

Systemic Enzymes

After listening to the Systemic Enzyme Therapy (A discussion of systemic enzymes and their benefits) CD by David Getoff, CCN, CTN, FAAIM (several times) we decided to try the systemic enzymes.

We have been taking these enzymes since May 23, 2014 (we wrote this on July 17, 2014)

Dale has been taking 3 gel caps twice a day well away from food (waiting 3½ or more hours after eating to take them and waiting a half hour to 45 minutes after taking them before eating).

Bonnie has gradually increased the amount she takes to 15 gel caps two times a day. She took one the first day, one twice a day the second day, etc., and by the 8th day she was taking 7 caps twice a day. She took 7 twice a day for 7 days, 8 twice a day for 6 days, 9 twice a day for one day, 10 twice a day for four days, 11 twice a day for one day, 12 twice a day for 5 days, 13 twice a day for one day, 14 twice a day for 17 days, and has taken 15 twice a day for 7 days so far. Each time she increased the amount she experienced a need to sleep more hours a day for a day or two. Because she is 77 years old she is planning to continue taking 15 gel caps twice a day for seven months and then, if her physical improvements remain the same when she takes less enzymes, she will take three gel caps twice a day for maintenance.

Bonnie has recorded the following physical improvements and reactions:

1. Bonnie's right shoulder and arm were injured when she fell in the parking lot of our new Walnut Creek Whole Foods store in 2001 (she tripped over a cement car stop and fell on her right side with her right arm extended as she tried to catch a grocery cart that the wind was blowing away). After a few months of discomfort she thought her arm and shoulder had healed but, whenever she made our monthly supply of 35 quarts of broth (which she has been making since 2003), her arm would ache for a few days afterward and for two months before she began taking the systemic enzymes she was not able to raise her arm above her head without pain, which she thought was due

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to straining her arm making broth. Now, her arm has greatly improved as it did not ache after making 35 quarts of broth on July 7th, and, since July 11th when she began taking 15 gel caps twice per day, she has been able to raise her arm above her head without pain.

2. After two weeks of taking the enzymes a painful lump appeared on the tip of Bonnie's left elbow although she did not remember injuring it. It bothered her for about a week (especially when turning over in bed) and then it gradually began to feel better. Over the next month it completely went away and her elbow is now back to normal.
3. Bonnie also has recorded a couple of bumps that came up on her face and one that came on the top of her right breast, then, after a couple of weeks, they went away.

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Online recording:

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Dale Maxwell

and

Bonnie O'Sullivan

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