



William Wong, N.D., PhD.

*What are Systemic Enzymes?*

Cubberly Community Center  
4000 Middlefield Road, Room H1, Palo Alto, California

May 20, 2004 at 7:00 PM

**Notice to Members**

(1) Smart Life Forum members are invited to attend the Fourth World Conference on Nutritional Medicine, May 28-30, 2004 at Hotel Nikko, San Francisco. We will get a reduced rate of \$150 for the three days. The program is on their website, [www.nutritionconference.com](http://www.nutritionconference.com).

Just enter smart life as the code before May 15 to get the special rate.

(2) During the forum section of each meeting beginning in May, Stan Field will present (for about 10 minutes) "Field's Physiology Findings." The subject for the May meeting will be "The Conductor of the Philharmonic Symphony."

**Future Speakers: (on Third Thursdays)**

- **June 17** , Gary Gordon, MD, "New Treatments for Chronic Diseases"
- **July 15** , Dwight Jennings, DDS "Correcting Airway Interference Fields to Cure Diseases"
- **August 19** , Tom Levy, MD "Death by Calcium, The Toxicity of Osteoporosis Therapy"

- **September 16** , Frank Shallenberger, MD, "Mitochondria Energy Production and Measurement"

### **Meet William Wong N.D., PhD.**

World Sports Medicine Hall of Fame member Dr. William Wong is a Classical Naturopath, a PhD., Exercise Physiologist, a Certified Athletic Trainer (AATA), Certified Sports Medicine Trainer (ASMA), Old Rite Catholic Priest, Health/Fitness Consultant and professional member of the Texas State Naturopathic Medical Association. Having more than 25 years of professional experience in natural health as applied to sports medicine and rehabilitation, with the last 12 devoted almost exclusively to chronic fatigue and fibromyalgia, Dr. Wong has authored books on natural healing. His first was titled "Ten Natural Treatments You Haven't Heard of Until Now" then he wrote "The Best Natural Sports Medicine Book Ever". Next on the roster are books on male sexual performance and anti aging. He taught physical medicine at the South West College of Naturopathic Medicine and has taught Kung Fu for more than 20 years. Dr. Wongs' shorter writings have appeared in such diverse magazines and websites as The Townsend Newsletter for Doctors, Beautywalk.com, G.Q., Wellness Journal, Black Belt, Survival Guide, Men's Exercise and Full Contact. In 1993, he was also inducted into the Martial Arts Hall of Fame as Wing Chun Kung Fu Instructor of the Year.

Dr. Wong has been a guest on over 1000 national and local radio programs that address health issues, as well as having appeared on the nationally acclaimed PBS series "Healthy Living" hosted by Jane Seymour and the "Heartbeat of America / Keeping America Strong" show, hosted by William Shatner. Using a blend of movement, nutrition, exercise and spirituality, Dr. Wong is currently specializing in developing programs for longevity, virility and helping people overcome the after effects of chronic debilitating conditions.

### **Systemic Enzymes and What They Do**

The word systemic means body-wide. Systemic enzymes are those that operate not just for digestion but throughout your body in every system and organ. An enzyme is a biocatalyst – something that makes something else work or work faster. Chemical reactions are generally slow things, enzymes speed them up. Without enzymes the chemical reactions that make up our life would be too slow for life as we know it. (As slow as sap running down a tree in winter). For life to manifest as we know it, enzymes are essential to speed up the reactions. We have roughly some 3000 enzymes in our bodies

and more than 7000 enzymic reactions. Most of these enzymes are derived or created from what we think of as the protein digesting enzymes. But while digestion is an important part of what enzymes do, it's almost the absolute last function. First and foremost these body-wide protein eating enzymes have the following actions:

**Natural Anti-Inflammatory.** They are the first line of defense against inflammation. (1,2,3). Inflammation is a reaction by the immune system to an irritation. Let's say you have an injured right knee. The immune system sensing the irritation the knee is undergoing creates a protein chain called a Circulating Immune Complex (CIC), tagged specifically for that right knee. The Nobel Prize in biology was won in 1999 by a scientist who found the tagging mechanism. This CIC floats down to the right knee and causes pain, redness and swelling – the classic earmarks for inflammation. This at first is a beneficial reaction; it warns us that a part of ourselves is hurt and needs attention. But, inflammation is self-perpetuating, itself creating an irritation that the body makes CIC's to in response! Aspirin, Ibuprofen, Celebrex, Vioxx and the rest of the non-steroidal anti-inflammatory drugs all work by keeping the body from making CIC's. This ignores the fact that some CIC's are vital to life, like those that maintain the lining of the intestine and those that keep the kidneys functioning! Not to mention the fact that along with acetaminophen they are highly toxic to the liver. Every year 20,000 Americans die from these over-the-counter drugs and another 100,000 will wind up in the hospital with liver damage, kidney damage or bleeding intestines from the side effects of these drugs. (4,5). Systemic enzymes on the other hand are perfectly safe and free of dangerous side effects. They have no LD-50, or toxic dose. (6). Best of all, systemic enzymes can tell the difference between the good CIC's and the bad ones because hydrolytic enzymes are lock and key mechanisms and their "teeth" will only fit over the bad CIC's. So instead of preventing the creation of all CIC's, systemic enzymes just "eat" the bad ones and in so doing lower inflammation everywhere and with that pain is lowered also.

**Anti Fibrosis.** Enzymes eat scar tissue and fibrosis. (7). Fibrosis is scar tissue and most doctors learn in anatomy that it is fibrosis that eventually kills us all. As we age, which starts at 27, we have a diminishing of the bodies' output of enzymes. This is because we make a finite amount of enzymes in a lifetime and we use up a good deal of them by the time we are 27. At that point the body knows that if it keeps up that rate of consumption we'll run out of enzymes and be dead by the time we reach our 40's. Cystic Fibrosis patients who have virtually no enzyme production to speak of, even as children, usually don't make it past their 20's before they die of the restriction and shrinkage in the lungs from the formation of fibrosis or scar tissue. So our body in its wisdom begins to dole out our enzymes with an eyedropper instead of with a tablespoon; result the repair

mechanism of the body goes off balance and has nothing to reduce the over abundance of fibrin it deposits in nearly every thing from simple cuts, to the inside of our internal organs and blood vessels. It is then when most women begin to develop things like fibrocystic breast disease, uterine fibroids, endometriosis, and we all grow arterial sclerotic (meaning scar tissue) plaque, and have fibrin begin to spider web its way inside of our internal organs reducing their size and function over time. This is why as we age our wounds heal with thicker, less pliable, weaker and very visible scars. If we replace the lost enzymes we can control and reduce the amount of scar tissue and fibrosis our bodies have. As physicians in the US are now discovering, even old scar tissue can be “eaten away” from surgical wounds, pulmonary fibrosis, kidney fibrosis, even keloid, years after their formation. Medical doctors in Europe and Asia have known this and used orally administered enzymes for such for over 40 years!

**Blood Cleansing.** The blood is not only the river of life, it is also the river through which the cells and organs dispose of their garbage and dead material. Enzymes improve circulation by eating the excess fibrin that causes blood to sometimes get as thick as catsup or yogurt creating the perfect environment for the formation of clots. All of this material is supposed to be cleaned off by the liver on “first pass” or the first time it goes through but given the sluggish and near toxic or toxic states of everyone’s liver these days that seldom happens. So the sludge remains in the blood waiting for the liver to have enough free working space and enough enzymes to clean the trash out of the blood. This can take days, in some people, weeks! (8). When systemic enzymes are taken they stand ready in the blood and take the strain off of the liver by: Cleaning excess fibrin from the blood and reducing the stickiness of blood cells. These two actions minimize the leading causes of stroke and heart attack causing blood clots.(8). Breaking dead material down small enough that it can immediately pass into the bowel. (8). \*Cleanse the FC receptors on the white blood cells improving their function and availability to fight off infection. (9). And here we come to the only warning we have to give concerning the use of Vitalzym or any other systemic enzyme – don’t use the product if you are a hemophiliac or are on prescription blood thinners like coumadin, heparin and plavix. The enzymes cause the drugs to work better so there is the possibility of thinning the blood too much.

**Immune System Modulating.** Enzymes are adaptogenic seeking to restore a steady state to the body. (9). When the immune system is running low we become susceptible to infectious disease. When it is cranked up too high then the system creates antibodies that attack its own tissues as are seen in the auto immune diseases of MS, Rheumatoid Arthritis, and Lupus. Here the Vitalzym will tone down immune function and eat away at the antibodies the immune system is making to attack its bodies own tissue. When the

immune system is run down too low the enzymes increase immune response, producing more natural killer cells, and improving the efficiency of the white blood cells, all leading to improved immunity.

**Virus Fighting.** Viruses harm us by replicating in our bodies. To do this a virus must bond itself to the DNA in our cells through the medium of its exterior protein cell wall. Anything that disrupts that cell wall inhibits the ability of that virus replication by rendering individual viruses inert. (10,11). Systemic enzymes can tell the difference between the proteins that are supposed to be in your body and those that are foreign or not supposed to be there, (again the enzyme lock and key mechanism). Vitalzym has the strongest protein-eating effect of any enzyme due to its serrapeptase content and can be of help in combating viruses. Vitalzym with its serrapeptase based blend of enzymes is considered by Dr. Wong to be the strongest and fastest working systemic enzyme on the planet.

### References:

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