



CELL ENVIRONMENT

Getting the most out of food with **Digestive Enzymes**

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Quality of health and longevity are largely determined by enzymes! We will never outlive our enzymes but it is enzymes which will ultimately control our health.

Enzymes are the catalysts in all cell functions. Life giving enzymes ensure life is maintained. Sufficient enzymes enable the body to perform its complex array of functions effectively. When we chew food we produce the first of two enzymes used to breakdown starch into usable energy. Salivary amylase is part of what makes our mouths water when we are hungry and think of or smell food. Adequate chewing of a starch rich food like rice or potato will allow for some of the starch to be converted into sugars making it taste sweeter. A tasty way to determine if you are in the habit of chewing sufficiently! The mouth can house some nasty substances like thrush, bacteria and tooth decay and gum disease can easily develop. The tonsils are conveniently situated to defend the airways and digestive tract as well as being part of the lymphatic system which functions as protector and cleanser for the body. Man-made chemicals, insecticide sprays, house cleaning agents, ingredients in pre-prepared foods, sauces and spices especially when in hidden fats, artificial sweeteners and sugars are dealt with by the body as toxic substances and invaders.

The body uses its various protective mechanisms like the immune system, the lymphatic system and most importantly the role of digestive enzymes to clear itself. Moreover, cell debris, waste and environmental pathogens move through the sinus passages and the mouth, hopefully to be trapped and dealt with by the tonsils. If not, the lungs, lymph and digestive systems are at risk.

Enter pancreatic enzymes - Produced by the pancreas, this group of enzymes consists of Amylase to continue breaking down the starch, Lipase to break down fats and oils and Protease to break down protein and the protective layers around many unwanted molecules in our bodies. A healthy body will never interfere with the surrounding layer of a healthy cell whereas the energy remaining in digestive

enzymes after digestion seeks out weakened, sickened and dead cells to render them powerless and enable the body to get rid of them. The start of the digestive process is monumental and feedback is sent to the brain to start the process when we commence eating.

It should be easy to get the enzymes we need with so much fresh food available year round in the western world. Eskimos are forgiven! They will have to stick to their age old diet I dare say. Yet, so many of us are undernourished. Cultivation, harvesting and storing, in most situations, of our fresh foods interferes with the production of the live enzymes we need from these foods.

Our heated, processed foods contain few or no enzymes

The body has an extra load to produce more than its share of enzymes. One of the biggest complaints is chronic fatigue followed closely by sugar imbalances and stress intolerances. Signs and symptoms of weakened, tired, out bodies. What used to be age related conditions are now "young people's problems." Fats and oils can easily coat other substances but they are especially dangerous when they coat protein molecules.

These molecules go unnoticed and escape being broken down properly. Adding protein to the diet which the body is not genetically geared to digest can cause a similar problem. To illustrate this it was simple when dealing with the conditions of a 2 year old western baby who had been fed soya milk from birth and had consequently developed a candida overgrowth, eczema, depression and chronic fatigue. Taking Prepzymes cleared the system of all the conditions. Partially digested protein molecules accumulate and lie in the stomach lining and the gut moving into the colon. There they



continue to rot as digestion is not breaking them down for proper fermentation and ultimately wear a perforation through the gut lining into the surrounding blood. This is known as Leaky Gut Syndrome. Along with this there is usually a sugar imbalance, chronic fatigue, an increase in the susceptibility of allergies and depression. The immune system is activated and the demand on the pancreas increases. Pancreatic enzymes are able to breakdown the invaders at last in the blood and pass them through the liver and lymph to deal with correctly. This complex situation almost always will require help from proper enzyme supplementation.

AIM Prezymes has 3 values by which the body is supplemented. The enzymes used are cultured specifically to enable them to survive in both an acidic and alkaline environment ensuring they are active throughout the digestive and circulatory systems. Prezymes contains papain, a powerful agent in the breaking down of the protein sheath and is therefore used too as a meat tenderiser. Papain is also very mild and soothing on the stomach lining. Good news for people suffering from indigestion which can become so severe for some they rush to hospital fearing a heart attack. The addition of papain ensures that all protein molecules and unwanted cells and molecules are broken down adequately. The third value making Prezymes a unique and effective AIM supplement is derived from Alpine Wild Garlic Leaf Extract. This adds anti oxidants often needed to deal with the effects of insufficient digestion, helps to lower blood pressure and high cholesterol if need be and improves digestion.

Many of us inherit a digestive weakness and it is often in the body's inability to breakdown one or more foodstuff

Most allergic reactions start with a food sensitivity which in some cases goes unnoticed initially. All the while it is causing imbalances, stress and ultimately develops into something bigger and more serious. Obvious allergies are easier to deal with. However, supplementing wisely to eliminate symptoms and thereby get to deal with the cause will rectify even the most stubborn and in some cases inherited conditions. Those suffering from allergies causing sinusitis, lactose intolerance and the like, hives and eczema, asthma, inflammation, bloating and flatulence will experience marked improvement when the body begins to breakdown foods and pathogens. Heart disease is the number 1 killer in the western world.

Often a person who suffers from high cholesterol levels has either inherited an inability or has developed a weakness in the breakdown and consequent assimilation of essential fatty acids. Regardless, the important nutrient for cardio vascular health and the liver is the group of omega fats found in AIMega. However, it is therefore beneficial to take a Prezyme with AIMega thereby ensuring proper absorption.

The body's priority is to manufacture and use digestive enzymes to digest foods we eat and drink

Once it has achieved this level of function it will use the energy remaining in a supplement to search for invaders and pathogens taking the body to a new level of health. Minds clear, memory improves, depressions lift, energy levels increase, weight balances, appetite becomes easier to control and detoxification improves. Sometimes there are frequent strong smelling bowel movements, headaches, joint aches, sleep and eating disturbances. This will last a few days as the body re-shifts and rebalances itself.

Drinking more water and doing moderate exercise will ease the effects. For mouth conditions like infections, bad breath, strange tastes in the mouth, tonsillitis, acute infections like flu, stomach ulcers and constipation a Prezyme dissolved in a mouthful of water and swirled around till the facial muscles have been duly exercised and then, yes, swallowed has been found to be very beneficial. This can be done a few times a day starting with one a day then two a day etc. The Helicobacter Virus is usually responsible for the development of stomach ulcers. This virus lies in the convolutions of the stomach lining where it makes its way into the lining allowing for infections to develop. Pancreatic enzymes and especially papain and wild garlic extract are extremely valuable in dealing with the virus and the infection. Initially Prezymes should be taken dissolved in water and with a meal to avoid discomfort. Patience and respect for the body need to be exercised. Looking for the secret to health and longevity? As always your treasure is close by. How can we not be in awe of creation and the Creator?