



DrWong.info Newsletter

Educating Individuals to Achieve Better Health

August 2003

Volume 6

Hello!

Welcome back once again! For those of you who have youngsters, this month is an exciting one as they prepare to head back to school for another year of cafeteria food and counting the days until summer vacation. It's time to sharpen pencils and check up on the latest first day of school fashion. All the while we're wondering...where did the summer go?

If you who have listened to my tape or have come to one of my lectures, this month's topic should be somewhat familiar to you. I feel like I cannot speak enough about the dangers of fibrin build up in your body. Remember what you felt like when you were 19? Wouldn't it be nice to feel that way again? After reading this month's article "Fibrosis, the Enemy of Life" you will gain insight into how to feel young again.

As always, your questions, comments or concerns are welcome, as are any testimonials on how the products or techniques we cover have affected you.

Until next month, please cruise my website www.drwong.info and send me an email to let me know what you think: suggestions@drwong.info

Be Well and God Bless!

Fibrosis, the Enemy of Life.

written by Dr. William Wong

Heavy title!

What is fibrosis? Fibrosis can be found in many forms. In women it can manifest as the estrogen driven diseases of Fibrocystic Breast Disease, Uterine Fibroids, Endometriosis and Ovarian Cysts. It can also be found post operatively in the Lymphedema had after mastectomy as the fibrin clogs the lymphatic drainage channels and thickens the lymphatic fluid. In both sexes fibrosis forms the post operative scar tissue that binds the intestines, or restricts the range of motion of a limb and joint or forms thickened scars and keloids marring cosmetic surgery.

Fibrosis can develop in the arteries and forms the framework around which arterial sclerotic plaque builds. In COPD, Emphysema, Asthmatic and Chronic Bronchitis patients fibrosis creates scar tissue as a spider web inside the lungs restricting their expansion and clogging alveolar sacs to prevent O₂ transfer to the blood. In men fibrosis grows inside the micro blood supply and spongy tissues of the penis restricting blood flow and full expansion during erection. This is the main reason why erection size diminishes with age.

In another estrogen driven disease, Fibromyalgia, fibrosis grows on and in-between muscle bundles choking off their blood supply just as putting rubber bands around your wrist cuts off the blood supply to the hand. Along with this the microcirculation gets clogged with fibrin plugs, which further decreases blood supply. After a while without an adequate oxygen or blood sugar supply the effected tissue develop the intractable pain of ischemia. Pain

meds, even opiates cannot take away ischemic pain. We know that holds true with heart attack patients and it also holds true for FMS patients.

In all of us as we age (i.e. after 27), fibrosis grows inside of all of our internal organs diminishing their size. With that shrinkage comes a diminution of function. Med school anatomy teaches that this lowering of function is what ultimately leads to us dying as the organs fail due to weakness.

As we age, fibrosis grows inside of all our internal organs, diminishing their size.

All of this leads to a question: Why does all this seem to start after 27? Good thing to ask. At or around 27 our

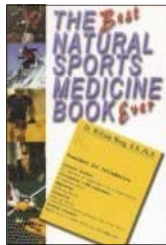
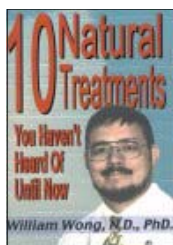
production of proteolytic enzymes drops. We make a finite amount of enzymes in a lifetime and use about half of that by 25. (That's the reason why young folks, though they make cancer cells from the first day of life, don't usually develop that or most any of the other conditions mentioned, they have an adequate supply of proteolytic enzymes to fight off fibrosis and the fibrin that coats cancer cells to protect them). It is after our supply of proteolytic enzymes drops to be spread through the rest of our lifetime that we begin to develop the fibrosis conditions.

(For you doctors out there, it's my contention that we can measure a pre morbid state from taking measures of proteolytic enzymes just as we can predict death within 3 days by measuring the levels of

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Dr. Wong Books

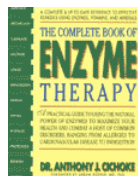
You can find Dr. Wong's books "10 Natural Treatments You Haven't Heard of Until Now" and "The Best Natural Sports Medicine Book Ever" at Barnes and Noble (www.bn.com) and www.amazon.com.



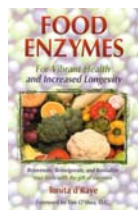
These books are available from the publisher, Timeless Voyager Press, at 800-576-8463 or www.timelessvoyager.com.

You can purchase "The Best Natural Sports Medicine Book Ever" from World Nutrition, Inc. at 800-548-2710.

Other Suggested Reading



The Complete Book of Enzyme Therapy
Dr. Anthony J. Cichoke
Contains remedies for over 150 conditions.



Food Enzymes
Tonita d'Raye
Rejuvenate, Reinvigorate, and Revitalize your body with the gift of enzymes

Frequently asked questions and their answers

Q: What is Fibrin?

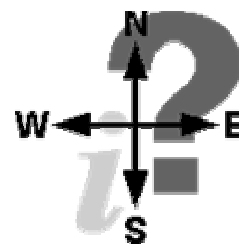
A: Fibrin is the building block of connective tissue and as such, it is part of the body's repair mechanism. The deposition of fibrin is regulated by proteolytic enzymes. As ages increase, fibrin production increases and enzyme output decreases thus, fibrin begins to grow in places it was not meant to be in abundance like our internal organs or across joints and muscles.

Q: Can I stop taking the enzymes after they have eaten away at all the excess fibrin?

A: When you start to feel better, you may be tempted to stop taking the enzymes because they have done their job, however, if you do, the fibrin will grow back. It's important to continue taking the enzymes even after they have eaten away at the excess fibrin so that it will not return.

Q: If we need fibrin as part of our repair mechanism, how do the enzymes know when to stop eating away at it?

A: The body marks the excess fibrin as exogenous protein so that our body knows that it is not needed. The enzymes will only attack exogenous proteins, leaving the endogenous proteins (those needed for repairs) to do their job.



Vitalzym has a new label!



Starting in August, World Nutrition is introducing a new label for Vitalzym. The label may be receiving a make-over, but the product will remain exactly the same. It is designed to reflect how Vitalzym promotes a balanced lifestyle. This balance comes from a combination of exercise, nutrition, working with a professional health care provider, and systemic enzyme supplementation using Vitalzym.

Additional Information

For any information on the contents of this newsletter or for copies of the featured article, please contact:
1-877-626-3130
Fax: 1-877-626-3230
drwong@drwong.info

If you would like to receive this newsletter electronically each month, please email your request to newsletter@drwong.info

To be removed from the newsletter mailing list please call: 1-877-626-3130

To Listen to Dr. Wong radio interviews visit:
The Laura Lee website
www.lauraleeshow.com/archives/index.htm
The Senior Network Radio website
www.seniornetradio.com/index2.html

For more information or to order Vitalzym and/or Arthitol contact:
World Nutrition, Inc. 1-800-548-2710
www.worldnutrition.info



NOTE: The Food and Drug Administration has not evaluated the information in this newsletter. The products or listed information is not intended to diagnose, treat, cure, or prevent disease. For all conditions or illnesses see a health professional for a full evaluation, diagnosis and treatment.

Enzyme Facts

Did you know?

Phytase



- Breaks down carbohydrates, specifically phytates, present in the leaves of plants
- Used as digestive aid because it improves protein digestion and digestive enzyme activities.
- Can increase mineral absorption and the bioavailability of iron, zinc, calcium, and magnesium.
- Can contain other enzymes, such as cellulose, pectinase, and xylanase.



*Phytase is found naturally in **Wheat**, which are also an excellent source of vitamins A, B complex, C and E.*

This month's recipe for:

Enzyme Muesli

Combine all the ingredients (except the honey), mixing thoroughly. Store in a glass container with a lid. To use, place 1 cup of the mixture in a bowl. Pour enough milk or juice over the muesli to moisten. Let soak for about one-half hour. Sweeten with honey. You can also add bananas, strawberries, pineapple, apples or other fresh fruit.

4 cups rolled oats
2 cups walnuts or pecans, chopped
1/4 cup raw wheat germ
1/2 cup sunflower seeds
1 cup dried raisins
1/4 cup chopped dates or fresh fruit such as apples, pineapple or papaya
Unpasteurized honey, to taste

Makes 8 cups

** Taken from "Enzymes: The Sparks of Life" by Anthony J. Cichoke, DC, PhD



(Continued from page 1)

Dopamine. Useful diagnostic tool; maybe. Nifty research tool; certainly).

So, if we can deal with the laying down of fibrosis as efficiently as we did when we were younger, then we would avoid or reduce much of what is trying to shorten our lives or at least make us sick or less able. (Remember how well wounds healed then with thin, strong, pliable "un-bumpy" scars when you were a kid)?

Those who have read my article "The Essentials of Life and Wellness" on the www.drwong.info website know where I'm going to from here: The most important thing to put back into an aging body are not vitamins and minerals, not herbs, not the growth hormones but enzymes, the proteolytic enzymes. Vitamins and minerals are more properly named co enzymes and co factors. In other words, they are things that help enzymes to work. If the enzymes aren't there to begin with, then the vitamins and minerals have little to work on and little action. That's the reason why vitamin / mineral supplementation works so well for some and does not do squat for others, they have little of the enzymes they need to work on.

If we put in some of the primary protein eating enzymes then the body will cause the "enzyme cascade" creating thousands of new enzymes from the original 4 or 5. Everything else we do in regards to nutrition and exercise works better once we put the enzymes back into our bodies in significant amounts.

Now in regards to fibrin, all proteolytic enzymes eat away at fibrin (fibrinolysis) to some degree but some are considerably stronger at that than others. If the proteolytic enzymes you put back are also very highly fibrinolytic then the scar tissue your body has been creating WILL be

taken away. (This is a secret that plastic surgeons, internists and pulmonologists i.e. lung doctors, are learning about the product Vitälzym). The fibrin that is supposed to be there is marked by the body as an endogenous protein, something that is supposed to be part of your structure, but excesses in fibrin, though deposited by the body, are marked as exogenous proteins – or as something not belonging in the body. Remember excesses in fibrin equal:

If we can deal with the laying down of fibrosis as efficiently as we did when we were younger, then we would reduce much of what is trying to shorten our lives.

- weak structure, (by not leaving enough space for epithelial tissue to grow through the fibrin matrix),
- restriction of range of motion (as regards joints and muscles) and
- diminution of size and function (as regards to internal organs).

That is the secret behind the enzymes ability to go after that which is extra and leave behind what is needed for structure, just as it did in wound healing when you were a kid!

A major step towards a better quality of life, higher levels of health and the attainment of wellness is the removal of excesses of fibrin from our bodies. Let's get back to the enzyme levels we had at 18! We'll live longer, happier, healthier and more functional lives for it!



“Fibrosis, the Enemy of Life”

Find out how to stop fibrosis in this month's feature article:

DrWong.info Newsletter
Educating Individuals to Achieve Better Health

Don't want to take Dr. Wong's word for it?
Check out this month's

Success Story

Seven years ago I had sclerotherapy done on one of my legs for varicose veins. My leg became infected after the procedure causing fibrosis to form. 3 months ago I began experiencing an incredible amount of swelling, pain, and lumpiness. I began taking Vitälzym and in under a week I experienced a dramatic reduction in pain. It's been five weeks and my leg is now soft and supple. It's no longer inflamed and I consider the condition resolved!!!!

In addition, I have had several unexpected results! I have always had very sallow, yellowish skin, and now am pleased to report that my skin is a rosy pink and my circulation has improved! Recently, I went to the eye doctor and my vision has improved. In the past year I noticed that I had lost some of

the vital capacity in my lungs and I was not able exhale fully. I was very worried about this and the Vitälzym cleared it up quickly. I can now exhale deep breaths! I feel as though my lungs have returned to normal. None have this would have been possible without Vitälzym, thank you!!

Carol Vincelette
— Houston, DE

Tell us your story

Do you have a success story you would like to share? Please email us at testimonials@drwong.info or call us at 877-626-3130. We would love to hear from you!



Dr. William Wong is a Classical Naturopath, a Ph.D., Exercise Physiologist, a Certified Sports Medicine Trainer, Certified Athletic Trainer, and Health Consultant. Dr. Wong has taught Physical Medicine at the South West College of Naturopathic Medicine, and in 1993 was inducted into both the World Sports Medicine Hall of Fame and the Martial Arts Hall of Fame. As a Classical Naturopath, Teacher, Physiologist, and Martial Arts professor, Dr. Wong continues to lecture and write extensively.