



God Designed GOOD

Excellent of its kind

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ENZYMES





Energizing ENZYMES

Everyone can see improvement in their health by understanding the benefits of enzymes.

Notes compiled from Dr. Dickie Fuller, Karen DeFelice, and Ellen Cutler DC.

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BENEFIT 1

God's Design in Enzymes

- 13, 000 Enzymes required to create one human cell
- 20,000 enzymes required in each human cell for it to live
- Creating 150 different biochemical actions
- We produce our metabolic enzymes from the essential amino acids we eat, properly digest and assimilate

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God's Design: Enzymes

- Purify the blood
- Strengthen our immune system
- Breaks down fats
- Lower cholesterol and triglycerides
- Enhance our mental capacity
- Cleanse our colon
- Help us sleep
- Help us shed excess weight and fat
- Improve aging skin
- Maintain proper pH of our digestive system

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Name the Enzymes

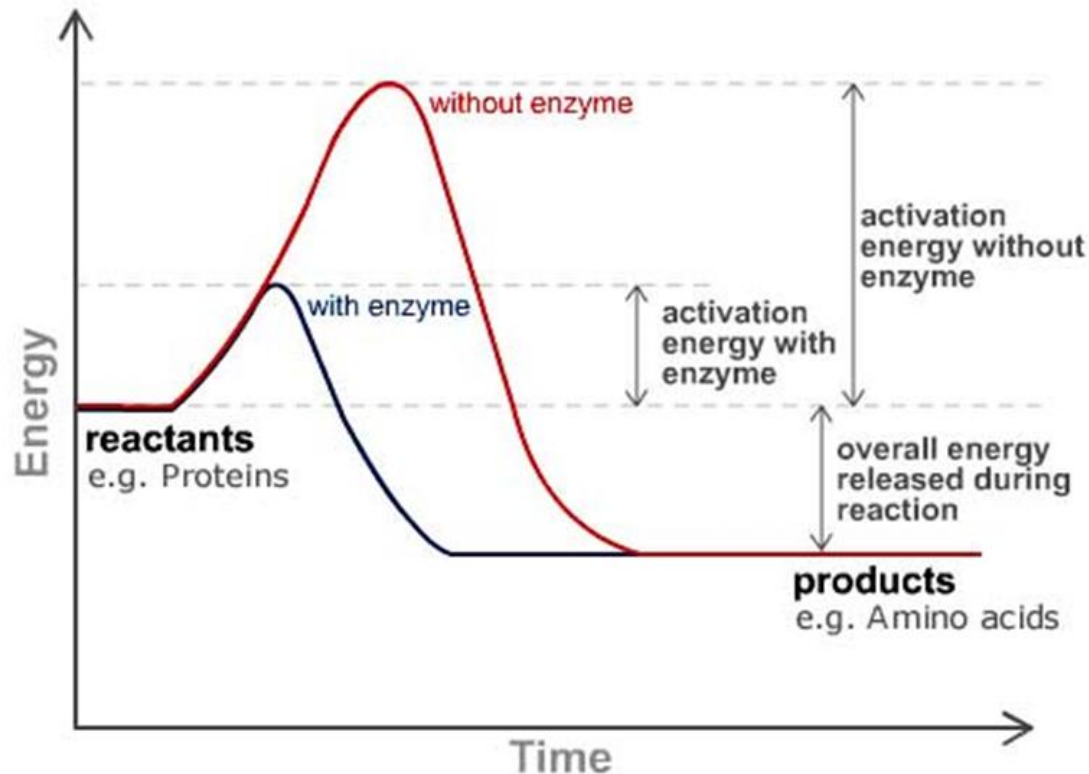
- Lipase – digests fats
- Lactase – digest milk
- Protease – digest proteins
- Amylase – digests carbs
- Cellulase – digests fiber
- Diastase – digests carbs

Unlock the Energy of Enzymes

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ENZYME Energy



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ENZYMES SCIENCE

- Enzymes: necessary for every chemical action & reaction that occurs in our body
- Every organ, every tissue and 100 Trillion cells in our body depend upon enzymes
- Co-enzymes (vitamins and minerals) require enzymes in order to be absorbed & utilized
- Enzyme make it possible to see, hear, feel, move and think.

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ENZYMES SCIENCE - Carbs

- Crave sweets, breads, pastries
- Bloating within 2 hours of a meal
- Excessive gas after eating raw foods or high fiber
- Diarrhea after dairy
- Acne, eczema, psoriasis
- Fatty liver
- Asthma
- Colitis
- Candida
- ADD, ADHD
- Emotional Stress





ENZYMES SCIENCE - Protein

- Crave fats, proteins, salt
- Bloating immediately after meals
- Chronic digestive problems, constipation
- Difficulty losing weight
- Chronic infections
- Low blood sugar
- osteoarthritis
- Gall-bladder disease
- Anxiety
- Menopausal discomforts, PMS, Fibrocystic issues





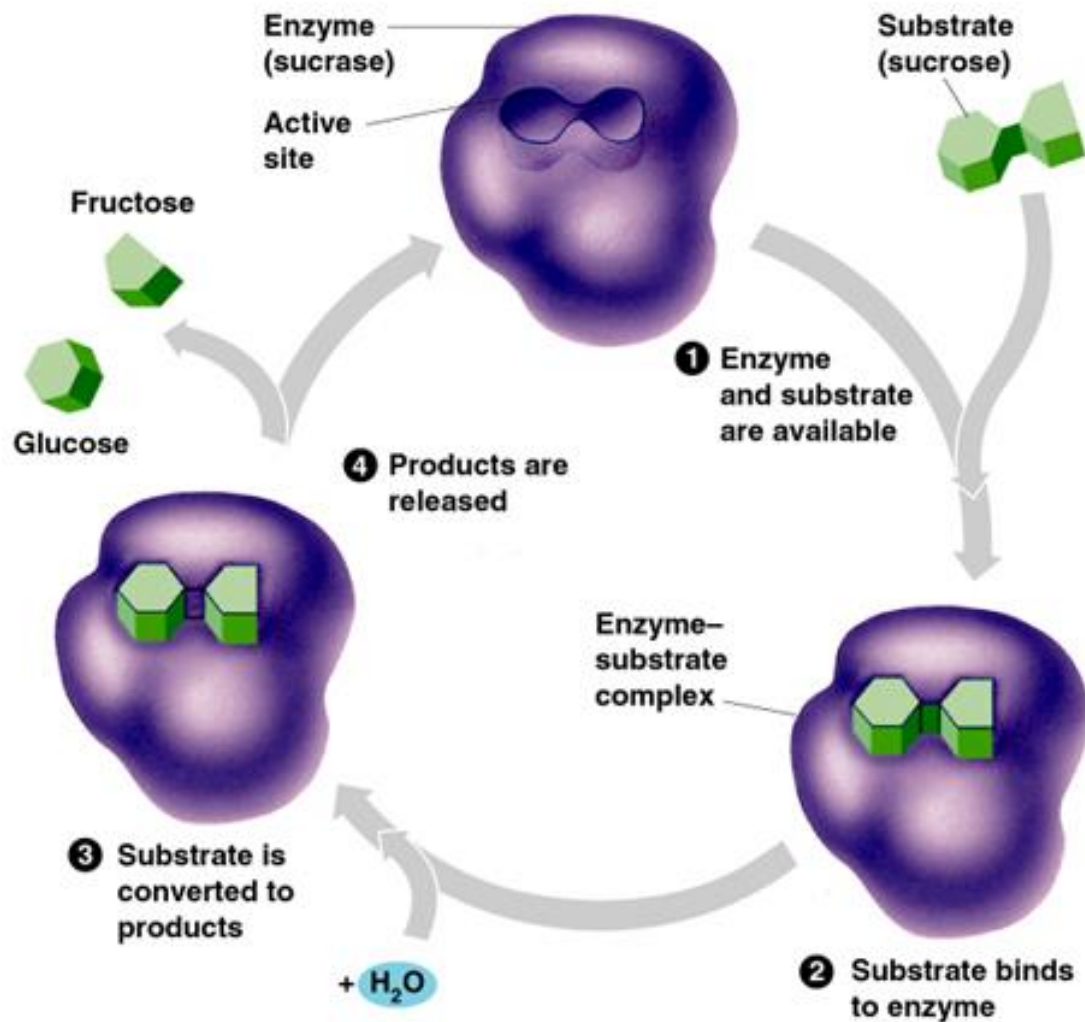
Are you drinking enough water?

Every enzyme -
metabolic and/or
supplemental require
water to work!



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When Do We Produce Digestive Enzymes?

- During the 9th-12th week of gestation
- Dependent on mother's overall health
- Everyone's DNA holds the code when to turn them on



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Digestive Enzymes Produced After Birth



The ONLY digestive enzymes she is able to produce until 18 months old is for digesting her own mothers breast milk which also contains enzymes!

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At the age of 3 –
they can have
birthday cake!

Their intestines can now handle
some natural sugar because of the
healthy microorganism balance.

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BENEFIT 2

God's Foods Deliver Enzymes

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ENZYME TIMES



Fermented Foods - Also





Man's Alterations Limit Enzymes

**Viruses, Bacteria, Insects, Animals & Human
Genes Have Been Engineered into our
Seeds & Food**

Soy – 91% GMO
Corn – 95% GMO
Canola – 85% GMO
Dairy – rBGH GM Hormone
Sugar Beets – 90% GMO

**The organisms are in all
food made with or from
these ingredients and
they are in
everyone that eat them.**

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Why are GMOs In Our Food a Problem?

- Genetically modifying food-----changes the protein
- Foreign to the body
- Confusion - leads to attack
- Attack leads to autoimmune disorders

Kenneth A Bock MD, FAAFP, FACN, CNS

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What is the Cost of Adaptation?

- 80% Immune in Digestive System
- GMO Proteins Changed Our Food
- Food not recognized
- Nutrition is no longer Nutritious
- Poor Digestion Leads to Disorders
- Inflammation
- 60% Obese or malnourished

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BENEFIT 3

Our Body Responds to Enzymes

Food
Supplemental

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Why do we Require Digestive Enzymes?

- Children's systems are not finished till 16
- Proper Digestion at all ages
- Loss of Enzymes due to aging
- Stress hinders enzymes
- Medicines hinder digestion
- Imbalance of microorganisms hinder digestion

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Results from Increasing Enzymes

- Lose weight – one client lost 30#
- Improved immune system – WBC increase activity with enzymes
- Better mental focus
- Less need for medication – enzymes help Rx work better
- Improved performance of vitamins – less supplements needed and better utilization
- Less ‘problems’
- Improved digestion – able to eat problem foods

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Steps to Improve ENZYME Energy

- Take a probiotic – creates a healthy ‘atmosphere’ for digestion and enzyme activity Power 5 Salad
- Take digestive enzymes with each meal
- If necessary take a protein enzyme – Protease between meals.
- Add Milk Thistle – herb helps the liver break down toxins and fat.
- Drink Apple Cider Tonic before each meal

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