



Enzymes for Acne

Presenting Dr. Ira J. Golchehreh

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Many times we only think of enzyme therapy for digestion or inflammation in the body in general. However, we very seldom consider specific application for acne or skin eruptions as they pertain to an internal imbalance. Read on as Dr. Ira demonstrates how even a 'medical acne' condition may be improved with a proper enzyme protocol.

Featuring: Ira J Golchehreh, LAc, OMD

Dr. Ira J. Golchehreh, L.Ac., OMD, is a Doctor of Chinese medicine and acupuncture who maintains a thriving practice in San Rafael, CA. His international background and studies in both Western and Eastern medicine make his practice very unique and effective. Despite the fact that he has been featured in several books and articles about alternative medicine, including the Natural Medicine Guide Series, including the books on Depression, Anxiety, and Addiction, he tries to keep a low profile so that he is not distracted from helping the people who come to him in his clinic.

Dr. Ira uses plant-based enzymes for people who have diets that are deficient in plants, and who also have a metabolism and digestive system that is out of balance. He explained the use of plant enzymes in practice is their functional use. Plant-based enzymes are used particularly as balancing agents to help balance the body chemistry and to aid in the digestive process through regaining homeostasis. Dr. Ira sees the plant-based enzymes as particularly important for people who do not eat many raw plant foods, and who need to get these in the diet to help balance the body.

Case Study- Enzymes for Acne

Judy-a nineteen year old girl-had just returned from a summer abroad in Europe. Before she left to Europe she had a long history of problem skin. She had recurrent acne breakouts and had sought many routes of orthodox treatment including tetracycline and hydrocortisone. Although these treatments would clear up her complexion, the result was short lived, and she had to often deal with side effects, including vaginal yeast infections from the antibiotic treatments. However, this time her complexion had become much worse, and so she came to Dr. Ira looking for an alternative solution.

When she came to Dr. Ira, not only was she complaining of the painful acne (cystic types) all over her face and throat, but she was also bloated in the abdomen, was constipated, complained of mood swings, and low energy and had irritable bowel syndrome (IBS) symptoms and occasional vaginitis. Upon examination, Dr. Ira found her blood pressure and oxygen saturation to be within the normal range, but he could hear gas in her abdomen. When he asked about her diet, Judy described that she had been travelling on the budget of a student, and had tried to eat as cheaply as possible, which mostly translated to eating lots of pasta. Together with her diet, stress and hormonal imbalance, Dr. Ira theorized that she had been missing key metabolic enzymes. His first line of treatment was acupuncture to help increase intestinal motility, regulate her PMS and hormones, and reduce the inflammation on the internal organs.

Acne Protocol

Dr. Ira then recommended that she take plant based enzymes that included amylase and protease, and vitamin C. Additionally, he put her on a regimen of liquid Cal Mag, fish oils, a multivitamin including zinc, copper, selenium and vitamins A & E, and a combination of the herbs Tang-Kuei and Anemrrhena. In addition, he recommended for her to wash her face with spicy cool herbs, Fructus Arctii and Flos Chrysanthemum, as well as with gypsum fibrosum to take the heat away, and Bayer aspirin (5 tablets dissolved in about 1 oz. of water).

It took about 10 visits for Judy to get her body in balance again and recover a good complexion, but Dr. Ira said part of this was due to the fact that she was not very serious about taking all the supplements he had recommended. As soon as she had complied with the recommended regimen, her acne cleared up beautifully. The enzymes had balanced her digestion, and the herbs helped to take away the initial heat and balance her hormones. As Judy's diet had been improved, and her detoxification system was put into balance, her acne cleared up 100%. She still has to watch her digestive health, but as long as her digestion is good and she is taking enzymes, her body does not produce the painful acne she used to experience.