

Chronic Sinusitis Suffers Benefit From Serrapeptase

Serrapeptase is a proteolytic enzyme isolated from the micro-organism *Serratia E15*. Serrapeptase is used as an alternative to Non Steroidal Anti-Inflammatory Drugs (NSAIDs) which are commonly used to treat arthritis and inflammation. This enzyme can help reduce inflammation, pain and more. Sinusitis can be chronic or reoccurring each month causing great pain and suffering to those who have it. Luckily, due to its inflammatory properties, Serrapeptase has been shown in clinical studies to benefit chronic sinusitis sufferers. Serrapeptase is not only anti-inflammatory substance, but works quite well in reducing the pain, because it is capable of blocking the release of pain-inducing amines. One of its most profound benefits is the reduction of pain. Serrapeptase is capable of blocking the release of pain-inducing amines from inflamed tissues. While steroidal and non-steroidal anti-inflammatory drugs may offer temporary, symptomatic relief from pain, swelling and inflammation, they may also be immunosuppressive and are known to hold dangerous side effects which are undesirable to most. Research suggests that this enzyme effects only non-living tissue (such as blood clots and arterial plaque) when taken internally. Patients who took the Serrapeptase enzyme experienced a significant reduction in severity of pain, amount of secretion, purulence of secretions, difficulty in swallowing, nasal dysphonia, nasal obstruction, anosmia, and body temperature after three to four days and/or at the end of their treatment. The patients receiving Serrapeptase became pain-free more rapidly than the control groups. Even though steroidal and non-steroidal anti-inflammatory drugs offer temporary, symptomatic relief from pain and swelling, their serious side effects can out weigh the benefits and so we need an alternative. Researchers in Germany have used Serrapeptase for atherosclerosis to digest atherosclerotic plaque without harming the healthy cells lining the arterial wall. Researchers also witnessed equally impressive results in the treatment of infections in lung cancer patients undergoing thoracotomy. In the past few years, researchers have focused on selective cyclo-oxygenase (COX-2) inhibitors, more precise versions of NSAIDs to reduce painful inflammation, but the end result these drugs cause serious side effects as well. In Germany and other European countries, serrapeptase is a common treatment for inflammatory and traumatic swellings, and much of the research that exists on this substance is of European origin. One double-blind study was conducted by German researchers to determine the effect of serrapeptase on post-operative swelling and pain with positive results. In another part of the world, Japanese researchers evaluated the effects of serratiopeptidase (30mg/day orally for four weeks) on the elasticity and viscosity of the nasal mucus in adult patients with chronic sinusitis, the result, reduce pain and inflammation. Serrapeptase has been used as an anti-inflammatory agent in the t includes chronic sinusitis, elimination of bronchopulmonary secretions (the enzyme breaks down protein fibers, allowing mucous to thin), sprains and torn ligaments, and other traumatic injuries, and idiopathic edema. Another double-blind randomized study evaluated the effects of administering the antibiotic cephalexin in conjunction with serrapeptase or a placebo to 93 patients suffering from either perennial rhinitis, chronic rhinitis with sinusitis or chronic relapsing bronchitis experienced a significant and rapid improvement of symptoms after 3-4 days. Furthermore, unlike NSAIDs drugs, Serrapeptase is a naturally occurring, physiological agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects. The simple answer is Serrapeptase is the best anti-inflammatory enzyme available. Only Enteric coated Serrapeptase tablets have been subject to the impressive research showing excellent results. How long will it take to see results, although most symptoms will go within 1-2 weeks, it is recommended that you take Serrapeptase for 3-4 months and then stop to evaluate further need. Until more is known about the long term benefit and side effects of serrapeptase, we recommend limiting daily dose of 20,000 to 40,000 units. No adverse reactions to serrapeptase were reported and researchers concluded that serrapeptase is a safe and effective method for the treatment for any form of inflammatory disorder.

About the Author

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