



# Skin Rejuvenation

## DESCRIPTION

The skin is the largest organ of the body and is therefore exposed to various internal and external agents. It plays a major part in the elimination of metabolic wastes from the body and, in order to maintain its vitality effectiveness in this role, the outer layer (epidermis) is constantly renewing itself. As the cells move outward to the surface, they ultimately degenerate and slough off. The under layer (dermis) is a more biochemically active layer, with rich vascularization and innervation.

## SIGNS/SYMPTOMS

The main characteristics of unhealthy skin are skin eruption, pimples, blackheads, loss of elasticity, uneven color or texture, scarring, and cellulite. Other conditions include excessive wrinkles and frequent allergic reactions.

## ETIOLOGY

Some of the above skin conditions result from excessive and random cross-linking of collagen and elastin molecules by free radicals. Contributing factors include (1) an accumulation of dead cells leading to uneven texture, roughness, and discoloration; (2) an accumulation of dirt, skin secretions, and microbial growth; (3) poor blood circulation; and (4) poor nutrient acquisition to help rebuild the new skin cells. Since skin cells renew more often than most cells, it is important to provide them with all necessary building blocks, including amino acids, fatty acids, glucose, water, vitamins, and minerals.

## RATIONALE

Supplemental enzymes have been shown to enhance the digestibility of foods. This makes bioavailable the various nutrients that the cells of the body (including the epithelial cells of the skin) need for tissue repair and growth. Still another important contribution of enzymes is their ability to hydrolyze oxidized proteins (i.e., proteins that are damaged by free radicals). The removal of these proteins enhances skin structure and reinstates elasticity. Additionally, enzymes enhance blood rheology and even help in the timely sloughing off of dead skin cells, thus preventing roughness and discoloration.

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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 Skin Rejuvenation)

<b>Option I</b>		
Product	Dose	Frequency
<b>TPP Digest</b>	1 cap	With every meal or snack
<b>TPP Protease</b>	2 caps	3xday between meals
<b>TPP Probiotic</b>	1 cap	At bedtime
<b>Option II</b>		
Product	Dose	Frequency
<b>DigestZyme</b>	3 caps	With every meal or snack
<b>PureZyme</b>	3 caps	3xday between meals
<b>Plantadophilus</b>	3 caps	At bedtime
<b>Support products may be added as needed</b>		
Product	Dose	Frequency
<b>*RepairZyme</b>	2 caps	3xday between meals
<b>*TPP Inflammatory Control</b>	2 caps	3xday between meals
<b>TPP Lypo</b>	2 caps	2xday, mid-morning and mid-afternoon
<b>Vitamin C</b>	1 tsp	Daily

\*Dermabrasion is a technique used by licensed estheticians to remove the surface layer of skin, allowing new healthy skin to be revealed. This process is similar to the more traditional practice of using a mask or scrub, but is slightly more aggressive and achieves much faster results. Therefore, additional support with *TPP Inflammatory Control* and *RepairZyme* is suggested when having this procedure.

\*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

- "Nutrient Acquisition - The Foundation of Wellness" (*Dr. M's Science Notes*, volume 1)
- "Proteolytic Enzymes - Applications and Benefits" (*Dr. M's Science Notes*, volume 3)
- "Cellular Injury, part 1: The Dynamics of Cellular Homeostasis and Inflammation"  
(*Dr. M's Science Notes*, volume 11)
- "Cellular Injury, part 2: Inflammation Control and Oral Enzymes"  
(*Dr. M's Science Notes*, volume 12)

\*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.