

# Jump Start Your Body's "Engine" with Enzymes



Perhaps you've heard the saying, "You are what you eat?" Well, that's only partially true. In reality, you are what you eat, digest and metabolize. You can eat the best food in the world, but if your body can't digest and utilize it properly, it isn't going to do you any good.

You see, your body needs to break down proteins into amino acids before it can use them. Your body can't utilize fats, either. It has to break them down into fatty acids. And it can't use starch without breaking it down into simple sugars first. And you aren't done yet, because the body also has to be able to reassemble these nutrients into the compounds it needs.

How does the body do this? With enzymes.

Just as your car can't burn the fuel you put into it without a spark plug to unite it and release the energy it contains, the body can't release the energy found in the food you eat without enzymes. So, enzymes are the "spark plugs" that "ignite" the food we eat to produce energy. But, they do much more than this. Enzymes also catalyze all of the life processes, not only in human beings, but in all living things.

So, just like a car can't run efficiently when the spark plugs are worn or damaged, when we're deficient in enzymes, we won't get the energy and benefit we need from the food we eat. And unfortunately, most Americans are "driving" their body with deficient spark plugs. Why?

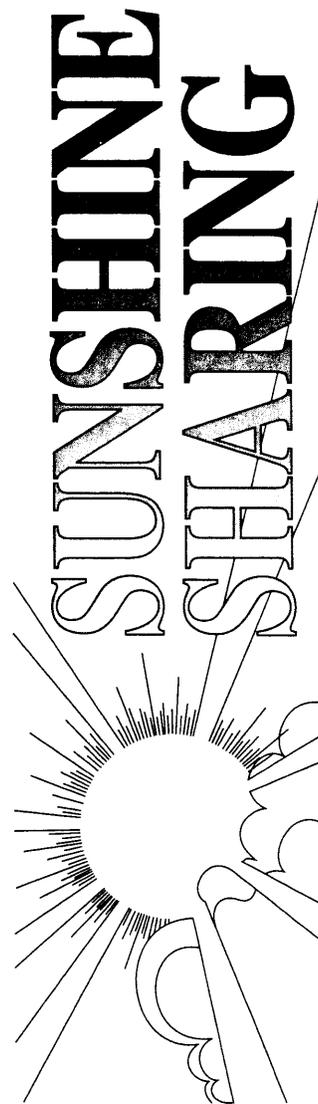
There are a couple of reasons. First, as we just mentioned, all living things contain enzymes. This includes the plant and animal life we utilize for food. However, enzymes are destroyed by heat! So, when we cook, can, microwave or otherwise process food, we destroy enzymes. Since most Americans eat very few fresh, *raw* foods, they are getting very few enzymes in their diet.

Of course, the body makes its own enzymes, but the fact that these enzymes aren't being supplemented from our diet means we're placing a great deal of unnecessary stress on our digestive organs. This rapidly depletes our digestive systems, which is why most Americans develop problems with digestion as they age.

But, that's not all! In order to increase shelf life, food manufacturers often add preservatives to modern food. Many of these preservatives act as enzyme inhibitors, which means they actually interfere with our own digestive function. Also, all seed-based foods, which includes grains, nuts and legumes, contain natural enzyme inhibitors. This can make these foods difficult to digestive if not prepared correctly.

If you suffer from fatigue, indigestion, excess weight, infections, parasites, cancer, auto-immune disorders or chronic illness of any kind, there is a good chance you may be enzyme deficient. If so, supplementing your nutritional intake with more enzymes may be just the "spark" your body needs to increase your energy, catalyze tissue healing and repair and otherwise, put your "metabolic" engine back on the road to better health.

**Turn the page to learn how enzymes can put a "spark" in your life...**



Your guide to better health the natural way.

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