

## Digestive Enzymes To The Rescue

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**A**re you suffering from indigestion, bloating, acid reflux and/or gas? Have you come to depend on over the counter stomach acid reducers? The problem may not be a case of too much stomach acid, but too few digestive enzymes.

Enzymes control nearly every biochemical reaction in the body and are essential for a healthy life. Half of all adults do not produce enough enzymes. It is estimated that every 10 years, as we age, our bodies can lose up to 13% of our ability to create enzymes.

The digestive tract produces enzymes that help the body to break down the food we eat and absorb the nutrients from that food. When digestive enzymes are depleted, too much food is allowed to remain in the stomach too long, causing gas, heartburn, indigestion and other symptoms. Since most of us do not consume enough raw foods (which contain these essential enzymes), supplementing the diet with digestive enzymes increases the ability of the digestive tract to process and absorb more nutrients. Large amounts of energy, that otherwise would have been expended on digestion, is then available to the body for other processes,

including healing and elimination of wastes.

Without proper breakdown of food and absorption of nutrients, toxins accumulate in the bowel from undigested food and compromise the colon's ability to effectively eliminate waste, which result in auto-intoxication, producing a long list of seemingly unrelated conditions. A thorough cleansing of the bowel with colon hydrotherapy and the introduction of digestive enzymes can relieve many symptoms associated with a sluggish digestive tract such as; constipation, gas, bloat, indigestion, acid reflux, food allergies, uncontrolled weight and premature aging.

There has never been a better time to improve digestion, increase energy and rid yourself of the need for stomach acid reducers. The best diet is a healthy digestive tract!

References:

1. SeniorMag.com "The Truth About Digestive Enzymes".
2. BioVital, Inc. "Ultimate-Digestive-Enzymes.com".

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