

ERG Case Review

Enzymes in Practice



Enzymes for Cholesterol and Weight Loss

Presenting Dr. Lexis Johnson PhD

June 2005

Greetings!

Board Certified Lexis Johnson, PhD, HHP of Laguna Hills, CA, has been a nutritional consultant for over 25 years and has been utilizing enzyme therapy therapeutically in her practice for much of this time. Dr. Johnson is a Board Certified Holistic Health Practitioner, Nutritional Consultant, and Master Herbalist and Energy Enhancement Specialist. She has a PhD in Psychology and is Board Certified through the AADP and the AAMA as a Holistic Health Practitioner. Originally from Canada, Dr. Johnson has come to the US after earning several certificates from Canadian schools, and has studied with the Edison Institute of Nutrition, the Global Institute for Alternative Medicine in Nutrition Consulting, Master Herbal and Holistic Health, Pixie Hollow Holistic Institute, and Clayton College of Natural Health.

Case Study: Enzymes for Cholesterol and Weight Loss

In Spring of 2004 a 41 year old male named Larry came to see Dr. Johnson. He presented with 20 lbs overweight and explained that his medical doctor was concerned about his rising blood cholesterol and triglyceride levels. He had been on Lipitor, but was not happy with the results and had taken himself off of it with his MD's knowledge.

Upon consultation it was discovered that he carried his weight in the upper body, especially the stomach region. Further review revealed that he needed support in digesting fats, carbohydrates and proteins. The appropriate enzymes were then suggested along with a more alkaline diet. It was understood that he would have trouble following a diet plan because of a busy schedule, therefore he was given an alkalizing greens drink high in antioxidants and raw non-synthetic fruits and vegetables. In addition, he took a plant-based comprehensive enzyme formula for its digestive aid benefits as well as systemic therapeutic benefits. Within 2 months the patient reported back Dr. Johnson that his medical doctor no longer believed he was at risk, with his cholesterol and triglyceride levels having returned to normal. A side benefit was that he had begun to lose the weight he had wanted within these 2 short months.

Case Follow Up: What Happened?

After the initial treatment plan and follow-up with Larry, Dr. Johnson recommended further prescriptions for a complete internal cleanse followed by the proper diet. She explained to him that this would result in a reduction in the need for digestive enzymes. "A complete internal cleanse for the major organs and colon would aid his ability in properly digesting foods and would enhance the effects of the enzymes he was taking."

It was reported that he did not follow the diet plan as much as he would have liked, which Dr. Johnson explained was evidence that the enzymes and alkalizing greens drink were producing results on their own. She further explained, "The enzymes and alkalizing green drink produced benefits for Larry's body by helping his body to better metabolize and utilize the foods he was consuming—even if they were not part of an optimal diet." Larry's original weight was lost when he followed all three plans of action: alkalizing diet, greens drink, and digestive plant-based enzymes. About six months later he returned to Dr. Johnson because he was out of the enzymes and had gained some of the weight back. The enzymes that were administered to Larry throughout this treatment were digestive plant-based enzymes, consisting of a combination of Amylase, Lipase, Cellulase and Protease, as well as an additional high Lipase. All the above enzyme formulations were highest potency and specifically formulated with a multiple broad spectrum pH range to ensure absorption and availability. Larry was advised to change his diet and did so to a limited degree, but could not stick to it for various reasons.

Enzyme Therapy with a Multi-Modality Approach:

Dr. Lexis Johnson uses a varied multi-modality approach in her clinic. She believes in a nutritional approach and detoxification procedures for the symptoms and discomforts that appear with many of today's most common diseases and imbalances of the body. A comprehensive approach is utilized by Dr. Johnson because she explains that the body "does not break down one part at a time, but generally has varying degrees of challenges to the individual systems of the body." Dr. Johnson approaches health and healing with the belief that that symptoms and their causes are the result of improper digestion and stagnation in the body. Dr. Johnson contends, "An alkaline internally clean body with a high intake of or production of digestive enzymes is the key to prevention and in some cases the key to return to optimal health."

To learn more of Dr. Johnson's practice, see www.holisticahelingspa.com. To reach Lexis Johnson PhD email or call her at: info@holisticahelingspa.com or # 949.436.1210 Lexis Johnson, PhD.

Quick Links...

- Please visit our Website- www.enzymeresearchgroup.net