

## USES OF PLANT ENZYMES

- **PURIFY BLOOD** – Is it possible that an enzyme can clean up or purify the blood? When you look at it from the simplest perspective, it makes sense. It is a known fact that fungal forms, parasites and bacteria are made up of protein. Also, take into consideration that the shell that protects a virus in our bodies is, in fact, a protein coating. Protease is suggested to take on an empty stomach to break down protein invaders, i.e., fungus, yeast, toxicity, bacteria and parasites. When taken with food, the enzyme protease acts like a digestive aid.
- **STRENGTHEN THE IMMUNE SYSTEM** – Enzymes deliver nutrients, carry away toxic wastes, digest food, purify the blood, deliver hormones by feeding and fortifying the endocrine system, balance cholesterol and triglyceride levels, feed the brain and cause no harm to the body. All of these factors contribute to the strengthening of the immune system.
- **BREAK DOWN FATS** – It is a proven fact the enzyme lipase breaks down (digests) fat. When added to your meal as a supplement, it is able to do this job in the digestive tract. This takes stress off the gallbladder, liver and pancreas. When taken between meals, it will be stored in your liver and called upon as needed.
- **TAKE OFF EXCESS WEIGHT AND FAT** – Many overweight people have metabolism imbalances or will soon create one. The endocrine system is our metabolism. Once we are able to fortify the endocrine system, get the bowels working regularly and digest our food rather than turning it into fat, we have a successful combination for losing weight. Rather than creating common “weight loss” which is often nothing more than water loss, we will instead burn fat and properly digest our food. This process is not instantaneous, because we have to lose fat instead of weight. It takes longer, but is healthier and lasts longer. Best of all, it does not harm.
- **IMPROVE AGING SKIN** – An adequate supply of enzymes is absolutely essential for keeping skin young looking and healthy. According to Anthony Cichoke in Portland, Oregon, enzymes fight the aging process by increasing blood supply to the skin, bringing with it life-giving nutrients and carrying away waste products that can make your skin look dull and wrinkled. Circulation slows down as we get older. Eating a diet of raw fruits and vegetables, which is enzyme rich and taking a complete enzyme supplement becomes more important with age.
- **ENHANCE MENTAL CAPACITY** – Your body uses glucose called from the liver to feed and fortify the hypothalamus. This long lasting glucose is made from the protein stored in the liver. All plant enzymes are amino acids, which comes from protein foods. Your red blood cells do the work of carrying oxygen to your brain. Nutrients have to be delivered throughout your body by means of the enzyme delivery system. When this is not accomplished, you become fatigued and are less able to think clearly. Remember that the hypothalamus directs our endocrine system and is responsible for water balance, body temperature, appetite and even emotions.
- **CLEANSE THE COLON** – Undigested foods that are stored in the colon began with a digestive problem. In the colon, undigested protein will putrefy; starch, sugars and carbohydrates will ferment and fats will turn rancid. If we eat more than one meal per day, we should experience at least two bowel movements per day to rid our body of these toxins. Enzyme fortifiers aid in natural colon functioning and encourage regularity.
- **ENHANCE SLEEP** – Nutrients that are unable to get past the brain’s barrier create insomnia and depression. The undernourished endocrine system may create a malfunction in our hormonal system, which can upset our nervous system and sleep patterns. Herb combinations delivered by enzymes can enhance sleep. However, if we are able to correctly digest our food, deliver the nutrients to keep the endocrine system in sync, we can rebuild our lifestyle and energy pattern.