



Digestive Enzymes and Probiotics: A Recipe for Healthy Digestion, Year-Round

Metabolic Response Modifiers (MRM) has what you need to promote digestive health.

Now that you've finally polished off your Thanksgiving leftovers, the gauntlet of Christmas decadence looms. The Christmas ham. Side dishes loaded with simple carbohydrates, butter and cream. Boxes of cookies, crackers, cheeses and candies gifted by well-meaning friends and relatives. Parties where you're already stuffed with finger food and mulled wine before the main course arrives. Yes, you're grateful for the abundance, but chances are, you'll spend a good part of the holiday season paying for those overindulgences with heartburn, gas or constipation, or even just with a feeling of general sluggishness that tends to feed back into more unfortunate food choices and lack of exercise and other kinds of self-care.

At *DPHL*, we don't mean to encourage you to overindulge and try to make up for it with nutritional supplements. But we're realists here. We know how the holidays go. We overdo it and try to make up for it later. And supplements can definitely help to ensure that you're able to relieve yourself of digestive troubles (preferably, without over-the-counter or prescription medications) whether it's Christmas in December or Christmas in July. The best proactive way to keep digestive function as smooth as possible is regular use of digestive enzymes and probiotics.

DIGESTIVE ENZYMES: WHAT THEY ARE AND WHAT THEY DO

Tens of thousands of different enzymes are made in the bodies of animals and humans. They are complex proteins that *catalyze* cellular reactions, including reactions that facilitate digestion (where food is broken down into fats, carbohydrates and proteins small enough to be absorbed into the bloodstream through the intestinal lining) and metabolic reactions (where proteins, carbohydrates or fats are

'burned' within cells to make the energy required to power those cells). Some enzymes act as important antioxidants or as part of the immune system.

The bodies of animals and humans make 22 specialized digestive enzymes, which are produced in the digestive tract to help break down the foods we eat. Among these are *amylases*, which break down carbohydrates; *lipases*, which break down fats; and *proteases*, which break down proteins. These enzymes are produced in the salivary glands of the mouth; in the cells that line the stomach; in the pancreas, the gland that also makes insulin; and the digestive liquids produced in the intestines. Digestive enzymes are also found in "living" foods—fresh, whole plant foods that have not been heated to more than 118 degrees Fahrenheit. *Cellulases*, which break down fiber, are not made in the body, but are found in living plant foods.

Because human beings tend to eat more food than they need, and because it usually is food that has been processed or cooked to a point where enzyme activity is nil, we often come up short on adequate enzymes to break down and process all of what we eat. The logic behind the raw food diets that have become popular in recent years is, in

part, about trying to reverse this enzymatic shortfall. Raw plant foods contain a good dose of enzymes to help the body's digestive process along.

Now, let's all admit that raw food diets are fantastic, but a mite impractical. Raw foodies who travel with baskets full of raw vegetables and fruit and nuts and who dehydrate their own sprouted grains to make raw 'crackers' and sprout seeds to make seed cheeses are health champions, but most of us just can't—or choose not to—go that route. So we eat cooked, processed food, and sometimes we eat too much of it.

Some of the food in the standard, overindulgent American diet ends up being incompletely digested due to enzyme lack. Undigested molecules of that food travel through the GI tract and down into the large intestine (also known as the colon). Our bodies are designed to try to get every last ounce of nutrition possible out of the foods we eat, and in the colon, the last-ditch effort to completely break down our last meal is undertaken by bacteria. The colon is home to many strains of bacteria: some are beneficial (so-called probiotics) and some are not so beneficial. These bacteria do a great job of breaking down undigested food particles in the colon, but they can lead to an unpleasant side effect: the production of gas. Bloating and flatulence are the result.

Digestive problems are certainly epidemic in the U.S., in no small part due to diets that are too heavy, too processed, and cooked until their live enzymes are denatured. Chronic constipation affects 63 million Americans; irritable bowel syndrome (IBS), which is characterized by bouts of constipation, painful gas, and diarrhea, afflicts another 15.3 million. About 20 percent of the U.S. population suffers from heartburn at least once a week. If you count yourself among those who wouldn't mind improving their digestive health, adding a digestive enzyme supplement like MRM's Digest-All is an affordable and extremely safe way to go. And if you aren't already using a probiotic, MRM makes a version of Digest-All that includes a high-quality probiotic.

DIGEST-ALL AND DIGEST-ALL IC

Digest-All and Digest-All IC contain a full spectrum of amylases and proteases, as well as lipase—so your need for enzymes to break down carbohydrates, proteins and fats is covered. MRM also includes lactase, the enzyme that breaks down the proteins in milk, in this formula—a big help to those who are lactose intolerant. An enzyme called hemilase, which is especially helpful for preventing gas

and flatulence due to consumption of healthy foods like broccoli, cauliflower, cabbage, brussels sprouts and beans, is also included in the formula, as are maltase and cellulase.

If you prefer to get your probiotics and your enzymes in the same place, Digest-All IC may be a better choice.

PROBIOTICS: WHAT AND WHY

Probiotics are the "friendly bacteria" that naturally reside in the human digestive tract. They help keep unhealthy bacteria in check while promoting immune function and optimal absorption of nutrients. And they're less likely to produce putrefaction while finishing up the digestive process in the colon. To put it delicately: the worse your gaseous emissions smell, the less friendly the bacteria in your colon, and the more you stand to benefit from probiotic supplementation!

Digest-All IC contains 10 billion colony-forming units (CFU) per serving, which research demonstrates is an adequate amount for improving digestive health. It's shelf-stable (meaning that it doesn't need refrigeration). Digest-All IC's probiotic is crafted with MRM's patented Bio-Tract delivery technology and LiveBac tableting, both of which help to ensure that the supplement's ingredients are delivered at the proper sites along the digestive tract. If probiotics are released in the stomach, for example, they will be 'digested' by stomach acids and don't make it to the intestines where they're needed.

All of Digest-All's enzymes are 100 percent vegetarian. Simply take one to two capsules before each meal for 10 days to see whether it works for you. More than likely, you'll be so pleased with the results—better digestion, more energy—you'll want to continue to add these enzymes to your meals indefinitely. ■



Resources

Digest-All and Digest-All IC are available nationwide at natural health centers and from health professionals. To find a natural health center in your community carrying them, contact MRM toll-free at 800-948-6296.

Ginger, Peppermint and Triphala: Traditional Digestive Soothers

Ginger has a long history of use as an anti-nausea supplement; it is also rich in natural anti-inflammatory substances that may help reduce gastrointestinal inflammation. Peppermint soothes flatulence and spasms of the GI tract. Triphala, a combination of three Ayurvedic herbs, promotes better gastrointestinal motility (translation: improves ability to have regular bowel movements) and overall function of the digestive system.

MRM includes these three traditional digestive aids in both Digest-All and Digest-All IC.

