

# HAMPTONS

## 'ZYME OF THE TIMES

**Dr. Matthew Cooper is helping you build a better body from the inside out.**

SOUTH BEACH IS renowned for beautiful bodies, and now one doctor is helping ensure they're also some of country's healthiest. After a lifetime struggling with digestive issues, Dr. Matthew Cooper turned to enzyme replacement therapy, a program of proper nutrition and enzyme supplements that "decreases the amount of energy your body spends on digestion"—which, in turn, increases your metabolism, improves immune function and helps sleep. Now he's hoping to share what he learned with others. "Eventually, sick and tired of being sick and tired, I found a doctor who practices enzyme therapy; two days later, I started taking the enzymes, and I haven't taken an antacid product again," says Dr. Cooper. "These enzymes literally changed my life."



The process begins with an extensive urinalysis in which Dr. Cooper examines which foods your body processes well (and not so well), among other elements. Next, he designs a food program specifically based on these results and prescribes a regimen of enzymes from 50 different available products. "It really doesn't matter how much you ingest; it has to do with how much you digest, absorb, utilize and ultimately eliminate," says Dr. Cooper. "If you eat well, you're only ingesting well, and that's only 20 percent of nutrition. What these enzymes allow you to do is complete proper nutrition."

A licensed chiropractor certified in enzyme therapy, Dr. Cooper recently opened an innovative destination wellness center at The Fairmont-Turnberry Resort in Aventura, Florida; while it accepts patients interested in enzyme replacement therapy, it's open to anyone who wants to take better care of their body. "Although I work with 100 or so professional and Olympic athletes every year, my typical clients are people who want to improve their quality of life," he says. "There are so many unhealthy, synthetic things that promise antiaging, weight loss and increased energy, from appetite suppressants to hormones. Enzyme replacement therapy is a natural way of improving the way you feel while also losing weight." 20754 W. Dixie Hwy., Aventura, FL, 305-935-9599; [enzymedr.com](http://enzymedr.com)—JILL SIERACKI