

Digest-All FOR THE HOLIDAYS

The last thing one wants is to have the pleasure of a holiday feast turn into something painful and unpleasant due to digestive problems. Perhaps, in the past, eating large meals and tempting snacks may not have been a problem, but now you are experiencing pain associated with overindulgence, or even from combinations of different types of foods. This condition is more common than one might think, and more prevalent as people age. The good news, though, is that there is a real solution that actually addresses the real problem. Using a quality natural supplement with the right combination of digestive enzymes and herbs can actually help your body better digest the many rich foods it faces this time of year. Why not take a few extra steps to ensure you can enjoy those delicious holiday meals?



by Scott Olson, N.D.

If you have heartburn, or you wake up in the morning with a sore throat (another sign of heartburn), or you have stomach pain, gas or bloating, or even diarrhea when you indulge in holiday foods,

think twice before you reach for an over-the-counter remedy. The remedies that you can buy in the pharmacy come in two forms. The first are the antacids, like Tums or Rolaids. These remedies typically contain a mineral like calcium, aluminum, or magnesium. These treatments work because they neutralize the acid in your stomach. This usually takes care of the problem pretty quickly, but it doesn't provide any lasting relief.

The other form of heartburn relief is a group of medications that can be bought over-the-counter at low doses but need a doctor's prescription for higher doses. The two main groups of these types of medications are called histamine-2 blockers and proton-pump inhibitors, and both come with a long list of side effects. What these medications do is stop the production of hydrochloric acid in your stomach. This may sound like a good idea, but it actually has disastrous consequences on your long-term health because it stops digestion.

Take a moment to think about what you are doing when you take any of these medications to stop the production of stomach acid. Your body needs stomach acid to properly digest food. When you neutralize stomach acid, you actually impede the whole digestive process. Remember that it is through the digestive process that we get all the nutrients and energy our bodies need.

Let's take a trip back to high school biology class and review what we learned about digestion. Stomach acid breaks down a lot of chemical bonds (mostly proteins) in food. Acid in the stomach sends a message to the pancreas to release digestive enzymes. So when you stop the production of acid, or neutralize it, then you are shutting off the entire digestive process. Result? Poor digestion.

BACTERIA LOVE POOR DIGESTION

There are billions of beneficial bacteria in your gut; you may even take some of these in supplement form. These bacteria are there to help us digest food and provide us with many nutrients. When they are in balance, they are very helpful. However, when you have poor digestion, then there is lots of undigested food around for these bacteria to eat, and they can over-multiply, causing digestive distress.

To understand this, let's visit a common form of poor digestion. Most people have heard of lactose intolerance. Many adults don't have the ability to digest lactase, the sugar found in milk. If your body doesn't digest lactase, then you have sugar left in

your gut that is perfect food for bacteria. These bacteria gobble up the sugar you can't digest. These bacteria then multiply because there is so much food around for them. As these bacteria grow, they can produce lots of gas and other toxins. This can make the person with lactose intolerance feel bloated, have stomach aches, be gassy and even have diarrhea. Sound familiar?

The same thing can happen with other carbohydrates, fats and proteins. If you are not digesting these, then they become food for bacteria. If you feel bloated or gassy or have heartburn after a meal, you can bet that your body hasn't digested all the food, and the bacteria are having a meal of their own.

A factor in the real reason why you might have gas, bloating, pain, heartburn or even diarrhea can also have to do with aging. Our digestive systems lose power as we age. It is suggested that by the time we hit our sixtieth birthday, we have lost over half of our digestive ability, making the chance of poor digestion even greater.

THE SOLUTION

Don't reach for those over-the-counter medications that stop your digestive system from working. Instead, make your digestive system work even better. The easiest way to do this is to use digestive enzymes. Digestive enzymes are easily replaced through supplementation, and most people who take them report that they can't believe how well they work.

You really don't have to be overindulging to need digestive enzymes. Since we are all losing the capacity to digest, taking one or two digestive enzymes per meal can be an important part of your daily health routine.

HOW TO CHOOSE A DIGESTIVE ENZYME

The best digestive enzymes will cover a wide range of foods. Since foods come in three major types—carbohydrates, fats, and proteins—you need a digestive enzyme that will help you with all of these. When you look at the label, you are looking for lipase to digest fats, protease to digest proteins, and the wide variety of enzymes that focus on specific types of carbohydrates, such as amylase, maltase, lactase and cellulase.

If you are looking at the bottle, and it has all these, that's a great start. Next, you want to make sure that you are getting the enzymes in concen-

trations high enough to make a difference. While you can learn the complicated biochemistry behind the grading and concentrating of different enzymes, it is far easier to just choose what you know to be a quality product from a quality manufacturer.

DIGEST-ALL TO THE RESCUE

Metabolic Response Modifiers (MRM) is a company known for its high-quality supplements. Digest-All is an all-natural product designed to help you not only through the holiday season, but throughout the entire year.

Digest-All's vegetarian capsules contain a unique, full-spectrum digestive enzyme, and MRM ensures that the digestive enzymes are at the proper strength to do their job. They have ingeniously created a digestive enzyme that is active at a wide range of body pH levels, so it doesn't matter what you are eating—these enzymes will do their job. MRM has also included a special cellulase enzyme that acts as an anti-gas enzyme. Plus, MRM adds ginger, peppermint and triphala to the formula to make it a truly unique digestive ally.

Ginger is one of the best-known and well-researched herbs in the world. It is loved for its wonderful effects on the digestive system, and has been used to combat nausea, and to settle and tonify the digestive system for thousands of years. Peppermint is a well-known gas and stomach cramp reliever. Triphala is a combination herbal formula from the Indian traditional medicine called Ayurveda. It is well known to improve digestion and nutrient assimilation as well as provide a mild internal cleansing.

GET BACK TO ENJOYING THE HOLIDAYS

There is a lot you can do to overcome the discomforts associated with eating this holiday season. While overeating is not the healthiest way to live year-round, you do want to enjoy your life. It is good to know that when you are tempted, there is a solution as easy and as effective as taking the right digestive enzymes. ■

REFERENCES

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- Kligler, B. & Chaudhary, S. "Peppermint oil." *Am Fam Physician*, 2007;75(7):1027-30.



Resources

MRM products are available nationwide at natural health centers and from health professionals. Contact MRM directly to find a store near you. The toll-free number is 800-948-6296; online at www.mrm-usa.com.