



I N T R O D U C I N G

Amy Rawls

MS, RD, LD, CGN, FMNS



Enzyme Therapy Seminar
October 11-12 • Houston, TX



The First 1,000 Days of Life

Changing The Clinical Destiny of Our Youth
Through Nutrition & Enzyme Therapy



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Presentation Objectives

- The importance and lack of early intervention nutrition counseling.
- The importance of addressing microbiome health and digestion for improved prenatal and postnatal outcomes.
- Contributors to microbiome and gut dysfunction in utero and birth.
- Gut developmental biology and characteristics and its role in digestive dysfunction.
- Intervention strategies to implement and stop the declining health of our world.



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Becoming Human: The First 1,000 Days

- There are three crucial stages in the first 1,000 days: pregnancy, infancy, and toddlerhood
- Good nutrition during pregnancy and the first years of a child's life provides the essential building blocks for brain development, healthy growth, and a strong immune system.
- A growing body of scientific research indicates that the foundations for lifelong health—including predispositions to obesity and certain chronic diseases—are largely set during this 1,000 day period.
- Promoting optimal nutrition will not only ensure optimal fetal development but will also reduce the risk of chronic diseases as adults.
- **Nutrition sets the footprint for future health.**



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A Child's Resiliency Starts In The Gut

- This microbial connection begins in the womb and continues after birth.
- Children's gut microbiome is responsible for not just how they digest and absorb food but how their immune system functions, how they think, feel, behave, and how their genes work for or against them.
- The microbiome protects against pathogens and is the main entry point for bugs into the body.
- The microbiome can affect cognition, anxiety, mood, and sociability.
- Changes to the microbiome during infancy can lead to chronic illnesses like asthma and inflammatory bowel disease as well as neurological impairments later in life.



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Current Prenatal Nutrition Counseling

- Recommended that pregnant women receive prenatal nutrition counseling with a registered dietitian but due to lack of reimbursements seldom provided.
- Delivery of PNC becomes the responsibility of the healthcare team which varies by healthcare provider, with 19% of obstetricians and 26% of general practitioners providing counseling
- **How impactful can this be in a 5 minute appointment from someone who has 21 or fewer hours of nutrition curriculum in their 8-12 year training?**
- A recent study identified a disconnect between the recognized impact of nutrition on pregnancy outcomes and doctor's ability to confidently and effectively counsel patients on nutrition in pregnancy.
- Results demonstrate a need to develop curriculum and interventions to educate Ob/Gyn residents about pregnancy-related nutrition.

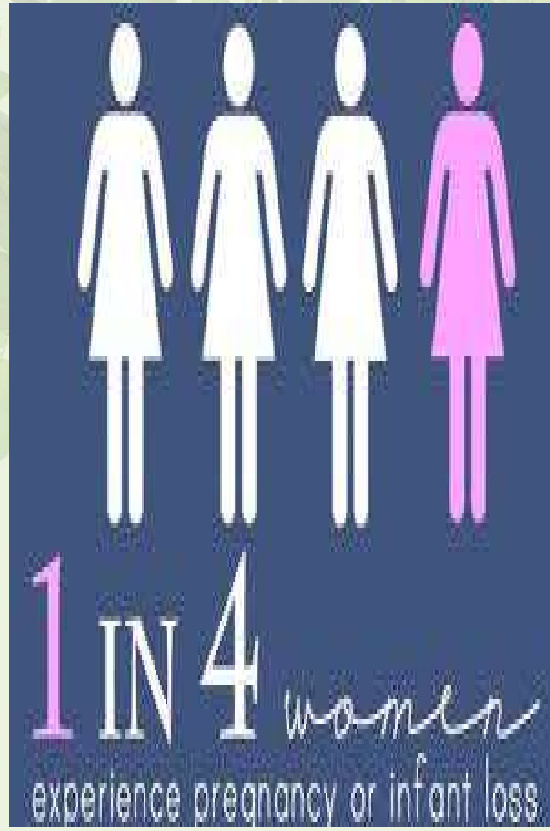
Sara Hachey, et al. "Nutrition education and nutrition knowledge amongst obstetrics and gynecology residents." Am J Obstet Gynecol. 2023 Jan;228(1):S572.



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HOW IS THIS WORKING OUT FOR US?



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When Should Nutritional Counseling Start?

- Micronutrient deficiencies are not just happening in lower income countries.
- In the US and the UK at least ½ of women of reproductive age are deficient in various micronutrients from diets high in processed nutrient void foods.
- Supplementation trials starting before conception found no effect on birth outcomes unless provided **at least 3 months before conception**.
- The influence of vitamin supplementation on longitudinal patterns of maternal vitamin status from preconception to post-delivery support the recommendation **that prepping the body 2 years prior to conception is ideal with 6 months being minimum.**



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OVERFED & UNDERNOURISHED

Double Burden of Malnutrition

- Americans are not reaching micronutrient intake requirements from food alone due to eating an energy-rich, nutrient-poor diet.
- About 75% of the US population (ages ≥ 1 year) do not consume the recommended intake of **fruit**, and more than 80% do not consume the recommended intake of **vegetables**.
- The 2015-2020 Dietary Guidelines for Americans highlighted "shortfall nutrients," labeling a few as "nutrients of public health concern."
 - Osteoporosis: Vitamin D and calcium
 - Potassium: hypertension and cardiovascular disease
 - Fiber: poor colonic health
 - Iron: anemia
 - Other nutrients, including vitamins A, C, and E, choline, and magnesium were identified as also being under consumed by the US population.



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OVERFED & UNDERNOURISHED

Double Burden of Malnutrition

- **Fiber** is one of our most important microbiome champions.
- American adults eat 10 to 15 grams of total fiber per day, while the USDA's recommended daily amount for adults up to age 50 is 25 grams for women and 38 grams for men.
- Children should eat 20-40 grams per day depending on age. Actual consumption on average is less than 10 grams per day.



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Nutrient Correlations

- Testosterone and estrogen production relies heavily on B vitamins, folate, zinc, magnesium, etc.
- Neurotransmitter production for prevention of conditions like ADHD, anxiety, and depression rely heavily on B vitamins, various minerals, and amino acids.
- Proper lipoprotein metabolism for prevention of dyslipidemia relies on these common nutrient deficiencies.
- Are we prescribing **fruits** and **vegetables** for these conditions?



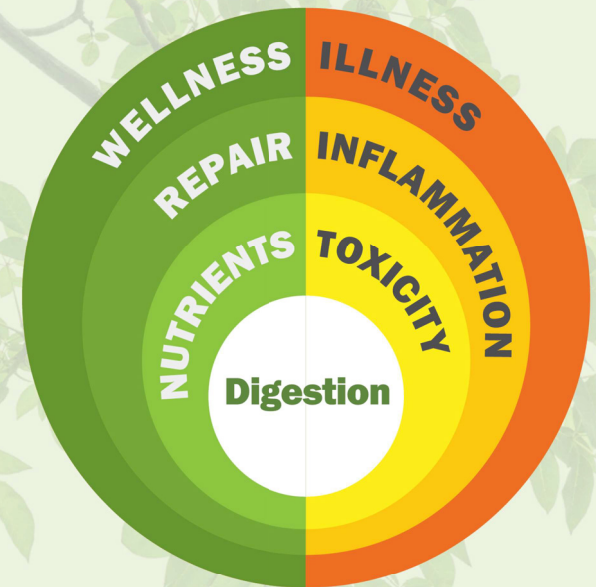
Digestion & Malnutrition

- There is a significant lack of understanding on the hit the digestive system takes when growing a child.
- In pregnancy, the digestive system is often neglected, despite its major importance in ensuring the bioavailability of nutrients in the body.
- Without proper nutrient absorption, the body will lack essential vitamins and minerals needed for reproductive health.
- Seems simple...right?
- Are nutrition and digestion being discussed?



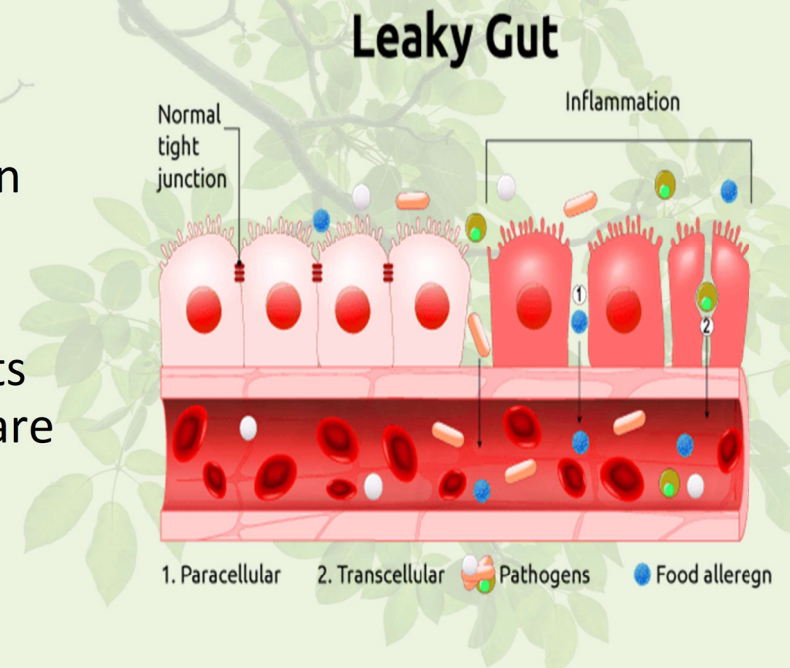
How Digestion Changes During Pregnancy

- Progesterone causes smooth muscle relaxation which slows digestion in the stomach and the small and large intestines and impacts nutrient absorption.
- The gallbladder is also affected with delayed emptying. That can increase the chances of gallstone formation.
- Many of the digestive discomforts of pregnancy such as morning sickness (nausea or vomiting), constipation, and heartburn are all related to the relaxed tone and slowed action of the digestive system.
- Stress put on the body also shunts digestive capacity.



What is the Cost of Poor Digestion on Fertility & Pregnancy?

- Prolonged toxicity and inflammation from not digesting damages the intestinal lining.
- This can cause an imbalance of estrogen, which can lead to infertility issues like endometriosis and polycystic ovary syndrome (PCOS).
- Leaky gut can also cause inflammation that disrupts hormone balance and nutrient absorption, which are important factors for fertility and pregnancy outcomes.



Childhood Development and the Microbiome

- The gut microbiome is an organ system that affects childhood development.
 - Ignoring its importance has gotten us into this predicament!
- The composition of the intestinal microbiome affects health **from the prenatal period throughout childhood**, and many diseases have been associated with dysbiosis.

The New Normal

1 IN 166 HAS A TIC DISORDER

1 IN 100 HAS EPILEPSY

1 IN 54 HAS AUTISM

1 IN 13 HAS A DEADLY FOOD ALLERGY

1 IN 11 HAS ASTHMA

1 IN 10 HAS A SPEECH DISORDER

1 IN 10 HAS SENSORY PROCESSING DISORDER

1 IN 9 HAS ADHD

1 IN 5 HAS ECZEMA



The Mainstream Approach

- 1/3 of western children in the US are now being estimated to not outlive their parents. Yet we have:

- More Vaccines
- More Antibiotics
- More Prescription Medications
- More Surgeries
- More “well checks” and specialists



Microbiome Disruptors in Children

- **Antibiotics** - 70% of antibiotics are inappropriately prescribed with no instruction on how to reinoculated the gut post treatment
- **Non-antibiotic Drugs** (antihistamines, PPI's, laxatives, hormonal contraceptives) influence bacterial balance.
- **Psychological stress** - school pressure, toxic home environment, bullying, life events (new sibling) are also damaging to gut.
- **Poor Diet** - Fake health foods, additives, added sugars.
- **Infant Formula** - Formula-fed infants may have a more rapid maturation of their microbiome towards that of an adult, and has been shown to have more organisms associated with inflammation.



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Microbiome Disruptors in Children

- Poorly digested carbohydrates ferment
 - Nutrients cannot be properly absorbed or utilized and become toxins
- Poorly digested lipids turn rancid
 - Toxins in the colon are absorbed into the bloodstream, oxidized to become free radicals.
- Poorly digested proteins putrefy
 - Results in toxic amines & the kidneys become overloaded. Lymphatic system, which also works to remove toxins, will also suffer.



Despite all the technological, cultural and social advances of the last few decades, we have lost sight of this most basic fact: **If children eat and digest poorly, they live poorly**



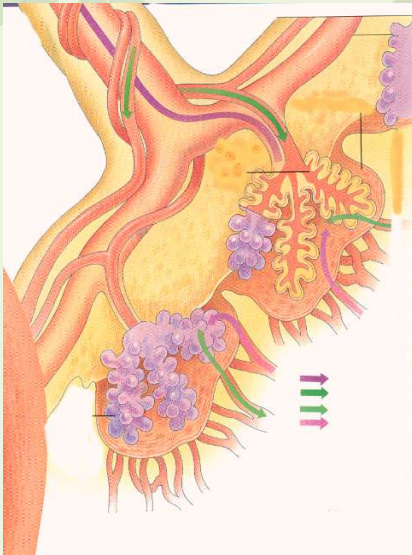
Overfed and Undernourished



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Gut Developmental Biology and Characteristics: IN-UTERO GI TRACT DEVELOPMENT



- Pancreas buds (v/d) are seen at 30 days
- Dilation of stomach at 6th week
- Duodenum and jejunum crypts at 10th to 11th week
- Ileum and colon crypts at 11th to 12th week
- Brush borders, and enzymes developed at 10th-12th week
- α -amylase at 6th month after term birth
- Villi: fully developed in teenage years



Limitations of the Infant Digestive Tract

- Newborn stomach secretions contain pepsin and HCL which, along with the pancreatic enzymes, effectively break down the specific proteins, minerals, and fats presents in **breast milk**.
- The walls of the infant's small intestine are extremely permeable during the first 9 months ensuring maximum absorption but with less discretion than that of a mature gut.
- Foods that come in too early are more likely to bring on additional toxicity and inflammation in that child if there is not proper digestive support provided.

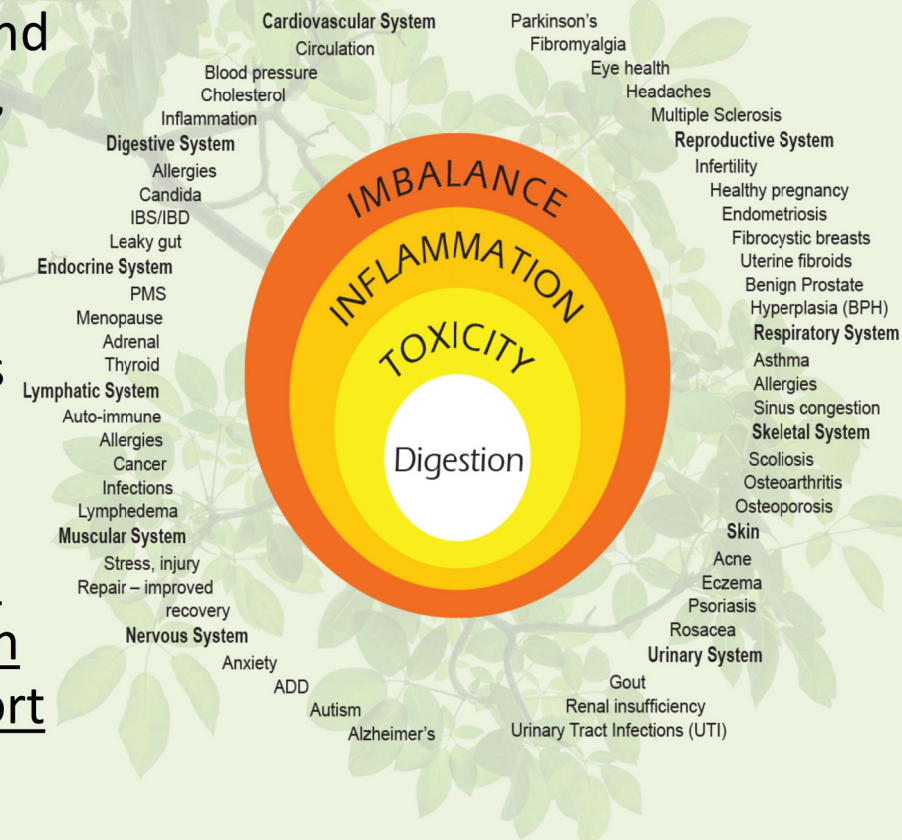


Table 1.1

Composition of milk from different types of animals.

Animal	Protein total %	Casein %	Whey protein %	Fat %	Carbo- hydrate %	Ash %
Human	1.2	0.5	0.7	3.8	7.0	0.2
Horse	2.2	1.3	0.9	1.7	6.2	0.5
Cow	3.5	2.8	0.7	3.7	4.8	0.7
Buffalo	4.0	3.5	0.5	7.5	4.8	0.7
Goat	3.6	2.7	0.9	4.1	4.7	0.8
Sheep	5.8	4.9	0.9	7.9	4.5	0.8

Component	Human	Bovine
Protein (g/dL) ¹	0.9 to 1.2	3.3
Fat (g/dL) ¹	3.2 to 3.6	3.7
Lactose (g/dL) ¹	6.7 to 7.8	4.5
Oligosaccharides (g/dL) ¹	0.7 to 1.2	0.1
No. of identified oligosaccharides ²	<200	approximately 40
% fucosylated ²	35% to 50%	approximately 1%
% sialylated ²	12% to 14%	Less than 25%

Sources:¹ (Ballard & Morrow, 2013), ² (Totten et al, 2012).

*Biochemicals (Nutrients, Enzymes & DNA)
are obtained through our mother's breast milk*

NO BABY FORMULA CONTAINS THEM

*Do Not Make Digestive Enzymes
For Formulas,*

ONLY FOR MOTHER'S BREAST MILK



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Limitations of the Infant Digestive Tract

- Infant has no teeth and insufficient salivary secretions necessary for starch breakdown
 - Significant concentrations of these enzymes are not present until the first teeth appear at approximately 5-7 months
- Breakdown of more complex starches occurs in the small intestines and involves pancreatic amylase.
 - Most pediatric gastrointestinal doctors agree that this enzyme does not appear until around 15 months
- Gut lining closes at closer to 24 months

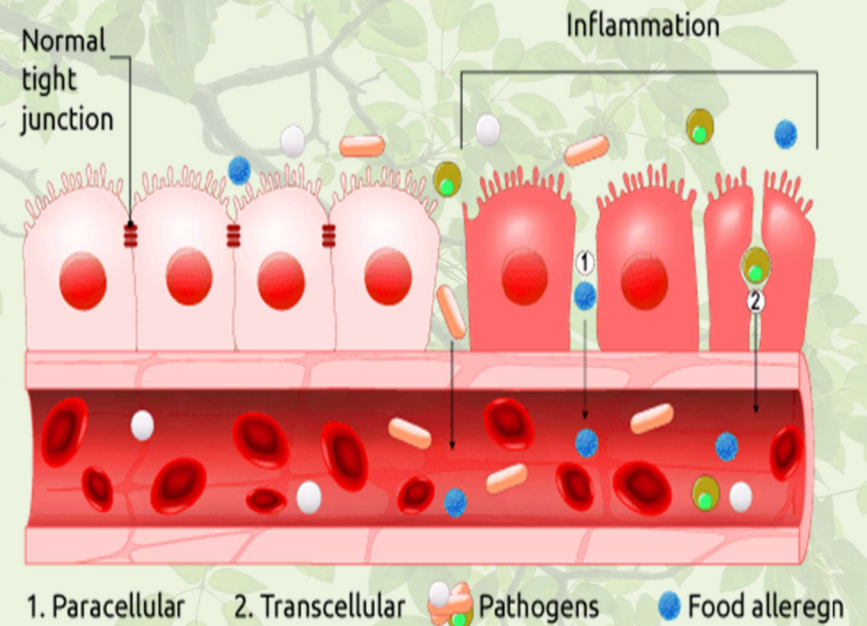


AT 18 MONTHS



They Can Begin to Properly Break Down Carbohydrates

Leaky Gut





THREE YEAR OLDS

- Can properly utilize sugars because they now have better gut bacteria balance
 - But they are still not done, their digestive system is still developing



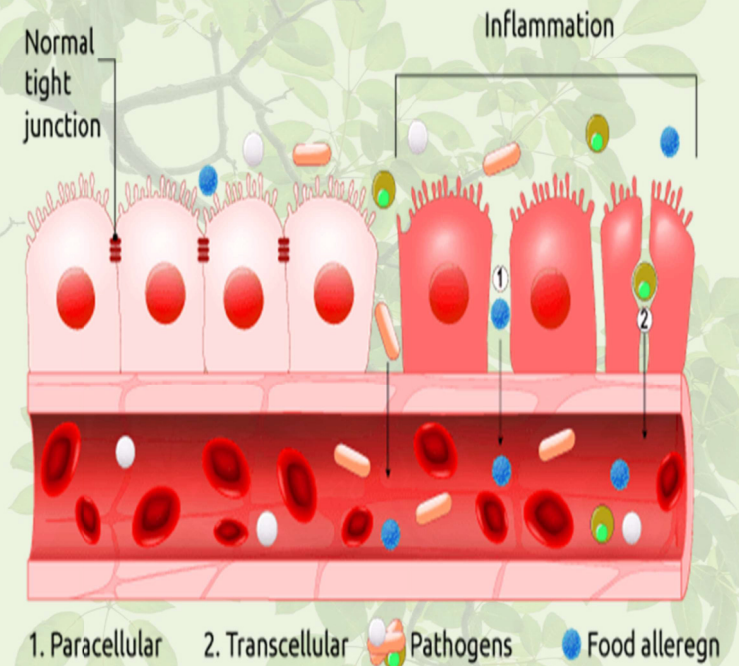
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Children's digestive systems are not finished until they are out of puberty

Leaky Gut



What We Should Be Doing

- Providing realistic and up to date nutrition guidelines and education based on GI development
- Supporting digestion and cleaning the gut
- Re-establishing harmonious microbiome
- Supporting the gut wall
- Reducing toxicity and inflammation
- Promoting autophagy and a healthy terrain



How Can I Do That?

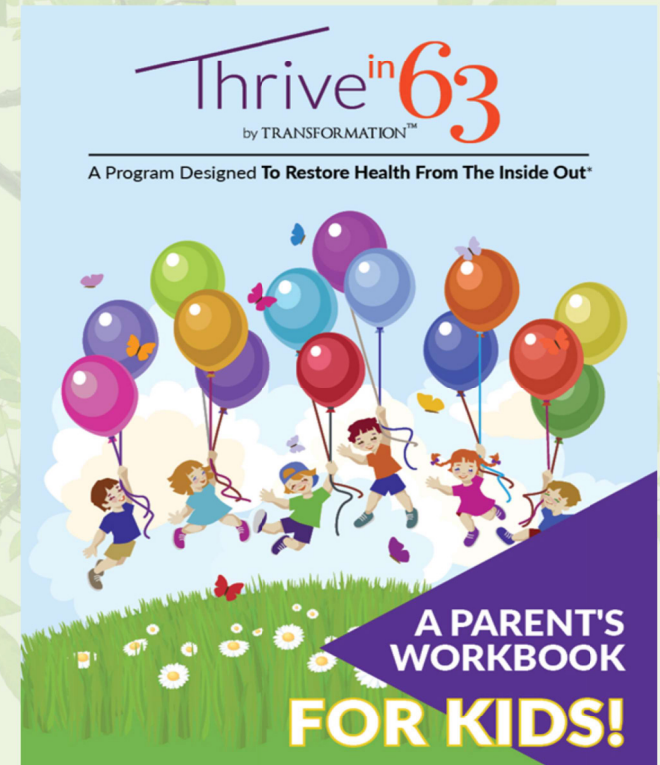


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Thrive in 63 For Kids

- A wellness program designed to teach families about the importance of nutrition using a system shown to help restore gut function in 63 days with enzyme therapy and diet.
- Designed to reduce inflammation, boost cellular nutrition, feed the microbiome and mend mucosal lining.
- **THE GOAL?** Restore health from the inside out AND teach the importance of nutrition and lifestyle for a promising future.



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The Missing Link

- Various programs include supplements and/or diet change in to improve Leaky Gut.
- No focus on ensuring that whatever is being taken is also being **digested** and **absorbed (digestive enzyme)** and that **inflammation and toxicity** are being managed at the same time (**systemic enzyme**).
- Therapies are useless if unable to be utilized by the body due to inadequate digestive support and lack of inflammatory control outside of food elimination or if they cannot be compliant with lengthy protocols and restrictive guidelines.



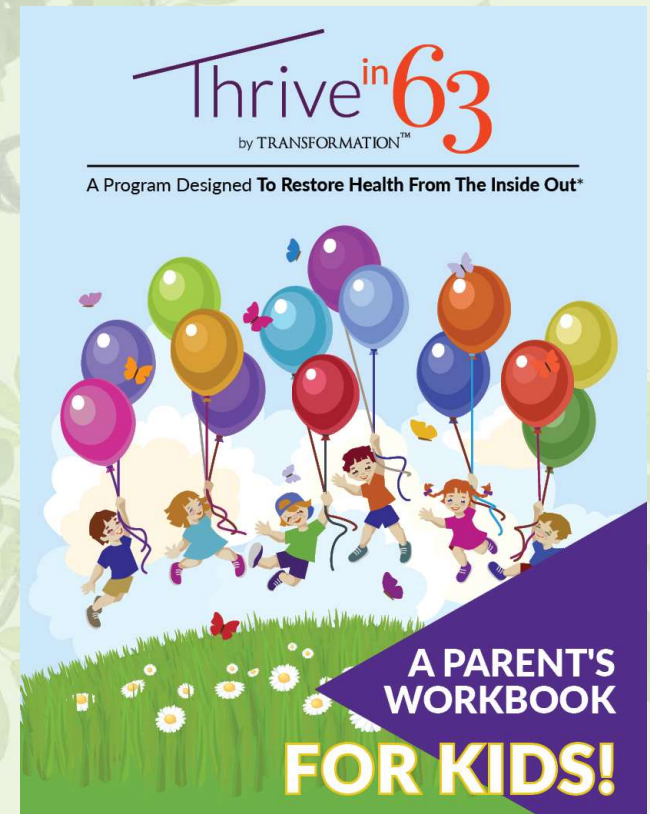
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Protocol - *Nutrition*

Parent's Workbook:

- Food Lists + Pantry Staples
- Cooking + Picky Eating Tips For Kids
- Tips For Eating Out + Getting Active
- Protein Powder Advice
- Daily Anti-inflammatory Meal Plans
- Kid Friendly Recipes
- Enzyme Protocols + Using Sensitive Formulations



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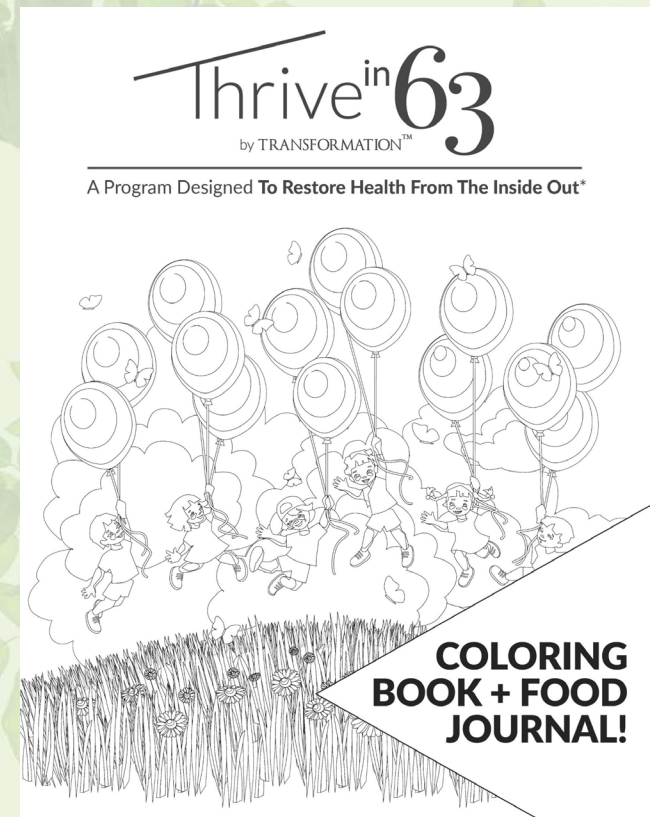


Protocol - *Nutrition*

Coloring Book + Food Journal:

Add'l copies available for purchase separately

- Food/Mood Journal
- Water Tracker
- Plate Method Game
- Coloring Book to facilitate talking about importance of microbiome



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Thrive in 63 Workbooks: Tools

The Ripple Effect of Gut Dysfunction (aka Leaky Gut)

The ripple effect illustration is an easy way to see how the food we eat and the ability to break down those foods affects our health. When we eat, the foods should be digested into nutrients, and those nutrients are delivered to every cell of our body. We have anywhere from 50-100 trillion cells, and every one of them needs nutrients and oxygen to survive and perform its function. On the other hand, if we are not eating nutritious foods and/or are not digesting them, the body and our health will suffer.



Now, what does and not break carbohydrates and instead of chemicals the cell. When inflammation is

Inflammation is something for the inflammatory. However, the ripple effect is the toxicity, and

Supplements
 3 DigestZyme + 1 PureZyme before meal
 1 GastroZyme following meal

3 DigestZyme + 1 PureZyme before meal
 1 GastroZyme following meal

2 DigestZyme with snack

3 DigestZyme + 1 PureZyme before meal
 1 GastroZyme following meal

3 Plantadophilus + 3 PureZyme at bedtime

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast Raspberry Mint Smoothie	Breakfast 2-4 Egg Muffins 2 tsp Avocado ½ cup Mixed Berries	Breakfast Kale Shake with Coconut Milk	Breakfast 2-4 Egg Muffins 2 tsp Avocado ½ cup Mixed Berries	Breakfast Raspberry Mint Smoothie	Breakfast Kale Shake with Coconut Milk	Breakfast Your Choice (must meet THRIVE guidelines)
Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea	Snack Herbal Tea
Lunch 3-6 oz. Pork Chops ½ cup Washed Beans with Walnuts 1-2 cups Sautéed Spinach	Lunch 3-6 oz. Pistachio Crusted Fish 5-8 pieces Oven Roasted Asparagus ½ cup Sautéed Sliced Plantains	Lunch Nutty Mixed Up Salads with Chicken	Lunch 1½ cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Lunch 3-6 oz. Pork Chops ½ cup Washed Beans with Walnuts 1-2 cups Sautéed Spinach	Lunch 3-6 oz. Pistachio Crusted Fish 5-8 pieces Oven Roasted Asparagus ½ cup Sautéed Sliced Plantains	Lunch Your Choice (must meet THRIVE guidelines)
Snack Small Packet of Mixed Nuts	Snack KIND® Bar	Snack Small Packet of Mixed Nuts	Snack Apple with 2 tsp Almond Butter	Snack Carrot Sticks with Guacamole	Snack Thunderbird® Real Food Bar	Snack Your Choice (must meet THRIVE guidelines)
Dinner Nutty Mixed Up Salad with Chicken	Dinner 1½ cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Dinner 3-6 oz. Pork Chops ½ cup Washed Beans with Walnuts 1-2 cups Sautéed Spinach	Dinner 1½ cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Dinner Nutty Mixed Up Salad with Chicken	Dinner 1½ cups Mexican Chicken Soup Guacamole 15-20 Zucchini Slices	Dinner Your Choice (must meet THRIVE guidelines)

Thrive in 63: Week One

Food Journal (Day ____)

2 DigestZyme + 1 PureZyme (1 = not hungry, 5 = very hungry)
Breakfast _____ Hunger Scale: 1 2 3 4 5
 2 GastroZyme _____ How do you feel? 😊 😐 😞 😡 😤

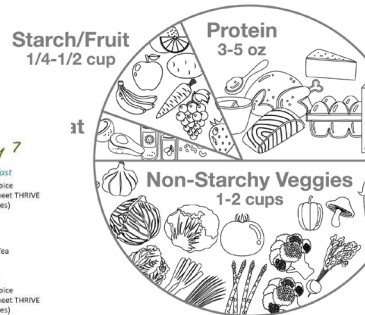
2 DigestZyme + 1 PureZyme
Lunch _____ Hunger Scale: 1 2 3 4 5
 2 GastroZyme _____ How do you feel? 😊 😐 😞 😡 😤

Snack _____ Hunger Scale: 1 2 3 4 5
 1 DigestZyme _____ How do you feel? 😊 😐 😞 😡 😤

2 DigestZyme + 1 PureZyme
Dinner _____ Hunger Scale: 1 2
 2 GastroZyme _____ How do you feel? 😊 😐

Bedtime
 2 PureZyme
 + 1 Plantadophilus

Notes/Comments: _____



Guacamole
 Prep time: 10 min
 Cook time: n/a
 Serves: 1-2

- 1 ripe avocado
- ¼ cup diced tomato
- ¼ cup diced onion
- ¼ cup chopped cilantro
- ¼ fresh lime (juice)

garlic
 > and combine with all vells.

ole, washed and dried
 ic olive oil
 salt to taste

100. Remove the center
 tear or cut up the leaves.
 olive oil together in a large
 th salt. Spread on a baking
 pending on the amount of
 minutes or until crisp.

Thrive in 63 - Phase I workbook 41 Copyright © Transformation™

SNACKS

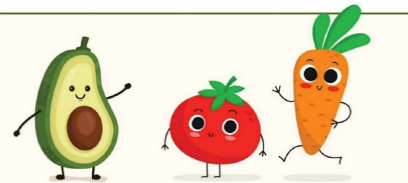
Romesco Dip
 Prep time: 15 min
 Cook time: n/a
 Serves: 10

- 1 cup blanched, toasted almonds
- 2 cloves garlic
- ¼ tsp smoked paprika
- ¼ tsp cayenne pepper (optional)
- 1 cup roasted red bell peppers, patted dry
- ¼ cup green pitted olives, drained
- 2 tbsp fresh lemon juice
- 2 tsp red wine vinegar
- 5 tbsp olive oil
- Salt and pepper to taste

In a food processor, combine almonds, garlic, paprika and cayenne; pulse until coarsely chopped, about 15-20 times.

Add roasted bell peppers, olives, lemon juice and vinegar.

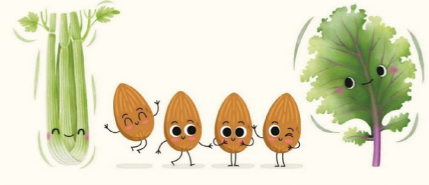
While machine is still running, add the olive oil in a thin stream through the feed tube and process to a coarse purée. Season with salt and black pepper. Taste and adjust seasoning.



Snack Options

Is your child a snacker? Here are some quick, easy, and healthy options!

- 1 Small Apple with 2 tbsp Almond or Cashew Butter
- Small Bag of Mixed Nuts
- Veggie Slices with ¼ cup Guacamole or Salsa
- Simple Protein Shake or Smoothie
- EPIC® Beef Stick
- Thunderbird® Bar or RX Bar®
- Celery with Almond or Cashew Butter
- Carrot Sticks with Primal Kitchen® Ranch
- 1 cup Strawberries and Almonds
- 1 cup Grapes and ¼ cup Walnuts
- Almond Butter with Mixed Berries
- Diced Avocado and Tomato with Salt and/or Pepper
- Southern Recipe® or 4505 brand Pork Rinds with Salsa or Approved Dip
- 20 Kale Chips with Salsa
- 15 Plantain Chips with ¼ cup Guacamole or Salsa
- 2-3 stalks of Celery chopped into quarters with 2 tsp Mustard



Thrive in 63 Dietary Protocol

Allowed:

- Grass-fed meat
- Poultry
- Wild caught fish
- Eggs
- Fruits
- MOST vegetables
- Nuts and seeds
- Herbs and spices
- Honey / molasses
- Healthy fats and oils

NOT Allowed:

- Caffeine
- Most dairy
- Grains
- Legumes
- Processed foods
- Artificial sweeteners and sugar
- Sugar and high-fructose corn syrup



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Healthy Food & Beverage Exchange List

The following is a list of healthy foods to help you when shopping or eating out:

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Dragon Fruit
- Durian
- Figs
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Raspberries
- Strawberries
- Watermelon

Vegetables (starchy)

- Beets
- Carrots
- Jicama
- Parsnips
- Plantains
- Pumpkin
- Snow Peas
- Sweet Potatoes
- Taro
- Turnips
- Winter Squash (Pumpkin, Acorn, Butternut)
- White Potatoes
- Yams

Vegetables (non-starchy)

- Asparagus
- Artichoke
- Arugula
- Bamboo Shoots
- Bell Peppers (Red, Green, Yellow, Orange)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chives
- Cilantro
- Cucumbers

- Eggplant
- Endive
- Fennel
- Garlic
- Greens (Collard, Turnip, Mustard, Chard)
- Green Beans
- Jalapeños (and other hot peppers)
- Kale
- Kohlrabi
- Leeks
- Lettuce (except Iceberg)
- Mushrooms (Portobello, Shiitake, Oyster, Button)
- Okra
- Onions (Red, Purple, Green, White, Yellow)
- Parsley
- Radicchio
- Radishes
- Rutabaga
- Scallions
- Seaweed (Dulse, Nori, Hijiki, Kombu)
- Spinach
- Spring mix
- Sprouts (all varieties)
- String Beans
- Tomatoes
- Water Chestnut
- Watercress
- Zucchini

Meats / Proteins

- Bacon
- Beef
- Buffalo
- Chicken
- Crab*
- Deer
- Duck
- Eggs*
- Fish*
- Lamb
- Lobster*
- Pork
- Protein Powder (Beef, Cod, Pea)
- Tuna*
- Turkey
- Shrimp*

Nuts / Nut Butters*

- Almonds
- Almond butter
- Brazil Nuts
- Cashews
- Coconut
- Hazelnuts
- Macadamia
- Nut Flours
- Pecans
- Pine Nuts
- Pistachios
- Walnuts

Seeds

- Chia
- Flax
- Hemp
- Pumpkin

Oils / Fats

- Sesame
- Sunflower
- Avocado
- Avocado oil
- Butter (grass fed)
- Coconut oil (organic)
- Ghee
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Olives
- Olive oil

Condiments, Spices, Seasonings

- Basil
- Bay leaves
- Black Pepper
- Cardamom
- Capers
- Cayenne
- Chilies
- Chili powder
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Curry Powder
- Dill Weed
- Fennel
- Ginger
- Lemon
- Lemon pepper
- Lime
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Mint leaves
- Mustard

- Nutmeg
- Oregano
- Paprika
- Pickles
- Ras el hanout (spice blend)
- Rosemary
- Sage
- Stock (Chicken, Beef, Vegetable, or Bone Broth)
- Tamari
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Vinegar (Apple Cider, Balsamic)
- Worcestershire sauce

Beverages

- Almond milk
- Coconut milk
- Cashew milk
- Fresh juices (limit)
- Hemp milk
- Bone broth
- Herbal teas
- Matcha
- Water

Miscellaneous

- Arrowroot powder
- Coconut aminos
- EPIC® beef jerky
- RX Bars®
- Honey
- Molasses
- Plantain chips
- Salsa (organic)
- Thunderbird® bar



AS OFTEN AS POSSIBLE, CHOOSE LOCALLY GROWN, NON-GMO, PESTICIDE & HERBICIDE FREE, ANTIBIOTIC FREE, HORMONE FREE, GRASS FED, FREE RANGE, WILD ANIMALS



*NOTE: THE 8 MOST COMMON ALLERGY FOODS ARE DAIRY, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, SOY, AND WHEAT



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Rationale Behind **Thrive in 63 For Kids** Protocol

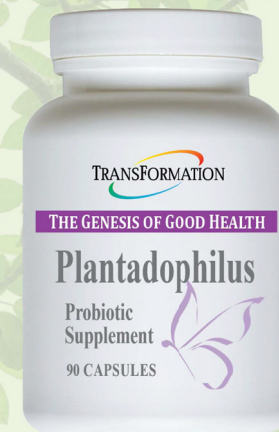
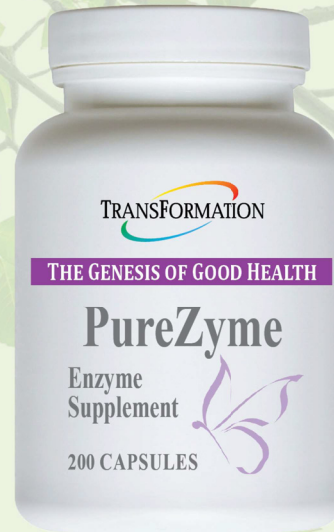
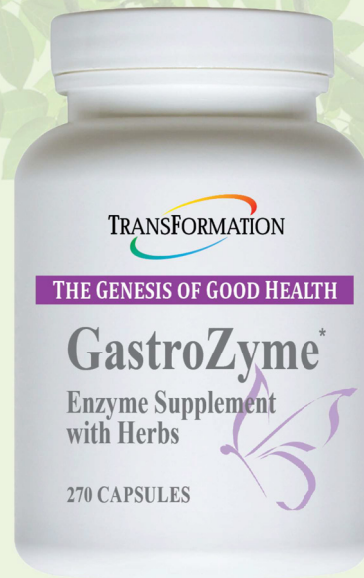
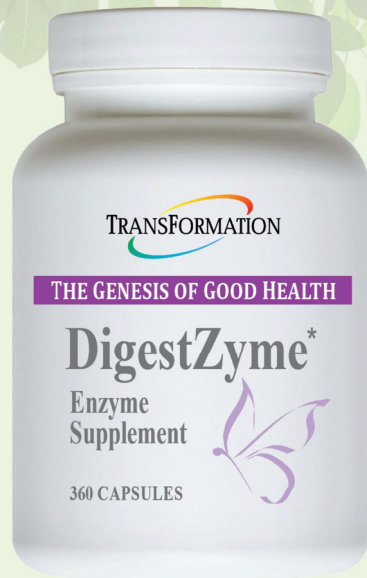
- **Digestive enzymes** are the catalysts which allow us to break down foods into absorbable nutrients.
- Once nutrients are available through effective digestion, **Systemic enzymes** (proteases) help ensure optimal blood flow and delivery of nutrients to the cells while breaking down inflammatory proteins in the blood reducing inflammation.
- **Probiotics** at bedtime to maintain good microflora within the GI tract and promote healthy elimination.
- **Mucosal Healing** support with herbs and enzymes after meals for the health and repair of damaged GI lining.



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Thrive For Kids Supplement Protocol



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Thrive For Kids Supplement Protocol (Infants & Toddlers)



Transformation's New & Improved Kidz Digest Powder

Designed to serve as a 2 and 1 option providing complete digestive support while simultaneously providing the primary microbe found in breast milk and needed for an infant's gut.

B. Infantis has a particularly important role in the development of an infant's microbial, digestive, and immune health.

For children 1 year and older who are unable to chew or swallow, can be paired with Plantadophilus or TPP Probiotic due to need for additional support.

KIDZ DIGEST POWDER

Transformation's non-encapsulated
digestive formula with DPP-IV
and probiotic

This combo formulation supports the digestion of carbohydrates, fats, and proteins including gluten and casein. This product was designed for babies but can be taken by older children and adults

Product Highlights

- Polysaccharolytic enzymes for digestion of all carbs: starches, sugars, fiber
- Protease: 48,800 HUT and 300 DPP-IV for protein, gluten, and casein digestion
- Lipase: 3,200 FIP for fat digestion
- Probiotic for healthy gut flora
- No added sugar/artificial colors

SUPPLEMENT FACTS		
Serving Size: ½ scoop (¼ tsp)		
Amount Per Serving		% Daily Value
Tzyme™ Enzyme Blend	168 mg	†
<small>(Amylase, Protease, Baryophil Peptidase II, Lipase, Lactase, Pectinase, Diastase, Invertase, Cellulase)</small>		
<i>Bifidobacterium infantis</i>	1 billion cfu	†
Sunfiber® AG	66 mg	†
† Daily Value not established		
Other Ingredients: Rice Bran Extract		

Clinical Applications

- Gluten/casein intolerance
- Lactose intolerance
- Babies unable to consume mothers milk
- Food sensitivity/allergy
- Cramp/gas/bloat/colic
- Irregular bowel movements (constipation/diarrhea)
- Patients unable to swallow or fed via a feeding tube

For Your Information

- Designed for infants and toddlers, but can be taken by those who are unable to swallow capsules
- Dual Action Relief: powerful digestive enzymes for breaking down food work synergistically with the prebiotics and probiotics to promote digestive function and microbiome balance
- Pre and Probiotic support with *B. infantis*, the primary strain needed in infants digestive tract, and Sunfiber®, a soluble fiber that helps maintain digestive health and microbiome balance without the excess gas or bloating associated with other fibers
- Seeding infants with the appropriate HMO-metabolizing bacteria helps ensure the correct immune and microbiome trajectory
- Gut barrier support promotes production of short-chain fatty acids
- Keep refrigerated when possible to maintain probiotic stability
- May be given to pets via syringe or mixed with small amount of wet food

Dosage

- ½ scoop mixed in a tablespoon of tepid water just prior to meals, mixed with first bite of food, or made into a paste with a few drops of water and swabbed into the inner cheek at feedings
- Do not sprinkle on large amounts of food
- If baby is "fussy," administer soon after feeding



Signs A Child May **Need** Thrive in 63 for Kids

- Bloating or other forms of digestive distress
- Variable stools (diarrhea and/or constipation)
- Food allergies
- Asthma
- Eczema
- Chronic sinus infections
- Fatigue
- Behavioral or mental health Issues
- Autism



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NUTRIENTS OF FOCUS FOR HEALTHY KIDS

- **Fats**
- **Fiber**
- **Protein**
- **Calcium, Iron, Vitamin D, Magnesium**
- There is no shortage of any of these key nutrients in the Thrive in 63 for Kids program
- You are also supporting digestion and gentle detox for improved utilization of nutrients from the child's diet



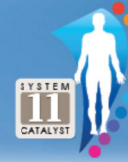
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Safety of enzymes in children?

- Yes, you can give enzymes to infants and children
 - Dosing depends on the need, not age or weight
- Delivery depends on the situation
 - When breastfeeding, mom gets enzymes
 - With formula or solids, child gets enzymes directly





TRANSFORMATION™ Enzyme Nutrition

BREASTFEEDING

There are very few times in a woman's life when nutrition is as important as when she is pregnant and/or nursing. During this time both mother and her baby have to acquire the proper nutrients to sustain health for proper growth and development. To ensure proper nutrient acquisition from mother to baby, the mother's digestive system and circulatory system must be functioning properly.

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function, and repair.*
- Omega 3 essential fatty acids are known for their anti-inflammatory benefits and are important for healthy brain development.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment, good absorption processes, and adequate elimination of wastes.*

TPP DIGEST	2-3 caps	before every meal
TPP EFA 1200MG**	1 gelcaps	2 x day with food
TPP PROTEASE	2 cap	3 x day between meals
TPP PROBIOTIC	2 cap	at bedtime

Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

DIGESTZYME	5-6 caps	before every meal
TPP EFA 1200MG**	1 gelcaps	2 x day with food
PUREZYME	4 caps	3 x day between meals
PLANTADOPHILUS	5 caps	at bedtime

**A pure, high-quality EFA should be included in a woman's supplement regimen before and during pregnancy as well as during breastfeeding. Both EPA and DHA are important, but DHA is particularly important throughout pregnancy and during the early stages of an infant's life as it is essential to ensure brain, eye, immune, and nervous system development. After delivery, a mother's level of DHA can remain low as breastfeeding transmits her reserves of DHA to the breastmilk for the baby. The need for DHA remains critical for a baby as brain development continues through the first 2 years.

Questions? 1-800-777-1474
email moreinfo@tecenzymes.com
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TRANSFORMATION™

Enzyme Nutrition

KIDS DIGESTIVE HEALTH

The digestive system is responsible for receiving and digesting food and then excreting waste. This system includes not only the stomach, small intestine, and large intestine, which move and absorb food, but also associated organs such as the pancreas, liver, and gallbladder, which produce digestive enzymes, remove toxins, and store substances necessary for digestion. The health of this system is critical, as its primary function is to break down foods and make nutrients available to the cell for optimal function, energy production, repair, and reproduction of that cell. The health of a child's cells will ultimately be reflected in the overall health of his or her tissues, organs, systems, and whole body. Transformation™ enzyme products have been clinically used for over 20 years to safely and effectively assist with the reduction of food sensitivities that may cause occasional gas, bloating, diarrhea, cramping, heartburn, and constipation.*

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function, and repair.* Complete digestion also minimizes food intolerances and supports a healthy immune system.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.*
- A probiotic supplement further supports digestion and promotes timely elimination while maintaining a healthy gut environment.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	1-3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

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ECZEMA (FOR INFANTS/CHILDREN)

Eczema is a common inflammatory skin condition characterized by red raised lesions, oozing, and crusting in the acute phase, or scaly red thickened patches brought on by rubbing and scratching in the chronic phase. It is commonly found in children but also occurs in adults and is often linked to food allergies such as gluten and dairy. Children with eczema tend to later develop other allergic conditions, most often hay fever or asthma. This condition can also be attributable to an intestinal dysbiosis – a disruption of the normal bacterial flora of the gut. If an imbalance occurs and candida over-populates acidophilus to the extent that it penetrates the walls of the large intestines, it can enable undigested lipids and proteins to leak out of the walls. This can instigate food allergies and promote eczema. Therefore addressing the damaged lining of the intestinal walls is critical in the treatment and prevention of eczema in addition to enzyme supplementation along with probiotics to restore the balance of microflora and ensure complete digestion and absorption of foods.*

- A digestive enzyme formula specific to gluten and dairy proteins with meals will ensure proper digestion and nutrient acquisition to supply the body with the nutrients needed for healthy skin.*
- A blend of herbs and enzymes designed to soothe and repair the mucosal lining of the GI tract and further support the reduction of inflammation within the gut.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the health of the skin.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment and timely removal of waste.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
GASTROZYME	2-3 cap	after each meal***
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	1-3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow. May apply Plantadophilus directly to mother's breast if breastfeeding (make paste by mixing with 1 tsp of water).

Transformation's goal is to make nutritional recommendations that assist individuals to achieve a healthy balance. Dosages may vary depending on need, i.e., lower dose for maintenance, higher dose for therapy. See Practitioner's Guide or individual product pages for additional suggestions.

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ECZEMA (FOR INFANTS/CHILDREN)

Additional support formulas you may want to consider for patients with Eczema. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

TPP INTESTINAL SUPPORT*** 1 cap with meals until symptoms resolve

- A blend of herbs and enzymes designed to eliminate the growth and prevent the recurrence of invading organisms in those suffering from dysbiosis or candidiasis.*

REPAIRZYME*** 1 cap daily

- This formula provides necessary building blocks for healthy growth of muscle, skeletal structure, and tissue. It facilitates repair of stressed or injured muscles, bones, tendons, and tissue. It is also wonderful for the healing of skin disorders.*

TPP CARBO-G 1 cap with every meal or snack

- For kids 8 and older who can swallow capsules and may benefit from a more powerful formula due to the complexities of their diet. This unique formula assists with the digestion of complex carbohydrates found in grains, legumes, and fibers. It includes a protease blend with DPP-IV activity necessary for gluten digestion and probiotics and herbs to soothe the GI tract.*

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

Protocol for Breastfeeding Mothers

TPP DIGEST	1 cap	with every meal or snack with 6-8 oz water
OR DIGESTZYME	3 caps	with every meal or snack with 6-8 oz water
TPP PROTEASE	2 caps	2 x day between meals with 6-8 oz water (optional, but recommended)
TPP PROBIOTIC	2 caps	at bedtime with 6-8 oz water

Transformation's goal is to make nutritional recommendations that assist individuals to achieve a healthy balance. Dosages may vary depending on need, i.e., lower dose for maintenance, higher dose for therapy. See Practitioner's Guide or individual product pages for additional suggestions.

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ECZEMA

6 M.O. Baby Boy

Suffered from severe eczema as well as constipation, starting at 2 months of age.

After 3 months of enzyme therapy the constipation had resolved, and the eczema had cleared.

Today he is 10 months old, still taking his digestive and systemic enzymes, and clear of any constipation or skin issues.





TRANSFORMATION™ Enzyme Nutrition

CONSTIPATION (FOR INFANTS/CHILDREN)

Constipation is characterized by infrequent, difficult, and sometimes painful bowel movements that require straining. Healthy bowel movements occur 2-3 times per day and are soft and pain-free. Constipation can occur for many reasons including a poor diet, lack of fluid intake, inadequate exercise, muscle / neurogenic disorders, thyroid disorders, and side effects of certain medications. Bowel movements serve to remove waste from the body. Antigens and toxins from bowel bacteria and undigested food particles can potentially play a role in the development of many degenerative diseases. The timely elimination of waste is imperative to health and wellness.

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function and repair.* Complete digestion also minimizes toxicity and supports a healthy immune system.
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

KIDZ DIGEST CHEWABLES	2 tablets	with meals (ages 4 and up)
OR KIDZ DIGEST POWDER	1 scoop	with 2 oz lukewarm liquid prior to meals or with first bite of food**
PUREZYME	1-3 caps	2 x day between meals with 6-8 oz liquid***
PLANTADOPHILUS	3 caps	at bedtime***

**Okay to mix with applesauce or veggie/fruit mash if unable to consume in liquid form.

***May open capsule and mix with flavored liquid, veggie, or fruit puree if unable to swallow.

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Case Study: Constipation

Patient, Male, 2 months old brought to TEC clinic 7/15/2020

7-10 days between bowel movements – mom told “normal”

Began *Kidz Digest Powder* (¼ scoop) and *Plantadophilus* (2 caps) in bedtime bottle

7/18 - increased dosages to ½ scoop *Kidz Digest* with each feeding and 2 caps *Plantadophilus* 2xday - Hard bowel movement that evening

7/21 - changed formula to Nutramigen® and increased to full scoop *Kidz Digest Powder*

7/23 - First poop on his own with no suppository.

3/23/2021 update: Baby still having 1-2 regular bowel movements daily

No more straining or painful bowel movements

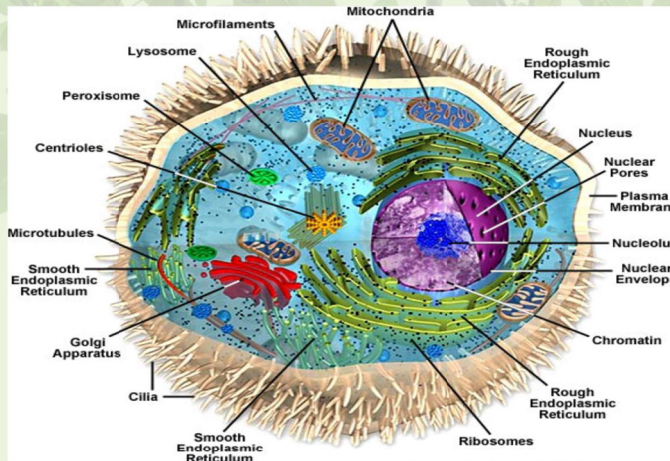


LAY THE FOUNDATION

healthy cell,

healthy gut,

healthy child



Step 1: Diet & Lifestyle

Step 2: Digestive & Systemic Support

Step 3: Healthy, Cell, Healthy Gut, Healthy Child



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- Learn more at mycliniciantoolbox.com
 - webinars on Thrive in 63, Histamine Intolerance, GMO's, Detoxing, etc
 - Research, Protocols, Case Studies, Practitioner Reference Guide
- Visit Thrivein63.com or use QR code
 - Access our Thrive in 63 support group on Facebook
 - Download the Gut Dysfunction (Leaky Gut) Clinical Study
 - **TAKE ADVANTAGE OF SEMINAR DISCOUNT AND TRY FOR YOURSELF!**



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QUESTIONS?

Thriveⁱⁿ 63
by TRANSFORMATIONTM



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