

## A TWO-STEP APPROACH WITH NEPRINOL AND LIGNANS

# Systemic Enzymes, Lignans and Uterine Health

## Step 1 – Neprinol

*Clinical references  
by Chris Serafini, D.C.*



**I**F YOU HAVE BEEN DIAGNOSED with uterine fibroids, you may be wondering what that means, and what you need to do next.

Many doctors immediately suggest dangerous hormone therapies (with the anti-hormone mifepristone) or hysterectomy. These options are potentially very traumatic, physically and mentally.

Unfortunately, doctors aren't educated in breakthroughs in alternative therapies. Until now alternative therapies have been mild and have had mixed results. MDs and OB/GYN physicians aren't suggesting alternatives that could save the patients thousands of dollars and avoid surgery.

Uterine fibroids are made up of fibrotic tissue and muscle cells, formed by fibrin deposition. Many experts believe that a condition known as estrogen dominance also fuels their growth.

We've known for some time that enzymes are able to help support the health of people with fibrin-based conditions like fibromyalgia and fibrocystic breasts, and with wound healing, because of their ability to cleanse.

The enzymes in Neprinol™ swiftly break apart fibrotic tissue, help to stabilize growth factors, improve cleansing, and help maintain normal inflammation levels. Neprinol's two foremost ingredients (NattoSEB® and Peptizyme SP®) have been extensively studied in Japan and Europe for their ability to help the body maintain normal fibrinolytic activity and blood flow.

Clinical studies have shown that serrapeptase and nattokinase work fast for many different conditions, all linked by fibrinolytic activity, to effectively dissolve fibrin safely, with no adverse side effects. For this reason, these enzymes have long interested



those in natural health as well as European and some American medical doctors.

Not all enzyme products work to break down fibroids. Many enzymes advertise fibroid reduction but neglect to mention their product will not work unless hormone levels have become stabilized, as in postmenopausal women.

In premenopausal women, hormones are far stronger, and most enzymes are far too weak to reverse the formation of a fibroid, and at best may mildly interrupt the growth rate. These products are only successful in women with mild to moderate hormonal imbalances. In most cases, serrapeptase or nattokinase by themselves are not enough.

Nattokinase, serrapeptase and proteases are classified as fibrinolytic (fibrin lysing) and proteolytic (protein digesting) enzymes. Each enzyme is unique in the way it catalyzes proteins. It is the intrinsic nature of these enzymes to seek out exogenous (foreign) proteins and emulsify them. Combining these enzymes creates a synergistic approach to reducing fibrous formations. High concentrations of these combinations are enough to overpower extreme hormonal imbalances and prove to be successful for premenopausal women.

Neprinol contains clinical-strength nattokinase, serrapeptase, coenzymes, and a very potent blend of proteases.

The inclusion of nattokinase, the most potent enzyme, and serrapeptase, also a superior enzyme—both fibrinolytic (fibrin-eating)—in one formula delivers a synergistic effect. Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) and magnesium are also crucial in an enzyme blend. Every time an enzyme reacts in the body, a coenzyme is needed to fuel that reaction. If no coenzymes existed in our diets, the enzymes in our body would be useless. High doses of systemic enzymes can actually rob our bodies of our own coenzyme resources if we are undernourished. Neprinol contains just the right amount of

This shows a woman with one uterine fibroid that has considerably shrunk in just 30 days. The original measurement was 10.22 cm and 30 days later was 7.27. Her Neprinol dosage was four pills, twice daily, for 30 days.

Before



After



**Doctors, Distributors  
and Retailers  
can call Arthur  
Andrew Medical at  
(800) 448-5015 or visit  
[www.arthurandrew.com](http://www.arthurandrew.com).**

coenzymes for the enzymes to react without borrowing coenzymes from our diet.

### WHY I RECOMMEND NEPRINOL

Typical enzyme manufacturers don't bother to mention their products only produce results in menopausal women or in cases where extreme hormone replacement is used. You cannot expect a premenopausal woman to get results using only one enzyme or even a partial blend. Neprinol contains the highest concentrations of nattokinase, serrapeptase and protease available. You have already added the coenzymes essential for enzyme catalyzation. Weak and partial enzyme blends create a push and pull effect, while these enzymes are working to break down the tumor, the body is hard at work trying to grow it back. While other products may mildly interrupt the growth rate of the tumor, it will continue to grow and eventually need to be surgically removed. The concentrations in Neprinol synergistically work to break down these masses at a rate that is faster than they grow. Typical reduction rates average between 1.5 and 3 cm every 30 days.

### WHAT IS THE TYPICAL DOSAGE?

Typical Neprinol dosage is between three to four pills, three times a day. Begin using two pills, three times a day, and gradually build up to the desired dosage. Drink plenty of water to dilute the toxins in the blood and make sure to drink at least eight ounces with each dose. Neprinol may be taken with meals, but is much more potent on an empty stomach.

### WHY IS NATTOKINASE SO IMPORTANT TO THE NEPRINOL FORMULA?

Biologically active, nattokinase does more than help healthy women enjoy fibroid-free living. Out of control, excessive fibrin not only manifests itself

in the form of tumors; it also causes clumpy blood that decreases your heart and circulatory health. Nattokinase has been clinically proven to enhance your body's ability to break down fibrin, supporting healthy blood flow.

Not long ago, researchers began to see a correlation between disease, excessive fibrin, and inflammation. Fibrin and inflammation remain consistently elevated with patients who have fibroids (as well as diabetes, Alzheimer's and arthritis). It may seem hard to believe that Neprinol can benefit people with so many health concerns, but systemic enzymes have consistently proven themselves to have wide areas of health benefits because of their ability to help the body maintain healthy inflammation levels.

Women should be taking every step possible to maintain normal levels of fibrin and inflammation. Enzymes are an important support tool to do so. They've been widely used throughout Europe. In fact, published studies show enzymes also benefit fibrocystic breasts (especially when combined with vitamin E). The wonder is that the enzymes in Neprinol are derived from the silkworm, papaya, pineapple and fermented natto cheese, and they are all natural. This is a gift to women from nature.

I also strongly recommend women use the unique lignan formula Brevail® (see page 34). Brevail will help women to address another key issue involved with fibroids: estrogen dominance. ■



NattoSEB and Peptizyme SP have been extensively studied in Japan and Europe for their ability to help the body to maintain normal fibrinolytic activity and blood flow.

Supplement Facts		
Serving Size One Capsule 15,000 FU (500mg)		
	Amount Per Serving	% Daily Value
<b>Neprinol Blend:</b>	500 mg	*
<b>SEBkinase® Systemic and Lipolytic Enzyme Blend:</b>		
NattoSEB® (USP Grade Nattokinase), Peptizyme® SP (USP Grade Serratiopeptidase), Lipase		
<b>Neprinol Protease Blend:</b>		
Microbial proteases derived from A. oryzae, B. subtilis and Serratia		
<b>Neprinol Enzyme and Cofactor Blend:</b>		
Amla, Papain, Bromelain, Rutin, Ubiquinone (USP Grade Coenzyme Q10)		
*Daily Value not established		

Neprinol Protease Blend aids breaking down of excess fibrin to allow the healing and repair processes of the body to proceed at a normal and optimal rate.

Neprinol Enzyme and Cofactor Blend contains two key enzymes, papain and bromelain, and the flavonoid phytochemical rutin, which many experts believe synergizes the enzyme activity.

## RESOURCES

Neprinol is available at health food stores and via other natural health outlets. For information about Neprinol visit [www.arthurandrew.com](http://www.arthurandrew.com) or call (800) 448-5015. If your local store isn't yet carrying Neprinol, visit [www.enzymus.com](http://www.enzymus.com) or call (800) 930-9833.

See also: [www.4woman.gov/fq/fibroids.htm](http://www.4woman.gov/fq/fibroids.htm)

<http://www.nlm.nih.gov/medlineplus/uterinefibroids.html>

<http://www.nuff.org/>

Because Neprinol is a systemic enzyme formula, it helps with a diverse number of health conditions; for more about Neprinol, see *Healthy Living* 10.1:34 or visit [www.freedompressonline.com](http://www.freedompressonline.com).

## NEPRINOL SUCCESS STORY *Recently, Nereda Gibbs shared with Healthy Living how Neprinol helped to clear up her uterine fibroids:*

"I was premenopausal when I learned I had fibroids. I cut animal products out of my diet to lower my estrogen levels and successfully reduced the fibroids; however, in doing so, my estrogen and progesterone levels became so low that I had hot flashes, dry skin and memory loss. My doctor prescribed bio-identical estrogen and progesterone to reduce these symptoms. The fibroids grew back so quickly that in six weeks my uterus had expanded to the size of being about four-months pregnant! Fortunately, I read about Neprinol and began taking two capsules of Neprinol twice a day, along with vitamins and Brevail. After two months on Neprinol, an ultrasound revealed the fibroids had all but disappeared. And to think that two doctors had wanted to operate to remove them! Soon after, I stopped taking Neprinol, but noticed the arthritis pain in my hands had returned. Today, I take a maintenance dose, which keeps the fibroids and arthritis pain away."

## A TWO-STEP APPROACH WITH NEPRINOL AND BREVAIL

# Estrogen Dominance and Brevail

## Step 2 – Brevail



THE SECOND NATURAL STEP FOR HELPING TO SUPPORT THE HEALTH OF WOMEN with fibroids is to balance their hormone levels. I find Brevail® is one of the best defenses against estrogen dominance. I recommend Neprinol™ and Brevail be used together because the combination works so well with my patients.

While Neprinol works to break down fibrous tissue and remove waste material, Brevail's clinically studied flax lignans act like estrogen buffers to favorably alter the environmental balance of women. In effect, lignans, which are a type of completely safe plant hormone, quiet down the hormone cascade within women's reproductive tissues, which especially occurs within the fibroid tumor. Hormone balance is key to women's reproductive health and particularly critical to preventing future bouts of fibroid tumors.

Genetic susceptibility is certainly a factor in some women's cases, but the underlying risk factor is too much of the female reproductive hormone estrogen.

Estrogen, which stimulates development of the uterine lining for pregnancy, may also promote the growth of fibroids. Experts say that fibroids contain more estrogen and estrogen receptors than do normal uterine muscle cells.

Compounding the problem of the body's own natural estrogen, unfortunately, is the assault from synthetic by-products of fossil fuels that get into women's bodies—toxic forms of estrogen, known as xenoestrogens. As petroleum is converted to phthalates, pesticides and plastics, these manufactured products contain molecules that resem-



ble the hormone estrogen. Once ingested, they are absorbed into women's tissues and become part of the bloodstream, much like estrogen. When they pass by an estrogen-sensitive cell receptor on the breasts, ovaries or

uterus, they congregate there, unlocking genetic materials linked with cell receptors on the cell membrane. But because these are toxic to the body and constantly in the bloodstream, they are now thought to play a subtle role in making women more susceptible to a whole host of challenging health conditions, including breast and ovarian cancer, endometriosis, and possibly uterine fibroids.

All women's bodies now contain xenoestrogens that some researchers link with increased rates of uterine fibroids among modern women. At the University of Texas M.D. Anderson Cancer Center, L.C. Hodges and co-investigators reported in the December 2001 *Annals of the New York Academy of Sciences* that they have found xenoestrogens to be a possible cause of the current high incidence of uterine fibroids (leiomyomas).

They report that xenoestrogens "can mimic the effect of estrogen on leiomyoma cells." In other words, these compounds stimulate genetic transcriptions or messages via the cell membrane estrogen receptors "and up-regulate the expression of an estrogen-responsive gene in uterine leiomyoma cells." This causes the formation of uterine fibroids and is the smoking gun of experimental research that suggests estrogen dominance plays a role in uterine fibroid formation.

Besides using systemic enzymes (see my report on Neprinol, page 32), women should also make use of safe and effective selective estrogen receptor modulators (SERMs) to displace the xenoestrogens. Once again, nature outperforms any kind of pharmaceutical drug.

### How long before Brevail starts working?

The effect of Brevail is almost immediate. Within one week of taking Brevail, lignan levels match or slightly exceed those in women who have demonstrated a high degree of hormonal balance.

### Is it possible for Brevail to flush out too much good estrogen?

No. Lignans, by nature's design, cannot fully saturate available estrogen receptor sites, nor fully displace estrogen. The result is a delicate balance between body and nature, just as nature intended.

Brevail contains flax lignans that the body converts into secoisolariciresinol diglucoside (SDG), which alters the metabolism and action of estrogen in women's bodies so that women produce more of the safest, least-toxic forms of the hormone. In a study published in the journal *Cancer Epidemiology Biomarkers and Prevention*, it was shown that flaxseed lignan supplementation favorably alters estrogen balance in healthy postmenopausal women.

Twenty-eight women (nuns, with no history of pregnancy) completed a series of seven-week supplementation periods where they: 1) ate their usual "control" diet; 2) took a 5 gram per day supplement of flaxseed meal; or 3) took a 10 gram per day supplement of flaxseed meal, rich in lignans. A "washout" period of at least seven weeks followed each seven-week dietary treatment period.

During the periods when the women consumed the flaxseed supplements, the concentration of 2-hydroxy estrogen (2OH-E; the "safe" estrogen) in the urine increased, with the 10 gram per day dose producing 2OH-E increases significantly greater than both the 5 gram per day dose and the control diet.

Other studies show that flax lignans displace more toxic types of xenoestrogens like pesticides from attaching to reproductive cells, thus providing protection against this cause of estrogen dominance.

Think of dietary lignans as an estrogen buffer that helps the body quit fueling estrogen-sensitive cell activity.

## LIGNANS AND ESTROGEN METABOLISM

I think of Brevail as an all-natural and safe SERM. Brevail is comprised of a very special and specific plant lignan that has been isolated, purified, concentrated, standardized, and guaranteed for potency from flaxseed.

Flaxseed is the most highly researched source of plant lignans. While flaxseed is the world's most abundant source of lignans, the concentration of lignan from crop to crop, variety to variety and, for that matter, from seed to seed, can fluctuate up to 300 percent. Brevail ensures an exact dose every

time, designed to raise the body's physiologic concentration of lignans to that of women on a very conscientious, vegetarian diet and with an excellent history of reproductive health.

Seldom do individual plant actives work alone, but rather are exponentially more beneficial in the presence of other like compounds. In nature, as in Brevail, lignans coexist in natural foods in harmony with other phytochemicals, and accessory and antioxidant nutrients. These potentially synergistic constituents have been carefully retained during the Brevail manufacturing process and are thought to enhance your body's use of lignan, as well as have unique nutritional attributes of their own.

Brevail has been carefully crafted to preserve the synergistic and value-added constituents in proper balance and proportion. Brevail's product profile is a perfect fingerprint, true in integrity, profile and balance, provided by a master formulator—nature.

As a health professional, I especially like Brevail because it is the only product of its kind to have validated the exact dose with a clinical, human oral-dosing, pharmacokinetic study. Thirty women participated in human oral dosing clinical studies with Brevail. Lignan levels were raised and maintained in urine and blood comparable to women with an extraordinary history of breast and hormonal health.

One hundred women participated in a subsequent trial-usage program with Brevail and reported improvement in mood, sense of well-being and peace of mind, as well as relief from symptoms related to PMS and peri-, pre- and postmenopausal discomforts. In addition, lignans have been shown to play a role in helping to preserve women's long-term cognitive function.

Medical science shows lignans offer so much in the way of women's health benefits. Brevail is an important self-health care discovery for women experiencing menstrual or menopausal discomforts, and for women concerned with breast health. ■

### REFERENCES

- Haggans, C.J., et al. "The effect of flaxseed and wheat bran consumption on urinary estrogen metabolites in premenopausal women." *Cancer Epidemiol Biomarkers Prev*, 2000;9:719-25.
- Hodges, L.C., et al. "An in vivo/in vitro model to assess endocrine disrupting activity of xenoestrogens in uterine leiomyoma." *Ann NY Acad Sci*, 2001;948:100-111.

## RESOURCES

Women concerned about doing everything they can to maintain their breast health—as well as women experiencing symptoms associated with PMS and menopause—should consider Brevail as a safe, natural and effective approach to address these concerns.

**How much does it cost?** Brevail retails at \$19.99 for a one-month supply.

**Where can I find it?** Brevail is available in select health food stores and other natural health centers.

**Free Sample—** While supplies last, a free sample of Brevail is available complete with an informative CD by calling (888) 503-8300, e-mailing [sample@brevail.com](mailto:sample@brevail.com) or writing to Lignan Research, 9921 Carmel Mountain Road #339, San Diego, CA 92129.

**Contact Information—** For more information call Brevail at (888) 503-8300 or log onto [www.brevail.com](http://www.brevail.com).

*Editor's note: We are aware that health professionals also use supplements containing diindolyl-methane and natural progesterone. However, women should always work with a qualified health professional.*