

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

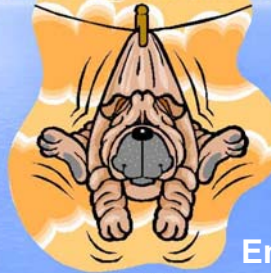
Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner. I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Welcome!!!
Just hang On :o)
Our meeting will start soon.



Enzymes

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Prevalence and Economic impact of Digestive Disorders

- 60-70 million people have some sort of digestive disorder
- 56 million people have heartburn and/or GERD
- 3.1 million have recurrent constipation
- Next to the common cold, gastrointestinal disorders cause the highest percentage of absenteeism in the workplace
- Digestive disorders account for \$123 million a year in medical and associated costs compared to \$58 million for neurological disorders and \$88 million for circulatory problems.
- OTC gastrointestinal remedies are a \$4 billion business. In 2007 there were 5 switches from RX to OTC in the gut health segment

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Answer:

Answer

"There are three classes of enzymes: metabolic enzymes, which run our bodies; digestive enzymes, which digest our food; and food enzymes from raw foods, which start food digestion. Our bodies are run using metabolic enzymes. Enzymes convert the food we eat into chemical structures that can pass through the cell membranes of the cells lining the digestive tract into the bloodstream."

Enzymes: are proteins that act as catalysts in mediating and speeding up a specific chemical reaction.

Check out this link on the "wisegeek" website:

<http://www.wisegeek.com/what-are-enzymes.htm>

It suggests that there are an estimated 75,000 human enzymes.

Quoted using <http://www.fruitanian.com/ac/Enzymes.htm> and Donovan

http://wiki.answers.com/Q/How_many_types_of_enzymes_are_present_in_the_human_body

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What is an Enzyme?



- An Enzyme is a protein, but like a light bulb the protein is only a conduit for the enzyme action. Each type of enzyme does specific things such as digest food, build tissues, digest abnormal cells and detoxifies
- A light bulb only lights up when you put an electric current through it. The current is the life force of the bulb
- The protein is only transmitting or channeling the enzyme activity

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Facts about Enzymes

- Enzymes are involved in every single process that happens in the body
- They digest food
- They help turn the food into muscles, nerves, organs and glands
- They help the kidneys form and eliminate urea
- They help the lungs eliminate CO2 through respiration
- They help break up waste and abnormal cells so the lymphatic system can carry them away

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Of the 1300+ types of enzymes, each enzyme is job specific. One type of enzyme can not take over a job of a different enzyme.

Enzymes change substance but they themselves remain unchanged.



"In" of pepsin and trypsin (enzymes named before the nomenclature - an international system of Standardized New Latin Names used in biology for naming groups or kinds of animals and plants)

Ase at the end (indicates enzyme)

Root of what it digests + ase

Lip (means fats) + ase = Lipase

Prot (protein) + ase = Protease

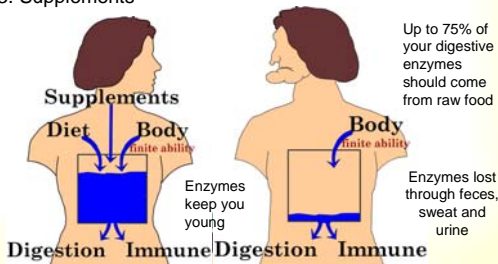
Cellul (cellulose) + ase = cellulase

Amy (starch) + ase = amylase

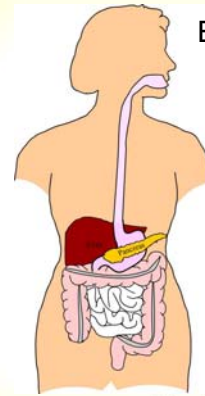


Sources of Enzymes

1. Produced from body -- primarily mouth, stomach, liver, pancreas and duodenum (ENDOGENOUS)
2. Found in raw, live food (EXOGENOUS)
3. Supplements



Enzyme Level is Crucial



- The higher the level of enzymes in the blood, the better the function of the organs and glands
- The lower the enzyme content in blood the higher the risk of chronic disease



• What do enzymes work on?

1. Food
2. Abnormal cells
3. Toxins

• What kills enzymes?

1. Heat ^{118 F}
2. pH

White blood cells go up after eating cooked food



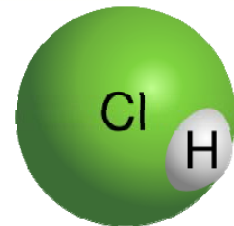
HCL - 1.7

Produced in: Stomach

Used for: Helps pepsin to work

Symptoms of Deficiency:

- Foul Feeces
- Meal-related burping
- Constipation
- Meal-related bloating
- Gas
- White spots on fingernails
- Adult acne
- Eczema
- Drowsiness after meals
- Heart burn/GERD/Acid reflux
- IBS
- Parasites
- Yeast
- Bacterial
- Arthritis
- Any pH symptom



Pepsin

Produced in: In mucosal lining of Stomach

Used for: Degrades protein (needs a highly acidic environment)

Symptoms of Deficiency:

Foul feces

Meal-related burping

Constipation

Meal-related bloating/Gas

White spots on fingernails

Adult acne

Eczema

Drowsiness after meals

Heart burn/GERD/Acid reflux

IBS

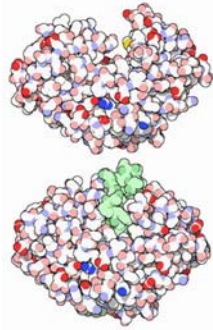
Parasites

Yeast

Bacterial

Arthritis

Any pH symptom



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Trypsin

Produced in: Pancreas

Used for: Protein

Symptoms of Deficiency:

Alpha 1 anti-trypsin deficiency disease of the lungs

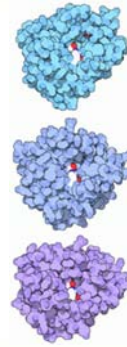
Severe growth inhibition

Edema

Diarrhea

Linked to Cystic Fibrosis

Bronchial formula-AV



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Amylase (Alpha or Pancreas)

Produced in: Pancreas

Used for: carbohydrates

Symptoms of Deficiency:

Allergies

Cold hands and feet

Depression

Fatigue

Hot flashes

Hypoglycemia

Inflammation

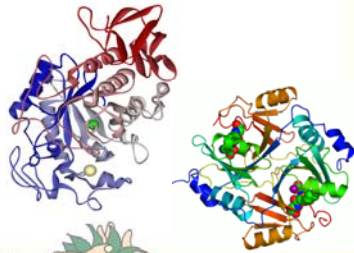
Mood swings

Neck and shoulder aches

PMS

Rashes

Sprue-fatty diarrhea



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Peptidase

Produced in: Stomach

Used for: Amino acids

Symptoms of Deficiency:

Back Weakness

Constipation

Fungi

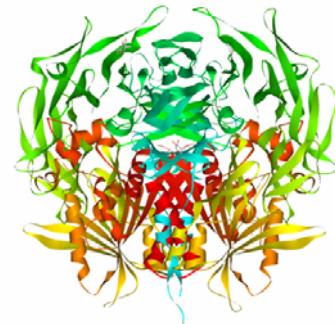
Gingivitis -- Gum Disorders

Hearing problems

High Blood Pressure

Insomnia

Parasites



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Lipase Pancreatic, Tributerin, Lingual

Produced in: Pancreas, mouth, liver and stomach

Used for: Breaks down fats and triglycerides

Symptoms of Deficiency:

Acne

Aching feet

Arthritis

Bladder problems

Constipation

Cystitis

Diarrhea

Fatty deposits

Gallstones

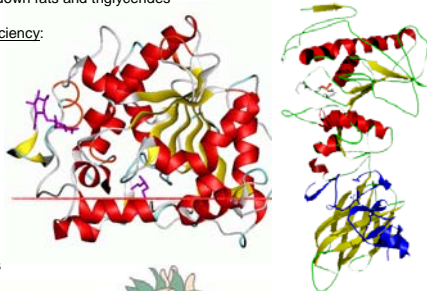
Hay Fever

Heart problems

Psoriasis

Prostate problems

Urinary weakness



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Protease

Produced in: Mouth

Used for: Proteins

Symptoms of Deficiency:

Allergies

Anxiety

Arthritis

Back problems

Bacterial and viral infections

Blood clotting

Cancer

Candida

Constipation

Gingivitis

Hearing loss

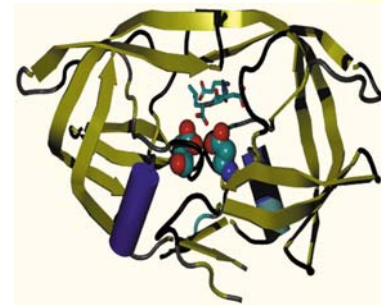
Insomnia

Kidney problems

Low blood sugar

Parasites

Water retention



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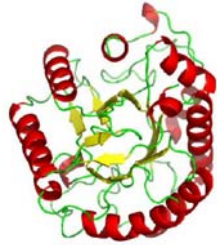
Cellulase

Produced in: Not readily produced by the body

Used for: Digesting plant fiber.

Symptoms of Deficiency:

- Bloating
- Candidiasis
- Facial pain or paralysis
- Food allergies
- Gas



How to take, how many and when

- Can be taken with a meal to help digestion
- Can be taken anytime to help in cleaning old fecal matter out of the intestine
- Can be taken between meals to help clean out abnormal cells, proteins and toxins
- Can be taken hourly for conditions such as:
 1. Toxemia
 2. Cancer
 3. Detox

Caution with HCL



Nature's Fresh - Spray on Enzymes


Enzymes help facilitate healing
 Help relieve the fluid in bulging disks and blisters
 Helps the body drain out lactic acid
 Helps the immune system attack abnormal cells
 Sore throats

Also eliminates odors and stains




Symptom	How to Take	Product
Burping, gassiness and bloating (contains both enzymes and HCL)	Take 1-2 approx. 15 min before meals with a little water	Food Enzymes
Cellulite, fatty tumor or deposits anywhere in the body	At meals to aid digestion or between meals for fat deposits	Hi-Lipase
Helps dissolve fibrin in the blood which can cause clotting	Take 1 or 2 a day between meals	Nattozimes Plus
Burping (Source of HCL)	Take 2-4 min before meals with a little water	PDA
Bloating of passing gas. Enhances the digestion of proteins	Take 3 between meals 3 times a day	Proactazyme
pH imbalance, hard time detoxing	Take 3 between meals 3 times a day	Protease Plus
pH imbalance, hard time detoxing	Take 1 between meals 3 times a day	Protease
Toxic bowel	Take 3 with each meal	Small Intestinal detox (pepsin)
	Take one capsule twice daily on an empty stomach	S.O.D. with Gliadin







White dots in Fingernails indicates possible zinc deficiency



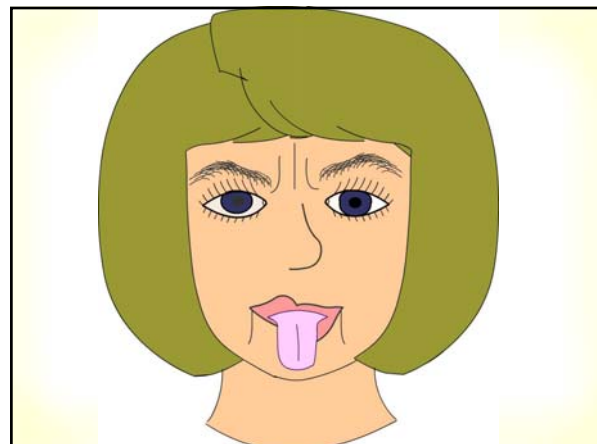
Deep split in the nail usually a lack of HCL (hydrochloric acid found in the stomach)



Yellow discoloration on the tips of the nails (some even the whole nail) can be a smoke stain or indicate lymph, pancreas or liver problems.



Hangnails - Indicates, poor digestion, lack of protein or Vitamin C



Probiotics

Reside in: Intestines, breast milk, and vagina

Used for: Digesting milk sugars, controlling yeast, helping with immune system

Symptoms of Deficiency:

- Allergies
- Bloating
- Candida
- Food allergies
- Gas



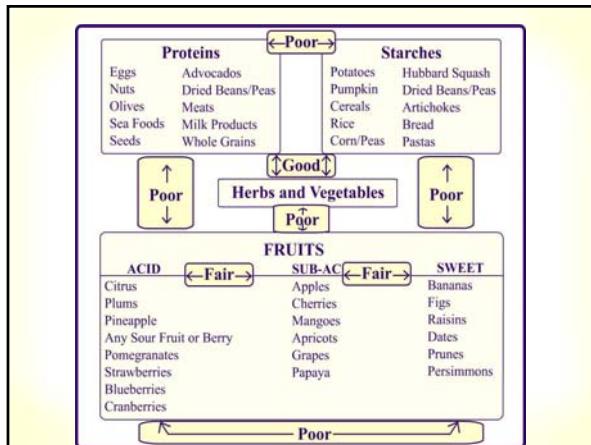
•L-reuteri is commonly found in infant and small children's guts. It is thoroughly researched in children and its use in treating GI complaints in children. However, it also has been used extensively for traveler's diarrhea in adults. L-reuteri is the most stable and does not need to be refrigerated.

•Lactobacillus acidophilus is the most common of the probiotic bacteria in that it is used commercially to produce yoghurt. This bacteria also resides naturally in the human gut.

•Bifidobacterium longum is another bacteria with much research touting its benefits both in the gut and immune system in adults. Bifidophilus is a mixture of Bifidobacterium, L. acidophilus, L. Casei, and L. Rhamnosus

•Probiotic Eleven is a mixture of all these bacteria and a few more see below (except L. reuteri).

•You have to look at these products as an evolution, first there was Acidophilus, then Bifidophilus, then L-reuteri, and finally Probiotic Eleven.



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has completed and achieved a sufficient level of understanding of the Mary Reed Gates Traditional Naturopathic & Natural Health Professional System.

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has completed and received a diploma of proficiency from Mary Reed Gates

in the following subject: Herbal Remedies

Given: October 2008

Signature: Mary Reed Gates

<http://www.herbalremedyexpert.com/PIC-WG-PP>
 Mary Reed Gates 717-898-2220
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Questions????

Answer:

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Its a stuffed up question and no one should be put through this stuff in school heheh :)



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