



**ENZYME RESEARCH GROUP**

### **The Silkworm's Secret**

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A silkworm's cocoon is made of a single thread about 914 meters long. About 3,000 cocoons are needed to make one pound of silk (source: University of Arizona). So how do those silkworms get out of their tightly wound little cocoons so they can fly away from their confinement? Tiny little scissors? No, something better. They rely on a digestive enzyme known as serratiopeptidase. Serratiopeptidase is a protein-digesting enzyme derived from a bacteria which occurs naturally in the intestine of the silkworm. These enzymes help the silkworm moth to dissolve, or digest, the cocoon surrounding it.

If you find yourself constricted by regular pain or chronic illness, you may want to try the silkworm's method. Serratiopeptidase is thought to be particularly helpful with reducing pain and inflammation (such as arthritis). Several clinical studies, as well as many anecdotal reports, support serratiopeptidase's effectiveness in pain control. It is also used for its ability to break down fibrin and excess mucous in the body.

Serratiopeptidase goes by several variations in spellings including: serrapeptidase, serratia peptidase, and serrapeptase. Some names may refer to a company's particular serratiopeptidase product. Companies' also use different processing methods. This is why some serratiopeptidase products are enterically coated whereas others are not. However, the basic serratiopeptidase used in most all products is a specific non-pathogenic enzyme from the organism *Serratia E15*, taken between meals.

A number of products featuring serratiopeptidase have been on the market for quite a while now with a good reputation of success. If chronic pain has you bound in stress, consider the silkworm's secret.