

# Combining Nutrition & Chiropractic

## DR. HOWARD F. LOOMIS Speaks

**H**oward F. Loomis, Jr., D.C., has been the leader in the clinical application of plant enzymes and is the person responsible for bringing plant enzymes to the forefront of the health care field. Having begun his career as a chiropractor in Missouri, he believed as his father did that digestion was the place to begin healing or to maintain health. Since he had seen traditional digestive supplements such as HCl and pancreatin (animal enzymes) benefit his father's patients, it was only natural for him to incorporate this methodology into his own practice. But by 1979 he had given up in complete frustration, having failed to find consistent results.

In 1980 he was introduced to the work of Dr. Edward Howell, M.D., and his Food Enzyme Concept in his books, *Enzymes for Health and Longevity* and *Enzyme Nutrition*. It changed the entire focus of Dr. Loomis' practice. Shortly thereafter he had the great opportunity to meet with Dr. Howell himself and share information and ideas with him. Believing that the naturally occurring enzymes found in raw food were the missing links for health, Dr. Loomis built upon Dr. Howell's theoretical work and began to apply the concept in the clinical setting.

At the clinical level, Dr. Loomis found that the only possible means of identifying nutritional needs for enzymes was to conduct urinalysis tests. So he developed the 24-Hour Urinalysis as a means of measuring what the body is holding or throwing away in order to maintain homeostasis. Over the years, the test has been improved upon and now it is used by several labs around the country. Many doctors have been trained in its use and routinely incorporate it into their office procedures.

Dr. Loomis was then asked by the company that Dr. Howell founded to teach other doctors about the benefits of plant enzymes. Since 1984, he has lectured extensively and currently writes columns in several recognized chiropractic journals

and other publications. Dr. Loomis has since retired from chiropractic so that he could devote his time to writing, lecturing and teaching doctors about the clinical application of enzymes. He has provided this foundation of knowledge, and others have written books and formulated products based on his original information. This field is growing rapidly and the number of doctors that depend on him for cutting edge information continues to increase.

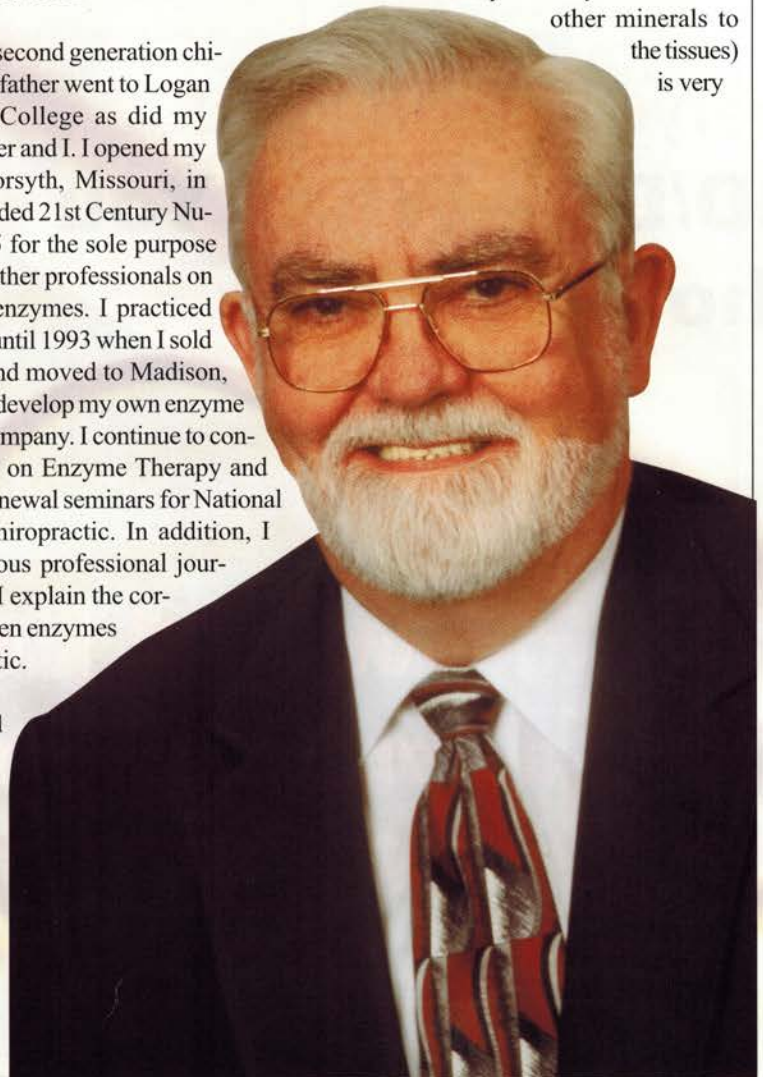
**TAC: Dr. Loomis, can you give us a little background on yourself?**

DR. L: I am a second generation chiropractor. My father went to Logan Chiropractic College as did my younger brother and I. I opened my practice in Forsyth, Missouri, in 1968 and founded 21st Century Nutrition in 1985 for the sole purpose of educating other professionals on the usage of enzymes. I practiced continuously until 1993 when I sold my practice and moved to Madison, Wisconsin, to develop my own enzyme supplement company. I continue to conduct seminars on Enzyme Therapy and give license renewal seminars for National College of Chiropractic. In addition, I write for various professional journals in which I explain the correlation between enzymes and chiropractic.

**TAC: How did you get interested in working with enzymes?**

DR. L: My interest was in understanding why, when there is no history of

injury, some people develop back problems and others do not? Was there a nutritional component? I could never find the clinical parameters that would allow me to say this person needs calcium, this one needs magnesium, that one needs calcium AND magnesium, that one needs Vitamin C, or that one needs better protein digestion. At the time, I was convinced there was no objective means of utilizing nutritional supplements. It seemed logical that there would be a nutritional component because the body's ability to digest and assimilate protein (and consequently improve its ability to carry calcium and other minerals to the tissues) is very





important. Most people who acquire symptoms of musculoskeletal dysfunction, such as osteoporosis, herniated discs, bursitis, leg cramps, and many more, do not readily digest protein. In 1980 I was fortunate to be introduced to the work of Edward Howell, M.D., and his "Food Enzyme Concept." After reading his two books *Enzymes for Health and Longevity* and *Enzyme Nutrition*, I was convinced he had found the missing link for providing consistent results in clinical nutrition.

Dr. Howell had graduated from medical school at the University of Illinois in 1919, the year before the first vitamin was discovered. After graduation he practiced at the Lindlahr Institute in Chicago, which was the Mayo Clinic of his day. They specialized in the treatment of chronic degenerative diseases using a system of fasting and raw food diets. This was in a time period prior to the discovery of insulin, and diabetes was the major degenerative disease. Cancer was not as readily diagnosed as it is today, and diabetes was considered the number one killer.

Dr. Howell was impressed with the results obtained with raw foods and fasting and he struggled to find an explanation. He became convinced that there had to be something else in food beside protein, carbohydrates, fat, vitamins, and minerals. This led to his eventual fascination with enzymes found in food and the role they played in digestion and maintaining health.

In 1984, I flew down to see Dr. Howell and spent time with him in his Ft. Myers, Florida home. He allowed me access to his accumulated notes, including his extensive bibliography to *Enzymes for Health and Longevity*. He was very gracious in sharing his time and information with me and he completely changed my attitude about nutrition and the importance of enzymes. Gaining permission to copy many of his accumulated notes was incredibly valuable since they were destroyed when he died in the late 1980's.

**TAC: Why did you decide to formulate your own products?**

DR. L: When I became familiar with Dr. Howell's theoretical work on the predigestive stomach and food enzyme supplementation, I was invited to give my impressions on the possible clinical uses of his work and to formulate the first line of food/plant enzyme supplements for professional use.

My initial impression was to combine enzymes with nutrients from whole food or herbal sources so they could be assimilated past an incompetent digestive system. For example, it is very hard for a patient that has difficulty digesting fats to assimilate food supplements of concentrated oils such as vitamin E or A. Also, I thought that since nutritional supplements were used by employing the "magic bullet theory of removing symptoms", all I needed to know was the symptoms of enzyme deficiencies. For example, what symptoms would protease relieve? How about lipase, amylase, and others? I was surprised to learn that Dr. Howell did not know. But, on second thought that was understandable since while he had developed the theory of predigestion, he had not worked with the individual enzymes nor with the concentrated dosages that modern technology could provide. Unfortunately, since this was an entirely new concept, there simply was no place to turn to for guidance.

I needed to formulate my own products because there were no plant enzyme products available to me that could consistently deliver nutrients past an incompetent digestive system and favorably influence homeostasis on a predictable basis. In other words, there were no subluxation-based nutritional products available to me or anyone else. I had to begin the first clinical studies on the application of plant enzymes.

**TAC: How do you determine when to use plant enzymes?**

DR. L: What was needed was a method of examination that could tell what foods the body needed, whether because they were not adequate in the diet or because the body was not digesting and assimilating what was ingested. What was not needed was a method of examining for isolated chemical compounds.

**Blood work is not helpful because the body is required to maintain the blood within normal limits as long as possible. In other words, the body will compensate for any deviation in the contents of the blood by pulling what it needs**

**from its tissues.** For example, in the condition known as osteoporosis, mineral levels remain normal in the blood while the body gradually removes them from the bones. Putting it another way, blood tests are used to find objective evidence of deviations from normal function, thus indicating disease.

**They do not serve as an early warning sign that some problem is beginning to develop. By the time the blood tests are abnormal, the body has already exhausted its ability to compensate.**

Clearly, x-ray and other advanced technologies are not useful for the same reason. The damage must

be done before it becomes obvious. I used to tell my patients that if medical examinations could not identify the cause of their symptoms and all the tests are negative, they should rejoice because it meant they were not diseased and the solution was probably nutritional.

In the early 1980's, the only way I knew of identifying nutritional needs for enzymes was to conduct urinalysis examinations. Next, I found that the urine had to be collected for 24 hours, since random samples taken throughout the day vary considerably because of what is ingested!

**TAC: Please explain the 24-hour urinalysis.**

DR. L: I began running urinalysis and blood work in my office immediately upon graduation attempting to determine if there was a nutritional cause for recurring spinal problems of a non-traumatic origin. I was particularly interested in the ability of the body to provide protein and minerals to the tissues. I needed an objective, reliable means of testing to determine that. Urinalysis tests proved to be just what I needed. They have been used for over 100 years and their authenticity and normal values have been well-researched and documented. They clearly show what the body is holding because it does not have enough, and what it is throwing away because it has too much. And therein lies one of the secrets for unlocking the price the body is paying to maintain homeostasis.

**Urinalysis... clearly show what the body is holding because it does not have enough, and what it is throwing away because it has too much. And therein lies one of the secrets for unlocking the price the body is paying to maintain homeostasis.**



The 24-Hour Urinalysis, first and foremost, screens for disease conditions such as diabetes, kidney disease, liver disease and infections. Obviously, this is of critical importance for hanging on to your license. **Second, the urinalysis determines the amount of food that is lying in the colon putrefying and producing toxins that have systemic implications for all tissues in the body, especially the immune system. It gives us a very strong indication as to what food component is not being adequately digested and is consequently rotting in the colon.** For example, is it protein, starch or fat? Next, by measuring calcium, pH and chloride excretion, we have strong indicators of the acid-base concentrating abilities of the digestive system. For example, can this patient produce enough HCl or does the problem lie in the alkaline intestine? Finally, we can clearly see electrolyte excesses and deficiencies as well as the kidney's ability to clean the blood.

All of this information correlates perfectly with muscle contraction patterns, trigger points, viscerosomatic reflexes in subluxation patterns in the same body, giving us not only a condition but perhaps more importantly the cause. **As B.J. Palmer said, "Once the cause is known, the treatment becomes obvious."**

**TAC: How is this different from other nutritional approaches?**

DR. L: It's specific. With this information, a chiropractor can now become, in my opinion, the preeminent diagnostician in the healing arts today. No longer constrained in relieving symptomatic complaints, he or she can now accurately determine the cause of non-traumatic conditions. In my experience, this ability is the greatest practice-builder a doctor can possibly have.

One of the questions facing our profession today is whether we should mimic the medical professional in using drugs and isolated chemical compounds for the relief of symptoms. In my 30 years of experience, I have never found a patient with a Prozac, aspirin, antacid, or laxative deficiency. I have only found patients deficient in food components—that is protein, carbohydrate, fat,

vitamins and minerals—that they could not deliver past an incompetent digestive system.

Spinal palpation coupled with palpation of what the early chiropractors used to call nerve tracing and correlated to the patient's symptoms is very specific in identifying the patient's problem. Too many chiropractors today want to limit their scope of practice to musculoskeletal conditions of the spine and extremities and, unfortunately, leave their retirement or their children's education laying on the table.

**TAC: What is the Enzyme Replacement System?**

DR. L: The Enzyme Replacement System is based upon identifying enzyme deficiency states in the human body, by first taking a case history; second, a physical exam including spinal palpation and palpation of viscerosomatic reflexes; and third, interpreting appropriate lab work such as a 24-hour urinalysis and blood studies when necessary. This information can be readily correlated to recurring spinal subluxation patterns and used to correct the many chronic recurring problems that medicine is unable to address.

This methodology is perfectly normal and natural, in tune with how the body actually operates, and in my opinion, it is completely in tune with chiropractic philosophy, both the past and the future. In fact, I believe that by correlating spinal palpation with viscerosomatic reflexes, the chiropractor becomes a very accurate diagnostician.

**TAC: Do you have a final message for those in the field of health?**

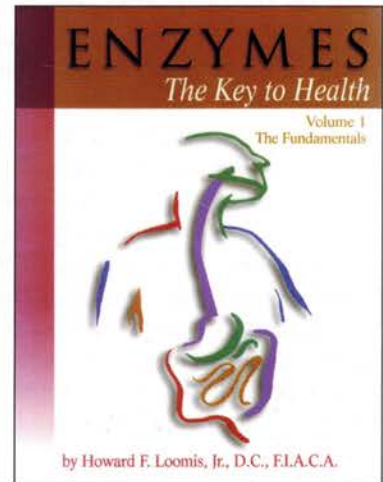
DR. L: Doctors continually tell me what I myself experienced—this system or methodology gave me the ability to do what I wanted to do when I went to school. It has given me a deep sense of fulfillment and sense of accomplishment to truly be able to relieve suffering.

Organized medicine did everything they could in the 20th century to kill vitalism in the profession. In the 21st century, medicine and indeed the world will come to the realization that vitalism is a correct approach to healing. Now is not the time for us to abandon our heritage. ♦

*For more information call 1-800-614-4400*

**ENZYMES:  
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*by Dr. Howard F. Loomis, Jr.*



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