



# Serrapeptase News

## SERRAPEPTASE STORIES :

*The 'Miracle' Enzyme is Serrapeptase.*

*Serrapeptase in the News.*

*Users' Testimonies*

*Animal Treatment*

*Questions and Answers*

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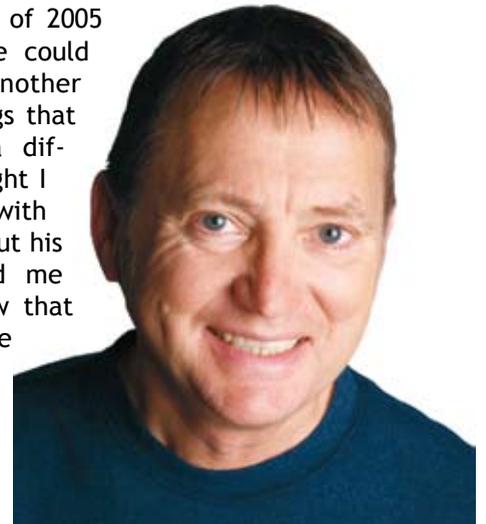
## THE 'MIRACLE' ENZYME™

I have renamed my book as The 'Miracle' Enzyme is Serrapeptase. I did not do this lightly, as I think the word miracle is generally misused and too easily thrown around, not least in the nutritional field.

If you have read my book and followed my newsletters you may realise why I am so enthusiastic about this enzyme. I was finally convinced to change the name of the book to, The Miracle Enzyme™, and create a web site [www.TheMiracleEnzyme.info](http://www.TheMiracleEnzyme.info) to go with it, when the story of 36-year-old Mike Tawse first surfaced. Mike, a Cerebral Palsy sufferer since birth,

revealed that life was so bad at the end of 2005 that he felt he could not endure another year on 14 drugs that hardly made a difference. I thought I had heard it all with Serrapeptase, but his story impressed me so much I knew that Serrapeptase was deserving of the name, 'The Miracle Enzyme'. You can read his full testimony on page 2, but remember it is only up to this point in time.

Even though it may seem miraculous, we are look-



**Robert Redfern, Nutritionalist,  
Author and Broadcaster**

ing for greater changes and will keep you informed on the web site.

## New Web Forum - [www.TheMiracleEnzyme.info](http://www.TheMiracleEnzyme.info)

TheMiracleEnzyme.info is the name of the new Serrapeptase Forum for up-to-the-minute news and testimonies, where you can find answers

to all of your questions regarding Serrapeptase. The basic information can still be found at [www.Serrapeptase.info](http://www.Serrapeptase.info), as well as action plans

for the conditions that are helped by Serrapeptase.

At the new Forum you can find the latest radio programs, which you can either listen to, or download in mp3 format for later listening on your computer or mp3 player. Another feature will be a live chat facility, so that you can see when I am on-line and available to answer your questions live.

Even more exciting is the planned weekly web radio broadcast, whereby you can listen live to the latest news and interviews and get your questions answered live. This can also be downloaded for later listening on your computer or mp3 player.

## CONFUSED AND BEWILDERED AS A RESULT OF THE SMEAR CAMPAIGN IN THE MEDIA?

Naturally Healthy Publications launches the first in a series of newsletters to put the truth before the public. They are distributed via magazines, practitioners and health stores. These are urgently needed to keep you informed so you can make the best choice in healthcare.

These publications will feature active solutions to health problems that have been

shown in independent studies to produce a definite benefit.

This newsletter is featuring Serrapeptase, one of the most dramatic health solutions that is fast gaining a wonderful reputation. Serrapeptase may become the most widely used nutritional supplement of all time, owing to its effectiveness with such a wide range of conditions

## MIKE TAWSE'S SERRAPEPTASE ADVENTURE

In the following 3 letters, Mike Tawse shares his amazing progress and results with Serrapeptase

*"...it is fun to wake up, for the first time in nearly TEN YEARS!"*

Mike Tawse

*"It is amazing to be able to plan for a future, which just a few months ago both my friends and I believed I may not have had."*

Mike Tawse

*"...without conscious thought, I found I had taken the 20 steps "*

Mike Tawse

Robert,

I have been thrilled with the results I have seen so far with Serrapeptase and I would be very happy to talk with you about them.

I have already been able to reduce some of the medications I have needed, some of it for as long as TWELVE YEARS, for asthma and stomach and heart rate difficulties. My stomach condition was so bad that I was to have surgery, which may now not be needed.

Symptoms from the Cerebral Palsy (spasms, tremors etc.) which were increased by medication for the other problems are now dropping steadily. I have not needed the asthma, heart or anti-spasm medication for weeks now and the stomach medications have dropped from 3 to one item, and the dose of the remaining one is being reduced.

I am not expecting any kind of cure, but I am feeling so much better that it is fun to wake up, for the first time in nearly TEN YEARS!

Hi Robert,

I hope that all is well with you and the team. I thought I would take this opportunity to give you a progress report.

I am continuing to do very well with my improving health and I am very excited by the results I've achieved since starting to use Serrapeptase. My lung function is amazing now, with my peak flow being maintained at 580, and never below 560 for well over two weeks now. My heart rate is stable, and if anything on the low side of normal, which is amazing to me after years of continuous tachycardia. I now seem able to eat more or less anything that I choose; however, of course, I now have to think about a healthy diet, rather than just eating anything that I can without feeling ill, something I had been doing for years. I think the most exciting thing for me, although not the most dramatic, is that my energy level

is now reliable. For the first time in many years, I am able to assume that if I had the energy to do something yesterday, and I feel okay today, I should be able to do things without too much difficulty tomorrow. It is amazing to be able to plan for a future, which just a few months ago both my friends and I believed I may not have had.

As you know, I appeared on The Power Hour on the 12th of April. Since then, interest in my experiences with Serrapeptase has been phenomenal, and worldwide. My blog has received hits from the United States and Canada, of course, but also from all over Europe and as far a field as South Africa and Indonesia.

It is a real pleasure to be able to share my experiences with so many people, and I would like to thank you and the team for your ongoing support.

Hi Robert,

I hope all is well with you.

I have just had another amazing development in My Serrapeptase Adventure, which I know you have followed since I was thrilled to hear you quote my experience on 'The Power Hour' with Joyce and Dave.

As you know, the improvement in my health has been amazing since starting Serrapeptase. My heart rate and lungs are NORMAL FOR THE FIRST TIME IN MANY YEARS, and I can now eat normally too, with NO MEDICATION at all - down from 14 items per day in December 2005, to 0 now.

Now for the New Development. For several weeks I have been experimenting with standing (with crutches), but not had the confidence to walk. After recovering from a stomach bug I got back on my feet on Wednesday (24 May), thinking I would stand for a few minutes, and that would be that. After about five minutes, my phone rang so, without conscious thought, I found I had taken the 20 steps (with crutches) needed to answer it.

This might not seem like much, but for me it may as well have been miles. Remember that for several years now, physiotherapists and a multitude of medics had told me that it was too dangerous for my heart and lungs to continue

continued on page 3...

with any form of mobilisation outside of a wheelchair, and that even the sort of exercise that many wheelchair users do should probably be avoided.

The truth is, of course, that before I learned about Serrapeptase they were right! The best way to manage cerebral palsy has always been, and continues to be, with carefully monitored exercise, but my breathing and heart rate could only be relied upon for their unreliability - something which scares people rather than encouraging them to work out treatment plans.

I would like to thank you, once again, for your inspiring work with Serrapeptase. I am sure that you will continue to bring hope to people around the world!

I have also updated Joyce and Dave (The Power Hour) with my progress as well as David Meyer, whom I will telephone at some point this morning. Perhaps I can catch up with you then.

It is now 01.50 a.m. and I am still full of energy. Many thanks and have a wonderful day!

Mike

## IT JUST GETS BETTER AND BETTER

Page 44

### GOOD HEALTH INNOVATIONS

Daily Mail, Tuesday, November 13, 2001

# How silkworms have put an end to my back pain

By ANASTASIA STEPHENS

**S**INCE Amba Carrington came off her motorbike six years ago, the 28-year-old secretary has battled with severe stabbing pains in her lower back.

Now, thanks to an enzyme that allows silkworms to break out of their cocoons and fly away as butterflies, she is finally pain-free.

For years, I took strong prescription painkillers and had injections to relax my back muscles, but nothing cut out the pain effectively,' says Amba.

'I was unable to drive, walk long distances or exercise. The pain was crippling and wiped me of energy. It was horrible—I felt like an old woman.'

Then, six weeks ago, Amba's doctor suggested she try a new supplement called SP-Zyme, which contains high levels of an enzyme called serrapeptase.

Costing £17.95 for 60 caps, trials have found it to kill pain as effectively as anti-inflammatory painkillers, without causing side-effects such as damage to the gut wall.

For Amba, the enzyme has triggered an almost complete recovery.

'To begin with, I was quite cynical,' says Amba. 'But after a few days, I felt my back pain easing off, and after ten days, it had gone completely. I can barely believe it, but today I am free from chronic pain.'

In nature, serrapeptase is made by bacteria which live in the intestines of silkworms. Secreted in their saliva, the enzyme is attracted to the dead or 'avial' tissue of the cocoon, which it dissolves.

The bacteria, however, have only recently been isolated, and their enzyme, serrapeptase—which is now commercially processed—put under scrutiny.

'The enzyme appears to block chemicals that cause inflammation,' explains Dr Jennifer Manning of Biomax in America, who markets serrapeptase. 'It also dissolves dead tissues, such as scar tissue, without affecting

live tissue. In trials in Germany, the enzyme was tested on 66 patients with damaged ligaments. Half the group was given the enzyme, the others a placebo.

The group receiving the enzyme healed almost twice as quickly. Swelling decreased by 80 per cent by the third day and there was a significant reduction in pain.

The accelerated healing is attributed to the enzyme's action in removing damaged tissue and cutting inflammation, which causes pain. The enzyme also acts in a way to facilitate drainage of mucus from areas of damage or inflammation.'

The enzyme may also revolutionise treatment for heart attack and stroke patients by dissolving arterial plaque and life-threatening blood clots.

While evidence is in its early stages, Japanese researchers have found it can completely dissolve plaque-like deposits in

the arteries of animals—finding which could have radical implications for heart patients. By taking supplements of the enzyme, they could literally 'dissolve' their disease away.

Importantly, unlike blood thinning agents which cause bruising and heighten the risk of internal bleeding, research shows serrapeptase to be free of side-effects.

**T**HE enzyme may also improve treatment for a range of other medical conditions. By targeting and dissolving dead tissue, serrapeptase can eliminate varicose veins.

It could also help with arthritis and sports injuries where scar tissue around the joints irritates the nerves, causing chronic discomfort.

'Serrapeptase will help with any problem associated with dead tissue, clotted material or mucus,' says Jennifer Manning.

In arthritis, it reduces inflammation around the joints. In sinusitis or people with chronic sinusitis, it will help drain mucus. It can even help with migraines if they are caused by inflammation.'

Dr Gary Margrove, from Birkdale, Lancashire, is one of the first doctors in Britain to assess the supplement.

'In the past few months, it has helped patients with mucosal conditions, such as asthma and migraines,' he says. 'Somehow, it helps to clear mucus. It's also helped three patients with arthritis, who now report that they are pain-free.'

For Amba Carrington, the enzyme has been a godsend.

'The motorbike accident left me in agony,' she says. 'It felt as though I was constantly being stabbed. I couldn't lift anything, sit for too long, or move too fast. I had to give up exercise and martial arts, which I used to love.'

Aside from pain, Amba also had to struggle with the damaging effect of anti-inflammatory painkillers on her gut. 'I developed ulceration and acid indigestion, which are common side-effects,' she says.

Amba began a course of serrapeptase in early October. 'I really didn't think they'd help much, but they've been incredible,' she says.

'I took three tablets, three times a day, which, because of my condition, is higher than the recommended dose. Within a week, I'd come off all prescription painkillers.'

'Now I can say for certain that the pain has virtually gone. My gut has begun to heal, too, and I can eat spicy foods that would previously irritate my stomach. I feel like a new woman. I've taken up Tai Chi and hope to be driving again soon. Best of all, I have so much more energy.'

Good Health Naturally Inc., 17 Woodville Estate, St. Saviours Road, St. Helier, Jersey, JE2 4RQ.



Revolutionary treatment: Amba Carrington  
Picture: KEVIN HOLT

Clinical use of Serrapeptase as an anti-inflammatory in Europe and Asia spans over twenty five years. Good results have been shown with:

Pain of any kind: Arthritis, Rheumatoid Arthritis, backs etc.

Headaches and Migraines, Lung Problems: Emphysema, Bronchitis, Tuberculosis, Bronchial Asthma, Bronchiectasis etc.

Sinusitis and other ENT problems such as chronic ear infections and runny nose.

Inflammation of any kind: Sports Injuries, traumatic swelling and post operative swellings.

Inflammatory bowel diseases: Crohn's, Colitis, Cystitis.

Miscellaneous Conditions: Fibromyalgia, Internal scars and lesions, Breast Engorgement, Fibrocystic Breast Disease, Enlarged Prostate, Cardiovascular Disease and Varicose Veins.

Have you heard of the amazing results of taking Serrapeptase? Serrapeptase is an enzyme originally found in the silkworm (now cultured in the laboratory) that can clear inflamed tissue, dead tissue, blood-clots, cysts, scar tissue, arterial plaque and reduces most inflammation.

Serrapeptase offers a viable alternative to drugs such as aspirin, Ibuprofen, and NSAIDs, as well as STEROIDS - a boon for those suffering with rheumatoid arthritis and a wide array of other autoimmune diseases that trigger the inflammatory response.

While anti-inflammatory drugs may offer temporary, symptomatic relief from pain, swelling and inflammation, they

may also be immunosuppressive and are known to hold dangerous side effects. Serrapeptase, on the other hand, eases pain and swelling with no inhibitory effects on prostaglandins and no known side effects or drug interactions. The active enzyme, Serratia E15, is naturally present in the silkworm intestine and allows the emerging moth to instantly dissolve its hard cocoon. It is also used to help digest the tough mulberry leaves that it feeds on.

*"...I continue to be amazed that both the medical profession and public are still unbelieving that it really works"*

Robert Redfern

*"I have not had to take any other medications since just a few days after I started taking Serrapeptase"*

Ann Marlatt RN

*"...I got the results of an MRI scan that showed the scar tissue had not returned and I am absolutely thrilled "*

S. Varah

## "I CAN'T BELIEVE IT ACTUALLY WORKS!"

**These words are said more often than not.**

It is four years since I found Serrapeptase and even with all the publicity I have helped generate around the world with my newsletters and books, I continue to be amazed that both the medical profession and public are still unbelieving that it really works. 23 studies, over 30 years, have proven its superior effectiveness over drugs.

Existing users are in on the best kept secret and they **can** believe it. Users, such as, Ann Marlatt RN,

a nurse who had sincerely believed in the orthodox system, reached the end of her trust and overcame her doubt of something not endorsed by the establishment - not from belief, but from fear of carrying on with drugs that were failing and could have been causing damage in the long term.

I personally take it for its anti-ageing properties i.e. stopping the inflammation that is responsible for the free radical part of ageing.

Serrapeptase is so safe that the public are just happy

to have a powerful treatment tool for effective self treatment, without the constant worry about the side effects from high doses of drugs.

The range of different conditions that respond continues to grow and some of them are rare, with no chance of a treatment from the orthodox system.

One such condition is Wegener's Granulomatosis - this is a particularly nasty condition, but we now have a very grateful lady who feels she at least has a chance of life. You can read her story below.

### Ann Marlatt RN, in her own words

I am a very busy RN who has suffered with osteoarthritis for many years.

I began taking Ibuprofen more than **20 years ago** and have steadily increased that dose to be able to function. Over the years I have added other medications and supplements to my daily routine, always concerned about what it was going to do to my body in the future.

After having a long talk with my physician, I decided I needed to find some kind of alternative therapy to avoid the consequences of taking all that medication. I felt lucky that I still had my stomach and GI system in working order but knew that it would not last forever.

I came across information about Serrapeptase. It was difficult for me to believe that this product could be as successful as it was advertised. I did endless hours of research on line before deciding to put this product in my body. To say how won-

derfully surprised I was that this product actually worked is a large understatement.

I have not had to take

any other medications since just a few days after I started taking Serrapeptase.

Congratulations on a

## WEGENER'S GRANULOMATOSIS

I suffer from a condition called Wegener's Granulomatosis. The condition is a rare form of vasculitis, or inflammation of the blood vessels, that begins in the respiratory system. In this case, the antibodies actually attack the immune system's own white blood cells, causing inflammation of the blood vessels and inflamed tumour-like masses called granulomas, that interfere with blood flow.

My problem is a build up of tissue in my throat just below my vocal chords that threatens to choke me. This is especially in the winter when I get a mucus build-up that further threatens to choke me when I try to cough it up.

Up until now I have had to attend hospital to have

this build-up cut away with a laser every two to six months. A year ago I had an operation and immediately afterwards I found Serrapeptase.

Although suffering from poor health at that time, the Serrapeptase seems to have reduced the scar tissue and avoided the need for another operation or tracheostomy.

In the past while suffering even from a simple cold I was close to death from choking from mucus plugs. By keeping the scar tissue down and reducing the mucus I feel Serrapeptase has literally saved my life.

On Monday the 19th of July I got the results of an MRI scan that showed the scar tissue had not returned and I am absolutely thrilled.

S. Varah, Sheffield

# Asthma Study - Effect of expectorants on relaxation behaviour of sputum viscoelasticity in vivo. Shimura S, Okubo T, Maeda S, Aoki T, Tomioka M, Shindo Y, Takishima T, Umeya K.

Page 48

**GOOD HEALTH**

Daily Mail, Tuesday, November 12, 2002

**THE ALTERNATIVE WAY**

**How a tiny Chinese silkworm has the power to ease my asthma**



**WHEN** keen athlete Stephen Kershaw was laid low by a bad bout of asthma he sought help from a treatment using the Chinese silkworm. Scientists have recently discovered that the tiny creature produces a unique enzyme which has an anti-inflammatory action.

Despite taking antibiotics and oral steroids, the 18-year-old A-level student was unable to shake off a bug that had exacerbated his asthma and had been forced to abandon his regular visits to the gym.

"I was wheezing a lot, producing a lot of phlegm, and having difficulty breathing," he says. "It lasted four months and I just wasn't able to get well."

Stephen, who also suffers from diabetes, found that the oral steroids were affecting his blood-sugar levels, so he came off them.

"I was feeling pretty ill when my mother heard about a natural alternative for asthma sufferers, which involved taking a capsule and using a mouth spray," he says.

"I was in a very difficult position, because I needed to go back on the oral steroids to improve my asthma, but doing that would affect my diabetes."

Stephen's mother, Pamela, turned to local Newcastle GP Dr Kamal Anand, who offers alternative treatments as well as traditional medicines.

"Stephen was on two inhalers a day to keep his asthma under control, but he kept on having bad attacks and we really didn't want him to go on steroids again," she says.

**D**R ANAND suggested a product called Asthma Ease. The remedy involves taking the capsule containing the silkworm enzyme along with a mouth spray.

After a week, Stephen's condition had improved enough for him to put off going back on oral steroids. "I was still having to take my asthma inhalers, but I felt I could lead a normal life again."

"By the beginning of the third week I had started back at the gym and was having no difficulty breathing while I was on the running machine."

In asthma, an allergic reaction makes the airways inflamed and narrowed. In addition, the familiar wheezing and difficulty breathing.

The enzyme serrapeptase is made by bacteria that live in the gut of the silkworm and is secreted in its saliva. It has anti-inflammatory qualities that have been used in the treatment of arthritis.

Serrapeptase eats away at the cocoon of the silkworm and allows it eventually to fly away as a butterfly. According to scientists, the enzyme, which has only recently been isolated, attacks dead tissue, eating it up, and also blocks chemicals that produce inflammatory responses.

The mouth spray part of the treatment contains three key ingredients, which help reduce the tightness and narrowing of the airways. Lutein is an antioxidant, found in green, leafy vegetables, which is known to have qualities that are protective against asthma.

Tylophora asthmatica is an Indian climbing plant which relaxes muscle and by itself has been shown to have an effect on asthma patients when its leaves are chewed raw. The third ingredient, Coleus Forskohli, has a natural anti-histamine effect which calms down the narrowing of the airways.

Besides feeling better, Stephen's lung capacity had also improved. Dr Anand measured what is known as the peak flow reading. In a healthy teenager, a score of 500 would be expected. Before becoming ill, Stephen's peak flow was topping 450, but had dropped to 380. "He was finding breathing quite an effort when he came to see me," says Dr Anand.

"But there was a significant improvement in his peak flow, which went back to over 400 within a short space of time."

"The enzyme in the serrapeptase capsule has reduced the inflammation and has also eaten away at the phlegm, which was obstructing breathing, while the spray has calmed down the linings of the airways and allowed them to open."

Jeanette Manning of Biomax, the American company that developed the treatment, says: "Individually, the ingredients in the spray were known to help with asthma symptoms, but the value of the silkworm enzyme has been a recent discovery."

"We hope to start trials soon in America but hundreds of asthmatics have told us that they have gained relief from using the capsule and spray."

A group of independent doctors are planning to set up UK trials too.

"It wouldn't have been beneficial for Stephen to be on long-term steroids," says Dr Anand. "They can reduce your immunity, make you obese, cause psychosis and glaucoma. This would not have been good for him, particularly as he already has diabetes and they were affecting his blood-sugar levels."

"I would caution asthma sufferers not to come off asthma medication without speaking to their doctor, but this does seem to work where conventional treatment fails to help."

**T**HE Asthma Research Campaign says it is open-minded about the use of alternative remedies such as Asthma Ease.

"There is some suggestion that tylophora asthmatica may be beneficial to sufferers, but we couldn't recommend its use without seeing the results of a detailed trial," says a spokeswoman. "We get a lot of people telling us that alternative treatments work for them."

"However, it's important that people taking complementary alternative treatments tell their doctor and that they also continue to take their prescribed asthma drugs."

Edzard Ernst, Professor of Complementary Medicine at Exeter University, says people should take alternative treatments, if they are convinced they are getting a benefit.

"Some of the herbs, such as tylophora asthmatica, originate from India and seem beneficial in various treatments. A lot of mainstream drugs have been developed from ancient herbal remedies and we shouldn't dismiss them out of hand."

**For a complete guide to asthma go to [www.femall.co.uk/health](http://www.femall.co.uk/health)**

MARTYN HALLE

*"Congratulations to all of us who decided to give this fantastic product a try."*

Ann Marlatt RN

*"By the beginning of the third week I had started*

*back at the gym and was having no difficulty breathing while I was on the running machine"*

Stephen Kershaw

One of the difficult things to understand with Serrapeptase is that so many studies have been done with lung and chest problems, but there is still no official interest in it for such specific uses.

The asthma study referred to above shows significant improvement taking Serrapeptase, all with no side effects. Instead of taking more and more drugs, people could be rescued from a life of misery by taking Serrapeptase and other sensible nutrients.

The list of studies for lung diseases is impressive, but the success stories coming in for other lung conditions (asbestosis, miners and

farmers lung etc.) show that not enough studies are being done. Why is this? Governments and universities have a public duty to give people drug-free health care. Drug treatment is not health care, only nutrients, lifestyle changes and other

proven alternative treatments can create health care.

The current drug, medical care regime is failing, not because of shortage of money, but because it is based upon a false premise that drugs are good for your health.

## WHAT SUCCESS HAVE YOU HAD?

Do you use Serrapeptase? How are you progressing with it? Every day we are getting wonderful feedback about the success of Serrapeptase and the wide range of conditions it is helping.

We would like to share your success in the Newsletters. This will help spread the message

that Serrapeptase is a powerful aid to recovery. If you prefer not to have your name used, that will be fine. Just call or email your details and our writer will telephone you to get your story.

So come on. Call us now and inspire others to make a difference to their health.

*"I was seriously considering further surgery - I saw Serrapeptase and decided to give it a try. All I can say is I am the best advertisement you could find for Serrapeptase. I'm amazed by the results" . Trevor Griffiths*

*"May it benefit more people who are suffering so long with the wrong medicine."*

Maria. T. PhD. - Holland

*"I have to say it is absolutely fantastic... after a month she said she felt marvellous"*

Savita Bhandari -  
Health Practitioner

## SERRAPEPTASE USES IN PRACTICE

Interviews by JENNIFER PULLING - "As a journalist and writer of several books on nutrition and health I tend to be wary of dubbing any product a 'wonder supplement'; but as I continue to talk to users of Serrapeptase and hear their success stories in various battles for health, it is hard not to feel excited by the 'secret of the silkworms.'"

The Practitioner's Story - Trevor Griffith

Back pain can be very debilitating, painting the world a sombre shade of grey. Mr Trevor Griffith knows all about it, both as a practitioner of soft tissue manipulation and physiotherapist and from his own unpleasant experience.

"I had major back surgery in 1999 and returned for further neuro surgery in 2000. Far from improvement, the pain worsened and I could scarcely walk and as for my favourite sport, golf, forget it! I was seriously considering further surgery when I saw an advertisement for Serrapeptase and towards the end of last year decided to give it a try.

"All I can say is I am the best advertisement you could find for Serrapeptase. I'm amazed by the results", he said with a smile.

Mr Griffith is convinced that taking Serrapeptase at the prescribed dosage, that is beginning with three/three times a day and gradually reducing the dose, has reduced the scar tissue resulting from his operations. His GP is open-minded about complementary therapies and nutrition, but even he was startled by the results.

Now he can't wait to tell his patients how Serrapeptase helped him. Take the lady who suffers from lupus, a disease that sometimes affects the digestion.

"She has been taking Serrapeptase on my advice and it has also helped reduce her 'bad' cholesterol levels. I am suggesting it for problems of an inflammatory nature and conditions such as sprains.

Another patient suffers from the very serious condition of distonia. This causes excessive blinking and sometimes closure of the eye for extended periods.

"At one time it affected her to the extent she felt almost strangled, but we've found good results with Serrapeptase: a lessening of the pressure in her throat. I want to share the relief I found by taking this supplement. I can walk and play golf again and have absolutely minimal pain."

**Maria T. PhD - Holland**

Thank you so much for Serrapeptase. I took it last Friday immediately after arriving and after even a few hours the pain in the knee, which was there for 3 months, was gone. I couldn't believe it and I continued with taking 3x2 tablets a day and now one week later the right knee is normal, the swelling is gone and I can feel the bones again. I tell everyone this miracle and everyone is writing down your website. May it benefit more people who are suffering so long with the wrong medicines. Thank you and warm greetings

**Savita Bhandari - Vita Health, Croydon**

SAVITA BHANDARI is owner and practitioner of Vita Health. At her clinic in Croydon she offers all kinds of therapies, including nutrition and bio resonance.

"I am diagnosing and treating more and more people with food intolerances," she says, "Particularly in the case of candida. So many people suffer from it these days."

Savita came across Serrapeptase while she was treat-

ing a woman client who had a spinal operation for misaligned disks at the age of 23, leaving her with a 15" scar.

"She is now 55 and when she first came to the clinic told me she has always been in pain. After such operations there is often a lot of scar tissue and adhesions and I gathered this was causing her acute pain.

I began to treat her with supplements and bio-resonance. It was quite distressing to watch her as she was obviously in such a lot of pain and although this improved, it was not as much as I would have wanted.

One day Savita came across some literature on Serrapeptase and decided she would try it on her client. "I have to say it is absolutely fantastic!" she says. "My client took Serrapeptase for 6 weeks at the rate of 3x3 3x3 3x2 3x2. After a month she said she felt marvellous and not long after that went on holiday with her husband and two children to Morocco, where they did a lot of walking and climbing. Last year her daughter was getting married so my client was able to travel to Pakistan to buy wedding clothes.

She is on a maintenance dose now and gets a few aches and pains, but only because she is so active. "I think it is a marvellous product."

time ago about the wonderful results he had achieved with Serrapeptase. His painful legs are a thing of the past. Recently he contacted me with a remarkable story.

**Crippling Pain of 40 Years - 100% Gone - Told by Alan Russell to Jenny Pulling**

Serrapeptase's reputation continues to grow. Not only are people sharing 'the silkworm's secret' with friends; so delighted are they with its results they are picking up the phone to tell Robert Redfern about it. I'm a pragmatist myself and the stories I hear are pragmatic proof that it works.

Mr Alan Russell is a case in point. I talked to him some

Mr Russell carries out odd jobs for an elderly woman neighbour and couldn't help noticing that her fingers were very misshapen. Later, she confided to him that her toes were in the same state the result of crippling arthritis that she had suffered for over 40 years.

## NEW SERRAPEPTASE FORMULA WITH EMPHASIS FOR CARDIOVASCULAR DISEASES

While Serrapeptase has good results clearing arteries, not everyone was coming back to me to say that their arteries were completely cleared. This concerned me and so I looked at other enzymes and nutrients to make sure everyone had the best chance of clearing their arteries and preventing the bypass operations.

The new formula contains Serrapeptase and Seaprose as well as anti-thrombosis enzymes such as Nattokinase, five other important enzymes, 73 Trace Minerals, Olive leaf, Citrus, Vit C, and a Probiotic. The results were fantastic for cardiovascular, but other difficult conditions were also responding to it. The moral of the story? If Serrapeptase does not resolve the problem this ultimate formula probably will.

"This lady is very independent," Mr Russell told me, "I had to tell her about Serrapeptase and she started to take it. Following a conversation with David, the telephone support person, I advised her to take the new Serrapeptase/Nattokinase formula as well. In an incredibly short time she was without pain."

This lady has a lot of animals: four horses, six goats and dogs. When one elderly Labrador began suffering from the same problem characteristically she gave Serrapeptase to him instead of taking it herself. This helped the dog but set her back for the pain in her hands

and feet returned.

"Just to show that it positively does work," added Mr Russell, "When she began on the dosage again, that is 2 capsules of each supplement, the pain disappeared. I think that, because she has never taken much medication during her life, these two supplements have had a better effect on her.

"She phoned me last night and said 'I don't know if this is good or bad news.' She had run out of supplies. They arrived on the Friday but she didn't start taking them until the Saturday. By Tuesday all the pain had gone."

### Severe Blocked Arteries - Mrs Churchill's Brother

This lady is a pragmatist who believes in assembling as much information as possible before she makes a judgement. She spoke to me from her house in Montgomeryshire with its fantastic view over the countryside. A Reiki practitioner, she is persuaded that things fall into place at the right time and has plenty of proof.

Not least was her discovery of Serrapeptase at a time when she was very worried about her brother's health problem. Here she tells the story:

"My brother had been suffering for about three years from a painful arterial disease in the legs. Like many guys he is inclined not to talk about problems and keep the proverbial 'stiff upper lip'. We don't see a lot of each other but keep in touch on the phone, but I knew that he found it very difficult to walk and had to wear sandals all the time, covering them with plastic bags when it raining.

"You can imagine my horror when I saw his foot for the first time. It was terribly swollen and with purplish discoloration; there were also unhealed ulcers. Having nursed my father

when he developed gangrene, I recognised this condition as very near to it.

The doctor, who said he had never seen anything like it, urged him to see a specialist. In the meantime he put him on antibiotics, but after a couple of courses it had not helped, so my brother was put on pain killers."

After a long wait, Mrs Churchill's brother consulted a specialist, who explained that there are three arteries in each leg, one of which was blocked so that the blood could not circulate through. Little treatment was suggested apart from a daily quarter aspirin and requests about angioplasty were dismissed.

"I'd like to have been able to pay for him to go privately," explains Mrs Churchill. "The least I could do was carry-out some research. It was at that moment that the Serrapeptase Information dropped through my door, apparently out of the blue."

Turning to the section concerning vascular and circulatory problems she read about Serrapeptase and called Robert Redfern.

"He was very helpful and encour-

While his elderly neighbour may be independent it is also true that Mr Russell keeps a kindly eye on her. Some time ago one of her horses stood on her left central toe and she suffered severe pain. He anxiously tried to persuade her to see a doctor fearing gangrene.

"She wouldn't go and fortunately it didn't develop into anything like that," said Mr Russell, "But the pain she's had from that injury has gone, too. OK my legs were bad, but she was crippled. It is remarkable how Serrapeptase has worked. She's fine now and 100% pain free".

aging and I decided to buy his book on Serrapeptase. Then I tackled my brother's problem in two ways: I obtained manuka honey containing bee venom for the ulcers. My brother used it like a cream for his dressings. Amazingly the ulcers healed. He began taking Serrapeptase at the 3/3 times a day dosage then gradually reducing. By the time he'd got through 4 bottles it had worked wonders. The swelling and discolouration had disappeared and he was able to wear ordinary shoes. "

As Mrs Churchill says, things happen often for the best. They were not able to afford private treatment, but taking the natural way has proved very successful.

"So far so good!" she smiles. "We are now looking into his cholesterol levels. What we did not realise at the height of his problem was that there was danger of blood clots travelling to the heart.

"Meanwhile I am carrying out my own trials to see if Serrapeptase can help reduce the 'bad' elevated component of my own cholesterol levels. I'm very lucky to have a health practice which is complementary medicine minded and they are backing me."

*"OK my legs were bad, but she was crippled.*

*It is remarkable how*

*Serrapeptase has worked. She's fine now and 100% pain free"*

Mr Alan Russell

*"By the time he'd got through 4 bottles it had worked wonders.*

*The swelling and discolouration had disappeared and he*

*was able to wear ordinary shoes."*

Mrs Churchill

*"Serrapeptase may become the most widely used nutritional supplement of all time because of its effectiveness with such a wide range of conditions"*

Robert Redfern

*"After three days on Serrazyme he called me to say that the pain was disappearing..."*

Dr. Simon Norton

*"I'm 70 and was scheduled for bypass surgery. After using*

*Serrapeptase my surgery was cancelled and my doctor told me I had brand new baby arteries"*

Prestwich, Manchester

## A CHIROPRACTOR'S EXPERIENCES WITH SERRAPEPTASE

Interview by Jenny Pulling

Silkworms are responsible for an amazing enzyme which has been harnessed for medical use. Mulberry leaves, silkworms staple food, has a tough cellular structure. The insects break it down and digest it using secreted bacteria. Now the active enzyme in this bacteria has been harvested to produce Serrazyme.

Because of its ability to break down dead tissue or matter throughout the body, the enzyme can be used to treat a wide range of conditions. These range from sinus problems, adhesions, scar tissue, cysts, arthro sclerosis and vascular disturbances.

In Germany, Serrazyme is being used to treat diabetes.

Dr Simon Norton - Epsom Chiropractic Clinic.

Dr Simon Norton, who heads the Epsom Chiropractic Clinic, is delighted with results. "It has greatly improved the quality of many of my patients' lives."

### Varicose Veins

"I've prescribed Serrazyme for those with varicose veins on their legs which looked like a bunch of grapes. After a few months they've returned

with scarcely any sign of disfigurement."

### Headaches

"I had another patient with an obstinate frontal headache due to mucus in the sinuses. He had suffered with it for years. After three days on Serrazyme he called me to say that the pain was disappearing and he could feel the dispersed mucus running down his throat."

### Lungs

"It has helped smokers too. When they cough up a lot of stuff it is likely to persuade them of the damage they are doing to their health if they continue to smoke."

### Nephritis

Dr Norton cites the case of another patient who was suffering from chronic nephritis necessitating high dose steroids. "She was told she would die if she didn't take them and had given up all hope of having children," he said. "She came to me because she wanted to reduce the strength of the steroids Serrazyme is a powerful anti-inflammatory without side effects. As a result of taking it, her steroid dosage is reduced from 30 mg to 5 mg and she is planning a family."

### Adhesions

The saying 'physician heal thyself' couldn't be more true in Dr Norton's case. He has used the enzyme for himself and members of his family with excellent results. "My son had to undergo major surgery for leg lengthening which resulted in painful adhesions. I used chiropractic techniques to work on his legs for eight years but the condition remained. Then we tried Serrazyme. I was amazed when, after a few months, these adhesions vanished."

### Tennis Elbow

Chiropractice is a physically demanding profession, practitioners often develop 'tennis elbow' It is a very painful condition as Dr Norton knows but, again, Serrazyme came to the rescue. Rheumatoid arthritis also responds to this therapy, keeping pain under control. Dr Norton is also surprised by the speed the enzyme appears to work. "Chelation therapy time has been reduced from three years to one and I've had patients, who were huffing and puffing, playing bowls in a remarkably short time."

The clinic's approach is a holistic one. It aims to encourage people to build their health by making life style changes and using appropriate supplements. The silkworm's secret has proved to be a very useful one.

## YOGA TEACHER DOES HEAD STANDS AGAIN - THANKS TO SERRAPEPTASE

Interview by Jenny Pulling

"Of course we've known it for years," says David Snow. Good nutrition and a healthy life style are the foundations of health. 'Detox' may have become a buzz-word, but it has been part of naturopath

philosophy for a long, long time. "I am an acupuncturist and not formally trained in nutrition but I can and do make suggestions of supplements, dietary and life-style changes where they seem appropriate. And I'm

always interested to hear of therapies and supplements my clients have used to good effect".

"Serrapeptase came to my notice recently while I was treating a 68 year old

continued on page 9...

yoga teacher. She is a very active woman but suffers from neck and back pain that adversely affects her life."

#### Anti-inflammatory

David uses Acupuncture or Electronic Acupressure (HealthPoint™) to keep everything moving. He

was interested, however, when she told him she took Serrapeptase finding it a powerful anti-inflammatory that really helped control the pain. "The pain returns the moment I stop using it" she told me.

#### Breast Cysts

I was also interested to

hear that both the cyst in her breast which she has had drained and a cyst in her eye have not returned.

#### Heart Disease

I'm interested to hear that Germany is taking Serrapeptase very seriously as a supplement in the treatment of heart and regenerative disease."

David is based in Sheffield and works holistically, even where the surroundings of his clients are concerned. A trained Feng Shui practitioner and a dowser, he will visit people in their homes if a condition is obstinate in clearing up."

"My advice generally is to look into your life style and diet and see how specific supplements like Serrapeptase may help."

## JANET SPENCE - NATUROPATH, SOLIHULL CLINIC

Interview by Jenny Pulling

Naturo path, Janet Spence is yet another practitioner whose satisfaction with Serrazyme has prompted her to take it herself.

This is a wide spectrum nutrient," she says. "Rather like vitamin C therapy or aspirin, it is multi functional."

Her treatment method usually begins with a cleansing and detox programme. To this she will add amino acids and liver support. She then prescribes supplements and nutrients indicated for particular health problems.

"I use Serrapeptase for pain control as it is a powerful anti-inflammatory thus reducing or even eliminating the use of steroids. Currently I am monitoring its use in controlling

high levels of the 'wrong' kind of cholesterol.

As a nutrient it seems well accepted, none of my patients appears to have suffered any side effects even when on very high doses."

Ms Spence is enthusiastic about the role of Serrapeptase in treating venous conditions. The problem of blood clots after air travel has been in the news over past months. "I'm prescribing Serrapeptase to patients who are planning a long haul flight. They take it two months before departure and another two months on their return. Some of my elderly patients like to stay on a low dose all the time, rather like those who take a con-

tinual low aspirin dose."

The anti-coagulant drug Warfarin is not well supported by some people. That presents a dilemma, as they may be suffering from high blood pressure and run the risk of thrombosis. Ms Spence is pleased with the progress of one such patient.

"Warfarin was killing her when she came to consult me. I put her onto Serrazyme and other anti coagulants. Her GP is happy for us to be doing this as there is no other drug he can use. I find this very encouraging and am now monitoring its use in the treatment of varicose veins.

Just another practitioner who is discovering the myriad uses of Serrazyme.

*"It has greatly improved the quality of many of my patients lives. I've prescribed Serrapeptase for those with varicose veins on their legs which looked like a bunch of grapes. After a few months they've returned with scarcely any sign of disfigurement"*

Dr Simon Norton  
Epsom Chiropractic  
Clinic

*"...To be honest I am delighted with it. If I have a cold or a chesty cough I find it's completely gone in a couple of days"*

*"I was interested to learn about its action in dissolving scar tissue and recommended it to a friend who had been suffering with the dreadful pain of sciatica for a long time.*

It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective.

S. T., Doncaster

## HEART & CARDIOVASCULAR STORIES

J.S. - Interview by

Jenny Pulling

It is a big decision to turn your back on orthodox drugs in favour of longer term complementary therapies. That is the step J.S. is contemplating now, having seen quite dramatic results with serrapeptase. An angina sufferer, he has gone through the usual medical route of having a stent inserted and being put on statins to prevent the build up of 'unfriendly' cholesterol.

Thanks to his wife's research into enzyme therapy, occasioned by both her son's health problem and her own liver dysfunction, the couple discovered serrapeptase.

### Rosemary Hall talks about her neighbour, following her own results with pain

Because she had heard of my recovery, I was approached by a neighbour (a diabetic), who had a stroke in 1997 and was still unable to walk unaided and suffered constant pain in her right leg. Only 7 days after having put her onto Serrapeptase, she told me she was overjoyed that for the first time she was able to walk on her own for quite a long distance and also that her big toe, which had crossed over, had straightened out. She is continuing to make good progress (she is now on her second bottle) and is very satisfied.

### Jackie Coombs - Family Successes

Dear Robert, thanks for your reply. I'm pleased

'J' mixes scientific research with a certain intuition, which she believes is crucial to finding what is right for the individual.

Says J.S. "Personally I've had a great success with serrapeptase. In the past, if I had anything to eat and then went out, I had pain in my arm and left side. That condition has gone. When we discovered it on the Internet we ordered four bottles. I am now on my last bottle.

We were amazed at how quickly it worked. Before, I'd walk over a fairly flat area and get this angina pain. Now I can walk up a 5 in 1 gradient hill and, all right, I arrive at the top a bit breathless,

but only as anybody else would. Sometimes I'll feel a slight pain, but nothing like it was before."

J.S. is so confident about his therapy he has given up beta-blockers and aspirin. He takes serrapeptase at a dose of one in the morning, one in the evening. Understandably, he is reluctant to give up statins totally, although he is now on this low dose.

"I am definitely feeling the effect," he says, "I think you also have to look after yourself: simple life, the right meals, cut down on processed foods and fatty foods. My wife discovered serrapeptase and I can't thank her enough."

to be able to tell you that my partner Jan now has virtually symptom free walking after taking Serrapeptase since mid September for his Angina.

Many thanks,

Jackie Coombs

PS. My mother is also taking Serrapeptase now and has noticed less aching in her veins.

Church minister spreads the Serrapeptase message

Hi Robert,

I spoke with Bobby Leopard this morning, who gave the following testimony, as well as permission to list his name, address, and phone number for people to contact him.

"In January, my bad cholesterol was 212, my triglycerides were 476, and my blood sugar level was 124. The doctor couldn't measure my good cholesterol, because my triglycerides were so high.

In the second week of March, I started taking two

400 mg capsules of Serrapeptase twice a day. By the second week of April, without changing my diet, my bad cholesterol went from 212 to 181, my triglycerides dropped from 476 to 356, and my blood sugar level dropped from 124 to 112."

Bobby is a minister, and was so impressed with the integrity of our products that he signed up as an affiliate and is now recommending Serrapeptase to his family and friends. He also put his testimony on a flyer and distributed it to all the local stores in town.

*"Personally I've had a great success with serrapeptase... Sometimes I'll feel a slight pain but nothing like it was before... I am definitely feeling the effect."*

J.S.

*"...she told me she was overjoyed that for the first time she was able to walk on her own for quite a long distance."*

Rosemary Hall

*"...my partner Jan now has virtually symptom free walking after taking Serrapeptase"*

Jackie Coombs

## MORE SERRAZYME CASE STUDIES The following users of Serrapeptase are very happy to share their success with others

### Interviews by Jenny Pulling

MS Multiple Sclerosis -  
Maureen Rooney

Not so long ago Mrs Maureen Rooney threaded a needle and sewed on a button. So what? I hear you say. In fact, this was a huge achievement in her 16-year battle against MS. It has involved years of dedication to a health regime. Every week Mrs Rooney undergoes hyperbaric oxygen treatment and uses a Chi machine daily. But it was her discovery of Serrapeptase that has made a dramatic difference to her life.

Says Mrs Rooney: "My MS follows a pattern of relapses and remissions. During the relapses I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory and depression.

During one of the relapses, in June 2003, when I had a relapse I started to take Serrapeptase.

At that time I was concerned about one of my little fingers. It had turned white and was curling backward I was terrified, believing it was on its way out. When you have a terrible disease like this you will try anything. I started taking Serrapeptase, taking 9 tablets a day. It has been a Godsend. Within 5 days my finger was back to normal

I now feel brilliant. Everything has improved. Since last June I have had no relapses. The tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and what is perhaps best of all, the

old confident pre MS me has returned.

Of course I get tired, but this is because I stretch myself, relying on my new-found energy. I know I am not cured, but the condition is hardly noticeable; so much so that I consider I have not got MS at present. I no longer need the hyperbaric treatments and have given up my slot in favour of someone who needs it. Recently, I went out for a social evening and where normally I would have to leave within 30-60mins, this time my son had to drag me away hours later, as I was enjoying myself so much.

My faith is the backbone of my recovery and I thank God for the little silkworm".

Arthritis and Cholesterol -  
Mrs Eileen Malone,  
IM2 3HA

Walking was agony for Mrs Malone. The severe arthritis in her knee was so severe and none of the many prescribed medicines she tried had any lasting benefit. By chance she tuned into Dennis the Chemist on her local radio station and heard

the name Serrapeptase for the first time. 'Worth a try' she told herself.

Says Mrs Malone: "I'm so glad I heard that programme. I bought myself a tub and after two weeks the pain lessened. Then I ran out of it and the pain returned. I've been on it ever since. I take 2 in the morning and two in the evening and it

has definitely helped me.

Recently I went for blood tests because I am anaemic and it appears that both my blood count and cholesterol levels have improved so maybe Serrapeptase has given me other benefits. I tell everyone about it and I just know I'll go on taking it forever.

Cysts & Cardiovascular  
Disease - Mr and Mrs  
Jones LL22 8AP

The couple are spiritual healers and have helped many people with health problems in the course of their work.

One of their clients, who is over 80 years old, suffered a stroke some time ago. The Joneses suggested she

try Serrapeptase as an aid to clearing the arteries and sure enough her walking ability improved. Mrs Jones adds: "We were amazed by its power in dispersing two cysts, one on her back and one on her breast. After only three bottles of Serrapeptase the one on her back has completely disappeared while the one on her breast is shrinking.

She says she feels wonderful!"

The Joneses have had their own positive experience with the silkworm's secret. About three years ago, Mr Jones had a bad fall. Conscious of his recent hip replacement he took the full impact on his left shoulder which left him in terrible pain.

*"I now feel brilliant. Everything has improved. Since last June I have had no relapses. The tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and what is perhaps best of all, the old confident pre MS me has returned."*

Maureen Rooney

*"I'm so glad I heard that programme. I bought myself a tub and after two weeks the pain lessened."*

Eileen Malone

*"We were amazed by its power in dispersing two cysts, one on her back and one on her breast"*

Mr & Mrs Jones

*"All of this I am sure is down to the Serrapeptase that we have given him... even the vet has said he is a walking miracle!!"*

Clare

*"This is a truly remarkable recovery, and I am absolutely delighted. I will be spreading the word!"*

Liz Hayden

Mrs Jones takes up the story: "We were going on a coach holiday to Slovenia when this pain really flared up. The doctor prescribed an anti-inflammatory but the side-effects were disastrous and my husband stopped taking them."

Returning to another doctor for a cortisone injection, Mr Jones was told that the problem was not

in his shoulder but his arm. At that point, the couple read about Serrapeptase.

"I said to my husband, I'm going to send off for those; I'd rather have £60 less holiday money if you can be pain free. He started taking them 3 weeks before our holiday and the happy ending is that the pain went away and never came back. Now he can swing his arms above

his head!"

Having proved for themselves the efficacy of Serrapeptase, Mr and Mrs Jones often suggest it to their clients. And Mrs Jones is an advocate of the low carbohydrate diet prescribed by Robert Redfern.

"It's brought my diabetic sugar levels back to normal," she smiles. "It's amazing!"

## NOT Just a Shaggy Dog Story - Dog walks because of Serrapeptase miracle!

Hi Robert, just thought I'd share this happy customer's story with you. I wanted to let you know the success we have had with our dog taking Serrapeptase.

Approx. 9 weeks ago he was diagnosed with a sizeable blood clot that was affecting the blood supply to his rear legs, so much so that he went onto 3 legs as his left leg was very painful and eventually did not want to walk.

The scan that we had con-

firmed the position and size of the clot and that he did not have a pulse in either leg. He was given about a week to live.

I started him on Serrapeptase double strength 3 times a day and each day he has slowly got better and better.

About one month ago, he went for his check up and the vet informed me that his pulse had returned in his right leg and just two weeks later we returned

to the vet to be told that he now has a pulse in both legs.

He is now almost back to his old self and walking a full perimeter of our park and enjoys chasing his ball again, which for us is fantastic news.

All of this I am sure is down to the Serrapeptase that we have given him... even the vet has said he is a walking miracle!!

Regards, Clare.

## IT JUST GETS BETTER AND BETTER

### Dog Arthritis Story

Mr Rich was introduced to Serrapeptase two years ago when his 13-year-old bitch was unable to walk and the drugs could do no more. Within a few weeks of taking it she was up and walking again. Now two years later at aged 15 she is still being kept mobile, safely without drugs and at a cheaper cost.

Serrapeptase and a Horse!

In your newsletter, you have asked for feedback about Serrapeptase. I am delighted to give you mine.

I used Serrapeptase on my horse, which sustained

a severe tendon injury in April 2003. By June a scan showed that he had a chronic tendonitis with much scar tissue formed, both on the tendons, in the tendon sheaths and in the surrounding ligaments. The prognosis was poor; 'moderate to guarded for anything more than light hacking' said the report.

I had no idea about dose, so had to make an educated guess! I fed him 10 tablets of Serrapeptase a day for 6 weeks, then 6 a day for 2 months, then 3 a day for a further 2 months.

He has just been re-scanned (November 2003).

To my delight, the scan showed almost a full recovery. There is minimal scarring on the tendons, and none in the tendon sheaths or ligaments. He is expected to get back to full work now.

I can now bring him back into work. I will increase the work slowly over a period of 2 -3 months, and continue on a maintenance dose of Serrapeptase (2 a day) for a while.

This is a truly remarkable recovery, and I am absolutely delighted.

I will be spreading the word!

Liz Hayden

# Serrapeptase Questions and Answers

The following 3 pages cover the most frequently asked questions about Serrapeptase and its uses

## *What is Serrapeptase?*

Serrapeptase is a proteolytic enzyme isolated from the micro-organism, Serratia E15. This enzyme is naturally present in the silk-worm intestine and is processed commercially today through fermentation. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme.

## *What does it do?*

Serrapeptase digests (dissolves) non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms.

## *What happens to the residue?*

This is mainly converted to basic amino acids and is usefully recycled into the body. Any other residue is excreted in the usual manner.

## *Has it any side effects or can I take too many?*

No side effects have been found in over 25 years of studies and usage. Many people take very high doses to speed-up the relief e.g. in cases of sports injuries which can be as high as 30 per day with no side effects whatsoever except a faster recovery. It is even safe for children of 2 years+ for a wide range of conditions: (asthma, lung problems, arthritis, etc).

## *Why can it benefit so many different conditions?*

Although Serrapeptase simply digests dead and inflamed tissue these two problems are the cause of the majority of symptoms in the body. The wide range of conditions that respond to Serrapeptase include:

- Varicose Veins and other circulatory problems
- Pain problems such as, Arthritis, Joints, and Muscles Pains and even MS.
- Lung Diseases such as Emphysema, Asthma, Bronchitis and Bronchiectasis.
- Sinus and other ENT problems
- Post Operative Healing, Lesions and Cysts (breast, ovarian etc)
- Arterial Plaque, DVT (good for travellers) and Blood Clots
- Migraines (vascular).
- Enlarged Prostate

and many more (see studies).

## *Can I use it for any condition, even those not-listed?*

It is worth a try for practically anything. If you have great discomfort it is worth taking a high dose for one week which should give great relief.

## *Can it be used on animals such as cat and dogs?*

Yes it has proven to be very effective on all animals. Many veterinarians are now prescribing it as well as arthritic pet owners sharing their own bottle with their arthritic dog to great effect.

## *I can understand internal scars (lesions and adhesions) but what about external scarring, how can it help this?*

It will still work on surface scarring just as it will on diabetic ulcers and the similar problems. By continually digesting the scar tissue, healthy tissue will eventually replace the old scar. It may not complete eradicate all of the scarring but the worse the scarring the better the visual benefits.

## *Can it be taken with other medication and do I need to inform my Doctor?*

Yes it can be taken with any medication and may mean that you will be able to stop taking them.

## *I have abdominal scar tissue 2 years after a lipoplasty procedure. I heard that Serrapeptase could help "dissolve" internal scar tissue. Is there any truth to this?*

Yes it is a very effective and safe solution. It will take about 3 weeks to get rid of the discomfort and a further 3-6 weeks to ensure they are completely clear.

## *As it is 2 years post-op, I do not have pain. Maybe a burning sensation if the scar tissue is massaged, but that's about it. Do you still think Serrapeptase is effective as the scar tissue is this old? And if so, what doses should I be taking and how often?*

Yes, the age of the scar is irrelevant. Dosage really

*"No side effects have been found in over 25 years of studies and usage"*

*"Serrapeptase is a proteolytic enzyme isolated from the micro-organism, Serratia E15. This enzyme is naturally present in the silk-worm intestine and is processed commercially today through fermentation"*

*“Serrapeptase is extremely effective in removing the inflammation, without the side effects associated with drugs”*

*“in the better medical systems such as Germany and other countries with superior results compared to the UK and the USA, they have prescribed it for the last 25 years”*

*“Healthy people do not need drugs”*

Robert Redfern

depends upon your finances. I always recommend 3 x 3 to start with and then reduce each week as the symptoms reduce. When symptoms are gone take the lowest dose 1 x 2 per day.

***Will Serrapeptase help Irritable Bowel Syndrome?***

Serrapeptase will remove dead tissue and inflammation from the digestive tract, thereby relieving the symptoms. There are, however a number of causes of IBS and for example some people benefit from hypnotherapy. Follow the plan in my book for best results.

***I have osteo-arthritis. I am taking Vioxx, 25mg, daily for inflammation. Also taking 1500mg Glucosamine, 1200mg Chondroitin, and 3gm MSM, will Serrapeptase help?***

Serrapeptase is extremely effective in removing the inflammation, without the side effects associated with drugs. Once the inflammation has gone then the body's own recovery systems can then start to rebuild, with the help of Glucosamine, Chondroitin, MSM and collagen.

***What is the Clinical usage of Serrapeptase in children, with dosage precautions and other relevant clinical information?***

It can be safely used with children. I recommend 1-3 tablets per day for children. If they cannot swallow the tablets, they can chew the tablet as it does not have any taste. (also capsules that can be broken open and mixed with honey). In fact a sore throat can be cleared in

about 30 minutes by chewing 1-2 tablets. Our grandchildren use it when they get mucus problems from colds, with fast results.

***Wondering if Serrapeptase has ever been used for Peyronie's Disease (curvature of the penis)?***

I have been asked this a few times but have not had any feedback. It could work as the growth that causes it should diminish with Serrapeptase. I look forward to feedback on this matter.

***Please can you tell me if I give Serrapeptase to my Dalmatian dog how many tablets can I give him. Also can it help for inflamed skin which occurs because of a small infection in the hair follicle which makes the skin swell into a lump which looks inflamed?***

It is well worth trying; 1-3 a day should be sufficient.

***Does Serrapeptase help with lung problems fungus?***

No, just the inflammation that may result from the fungal infection. Try colloidal silver in a nebuliser mixed 50:50 with 3% hydrogen peroxide.

***I am on Warfarin, is it safe to take Serrapeptase?***

Yes it is perfectly safe and if you follow my cardiovascular plan you may not need the Warfarin. Healthy people do not need drugs.

***Can I take Serrapeptase whilst I am pregnant?***

Yes you can take it pre and post natal.

***Why do doctors not prescribe Serrapeptase if it is so good?***

They do, in the better medical systems such as Germany and other countries with superior results compared to the UK and the USA. They have prescribed it for the last 25 years.

***Can it get rid of my varicose veins completely?***

It can get rid of the discomfort and the swollen veins (ask my grateful wife). It cannot repair damaged valves.

***How long has Serrapeptase been in use?***

Around 25-30 years.

***My son has Crohn's Disease, he is 10 years old. Can he take these tablets and how many?***

He can take any amount as they are quite safe. I would try 3 a day to begin. He also needs to follow the recovery plan to resolve it (see one in the book 'Pain relief, Inflammation Relief and Clear Arteries').

I will be having ACL surgery and would like to use this enzyme in my recovery. I am somewhat familiar with enzymes from the book 'Enzymes for Autism' which I am utilising, successfully for my son diagnosed with PDD-NOS.

Serrapeptase will certainly help in your post-op recovery.

***I have gallstones and a stomach ulcer. Would Serrapeptase aid recovery?***

Not for the stomach ulcer, and it may cause discomfort. You need to use a special formula to heal the ulcer first before you deal with the gallstone.

continued on page 15...

If you want a plan please contact me.

*My granddad is diabetic but would like to try this product for a number of things listed. Can he take this medication with being diabetic? and what ingredients are used to make Serrapeptase please?*

Yes he can take it as a diabetic and with the drugs he is taking. The contents are just Serrapeptase enzymes. Reports for diabetes users tell of balanced blood sugars but I cannot tell if it is the Serrapeptase or the fact they are cutting back on starchy carbohydrates.

*My husband has nasal polyps and is about to go into hospital for the third time to have them removed. Will this product help him?*

It should do; it gets rid of other cysts. I cannot say how long it will take and so he can use them immediately he comes out to prevent the return of the polyps.

*Research indicates that Serrapeptase is destroyed by stomach acid and therefore needs to be enterically coated. Do you have research that shows otherwise?*

No there are no other studies showing that non-enteric coated works as well. My own observations show that you would need to take twice the amount of non-coated compared to enteric coated to get the same effect. There is misinformation put out by others that it does not matter.

I can state categorically there are no studies showing it is as effective. All of the studies in the

past 30 years used enteric coated.

*I notice that you recommend high doses of high strength compared to others with small dosage products, are the high doses really needed?*

Yes, a high dose ensures the best possible results and this makes it a very effective and safe solution. It will take up to 3 weeks to get rid of the discomfort and then the dose can be reduced to a low level to make sure it is kept clear. It will be much more costly to purchase a low-dose product and take a high enough amount to get the symptoms clear.

*I am primarily concerned with whatever cardio-vascular benefits might be experienced with the use of Serrapeptase. Is the evidence supporting Serrapeptase very preliminary, or is it fairly solid, that shows benefit for arteriosclerosis?*

You will not find any conclusive evidence of the effectiveness of Serrapeptase. The information around is simply the reports coming in from users and doctors who are witnessing the results. As it is obviously safe, no one feels the need to subject it to expensive trials.

Serrapeptase works in the same way that aspirin works i.e. it is an anti-inflammatory. Cardiovascular diseases are, in the main, caused by chronic inflammation and anything that reduces this inflammation will help clear the arteries. Even simply stopping eating starchy carbohydrates, overcooked or microwave and processed foods will start the process of recovery (assuming you replaced

those with vegetables and fruits).

The advantage of Serrapeptase, as well as being a much more powerful anti-inflammatory, is that it is also a very strong protease. This dissolves the dead proteins that bind the plaque blocking the arteries.

The reports come in daily of the many different successes.

My husband has a condition called polycythemia (blood is too thick) and has to have a phlebotomy approx. every 3 months to keep his blood thin. He also has had a couple of mini strokes and is on a full aspirin a day and 11 mg. of Coumadin daily for these conditions. He takes another medication called hydroxyurea that is a chemo drug to keep his white platelet count down.

*Is it safe for him to take this enzyme to keep any further blood clots from developing? I already take Serrapeptase for cardiovascular problems.*

Yes it is safe (and essential) for him. I would like to offer some other advice if I may. While there may be a genetic reason for his condition, factors that will make it worse are invariably common to many diseases.

It is now proven that the cause of many diseases is chronic inflammation. Chronic inflammation results in thick blood. Starchy carbs and processed food are the main causes of inflammation. Change the diet as well.

*"...a high dose ensures the best possible results and this makes it a very effective and safe solution"*

*"Cardiovascular diseases are in the main caused by chronic inflammation and anything that reduces this inflammation will help clear the arteries"*

**Naturally Healthy Publications**

For more information about Serrapeptase contact us...

Click Here for our Helpline  
Robert@serrapeptase.info

We're on the Web!  
www.serrapeptase.info

*Anti-inflammatory and Natural Chelation*

New Web Forum!  
www.TheMiracleEnzyme.info

*"Serrapeptase may become the most widely used nutritional supplement of all time because of its effectiveness with such a wide range of conditions"*

Robert Redfern

**Serrapeptase and Arthritis - Jenny Pulling interviews**

**Karla Graham**

'Physician heal thyself' is a maxim dear to Karla Graham's heart. A complementary therapist, she says she won't recommend anything she hasn't tried herself.

"I have to know it 'works' and isn't just another wonder substance. That's why I am recommending serrapeptase to my clients. I think it is fantastic!"

Karla is 62 and for the last 17 years has suffered from severe arthritis and gout. She tried everything to rid herself of the pain, even painkillers, although she dislikes taking orthodox medicine.

"I know that gout is caused by an excess of uric acid and so I had eliminated those foods that contain it. But the gout didn't go. I came to the conclusion that my body was producing excess itself. I consulted a medical doctor and believe me it takes a lot for me to do that. A test confirmed there was uric acid present and he prescribed a

medicine.

I had to take it every day and I was aware that over time it would create side effects, such as affecting kidney function. I knew I had to find something natural.

One day I was sitting in my chiropodist's waiting room and I read about serrapeptase in a magazine. I decided to give it try and persevered for three months. In my experience you have to give complementary medicine a fair length of time; it doesn't work over night."

Karla began with the optimum dose of Serrapeptase, 3 capsules, 3 times a day. Within weeks she was able to run up and down stairs and dispensed with her other medicines. She is now down to a two capsules twice a day dose and a walking advertisement for the results.

"There is another important factor in this," she points out, "You have to want to help yourself. You have to want to be happy and well instead of ill and miserable. I have two brothers-in-law who

suffer appalling pain. One is so crippled with arthritis it wakes him in the night, the other has spondylitis and has to walk with the aid of sticks. I've told them both about serrapeptase, suggested they look it up on the website, but they do nothing. They don't want my help."

"It's the same with everything in life," she smiles "Even learning to drive. You have to make the effort to help yourself."

**Update...**

I am so glad to have spoken with you again today.

I have been taking Serrapeptase + MSM+ Trace Minerals for around 12 weeks now and would like to share some good news.

I no longer need medication for Arthritis, or for Gout and am feeling so very much better.

Thank you for a GREAT product. I can recommend it to all my clients and will be happy to do so.

Kindly greetings

Karla

**THE BOOK ABOUT THE ENZYME THAT IS CHANGING PEOPLE'S LIVES**

- ❖ PAIN RELIEF?
- ❖ INFLAMMATION RELIEF?
- ❖ CLEAR ARTERIES?

Read in detail the fascinating studies, uses and practitioners' reports about

**Serrapeptase**



**READ IT ALL IN THIS ONE BOOK**

For over a quarter of a century, the clinical use of Serrapeptase as an anti-inflammatory has been widespread throughout Europe and Asia.

There is a growing list of conditions that respond to Serrapeptase, simply taken orally in tablet or capsule form.

- ❖ Pain of any kind
- ❖ Lung and Bronchial Problems
- ❖ Eye Problems
- ❖ Ear, Nose and Throat Problems
- ❖ Trauma recovery/aftercare
- ❖ Inflammation of any kind
- ❖ Cardiovascular Problems
- ❖ Varicose Veins

**Find out more about Serrapeptase now -  
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