

Tired of Being Sick and Tired?

Supplementing with Digestive Plant-based Enzymes just may be the answer for you! What are Enzymes? Protein molecules manufactured by all living cells (plants, animals and man) to survive, thrive and function. Our body requires all 3 categories of Enzymes for optimal performance:

1. Digestive Enzymes (plant based)
2. Food Enzymes
3. Metabolic Enzymes

Digestive and Food enzymes are active within the digestive system. Metabolic enzymes exist throughout the body in all of the organs, bones, blood, and cells

Digestive and Food enzymes break down the food and allow the cells to harvest the nutrients. When we are sick and tired of being sick and tired, Digestive Plant-based Enzymes are the Key to unlocking good health.

Enzymes – The Sparkplug of Life

The human body cannot survive without Enzymes. Every biochemical and metabolic process in the human body (and your pets!) requires Enzymes. Minerals, vitamins and hormones need Enzymes to do their work.

The most essential elements in our body are Enzymes, even more important than oxygen, water and food. Plant-based Enzymes offer support for digestion and breakdown of our food for absorption and assimilation. Digestive and Food Enzymes are the “Carpenters” of the body, utilizing the hammers (minerals), nails (vitamins) and boards (proteins) to perform every single cell function for our daily activities, such as breathing, eliminating, rebuilding and healing. Organs, tissue and cells are run by Metabolic Enzymes, the “robots” that build and renew our bodies – the temple of our Spirit.

Insufficient Enzymes and Dis-ease

Our bodies require Enzymes for a healthy immune and defense system, to see, hear, taste, breathe and move. Enzymes support the Energy of Life for our bodies. However, when we deplete our Enzyme supply, there is a direct correlation to dis-ease or just plain tired of being sick and tired!

We were born with an abundant supply of enzymes to meet our bodily needs well into our golden years – well, maybe 40 to 50 years ago we were!. However, thanks to processed food, busy lifestyles and lack of exercise, these life style choices have taken a toll on our health and well being. When the body does not consistently and efficiently breakdown and metabolize the nutrients in the food intake, the quality of life is slowly depleted over the years. The process is so slow

that you may not even notice that your energy and vitality are being depleted until macroscopic changes have taken place in the cells.

Insufficient supplies of Enzymes allow food to sit in the stomach too long, causing fermentation and digestive issues. The digestive system is sensitive to stress. Our stress filled lives decrease the body's ability to produce metabolic enzymes. When our food is not being digested properly, a host of problems can result, such as "leaky gut syndrome", food allergies and sensitivities, unexplained aches and pains, blood sugar and weight management issue, fibromyalgia, low resistance to viral and bacterial illnesses. These problems are a result of the body not eliminating efficiently, resulting in acid buildup in the tissue. The lymph system becomes sluggish as does the immune system. Acid buildup causes the body to work overtime trying to produce enough enzymes for the digestion process, compromising its ability to build a strong immune system.

Digestion is King

The body's priority is digestion, not maintaining health. Maintaining health is a lifestyle choice. Supplementing with Digestive Plant-based Enzymes is a life style choice. Managing stress is a lifestyle choice. We will always have stress. Another way of saying stress is we will always have events happening in our life. How we respond to the events determines what the outcome will be. The outcome may be depletion of our energy and the speeding up of the aging process. Many researchers feel that the aging process and death is simply the depletion of the enzyme supply to the point the living organism is not able to repair and live in its existing environment.

What can we do to help ease the stress on our digestive system? The answer is simple – supplement with Digestive Plant-based Enzymes. According to Dr. DiQie, in her book *The Healing Power of Enzymes*:

"Eighty percent of our body's energy is expended by the digestive process. If you are run down, under stress, living in a very hot or very cold climate, pregnant, or are a frequent air traveler, then enormous quantities of extra enzymes are required by your body. Because our entire system functions through enzymatic action, we must supplement our enzymes. Aging deprives us of our ability to produce necessary enzymes. The medical profession tells us that all disease is due to a lack or imbalance of enzymes. Our very lives are dependent upon them."

Enzymes and Food Groups

Now the question becomes, Which Digestive Enzymes do we need? To answer this, consider the three main food groups: proteins, carbohydrates and fat. The digestive system requires protease to digest proteins, amylase to digest carbohydrates and lipase to digest fats. In addition, lactase is beneficial for those

who are lactose intolerant, to help breakdown milk sugars, caseins and milk fat. Look for quality plant enzymes that include a blend of herbs to help support and heal the digestive tract.

If the correct quantity and type of each enzyme is not present during the digestive process, the waste from the incomplete digestion is stored in the body as toxic acid. By making the healthy choice, eighty percent of our dis-ease can be prevented or reversed. A healthy solution is supplementation with Digestive Plant-based Enzymes and having the right amount and the right kind of enzymes at the right time to complete the digestion process.

To further assist in supporting the body, taking Digestive Enzymes between meals will help to replenish the supply of enzymes in the pancreas. This also helps to cleanse the blood and liver, easing the stress on all the internal organs and lymph system.

Tired of Being Sick and Tired? It is your choice. Maintaining good health requires healthy choices. The process of restoring wellness begins with a lifelong choice of managing stress and enhancing digestion. Start your New Year with healthier choices.

Copyright© 2009 Paula Quinlan, Paula Quinlan Consulting. All rights reserved. Paula Quinlan, Body Ecologist, is certified in nutritional darkfield microscopy, aromatherapy, Reiki energy healing She is an educator and professional speaker. She offers one-on-one consults, showcases, workshops and presentations to help people reclaim their body ecology and cleanse the temple for their Spirit. She can be contacted at 651.772.6971 or emailed at p_quinlan@comcast.net. Her website is www.paulaquinlan.com, click on Products, Rainforest Botanicals to explore rainforest digestazon plus enzyme support for improved quality of life.