymes have a different job description than digestive enzymes, although they are very closely related.

Most systemic enzymes are what are called proteolytic, which means protein breaking. But instead of taking them with food, you take them on an empty stomach with no food to work on.

They can't break down that piece of chicken you just ate. What they do is that portion or that enzyme actually gets absorbed and goes to working in your blood and in tissues Some of the very same enzymes, though, like bromelain and pineapple and papain from papaya can be digestive enzymes if used with a meal, but they're systemic enzymes.

If they use different timing, meaning not with the meal. Your body already makes its own versions of these enzymes Your pancreas makes something called trypsin and chymotrypsine.

Your blood makes plasmin, which breaks down fibrin. And that word fibrin is the key to this entire episode. Fibrine is a sticky protein mesh. When you get injured, your body lays it down to stop bleeding and wall off the area so repair can start.

That's a good thing. The problem is when the cleanup crew doesn't show up afterward, fibrin can linger. It becomes the scaffolding that scar tissue gets built on.

it keeps inflammation simmering, and it makes your blood thicker than it probably should be. As we age, our own enzyme production drops, so that cleanup group gets smaller and less effective.

And this isn't fringe science. In Germany and much of Europe, oral enzyme blends for systemic enzyme purposes are prescribed as drugs and have been for decades.

The most researched blend grew out of the work of a physician named Max Wolf and a biochemist named Helen or Helene Benitez. Most of human research I'm about to share with you use that blend.

It's called wobe enzyme. Here in the States, those same enzymes are sold as supplements rather than pharmaceuticals. and they are really, really powerful in what they can do for you.

So, the biggest pushback that you'll hear when it comes to systemic enzymes is that their proteins, so they just get digested in the gut, they're too big to absorb.

That used to actually be a textbook position. Once systemic enzyme are in your blood, something very interesting happens. There's a large protein circulating in you blood called alpha-2 macroglobulin.

It makes up a surprisingly big share of the protein in your blood. When systemic enzymes bind to it, it changes shape into an activated form. That activated forms becomes like a garbage truck.

It grabs excess inflammatory messengers, damaged proteins, and cellular debris. Then it hauls all of that off to your liver and to you immune cells for disposal.

So systemic enzymes don't just chew things up on their own. They actually recruit your body's own cleanup system and then put it to work. Now hang on to that liver part because that's going to come into play a little bit later in this show.

So what does all that cleanup look like in real life? Well, there's four main jobs. Systemic enzymes break down excess fibrin. They clear protein debris left behind by injury and inflammation.

they help keep your inflammatory responses in balance. and then they thin out thick, sticky mucus and actually can also assist in keeping blood thin because of what they're doing with the fibrin.

The research on swelling and pain goes way back to the 1980s, great decade by the way, and it's still coming in. This past summer, a study of more than 800 orthopedic trauma patients was published comparing high dose seropeptase, which is one specific systemic enzyme, plus standard care versus just standard car minus the

enzyme.

Pain scores dropped faster in the seropeptase group and every sign of inflammation they measured settled down more quickly in that group than in standard-care group.

On everyday pain and body-wide inflammation, two more are worth knowing about. In 2015, a randomized double-blind trial in Germany and the Netherlands followed 150 adults with moderate to severe arthritic knee pain for 12 weeks.

They got an enzyme blend and prescription anti-inflammatory Diclofenac. or a placebo. The enzyme blend matched the drug on pain and function and both beat the placebo, so the enzyme was as effective as one of the most powerful insets that you can get.

the Enzyme group also reached for fewer backup pain pills, acetaminophen in this case, than did the Placebo group. So a year later, an analysis pooling six of these trials reached the same conclusion.

The enzymes held their own against the drug, but they didn't rip the stomach lining apart. And people were actually reaching for less Tylenol using the systemic enzymes.

That's impressive. Especially when consider how many people in this country and beyond. reach for ibuprofen on an every single day basis or Tylenol on every day.

Systemic enzymes have the potential to be as effective or more effective than that while doing a world of other good stuff for you. Painkillers don't do any of that good stuff for you.

In 2023, a placebo-controlled trial in the Czech Republic gave 33 people an enzyme blend around hip replacement surgery. The first week after surgery, the enzyme-blend group had significantly lower C-reactive protein, an inflammation marker in their body.

They also reported significantly less pain. On the mucus side, a study in 2003 out of Japan found Cerapeptase helped thin and clear mucuss in people with chronic airway issues.

Same principle, mucous is largely protein and these enzymes break down protein. If you heard the nautokinase episode, you already know that the fibrin story and arterial health and all that kind of thing.

Nautokenase is a fibrin specialist and naudokonase and Cerepepase are in the formula that we're talking about today called Fibrenza.

Research on pain, inflammation, and mucus

All right, so now let's get into what is a little bit more the personal side of this, but we'll share those stories with you at the end because I want to leave that with, you it's really powerful stuff.

Let's start with something that a lot of women live with. Fibrocystic breast tissue, that lumpy, dense, tender feeling that tends to swell and ease with your cycle.

It's estimated to affect about half of all women at some point in their lives. Its common enough that many women are told that it's just how their body is.

But it's not normal. The enzyme research here goes back decades, all the way back to at least 1989 when a randomized double-blind control looked at seropeptase for breast engorgement in nursing mothers.

Compared to placebo, seropeptase gave more relief from pain, swelling, and firmness. It's a different situation, but it is the same tissue and the idea helping the body clear what's congested.

Then in 1993, a double-blind placebo-controlled trial gave 96 women with fibrocystic breast tissue an enzyme blend for six weeks. Both the doctors and the women themselves rated the enzyme blends clearly better than placebo.

The one I find most interesting though is from Austria in 1996. Researchers compared the enzymes blend to synthetic progestin, hormone drug, in 29 women for two months.

On hardened areas in the breast, 100% of the enzyme group improved. 100%, compared to only 78% on the hormone. On lumps, cysts, tenderness, tension, and pain, the enzymes matched the hormones drug.

No side effects showed up at all in enzyme groups. Artificial hormone that is often used in this case to try and ease symptoms was 78% effective, but the enzymes were 100% percent effective with no side effects associated.

Researchers pointed out something that I really love about this. The enzymes didn't interfere with a hormonal imbalance or a hormone system that was already upset.

Because that's the whole problem with throwing a synthetic hormone at a hormonal issue. Oftentimes, we're throwing birth control at women who are dealing with all types of these kinds of issues, saying, well, if we put them on, these hormones are going to feel better.

Well, maybe, yeah, 78% in this case. But the question is, are they going be better? Are they gonna be healthier? Is it actually doing anything to solve the problem?

Or is it just keeping the system confused? Endometriosis is another issue, another one where hormones are often times prescribed and that is tissue similar to the uterine lining growing where it doesn't belong, often on the ovaries and other pelvic structures.

It's estrogen driven and deeply inflammatory and to keep growing those patches of tissue need a blood supply. So they send out signals telling the body to build new blood vessels to feed them.

In 2015, researchers at the University of Pisa in Italy ran a randomized double-blind placebo-controlled trial on exactly this. They took 30 women with suspected early stage endometriosis who were already scheduled for surgery.

Half got an enzyme and flavonoid blend, half got the placebo for 40 to 60 days before surgery and 60 after surgery. The enzyme group had less pain both before and around the time of surgery, then they looked at the blood.

In the Placebo group, inflammatory messengers like IL-6 and TNF-Alpha climbed. in the enzyme, they held steady. the Enzyme group also had lower levels of inflammation, and blood vessel growth signals in their blood.

They even tested the fluid inside the pelvic cavity and it trended in the same direction. Everything improved in that enzyme group. That blood-vessel piece matters a lot because if tissue that shouldn't be there depends on new blood supply, quieting the signals that build that supply is a meaningful lever.

On broader pelvic inflammation, a recent study out of Russia followed 118 women. All of them got standard care and 72 got the enzyme blend. Over the next year, relapses of 56.5% in the standard group care.

In the Enzyme group, the relapse has dropped to 15% versus 56%. The women in the enzyme group who were trying to get pregnant were also more likely to conceive within six months after the trial.

That's some impressive stuff, okay? Now, fibroids, these are growths in uterine wall and they're surprisingly common. They're also heavy on collagen, which of course is a protein.

We know that. Researchers at Johns Hopkins published a pilot study in 2021 where they injected a collagen digesting enzyme, a systemic enzyme directly into fibroids in 15 women before scheduled surgery.

It was an early safety study with an injected enzyme. So it's not oral like what we're talking about today, but the concept is the same. We're chasing a growth built on a protein scaffold and the enzyme breaks down that scaffold.

Now, let me add my own perspective because the published research only tells part of the story, largely because there's just not enough research on these things yet.

And boy, does there need to be more. Over the years at Vitality, and we're talking now probably 30 years that I've known about and recommended systemic enzymes.

I watched a lot of people bring systemic into their routine for cystic type concerns, including cysts, breast tissue and ovarian cyst, ganglion cyst. A lot things like that.

And what I have seen has impressed me a lot. Now there isn't a stack of studies on enzymes and cysts specifically. What the research does show clearly is the mechanism of how they work and why they.

These enzymes break down fibrin and protein debris and they help calm inflammation in reproductive tissue, period. Put that mechanism next to what I've watched happen in real people, and I'm convinced anecdotal evidence is still evidence.

It's just not placebo controlled or double blinded. it's usually the kind of evidence that shows up first before anyone's willing to actually pay for a study.

And oftentimes, unfortunately, the paying for the study is the challenge because if it can't be marketed as a drug, which these cannot in America, most people aren't gonna spend a lot of money studying it, especially if they can't come up with some sort of a patented formula.

Womenu2019s health: breast tissue, endometriosis, and fibroids

And that just doesn't work in America with the way that systemic enzymes are. So you're not gonna see a lotta the studies that prove this out, but what you are gonna to see is a ton of anecdotal evidence.

Or at least, if you in my shoes, where I get the blessing of talking to real people about this on a regular basis, you going to a see lot anecdotle evidence So that brings me to the other half of this.

Breast tissue, endometrial tissue and ovarian tissue all respond to estrogen. If estrogen dominance or xenoestrogens are part of what's driving the problem, enzymes can help clean up, but it's like mopping the floor with the faucet still running.

You want to turn the faucet down too, right? That's exactly why IPAIR, Fibrenza, the systemic enzyme we're talking about today, with our Endo Cleanze and liver vitality formulas, ones that I developed.

Endocleanze is built around the big three for estrogen, DIM, Indole-3-Carbinol, or I3C, and calcium deglucrate. Together they shift estrogen metabolism toward the protective pathways help clear xenoestrogens off the receptor sites and keep processed estrogen from getting recycled back into your system from the gut.

It also supports healthy bile flow, so all of that actually leaves your body not getting trapped and not being recycled. Liver vitality supports the liver itself.

NAC, alpha-lipoic acid, and selenium feed the production of glutathione, your liver's master detoxifier. And milk thistle protects and supports your livers cells.

And remember that garbage truck that I was talking about earlier? Everything those activated enzyme complexes pick up gets hauled to your liver, supporting your lever that keeps the whole system moving.

All right, so think of it as two halves. Fibrenza is the cleanup crew, EndoCleanse and Liver Vitality are the

clearance, and they're the ones that get everything moved through the system.

And of course, all of those will be linked in the show description for you at vitalitynutrition.com. Now, let's talk about scar tissue because this is an interesting one and this where it actually gets close to home for me.

Here's how scar tissues actually forms. You get an injury and fibrin goes down first as the temporary patch. Then cells called fibroblasts move in and lay down collagen.

In a healthy repair job, that collagen gets remodeled over time and the tissue settles back relatively normal or original form and shape. The switch that tells fibroblasts to keep building is a signaling protein called TGF-beta.

Normally it rises, does its job, and then backs off. But when it stays elevated, the fibroblasts never get the message to stop. They keep laying down collagen and that collagen cross-links into tough, stiff, inflexible tissue.

That is scar tissue and in organs it's called fibrosis. In 2001, researchers at the University of Vienna looked at what oral enzymes do to TGF beta in people.

In patients whose Tgf beta was elevated, basically telling the scar tissue to keep forming, oral enzyme therapy brought it down significantly. And healthy people with normal levels, it didn't change anything.

So it didn't make things worse if there wasn't a problem, but it did make it better if it was. That second finding matters a lot. The enzymes didn' t shut down a signal that your body needs for normal healing.

They just pulled down the signal going haywire instead. So picture both sides working at once. fibrin busting enzymes that break down and clear that foundational scar tissue or that foundation that the scar tissues built on.

And then the activated cleanup protein quiets the signal telling your body to keep building more when it doesn't need to. All right. So now my story and my, again, blows my mind.

People that have been with me a long time. I don't know if you're one of those or not listening to this show. You have to go back to episode 341, your Digestive Health User's Guide.

I, at 26 years old, had a severe case of acid reflux from basically doing all the things to my digestive system that I was taught not to as a child and a young man and created myself a lot of problems.

And I tell that whole story over there. For those of you watching on YouTube or Spotify, I can tell you right here I built a tremendous amount of scar tissue.

And I know that there were scar tissues there primarily because for years, well for about a year, when I was 26 years old I couldn't swallow most things without chewing very, very very small.

It would get stuck there and it would either come back up or would go down eventually usually with a tremendously amount discomfort and sometimes straight up pain.

Sometimes I'd have things lodged there for an hour, two hours. It was pretty bad. When I went to my GI doc at 26 years old, I've never had a personal physician or a GI Doc or any of that kind of stuff.

Generally, it's general rule. I don't go to doctors much. But when I want to this guy in Utah here, he did about 800 scopes a year. And you know what he said?

He said mine was one of the worst cases he had ever seen at twenty six years. So I knew there was scar tissue there. He did the scope, he blew it up with a balloon like they do, basically stretched it out.

I'm not using the medical terms here, but he pushed it, out stretched out and for a minute, not for minute but for months, it was much better and I could swallow again and everything was fine.

But then it either reformed or shrunk back down, I'm not exactly sure. And for years and years I've had to be cautious eating more slowly than most people, chewing my food more precisely than people to prevent from choking because I have an obstruction there.

He told me that that, before he stretched it, was about the size of a dime and it should be at least the same size as a quarter. So that was my situation.

Now, as an adult for, you know, all those years past that who runs a supplement store for a living, who sells a lot of pills and would like to take a lotta pills, I was limited to what are called single lot capsules, kind of a standard capsule.

That's this size right here for people watching. I could swallow those fine. I can even swallow two or three of those at a time, maybe four. Prior to this issue, I get to swallow as many pills of whatever size you want, anytime you wanted.

There was never a problem. The double lock capsule, that's going to be for people that are familiar with the product, the Ultimate Vitality Multi, The Magnesium, our Get Well, Stay Well.

That's a double-lock capsule. Single lot would be like back on track or, you know, well, there's quite a few, our apple cider vinegar formula. So essentially I could take some of my own supplements.

I couldn't take others of mine because a double lot capsule would always get stuck and capsules are probably the worst thing to get. If you've gotten them stuck before, You know what I'm talking about.

It's not fun. it can cause a lot of issues. so for years, cause I am 54 years old now, 53 when this new discovery hit, I just simply couldn' swallow double out capsule.

Well, about four or five months ago. And the reason I haven't brought this to your attention until now is because I wanted to make sure it was real, and it wasn't long term.

It's probably actually been, yeah, it's at least four months, maybe five or six months. I didn't mark it down on the calendar. but I accidentally grabbed a couple of Jen's double-ot capsules, thinking they were mine.

Scar tissue, fibrosis, and the authoru2019s esophagus story

I was in a hurry, I didn't pay attention. We used a little pill container where hers are here and mine are there, and it was twisted or something. Anyway, a grabbed couple over capsuls, threw them down.

They went straight down, no problem at all. And then I went to grab a coupla' more and realized they where double ot capsols, because I know the difference.

Trust me, i pay a lot of attention to this stuff. And I thought, what just happened? I just swallowed these double ock capsules. They went down without a hitch, and that hasn't happened in 20 plus years, 25 plus year.

And, I was nervous to try it again, so I didn't. I ain't tried again the next day either. The next thing I'm like, you know what, gotta try this. So I took a double-ock capsule, swallowed it down, it went fine.

Did that for a couple days, then I started taking two, or three, four, Eight, that's the most I've tried so far. Double lock capsules at one time without them getting stuck.

Now, why is that? Well, here's what I believe has happened. I have known about systemic enzymes, like I said earlier in the show, for about 30 years. I am a huge believer and a big fan, and I believe that they break down scar tissue, which I think is what was in my esophagus.

However, what I learned is that I don't think I was ever patient enough. I did fibrinza, along with other different

systemic enzymes, multiple different times over the last 25 years, for two to three months at a time.

I don't think I ever did it longer than three months and I didn't have success. It didn' resolve anything. But about a year ago, I decided to start taking Fibrenza for general health purposes, reducing overall inflammation, helping with pain signaling and things like that from some nerve pain stuff that I deal with, which I've talked about, a little bit on this show, just taking it because it's a good idea to take for those things.

And then about nine, ish eight, nine months in, I don't know exactly. Unfortunately, had this happy accident where I swallowed these big pills and they went down without a hitch.

And I haven't had a problem now in the last four or five, six months swallowing capsules without any problem whatsoever that I have not been able to swallow for 25 years.

I. Have not gone to the doc to get another scope. because I don't see the point in getting knocked out to have a scope go down my throat to prove what I already know.

And that is that this little obstruction isn't there anymore, or at least it's not there to the extent that it was. I am still taking Fibrenza every day, four capsules a day two capsule in the morning and two capsule at night.

and I will continue this I think for the rest of my life. So Jen decided to start taking Fibrenza multiple different times as well for different things that she was dealing with.

But about two years ago, she had a ganglion cyst. I don't know if you're familiar with what that is, but it was in her wrist and you could see it. It was a big lump and it hurt a lot, even if she just rest her wrists on like an arm rest.

And she dealt with that for a few months with, without, you know, she didn't really know what to do about it. And I don't remember exactly how this went, cause it's been a couple of years ago, but I said, let's try you on Fibrenza.

and within about two to three weeks, significant improvement within a month that was gone. She went off of Fibernza a, couple months later, the ganglion cyst came back.

This time she went on it immediately. Within a. Couple of weeks it was. Gone. she's since decided I'm going to take Fibrinza on a regular basis. If she does, She has not in the last couple years had anything come back, no problems at all.

Now, ganglion cysts are interesting because they can go away on their own about half the time they do go way on there own. So I'm not as willing to say it was the enzymes that absolutely did this for Jen, but it's pretty safe for me to I think that at the very least they probably helped.

And the fact that she got two of them in a row and then went back on enzymes consistently and has not had one, leads me to believe that the enzymes did the trick.

But with me, I am so completely floored and blown away at what has happened that I had to share it with you. but again, i did not want to show it to you a month after it happened.

I wanted to see what happened moving forward. This is the coolest thing for me. i get to take my own multivitamin for the first time in my life. So I've had this vital five thing that I've talked about for 15 plus years now.

And I have taken the things that are in the vital five, but I haven't been able to take my things to the final five. I'd taken magnesium bisglycinate for years in a powder form, never my own capsules, which is my favorite magnesium because I developed it in such a way that wanted it to be the best.

Now I take that. I took three of them today. I take my multivitamin. I take anything I want in that bigger size capsule and it goes down without a hitch, without problem, without a second thought.

Well, okay, I still have a 2nd thought every time it does, I feel like, oh my gosh, this is like a miracle. So I am more convinced than ever now, especially with my own personal story, that this is absolutely a thing.

So let's talk about if this for you, potentially for something that you might be dealing with. So if you're paying attention to this and you think, wow, that's pretty cool, it's gonna work for me, maybe your breast tissue tends to feel lumpy, dense or tender, especially around your menstrual cycle.

Maybe pelvic discomfort or inflammation keeps coming back. maybe you are carrying old scar tissue from a surgery, an injury or years of irritation. May be your joints ache or you slow to bounce back from exercise or really hard work.

Or maybe just no inflammation is running higher in your body than it should. If any of these sounds like you, systemic enzymes at least deserve a shot.

Fibrenza is made by a company called HCP formulas. They're a very simple company. they have like three or four products. Fibrinza's their standout. It has 13 systemic enzymes and nine of those are protein breakers, Cerapeptase, Cyprose, Trypsin, Chymotrypsine, Protease Acid-stable Proteas, Bromelain, Papain and Peptidase.

Then there's natokinase in the NSKSD form, which is considered a premium form and a fibrin specialist. There's also superoxide dismutase, or SOD, one of the body's master antioxidant enzymes.

And there is amylase and lipase which help clear carbohydrates and fat-based debris when they're taken systemically. The formula covers the entire picture, I think better than any other formula.

And it is in a sustained release, slow digesting capsule that gets through the stomach into the intestinal tract where it can do its work. Vibrenza is a fantastic formula at this point.

It is my favorite systemic enzyme on the market. And it is what I've been using through this entire process and what Jen has used as well. it's what i've recommended for many, many women with cystic issues and have had so much excellent feedback.

The typical dose is two capsules twice a day on an empty stomach.

Jenu2019s ganglion cyst and practical Fibrenza use

That's critical. 45 minutes to an hour prior to meals, two hours after a meal. Period. If you take it with food, it's a digestive enzyme. It's great digestive enzymes, but that's not what we're using this for.

At least 45 minutes before and at least an hour and a half to two hours after, preferably two It also lists an activation dose, which is four capsules twice a day for the first two weeks.

If you want to really kick it into gear. And I will say that is what I did when I first started on this. I believe it's also, I should have checked with her before recording this show what Jen did while she was doing the ganglion cyst, at least the time.

Is I think she either did three twice today or four twice. It comes in a 60 capsule bottle and a 240 capsule. The 240 capsule bottle is a two month supply.

You do two twice a day. It's not an inexpensive product. I'll tell you it, if you're doing that dose, it's around 60 bucks a month, but for what it can do for you and for it has done for me.

no-brainer if you fall into any of these categories. The biggest thing I will say and the thing that I have learned and I'll try to remember moving forward is patience.

Because this is where most people fall off and it's where I fell off. You've got to look at this as more of a long-term

strategy. Now, my experience has been, especially with fibrocystic breast tissue, that within 30 to 60 days there is a noticeable improvement.

My biggest concern with the research is that everything I saw was like six to eight weeks. It wasn't going long enough to get the ultimately the results that I believe people can get because I've seen them get them over three months, four months six months that kind of thing.

In my case, I did at least three. more than once. And this time, I think at least nine months. Now I don't know between the three months and the nine month, you know, where it happened that all of a sudden magically I could swallow these bigger pills.

I just know that I got there. And so if you've got any of these types of long-term issues or even the shorter term issues that we're talking about with excess tissue, excess fibrin, whether it be scar tissue cysts, those types things, systemic enzymes definitely have the potential to have a place in your program.

And it can be used 100% as a get me from here to their approach. These do not need to be long-term things that you do for the rest of your life. But if you've got autoimmune inflammation, they can useful every single day.

If you got chronic inflammation of any kind, it could be useful everyday. And if your just trying to get between here and there with something like what I was dealing or what Jen was doing with, you can knock those things out in more of a Not a short period of time in most cases, but, you know, a shorter term approach.

So I always recommend at least getting the 240 count bottle to really give it a shot because at at two months for most things is recommended and be very religious about consistency and being very when you take it away from meal times.

And if you have more questions and you're looking for more protocols for very specific things, I've got those in those other episodes, 566, 67, 68 are the big three episodes.

66, actually interview an expert on it. 67 and 68, are my protocols that I recommended for years and I had great success with, and they're all linked in the show description.

So, That's the show. That is the story, or I should say stories, and I've been wanting to share this with you for a while. I have been putting it off, but I think it's time now.

it's been an absolute blessing and I wanted to share it with you. So thank you so much for listening to me and for indulging me in telling you my story when it comes to systemic enzymes.

I hope it has been helpful for you and that you find some usefulness in this podcast. If it would be helpful to somebody else, share with them please.

Let's share the love and jump on our website and ask any questions you have in our chat feature. Call us if you questions, 801-292-6662. Until next time, I'm Jared St.

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See you next time. Hello, everyone. I hope you enjoyed this week's episode of Vitality Radio. Just a reminder that this podcast is for educational purposes only.

This podcast has not been evaluated by the FDA. Thank you.