The Health Benefits of Serrapeptase

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Discovered in the early 1970's, this proteolytic enzyme was isolated from the *Serratia* species of bacteria located in the intestines of silkworms. Serrapeptase, also called serratiopeptidase, is a superior enzyme that provides strong, healthful properties. Today, serrapeptase is used all over Europe and Asia in clinical settings. It can break down non-living tissue in the body.

Serrapeptase is one of the world's most exciting enzymes and studied thoroughly for its wide variety of clinical applications. It's used clinically throughout Europe and Asia for many health conditions. One of the most well-known proponents of this enzyme was the German physician, Dr. Hans Nieper. Some even call him the "father of serrapeptase." He had great success supplementing with serrapeptase to support normal heart and circulatory system health.

How Does Serrapeptase Work?

Serrapeptase is an important enzyme that supports a range of functions. It can bind itself to alpha-2 macroglobulin, a protein in blood plasma, and travel to the areas of the body where it's needed most.

Interestingly, serrapeptase is the same enzyme that helps silkworms eat their protective cocoon before flying away. Serrapeptase has the distinct ability to digest only non-living tissue allowing the old toxic layers that clog the digestive system and the lining of our arteries to dissolve. This is one reason why it's so good at keeping arterial deposits from building up after heart surgery.

Health Benefits of Serrapeptase

1. Supports Circulatory Health

Dr. Nieper found that serrapeptase promoted normal blood clotting and reduced the appearance of varicose veins. Other studies found that serrapeptase effectively removes atherosclerotic plaque without hurting any of the healthy cells along the arterial wall.[1] In supplements, it is often used in conjunction with nattokinase.

2. Soothes Redness

Multiple studies confirm serrapeptase soothes redness and swelling.[2, 3] It promotes a calm, harmonious environment in the body at a cellular level.

3. Helps With Traumatic Injuries

Serrapeptase is widely used in Europe as a supplement for traumatic injury (such as sprains and torn ligaments), as well as the swelling associated with post-surgical patients.

4. Fluid Balance and Swelling

Serrapeptase has been approved as a standard remedy in many European countries for swelling. A German study on the enzyme found that it could reduce swelling by up to 50% in post-operative patients by the third day after ankle surgery.[2] Patients who took serrapeptase experienced less discomfort than the control groups. Additionally, patients who took serrapeptase reported comfort more rapidly than those who did not take the supplement.

5. Promotes Breast Health

In a double-blind study, serrapeptase was found to reduce breast tenderness and swelling in 85.7% of the patients taking the supplement.[4] This is related to the fact that the enzyme possesses fibrinolytic and proteolytic properties.

6. Encourages Ear, Nose, and Throat Health

In one double-blind study, patients with acute or chronic ear, nose or throat diseases found significant symptom regression with serrapeptase.[5] The enzyme can reduce the viscosity of mucus, thus facilitating drainage.

7. May Help With Carpal Tunnel

Recent studies confirm the use of this enzyme for the reduction of symptoms associated with carpal tunnel syndrome.[6] Carpel Tunnel Syndrome is a painful wrist condition caused when a nerve that runs along the carpal bones is pinched. In a preliminary trial on twenty patients, 65% showed clinical improvement after taking serrapeptase with no side effects.

8. Supports Systemic Wellness

Serrapeptase is used by the body for a vast array of functions. It's important for the nervous system, as well as for the ears, nose, and throat. Its properties benefit the respiratory system, prostate, cardiovascular system, and more. Positive effects on sports injuries, post-operative scars and lesions, varicose veins, anti-aging, restoration of healthy fibrin metabolism, and reduction in C-reactive protein are also reported.