

## Arthritis Suffering Effectively Treated With Digestive Enzyme Supplements

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Asheville, NC, February 6, 2006 – Consumers and health professionals can learn how protease and digestive enzyme supplements can effectively treat arthritis. According to Dr. Liz Lipski, nationally-known nutritionist and author of “Digestive Wellness”, the cure for arthritis still eludes us and very often just relief from the pain becomes difficult at best. It may involve many joints or just one, and it can vary in severity from very mild to severe pain.

An estimated 15% of Americans suffer from arthritis, which is usually characterized with adjectives for inflammation such as; pain, swelling, stiffness, and redness. However, arthritis is not a single disorder, but the name of joint disease from a number of possible causes.

Dr. Lipski asserts in Digestive Wellness that arthritis has many causes: genetics, infections, physical injury, allergies, stress, and faulty digestion. Clinical work at the Transformation Enzyme Corporation now reveals that most arthritis sufferers respond well to treatment with protease and digestive enzyme supplements because arthritis is related to inflammation and digestion. Several studies have shown protease enzymes to be as effective as the drugs Methotrexate and Indomethacin for arthritis pain relief, but without the negative side-effects. By increasing support of the digestive and immune systems, inflammation is reduced.

“I’m now using the combination of protease and digestive enzymes along with other natural anti-inflammatory supplements, and a low-antigen diet with my arthritis clients, and I’m seeing very positive results,” said Dr. Lipski. “Many clients report a significant improvement in five to seven days.”

Dr. Lipski gives the following tips to alleviate arthritis:

- Explore a low-antigen diet. For two weeks eat only: fruits, vegetables, rice, olive oil, safflower oil, and fish.
- Get regular exercise to your ability: stretch, yoga, walking, water aerobics, etc.
- Try glucosamine sulfate and chondroitin sulfate, and vitamin C to repair your joint tissues.
- Take digestive enzymes with each meal
- Take 1-3 protease enzymes twice daily on an empty stomach (these enter the blood stream and help reduce inflammation)

Find more information on how to treat arthritis with protease and digestive enzyme supplements by visiting [www.InnovativeHealing.com/shop/Enzyme\\_Store.html](http://www.InnovativeHealing.com/shop/Enzyme_Store.html). Healthcare professionals can visit [www.transformationhealthsystems.com](http://www.transformationhealthsystems.com) for more information.

About Innovative Healing

Dr. Lipski is a nationally-known nutritionist and author of Digestive Wellness (3rd Edition McGraw Hill), which details how faulty digestion affects health issues from migraines to schizophrenia. She’s the founder of Innovative Healing which provides nutrition information, supplements, and weekly health tips. She resides currently in Asheville, North Carolina and consults nationally.

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