



ENZYME RESEARCH GROUP

Undercover Discovery

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Over the years, both men and women have continually commented, usually very privately, that, in addition to all the other benefits they reap, taking digestive enzymes enhanced their intimate relationships. Apparently, certain enzymes can result in adding more zest to sexual health. Although rarely discussed, this unexpected 'benefit' is grounded in a variety of reasons.

Certain enzymes taken between meals promote improved blood and oxygen circulation (nattokinase, serratiopeptidase, and perhaps other proteases). Medical research shows that circulation problems have been a root issue for some men in intimate relations. To address this problem, several popular medications for erectile dysfunction focus primarily on improving circulation. So, it is easy to see how improving blood flow and circulation through enzyme supplements may contribute to the improvements seen in this area.

Enzymes may also have a direct effect through the energy and nutrition released as food is broken down during digestion. Both increased energy and increased circulatory function can increase stamina and decrease overall fatigue.

Let's not overlook the direct contribution of enzymes in this area through their action in assisting health overall. It is difficult for anyone who is ill or dealing with physical pain to engage in physical activities of any sort. As health improves, romantic activities tend to improve along with other physical activities.

In a related issue, a number of women have commented that beginning enzyme supplementation produced regular monthly periods when their cycle was quite irregular before, even at ages of 30 to 40 years old. Some women suffering from PMS reported a drastic reduction in their PMS associated problems, including the intensity and duration of any remaining symptoms.

Gender specific issues are an area of enzyme therapy that has not been widely investigated formally. However, there are logical explanations for this undeniable trend and why you may see benefits in these areas.