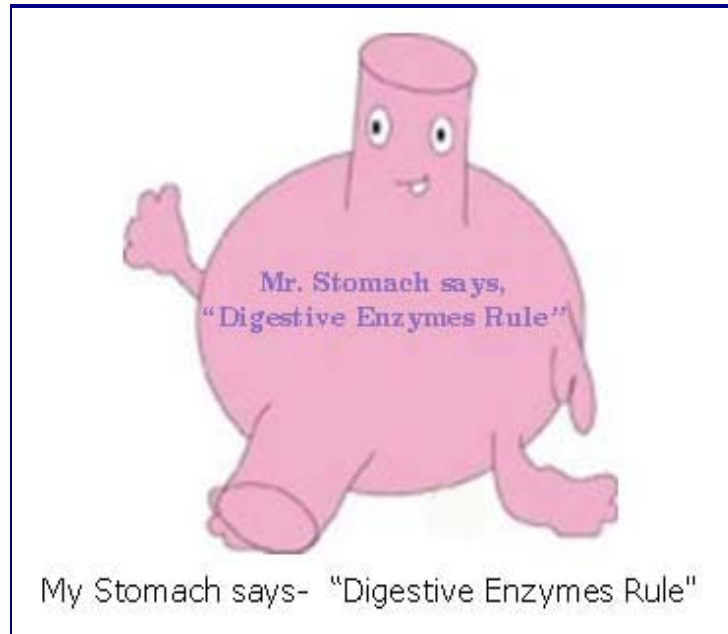


~ A Healthier You ~

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When I surrender, the Universe moves.
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Digestion and Enzymes

Everything our body has ever been or ever will be is dependent upon nutrition and the digestion there of. Every building block, every bone cell, even the sheen of our hair is the direct result of the food we eat and how well we digest that food. It is important to eat good, high quality food; it is equally important to make sure that the food is being fully absorbed. Enzymes, which aid in the digestion and absorption of your food, along with probiotic bacteria that keep problems in check (such as yeast infection), can make a huge difference in; your health. Try a broad spectrum, plant-based, quality enzyme product with each meal for one week and you'll most likely feel an immediate difference in your digestion. Couple the enzyme product with a quality probiotic product that contains at least four different types of bacteria from the Lactobacillus and Bifidobacteria- with 3 to 4 billion live bacteria per dose.

The gastrointestinal system is a complex network of organs and glands that extract nutrients and water from the food that we eat, so that the body can use it. The food we consume is processed by the gastrointestinal system in six phases:

1. Mental preparation - prepares the stomach for the meal that will be eaten.
2. Ingestion - taking food into the body.
3. Peristalsis - the movement of food through the gastrointestinal (GI) tract.
4. Digestion - the breakdown of food by both mechanical and chemical processes.
5. Absorption - the passage of digested food from the digestive tract into the vascular and lymphatic systems for distribution to the cells.
6. Elimination - the elimination of indigestible substances and waste products from the body.

For optimal digestion to occur, all of these processes must work together in a delicate, synchronized balance. If any part of this complex system under-performs, physical problems can result. **Digestive enzymes** are complex proteins produced by living cells and they start the chemical reaction of digestion in the body. They break up the food into simpler components that the body can use for energy. **Probiotics** are beneficial nontoxic live bacteria that are necessary for life and do not cause disease. They aid in the break down of food as they also contribute to the proper functioning of our immune system.

Try these two kinds of supplements for even a week, and you will most likely experience positive results; long-term results are even better: Nature works slowly, but surely.