

Stress, Diet, Aging & Inflammation

COMMON DENOMINATORS

by Gloria Gilbère, N.D., D.A.Hom., Ph.D.



Research shows that digestive enzymes are not only important for digestion; they also perform a multitude of functions within the body. When the digestion processes deteriorate, symptoms manifest that are many times not attributed to a deficient digestive system. Disorders involving inflammation are rarely connected as part of the inflammation puzzle—the body's

ability to process what is ingested.

As we age, the production of natural enzymes in the stomach, pancreas and small intestine declines, starting as early as age 30. The specific connection between enzyme deficiency and aging is not clear; however, it is recognized by medical experts.

DIGESTIVE STRESSORS

A low-stress digestive diet is one that easily processes food and minimizes gastrointestinal stress. This is accomplished by consuming foods that are fresh and minimally cooked or heated, particularly vegetables and grains.

A high-stress digestive diet is one whose proteins are denatured by cooking or heating, there-

fore inactivating their enzymes—compromising digestion and immune functions. Additional digestive stressors include processed foods, chemical additives and environmental factors.

Natural enzymes occur in raw fruits and vegetables, not exactly the most popular food items for most Americans. Since we now know cooking and processing destroy enzymes, we are a generation starving for them, and it shows in the millions of chronic disorders like fibromyalgia, arthritis, food and environmental allergies, colon and prostate cancers, and skin disorders, as well as candida and parasite infestations.

Additionally, the accumulation of undigested food from enzyme deficiency, metabolic waste, and putrefied fecal matter in the intestinal tract overburdens the liver and the secondary circulatory system, the lymphatics.

ENZYMES AND CIRCULATION

Enzymes assist in the removal of metabolic waste and help improve overall circulation. They play an important role in preventing excessive blood clotting and reducing stickiness of platelets and red blood cells.

ENZYMES AND INFLAMMATION

Enzymes are needed for every phase of tissue repair; they reduce swelling and pain, and decrease the overall duration of the inflammatory responses—speeding recovery.

Additional benefits of adequate digestive enzymes include support against autoimmune disorders, arthritis, multiple sclerosis, chronic diseases, and for pre- and post-surgery patients.

OUR LIFELINE

Every action and reaction within the body is dependent on enzymes; they literally ignite the processes that sustain life itself. Farmers understand these life-giving properties—they know that without them, life is incapable of existing, period.



LACK OF ENZYMES CONTRIBUTES TO:

- Poor digestion/absorption
- Decreased energy
- Indigestion
- Headaches
- Constipation
- General malaise
- Belching
- Fatigue
- Yeast/health-depleting bacteria
- Bloating

SPOTTING AGE-RELATED PROBLEMS

Most of us have experienced age-related skin discoloration, often called liver spots, age spots or chloasma. Regardless of whether these discolorations appear as a result of overexposure to the sun, medications or improper diet, they're a sign that a more serious underlying problem is lurking—generally, free-radical damage.

As our natural enzyme production decreases with age, our ability to fight free radicals decreases as well. Free radicals are a result of by-products from free-radical formation that the body cannot neutralize because of inadequate enzyme supplies. Age-related spots mostly appear on the face, arms, hands and neck, although they can appear on any part of the body.

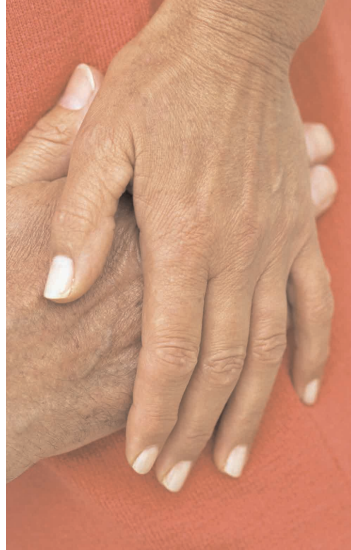
According to Dr. Anthony Cichoke, an enzyme expert, factors leading to the formation of age-related spots appear as a result of toxic buildup, poor bowel habits, poor diet, inadequate or depressed liver function, excessive intake of fatty foods, consumption of rancid oils (including nuts), little or no exercise, smoking, excessive drinking, excessive stress, and excessive exposure to sunlight.

In any event, age-related skin problems must be treated from the inside out, starting with adequate digestive enzyme supplementation to assist in neutralizing free-radical damage and enhance overall digestive processes.

ARE ALL ENZYME SUPPLEMENTS THE SAME?

No, they are not. I prefer enzyme blends that provide a full-spectrum complex along with botanicals; most do not. Additionally, I find a blend is most effective when it includes:

- Botanical ingredients shown to have therapeutic effects in repairing intestinal damage from such disorders as leaky gut syndrome, ulcers, Crohn's, irritable bowel and autoimmune disorders.
- Enzymes to assist in every phase of digestion by breaking down proteins, fats, carbohydrates, fiber, grains, seeds, legumes, fruits, vegetables, all components of milk (lactose and protein), and soy.



Most enzyme blends not only fail to address a full spectrum of enzymes, few contain botanicals known to assist with the reduction of inflammation, stimulate circulation, increase stomach acid to aid digestion, provide an anesthetizing effect on mucous membranes and assist in nutrient absorption through powerful uptake mechanisms.

The best way to take digestive enzyme supplementation is to swallow one capsule at the beginning of the meal, and an additional one either in the middle or at the end of the meal. This assures a type of "time-released" action. If you're having digestive problems, your enzyme complex should provide relief during and after the meal for approximately two hours. If your symptoms persist, be sure to check with your health care provider to rule out other medical conditions, such as a risk of cardiovascular involvement.

Go ahead, ignite *your* life processes with enzymes—after all, all you have to lose is digestive problems, and what you have to gain is the ability to add life to your years, not just years to your life, naturally. ■



Gloria Gilbère, N.D., D.A.Hom., Ph.D., is a traditional naturopath, homeopath and

doctor of natural health. She is internationally respected as an authoritative influence in the causes, effects and drug-free solutions for leaky gut syndrome, fibromyalgia, chronic fatigue and chemically induced immune system disorders. She is author of *I Was Poisoned by My Body*, *Invisible Illnesses*, *Nature's Prescription Milk*, and her new release, *Pain/Inflammation Matters*, the first in a series of 96-page, condition-specific health guides.

For product information or to order CapraZyme, click here or call toll free at (877) 673-0224.



CapraZyme™

A unique blend of 100% vegetarian, full-spectrum digestive enzymes that includes L-glutamine (used for repair of intestinal mucosa). CapraZyme contains botanical ingredients historically known for their therapeutic effects that include:

- soothing damaged intestinal lining
- reduction of overall inflammation
- reduction of spasms
- improving overall circulation
- increasing stomach acidity to aid digestion
- aiding elimination through gentle laxative effect

For information regarding a local distributor of CapraZyme™ the digestive enzyme product containing all the ingredients mentioned in the above article and recommended by Dr. Gilbère, contact Christine's Cleanse Corner, Inc., toll-free at (877) 673-0224, or visit our website at www.TransformYourHealth.com.

Mt. Capra *Manufacturers of premium whole-food nutritionals and nutraceuticals in the USA since 1928.*