
Does Your Body's "Spark Plugs" Need Replacing?

- *Is most of the food you eat cooked or microwaved?*
- *Do you eat a lot of "fast foods"?*
- *Have you tried various diets but can't lose weight?*
- *Do you suffer from indigestion, gas or bloating?*
- *Do you have lots of chronic aches and pains?*
- *Are you recovering from chronic illness or fighting a virus?*



**If so, you may be enzyme deficient.
Learn how to enhance your enzymatic "spark plugs" inside...**

Continued from page 3

Plus will help those who have difficulty digesting dairy products as it contains both lactase and protease enzymes that break down milk sugar and milk proteins.

Lipases are a class of enzymes produced by the salivary glands, pancreas and stomach that assist in the breakdown of dietary fats. For individuals who have had their gall bladder removed or for those with difficulty digesting foods containing fats, such as nuts or fried food, **Hi-Lipase** can be a useful enzyme supplement.

Nattozimes Plus

A relatively new enzyme supplement on the market is Nattozimes Plus. The enzymes in this formula help to dissolve fibrin and prevent platelet aggregation. This provides a safe, natural blood-thinning

effect for the prevention of cardiovascular disease. The formula also contains hawthorn berries, capsicum fruit, dandelion leaf and resveratrol, which also support the cardiovascular system. This formula should not be used by those with clotting disorders, an aspergillus allergy, or anyone taking anti-coagulant medications.

Nature's Fresh

One final product that utilizes enzymes is Nature's Fresh. This versatile product contains six different classes of enzymes, which not only can be used to remove stains and odors from your home, but can also be used therapeutically to enhance health. Many people have found that spraying these enzymes on topically has helped to clear up skin problems, reduce pain and inflammation and promote healing.