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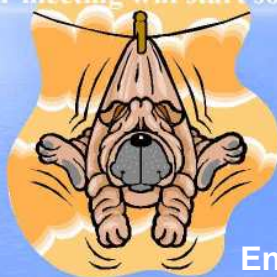
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Welcome!!!  
Just hang On :o)  
Our meeting will start soon.



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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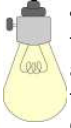
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## What is an Enzyme?



- A light bulb only lights up when you put an electric current through it. The current is the life force of the bulb
- 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
- 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 CO<sub>2</sub> 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.

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“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

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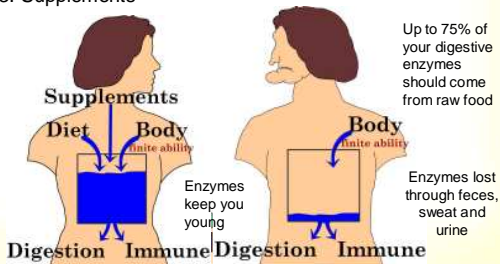
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### Sources of Enzymes

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



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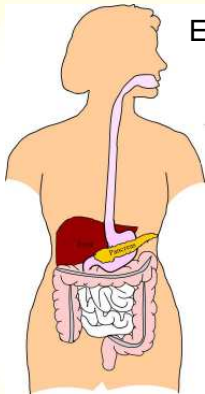
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### Enzyme Level is Crucial



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- 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

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• What do enzymes work on?

- 1. Food
- 2. Abnormal cells
- 3. Toxins

• What kills enzymes?

- 1. Heat <sup>118 F</sup>
- 2. pH

White blood cells go up after eating cooked food



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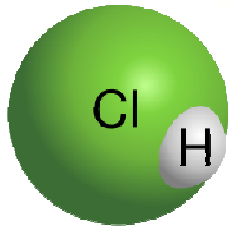
### HCL - 1.7

Produced in: Stomach

Used for: Helps pepsin to work

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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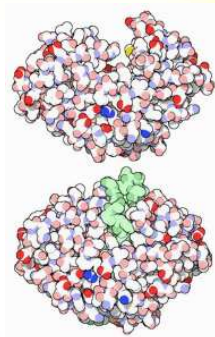
### Pepsin

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

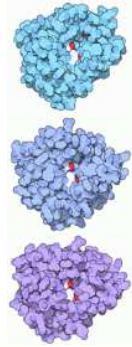
Produced in: Pancreas

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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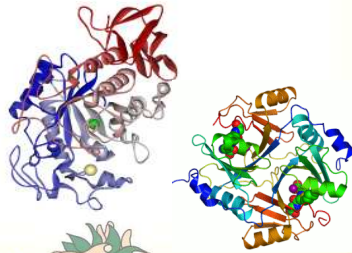
## Amylase (Alpha or Pancreas)

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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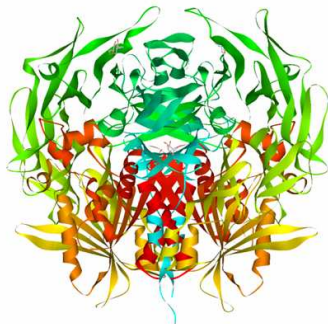
## Pepitidase

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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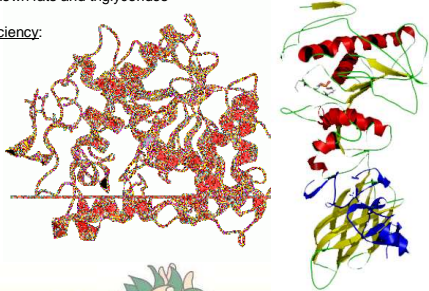
## Lipase Pancreatic, Tributerin, Lingual

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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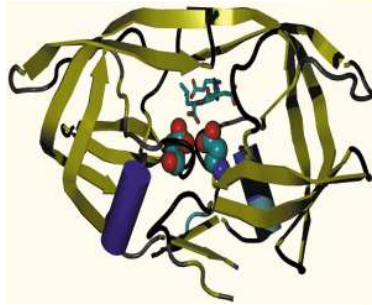
## Protease

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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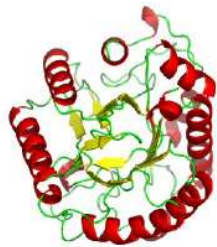
## Cellulase

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



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## 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




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## 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




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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




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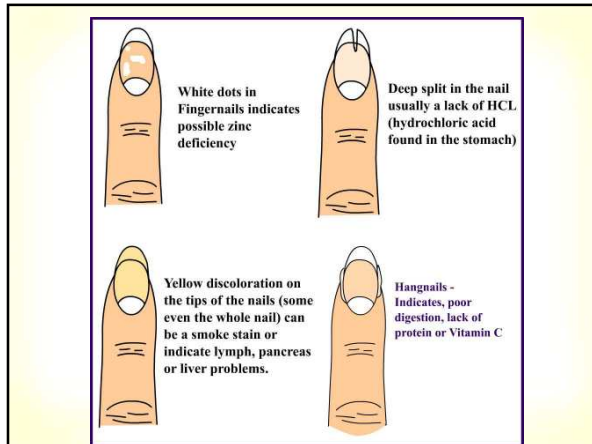
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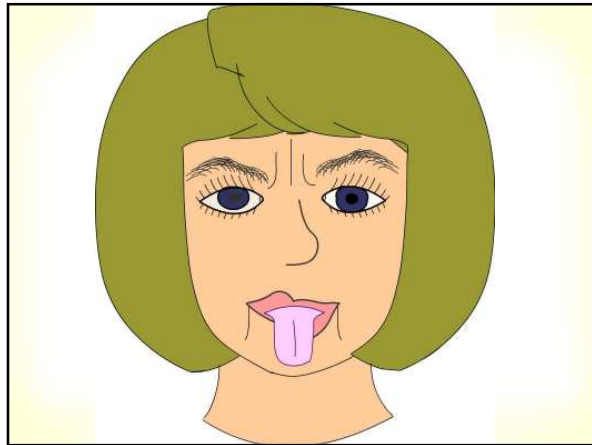
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## Probiotics

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

  
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- 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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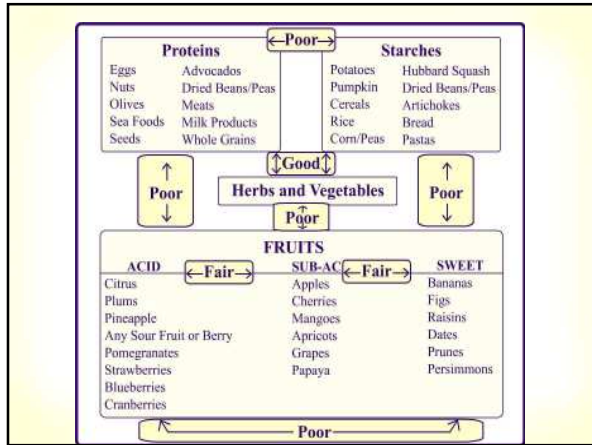
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Questions????




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