



# 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)

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