



Transcript: #485 Why Systemic Enzymes Should Be Added to Every Detox with Zuman Rev

Dr. Wendy Myers: Hello, everyone. I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On the show today, we have a really interesting guest. His name is Zuman Rev, and we're going to be talking about systemic enzymes and why you should add systemic enzymes to every detox. And really, really important to cleanse the system, cleanse your liver, cleanse your kidneys, cleanse your digestive tract.

And we talk about a lot of issues with the mucoid plaque and parasites in the gut and how systemic enzymes work, and also the unique system that Zuman has designed as a Chinese doctor. He discovered different fermented enzymes, plant-based enzymes, that are really, really effective for cleansing the system, cleansing the blood, and how they get to the body, the whole body systemically, and why this can be even better than, say, other forms of fasting or cleansing, and we talk about how effective they are.

So, a really, really interesting show today, and I can't wait for you guys to try the ZenCleans. I have one coming to me right now. I didn't get to try one before the show, but I've had many friends that have tried them and really, really swear by them. I have my friend, Josh Macin, of thedetoxdudes.com, and he swears by them and gives them to every single one of his clients because he was really blown away by the results of them.

So, I know you guys listening to the show, you're concerned about detoxification. You're concerned about the heavy metal load and the toxin load that you have in your body. So, I created a quiz at heavymetalsquiz.com. You can take that in two minutes, and then, afterward, you get your results, which will be fun. And then you get a free video series afterward that explains to you a lot of frequently asked questions that people have when it comes to detoxification. So, go take it right now at heavymetalsquiz.com.

Our guest today, his name is Zuman Rev. He's a former Zen monk, and he's a Chinese medicine doctor and medical Qigong master. And he's been running a TCM clinic and a medical Qigong school in Canada from 1987 until he left the country in 2005. For seven years after he left, he's been writing a system to help people find their way out of the maze of natural healing.

In China, he's been teaching and supervising people at his healing and detox center for 12 years. And in 2015, he was introduced to the Chinese methods of detox, developed by Buddhists and Dallas Monks with super enzymes. And he decided to bring this revolutionary healing and detox technology to the Western world through a brand that he created named ZenCleans.

And he now lives between Taiwan and Bali, where he continuously works at fermenting over 152 plants for a period of three years before they're blended for various purposes and distributed around the world.

You can learn more about Zuman and his products, and his cleanses at Zencleanz, with a Z, zencleanz.com.

Zuman, welcome to the show.

Zuman Rev: Thank you. Thank you for having me. I was looking forward to it. You're famous. You're famous, so I was very honored to be invited to your show.

Dr. Wendy Myers: Oh, well, thank you. Thank you. That always is funny when I hear about that.

Zuman Rev: Not many people can wake me up so early.

Dr. Wendy Myers: Well, tell us a little bit about your background and how you got into cleansing and parasite cleansing and things like that.

Zuman Rev: Well, it goes back quite a long time ago. In the '80s, I was in a pretty unhealthy environment. I graduated as a film student, and I was working in films and all this, sleeping late, and having pretty much a bad lifestyle. And also, being born in 1960, I was born with processed food. Right? So, I've been fed by my mom. I had a good mom, but it was so convenient, and we didn't know anything about it. So I grew up in this environment, eating processed food and doing a lot of sports as well. I think that saved me.

But still, when I reached my mid-25 mid-20s, I started to have symptoms. My skin was very, very bad. I was a long-distance swimmer. I started to have joint issues and back issues and all this.

And my dad, even if he wasn't health-oriented at all, had a habit; twice a year, he was purging himself. He was drinking something; I don't know what he was. And he was on the toilet for two days. And it just struck me. And one day, I just

crossed out because I just made a long story short and because I started yoga before that because of the school teacher. So, I was open to this.

And I fell on Dr. Shelton's book, Fasting, the Bible. When I started reading this, I really got captivated. And very soon as soon as I finished the book, I looked for a hygienist center, and I found one in Canada. And I signed up for three weeks, the most horrible three weeks of my life. It was the toughest, the toughest thing. The toxins were, Oh my God, that was so, so difficult. But thank God I read that book. Otherwise, I would've run through the window. I knew I was going to go through some hardship, but not like that.

But when I came out, I really felt transformed. I really felt like I had walked back in time. My skin was better. I healed an eye that needed glasses. At that time, I was 20/20 when I came out.

So, I became a fan immediately, and I never stopped. I never stopped. I water fasted for over two years of my life, 750 days. I got really into it. And yeah, that's what got me started into this.

And not long after that, I studied Chinese medicine, always to heal my same problem; my back problem was my guide. And I studied Chinese medicine, not to become a Chinese medicine doctor but to save money. It was cheaper than having treatments. So, that's the reason why I studied. But I got, again, I got passionate about it, and yeah, I became professional. It's been my career all my life. Qigong came not long after.

And that's it. That's the long story short. I studied meditation. Also, I started this. I liked this very much. Before Chinese medicine, I studied this. I thought it was going very well with my swimming, and yeah, I even became a monk in my late 20s.

Dr. Wendy Myers: That's fascinating. Now, you're in Bali, doing all of the above.

Zuman Rev: Yes, yes, yes, yes, yes. What a journey. What a journey. Yeah, I just ran after a butterfly, I guess, just running after a butterfly. That's the best explanation I can give you how I got here. Just chasing a butterfly.

Dr. Wendy Myers: And, so, you discovered enzymes in your kind of Chinese detox secret. And, so, tell us a little bit about that and what exactly enzymes are, and how you're using them for detoxification.

Zuman Rev: Mm-hmm. Well, this came much, much later. Actually, it came seven years ago. I was already running a detox center in China. And someone just stopped because my center was in a tourist area in China, and they stopped and they talked to my wife. I was busy. And I met them for the first time, and I was absolutely not interested in talking with them. I just felt like I had resistance, being a Chinese

medicine doctor, if someone was inviting me to sell something because that was my feeling. I was like, "Okay if you want me to sell something for them."

I thought it was a conflict of interest, being a doctor, suggesting something, and saying, "By the way, I have some for sale."

So, I always resisted this. So I had the same habit, but they insisted that I try, and they flew me to Taiwan to try. And I thought I knew it all, humbly, humbly. I thought I knew it all because I was fasting, just everything, trying everything I heard about, and juice fasting and all kinds of other brands, herbal things, and all good stuff.

But I was always coming back to water fasting. I thought it was the fast track. So, I thought I knew it all. But at some point, it was a free ticket to go to Taiwan. Never been there. I said, "Okay, let's go for it."

And I got ravaged. I just arrived there, greeted by Chinese medicine doctors, naturopathic doctors, and PowerPoints. And at the same time, they were giving me these drinks. They were tasting pretty good, a little thick, but I've had some thick juice before. All was good. So, it was a fantastic day.

And the following day, it was an intestinal plant they were guiding me through as they were introducing me to the enzymes. I knew what enzymes were, but it was one thing among all the studies we do in medicine. So, I never paid so much attention, but now I was learning more, and it was very interesting. And they were doing experiments, showing us really what they were doing.

And the next, they just launched me at the end of the day, with a basket and chopsticks to collect what would come out the next day.

And the next day, this is where my life flipped, not because I was surprised to see the mucoid plaque. I've seen mucoid plaque before through other methods, but that fast? That had never happened.

So, for me, as a guide who felt that I failed so often because you shake the hands of the people who went to your center and said, "Thank you," and all this. They leave, and you know that they will never do that again because it has been too difficult, too challenging. The hardship was too strong.

So, that's what I saw in my mind. I say, "If I had this tool before, I'm pretty sure a lot of them would still be on the path of self-healing. It will continue."

Because cleansing is not a one-shot deal, as you know. It is something to integrate into our lifestyle. So, this is what came to my mind first.

So, I was curious. So, of course, I didn't jump immediately, and I didn't think much because they wanted me to work with them, but I stayed close to them. I

started studying more and testing more enzymes and getting on a daily intake, and understanding a little bit more about what they were.

And yeah, two years later, I decided to bring this to the Western world instead of working with them. They still ferment the plants. They ferment 152 plants, and we work on plants together to address the different organs. But that day was a very important day.

Dr. Wendy Myers: Yeah. So, how do enzyme detoxes work, and why are they so powerful to help with parasite cleansing and other kinds of issues, like the mucoid plaque that you mentioned?

Zuman Rev: Uh-huh. Well, these first, it's a three-year fermentation process. Okay? So, there's a transformation happening in the enzymes of the plant. They become systemic, so they penetrate the bloodstream. It's not just digestive aids like we know about enzymes, which take about two months from fruit to shelf.

These ones, the process of fermentation, transform them, refine them, condense them, and they penetrate the system. So, according to the blends and the plant that are ingredients that are in the blends, they will address one system more than the other, but they still penetrate the bloodstream.

So it's not as linear as we were with, for example, bentonite clay and psyllium to cleanse the intestines, which are broomers and vacuum cleaners for the intestines. It's really focused.

These ones work differently. The enzymes are kind of little Pac-Mans. And with the ingredients we select, for this blend, for example, the intestinal glands, we make sure that there is enough, a variety, a wide variety of enzymes, so they can address pretty much everything that can be stuck on the lining of the intestines.

And for the parasites, since you mentioned, our understanding and philosophy are that parasites would not be there if the environment were not there. So, by transforming, by cleansing the intestine, at some point, yeah, of course, we see parasites coming out and larvae and all this.

But the focus, there are some ingredients that are there to target the parasites, but we don't sell them as a parasite cleanse. We transform the environment, so the parasites have no point in living there anymore. So, we change and transform the environment.

Dr. Wendy Myers: And, so, what is mucoid plaque? What does it consist of, and why do people need to remove it?

Zuman Rev: Yeah, well, there's all kinds of mucoid plaque, but it's all undigested matters that actually just get stuck on the pipe. This is what it is. And they're all kinds. We can look at the mucoid plaque and have a good idea of what's working and what's

not working in someone's digestive system. Without being very precise, we can tell quite a lot.

And the main issue nowadays is our diet. We overeat. If someone would tell me, "What is the number one threat in the diet beyond the poison that we're offered nowadays?" I would say it is overeating. We have never accessed so much food in human history, where we can have three meals a day and snacks in the morning, snacks in the afternoon, lying down on the sofa, and snacks in the evening. And at the same time, we never had as sedentary a life as ever in history, in human history.

So, these two combined promote a lot. The enzyme, the digestive system cannot cope with so much food. Because, for the body, to have something to digest is a priority, it is a threat. If the body doesn't do this job, it is like it's a threat. We don't see it. But indigestion can be very, very threatening.

So, the body exhausts itself just by digesting so much food. And at some point, when we're young, we don't notice this, but when we pass a certain age, we realize that, after a meal, we start getting tired. It starts affecting our metabolic functions. Right?

So, the downside is beyond just digestion; it starts to affect all our other functions. And the plaque that we say is the famous mucoid plaque is the one in the intestine, but this plaque spread all over. It spreads in the bloodstream. People who don't know that can accumulate 10% of their body weight like a typical American diet their whole life can accumulate about 10% of their body weight just as gunk in the bloodstream. So, it is no wonder our cardiovascular disease is the number one on the top of leading causes of death nowadays because so much gunk is also in the bloodstream.

So, this is why plaque is undigested. And also, it goes into the system. The liver, which is the first filter on the journey of the blood, at some point, gets completely clogged and allows unwanted particles into the open bloodstream. And then, it is the downfall of health, autoimmune disease, allergies, and all kinds of things.

And that exhausts and puts the system on a constant alert, instead of working for us to be creative and vital and all this, it's just like cleaning the house. The party never happens, but just cleaning the house all the time, cleaning the house, because it's a priority for the body.

So, yeah. That's why, beyond the digestive tract, I think the detox needs to go much deeper at some point. And the systemic enzyme allows that. It penetrates the blood, and they keep cleansing.

Dr. Wendy Myers:

And are biofilms and bio sludge from the same thing as mucoid plaque, or is it just a form of mucoid plaque?

Zuman Rev: I think it's too cute of a name to call this biofilm. For me, when I hear biofilm, I say, "There's no problem, no problem with biofilm. So, sounds good to me, biofilm."

But sometimes, in literature, it's the same thing. But for me, biofilm sounds more like a good flora; a good biofilm sounds like this, but oftentimes it's used as the same thing. Mucoïd plaque sounds nastier.

Dr. Wendy Myers: Yeah, exactly. And, so, what is your five-element detox and rejuvenation system?

Zuman Rev: When I started digging deeper into this, I was looking for a way to make it simple for people because what I knew from detoxing, I had to do a lot of research, and that's what to do, what to take, which herbs, where to find it, what's the best, and all this?

I was in the field, and I was a health nut, so that was okay for me to do it. But the layperson or some people who have other fields of interest and would not do this work would not do this research.

But we had no other choice. That was the way it was. But when I discovered the enzyme, I thought that it could be different. I thought that we could just really make it easy for people because enzymes are food, so they nourish you at the same time. So, it's not like you don't need to retreat and isolate yourself, and get into hardship and cleanse and have the whole healing crisis going on.

So, I noticed that everything was much milder and much more powerful than everything I knew before. I could even feel myself going into the autolysis mode, even if I was eating. And that's when I discovered that, actually, it's not eating that stops the autolysis, but digesting. And enzymes are predigested, so I was even getting in that mode.

So, I continued to say, "Okay, let's follow the way we get intoxicated. Let's follow that." So, the intestines and breathing, the respiratory system, that's the two main entry points. And then, after that, it penetrates the system through the blood. Then it goes through the filters, the liver, the lymphatic system, and the kidneys.

So, I followed the logic of the traditional Chinese medicine understanding, which is very simple. You can easily understand the basic principles of traditional Chinese medicine. And understand we are human beings; we are people who have some intake, and it goes through the bloodstream to feed our system.

And there's filter number one, filter number two, filter number three. So, liver, lymph, and kidney. So, that's the logic. In our research and development, a consortium of traditional Chinese medicine and nutritionists, we've figured out which ingredients to put in the blend that they're nutritive and healing compounds considered. And also their balance, because in Chinese medicine,

we also classify the nutrients according to the food, according to their nature. So, there's food that is warming, cooling, moisturizing, and drying.

So, in order to offer something that will be accessible and okay for everyone, we balanced the ingredients and made sure that the healing compounds and nutrients were covering the whole or targeting a specific organ, for example.

But the way it works, the enzymes. Some, we know that, for example, apple, malic acid, affects the liver, is good for the liver. So, in the liver cleanses, there's more. There's more of this.

But the enzyme, the way they work, the apple enzyme, which may have a good effect also on the kidney or the lymphatic system, will still work on the downstream, that we call. So, this is how we thought about it, according to just selecting the ingredient in order to target. Because it's 100% bioavailable because it's predigested, so even if you have digestive issues or lack enzymes to break down the food or absorption issues, this one bypasses that process. It goes straight into the blood.

Dr. Wendy Myers: So, let's talk about detoxes and why people that are doing detoxes should really consider using enzymes.

Zuman Rev: First, we can use enzymes with any other protocol. Okay? It helps, actually, the absorption of other protocols if it implies juices; for example, if it implies digestion, it will help. It will power it up.

It's much easier, and it's more powerful. This is what I realized. And for being a fan of water fasting for so long, it was difficult for me. I tested it with a lot of resistance. I didn't think it could be. So, there were a lot of questions. I was not coming from a business background or having to sell something. It was more on the medical side. So, there was a lot of testing. And, at some point, I just decided to get into a whole month, "Let's see what happens," a whole month, only on enzymes.

And then this is where I realized that "Oh, my tongue was getting thicker, and my heartbeat started to beat faster." I say, "My God, I'm on autolysis. How can that be? I'm eating every day."

So, I dug a little bit deeper and understood that that's when I concluded, "It's like it's not eating that is the problem." Because when we fast, we still need to nourish the cell. The cells are not fasting. They're cleansing, but they still need to eat; otherwise, they die. So, I just connected the dots at that point.

So, it fuels up the body at the same time that it detoxes it. We don't react the same way to discomfort. Right? Some people, as soon as they're out of their comfort zone, say, "Oh, I'd rather die. I'd rather die. Oh, no, no. I cannot."

That's why so many people just committed to water fasting and said, "I'll never do that again."

And even if you tell them, "This could save your life. This could just really help you resolve it."

"No, no, no. I'd rather die."

Some people cannot go outside of their comfort zone. And cleansing with enzymes does partly this, keeps you into the zone of acceptable discomfort, because it is still cleansing, so you're moving toxins. So, It's not a Mojito. It's kind of a still-moving toxin. There are still some detox effects that are happening, but it's much milder. It's much milder. It's much more democratic to cleanse the enzyme. And that is what's got me excited because I could see many more people engaging in this process, which I consider absolutely necessary.

You can treat someone constantly for some problem, health problem they have. And if they're not clean, you will treat them for the same thing, and even eventually, for some worse thing. Because if you don't clear the filters, if you don't clear the system, sooner or later, life is toxic, toxic by nature. Even the good things are intoxicating us.

So, eventually, we need to understand that the first thing to integrate on a journey back to health is really to clean the system. And oftentimes, things that we thought were very complicated just vanish, like, "Look, it disappears. I thought I was dying, and it was very threatening, or I had a very deep problem." No, we were just dirty. The system was just pumping through the gunk. This is what happens at some point.

So, I think that working with enzymes by eating. Sometimes, when on the water fast, you have a crisis and this emotional stuff is moving, and then you just want to eat something. With the enzyme, you can drink an enzyme, and then you feel already fed, and you kind of satisfy a little bit that craving that was emotional, but you satisfied that. So, it mellowed it down a little bit.

Dr. Wendy Myers: Yeah, it sounds really good because I have a hard time with fasting for that very reason. And I haven't really done a lot of fasting because I don't like to go hungry.

Zuman Rev: Yes.

Dr. Wendy Myers: I don't- get out of that. I haven't missed a meal. I definitely got out of my comfort zone. But I love detoxing, and I'd love to try this.

So, you created ZenCleans. And so, what does this detox look like, and how long does it take?

Zuman Rev:

There are different protocols. The way I designed it, I designed it into five kits. And then, within all these five kits, there are 23 products. Okay? So, there are 23 different products that target different organs.

So, how long does it take? It depends. Some people have been on a cleansing journey for a long time. They have a great diet. They have a good spirit and all this, and they only need maintenance. But this is a very, very tiny part of society, very little.

Most people, especially when we start talking about health issues, like chronic something, chronic headaches, chronic skin issue, hormonal issue, or digestive issues. As soon as we get into issues, we need to understand that we took decades to intoxicate ourselves. So, we're not selling magic pills. It's not about overnight or very short. I think that then people still ask, "How long will it take? How long will it take to cleanse me?"

I think that the mind should be set to two years because they want an answer. And this is the most difficult answer, too, because it cannot be the same for everyone.

But this is a format. This is something people, when they engage into health, natural health recovery, going back to health and being very back to vitality, it's a fair number. I think it's a fair number.

That doesn't mean that you will start to feel good after two years. No, you will feel good much before that, much earlier than that. You will know that you're on the right track. And you will also get the resilience to pursue much faster than this. Someone who would try to get on enzymes for a month will probably feel that they're on the right track and get the motivation to continue.

But that doesn't mean that we're clean. We just start feeling that, "Oh yeah, a lot of gunk is coming out."

So, just to pursue. That's what I say. I think that a couple of years is a fair number too. And it's something that you can see as finite, so I think we can handle two years. I think we can handle two years for a healthy recovery. Worth it.

Dr. Wendy Myers:

I tell people too, it's like, for detox, starting is two years.

Zuman Rev:

Yes. Yes. And again, even if we're in the enzyme business, we still recommend looking at the other aspect of health, the four pillars we call it. The exercises are very, very important. It's very important to pump, to sweat, to get out of breath a little bit. I think you cannot go around; you cannot let yourself and your system stagnate like this. The body is designed for that. So, we encourage people, and we're coming with some guidance on those aspects.

Also, nutrition. It's important to take care of the upstream. So, you keep cleansing, and you keep sending toxins into the system; it's a never-ending story. So, it's important to learn and to find out what is your ideal diet and something you can handle or something you enjoy, and something that is for you.

And stress management. This is very important to keep a good spirit and manage your emotions, so you're not into tension, into fight-or-flight mode all the time. And I think this is crucial for really reaching the maximum of our potential.

Dr. Wendy Myers:

Well, so why don't you tell us a little bit more about where we can learn about your website and learn more about ZenCleanz?

Zuman Rev:

The website is [zencleanz](http://zencleanz.live), with a zed at the end, .live. We try to put as much information on the website to educate about the system and about how it works. But there's so much to say that we can't put everything on. So that's why we're here. I actually came here to Bali to create a new sister company that will take care of the other aspects. We're here to create content and create content in all the four pillars that I just mentioned before.

So, this is what we're here for. And we're here too, I think that, in terms of our human evolution, we're done with, not yet, but we're almost done with the authority that tells us what to do and dogmatic view on one thing. Me, I can tell you one thing, my opinion, my experience. And I'm asking people to not take everything. Don't take everything I say. This is wrong. This is wrong. You need to feel what is right for you.

So, the plan here is to invite. One day I will invite you to talk on our podcast or to share your knowledge, your point of view on things, and your own personal experience. So, we're here to connect all the natural healthcare professionals, all the ones who are into healthcare, integrative medicine, and the whole spectrum. And not only doctors but also everyone who participates in a healthy lifestyle.

We will interview mountain guides. What is their experience and the vitality it brings, and what to share with them? This is all that the natural healthcare elements are. When we look at the allopathic medical system, there are all kinds of specialties. You have the generalist, and you have the x-ray guy, the one who does the blood test, MRI, the surgeons of all kinds of specialty, and they all work together. So they have this field of knowledge completed through different people.

So then we need to organize ourselves as well, in that matter, in natural healthcare, work together and complement each other. And also, the people need to learn to make choices again. Our upbringing just taught us or formatted our minds to seek what is right and what is wrong and to ask somebody about it. What is right or what is wrong?

So, we lost the ability to feel ourselves and trust ourselves to make a decision. And this is so important, so important to avoid falling into a dogma and also to really find what is for us personally.

It's not true that one diet is one-size-fits-all. It's not true that the same exercise is one-size-fits-all. Everything needs to find something that makes you happy. This is very, very important to find that.

And also, one day, we could enjoy a whole spectrum of human beings that are entertaining. Not everybody's the same. And this is, I think, the beauty we can seek for.

Dr. Wendy Myers: Yeah, such important advice. Because, yeah, not everything works for everyone. Not everything I say works for everybody. You have to figure out what works for you on your healing journey. It's very individual.

Well, Zuman, thanks so much for coming to the show. That was really, really interesting. And I had not done a show on systemic enzymes before, and I think they're very, very important. I read a lot about them for many, many different health conditions. But, yeah, we need to be cleansing, and why not put some Pac-Mans in your body to just eat everything up? It can't hurt.

So, thanks for coming on the show.

Zuman Rev: Great support, yes.

Dr. Wendy Myers: Yes. Thanks for coming on.

And everyone, I'm Dr. Wendy Myers. Thanks for tuning in to the Myers Detox Podcast every week, where I bring experts from around the world to help give you that one last little piece of the puzzle that can help you to upgrade your health and turn things around for you because you deserve to feel good.