



The Clinical Application of Pro-Enz™, Salizain™, Zymain® and NutraDisc®

Anabolic Labs' products, Pro-Enz™, Salizain™, Zymain® and NutraDisc®, fall in the category of addressing the issue of inflammation and pain. These products are generally similar, however, each can be used in specific clinical situations.

DIETARY APPROACH COMMON TO ALL FOUR PRODUCTS

The average patient lives on a pro-inflammatory diet, which is contraindicated when one is trying to recover from an inflammation/pain event. Thus, patients should try with diligence to maintain an anti-inflammatory diet. Anabolic Labs' *Nutritional Foundation Booklet/CD* is the easiest way to get this information across to patients without encroaching on your valuable time. Utilizing Anabolic Labs' *Supplement Rx sheet and Markers of Chronic Inflammation and Pain* is also recommended.

Pro-Enz™: Historically, every indigenous population consumed spices with every natural whole-food meal, which is known to be an anti-inflammatory diet. Turmeric, ginger and rosemary are examples of such spices and they are found in Pro-Enz™. In contrast, the American diet is pro-inflammatory. Americans eat most of their calories from sugar, flour products, refined oils and trans fats, unhealthy animal products, and "spice" with salt.

Pro-Enz™ should be taken every day in the context of "spicing" up the body for long-term general inflammation/pain management.

Salizain™: In contrast to Pro-Enz, the white willow bark found in Salizain™ is especially beneficial during exacerbations of pain that are not associated with an obvious traumatic event such as a whiplash injury or sprained ankle. In the context of benefiting low back pain, the American Pain Society and American College of Physicians rated white willow equal to Acetaminophen, NSAIDs, benzodiazepines, and opioids.

The studies with white willow involved approximately 1,000 mg of extract with 240 mg of salicin. This was taken once per day. Clinical experience suggests that white willow can be taken four times per day as needed.

Zymain®: In contrast to Salizain™ and Pro-Enz™, Zymain® is Anabolic Labs' proteolytic enzyme product. Such enzymes have been used for decades for the purpose of reducing the acute inflammation associated with obvious traumatic events, such as sprains and

strains. Studies date back to the 1960's when proteolytic enzymes were successfully used for boxing injuries. Holistic dentists still recommend them before and after dental extractions.

Zymain® should be taken on an empty stomach 3-4 times per day for about a week. Historically 2,000 mg or more enzymes have been used per day.

NutraDisc®: One of the more scary conditions for patients is disc pain. Patients search online and can become quite scared about the possibility of surgery and chronic pain. In addition to manual care, your patients need reassurance.

First, they need to be reassured that very few patients ever need surgery and most become pain-free. Second, further reassure patients by giving them a product that is made especially for disc inflammation and pain. NutraDisc® contains proteolytic enzymes, a highly absorbable form of curcumin to get to the disc, and glucosamine/chondroitin for connective tissue repair.

NutraDisc® should be taken on an empty stomach; two capsules three times per day.

DAVID SEAMAN, DC, MS, DABCN

Prior to his graduation in 1986 from New York Chiropractic College, Dr. David Seaman received his B.S. in biology from Rutgers University. He earned his M.S. in nutrition from the University of Bridgeport in 1991 and completed his postdoctoral studies in neurology at Logan College of Chiropractic the next year. He also a diplomate of the American Chiropractic Academy of Neurology and the American Clinical Board of Nutrition.

A popular and prolific author of numerous nutrition and neurology articles and of the text *Clinical Nutrition for Pain, Inflammation, and Tissue Healing*, Dr. Seaman is a Professor of Clinical Sciences at National University of Health Sciences in St. Petersburg, Fla., and is on the postgraduate faculty of several chiropractic colleges.

A master's degree in nutrition and neurology, combined with his chiropractic background, gives Dr. Seaman a diverse perspective from which to observe the affects of diet and nutrition on neurological processes with regards to acute-to-chronic pain.

Dr. Seaman has also provided a wealth of articles for chiropractic and sports-related publications.

