



If reaching for those tablets to ease gas, bloating, indigestion, heartburn, or other discomforts is preventing you from addressing the cause of the problem, you may be taking years off of your life.

Take the Better Digestion Challenge

digestive disorders are no fun. We pay a hefty price in terms of dollars and our well-being. In 2004 alone, according to the National Institutes of Health, such disorders cost consumers nearly \$142 billion. Today, more than 95 million people in the U.S. suffer from digestive problems. That's a lot of Tums and Prilosec to ease digestive discomforts.

influence the vital absorption process. The body spends as much as 80 percent of its vital energy digesting food. It explains why we get so tired after meals. Enzymes help the body to breakdown and use our foods and their nutrients more easily, freeing up our bodies from enzyme depletion, leading to more energy and vitality. Plus, there's no post-meal gas or other discomforts.

WHAT'S WRONG WITH TAKING ANTACIDS TO FIX MY DIGESTIVE TROUBLES?

Perhaps you thought that an overly acidic stomach was just like having a digestive system that was overqualified for the job. And, what harm could it do to relieve your symptoms with an antacid? As it turns out, plenty.

Antacids do not help you digest your food—they simply ease the pain from your body's overproduction of acid. Nothing is wrong with easing your pain, per se, but if you have consistent digestive upset, you are almost certainly lacking in the necessary enzymes to process your food. This is much more than just an inconvenience that can be resolved with a few chalky tablets to chew on. When you can't digest your food, your body works overtime to focus on that issue, necessarily neglecting others that are also critical to your health.

HOW DOES DIGESTIVE UPSET RELATE TO AGING AND DISEASE?

Many of us think of enzymes primarily in their digestive function, but the truth is that between digestive and metabolic types, enzymes are necessary to every single bodily function. That's right—thinking, feeling, transferring nutrients to cells, breathing, fighting infection, you name it. When we consume foods that do not contain their own digestive enzymes—that is, all foods that are not raw and unprocessed—our bodies must produce enzymes for digestion. Digestive enzymes are critical because the body places digestion as a top prior-

There may be a better way—at least that's what Metabolic Response Modifiers (also known as MRM) hopes to make clear with its innovative line of value-driven, quality digestive enzymes. They say that consumers can feel better in just fourteen days.

So how can you help yourself without needing more medications? Take MRM's Digest-ALL™ formula with each meal for just 10 days. If you will do so faithfully, you will feel better. Your distress after eating will go away and with this will come enhanced energy.

Why is this? Well, digestive enzymes are absolutely necessary for the body to do its job of breaking down, extracting and utilizing the nutrients in our foods. But our body produces only a limited supply and has throughout time relied on our consumption of foods that have plenty of enzymes to help this process. But with all of the processing of modern food, these enzymes are destroyed. Digestive enzymes are supplemental to what is produced endogenously and help replace what has been lost in our food. Of course, you also have to eat healthy foods that are not processed to the point of being enzyme depleted.

SOOTHE DIGESTIVE DISTRESS

When undigested foods travel through the intestines they can irritate and potentially damage the sensitive intestinal wall. Over time, this irritation may reduce our digestive capacity and negatively

FYI... ENZYME SHOPPING GUIDE

Use these enzymes as a guide when you are looking for your own enzyme supplement:

- + **Amylase**—breaks down carbohydrates including starch and glycogen
- + **Lactase**—breaks down milk sugar
- + **Maltase**—breaks down carbohydrates, malt and grain sugars
- + **Invertase**—breaks down carbohydrates, especially sucrose and maltose
- + **Hemilase**—breaks down carbohydrates
- + **Cellulase**—breaks down cellulose and chitin—cell walls fibers in foods and toxins
- + **Protease**—breaks down protein
- + **Lipase**—breaks down lipids and improves fat utilization

ity. When it does, it is not able to simultaneously form all of the enzymes it needs for other bodily functions. The human body also has only a limited capability of enzyme production, so the more we use for digestion, the less we have available to fight infection or assist in other metabolic processes. A lack of enzymes in our systems to process food and toxins also leads these toxins to remain in our bodies, directly causing infection and illness. The depletion and weakening of enzymes is a basic cause of all illness and disease—that is, wherever an infection or malfunction of the body is examined, there will be an enzyme lacking that helps that particular function.

DOESN'T NATURE DESIGN US TO HAVE WHAT WE NEED TO LIVE?

Well, yes. But the more you stress your body with poor diet, sedentary lifestyle, medications that inhibit or interfere with enzyme production, or major illnesses or setbacks, the more enzymes you will need and the faster your ability to create them will run out. Also, all people's digestive enzymes become less potent with age, with several studies supporting finds of younger people and animals having much stronger enzymes of all types than when they are older. If you find you can only consume bland food, digestive enzymes can help to liven up your diet with more varied foods.

Even children, with their powerful enzymes and ability to produce ample supplies, benefit from receiving as many active enzymes from food and supplements as possible. Just as with adults, children still have a limited capacity to produce enzymes, and the more digestive types that are provided from the outside, the more enzymes children will have available to them for all other bodily functions and systems in order to grow and fight illness and disease.

Also, cooking and processing foods destroys the enzymes contained in them, so our bodies must provide all of the enzymes necessary to digest cooked and processed foods.

CAN ENZYME SUPPLEMENTS HELP IF I'M ALREADY SICK?

Absolutely, just as rest, fluids, and anything that improves your immune system helps. Enzyme therapy can help with healthy weight maintenance, joints, cells, cholesterol and lipids, blood sugar and blood pressure.

Remember that enzymes are required for ALL bodily functions, not just digestion. Even if you do not need more enzymes to fight illness or because of advancing age, a very active lifestyle also demands more enzymes. The more of ANYTHING you do, the more enzymes you need.

WHY SUPPLEMENT? CAN'T I GET ENOUGH ENZYMES BY CHOOSING GOOD FOODS?

If you eat cooked or processed foods, you do not get enough enzymes. Processing includes gas ripening of fruits and vegetables, irradiating (a process our government requires of many manufacturers in order to protect us from harmful substances in foods), and altering foods such as turning grains into flours and pastas. Raw foods provide a perfect balance of enzymes to process the foods in which they are contained. There are not, however, any excess or storable enzymes contained in those foods, so the enzymes are only useable for that particular food.

HOW CAN I CHOOSE A GOOD ENZYME SUPPLEMENT?

Look for a variety of enzymes, as each one is designed to break down a particular type of nutrient or other substance. There are some good supplements with high-quality ingredients available. One of the best and most powerful is Digest-ALL, from MRM.

Be careful of unit measurements that are by weight or other unique abbreviations instead of the standard FCC measurement coding. We recommend multi-enzyme formulas that are designed to digest more than one type of food. A well-rounded formula like Digest-ALL provides enzymes necessary for all types of digestive needs. Plus, a formula has to work at a wide pH range and provide enough enzyme power to truly digest your food well. Digest-ALL contains three different proteases from non-animal sources that are active in a wide pH range of 3 to 9 at body temperature and in the presence of moisture. Digest-ALL provides enough active amylase to assist in the digestion of 30 potatoes, 9 ounces protein and 60 grams of fat.

Digest-ALL promotes optimal digestion and reduces our need to produce digestive enzymes allowing our body to manufacture the metabolic enzymes needed to operate efficiently. Finally, Digest-ALL's unique proprietary blend of ginger, peppermint and triphala provide a soothing, comfortable and balanced digestion process. ■



Availability

Digest-ALL is 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.