



Food Enzymes

Enzymes, betaine hydrochloric acid and herbs for enhancing digestion

As we grow older, our digestive systems tend to become weaker. The production of hydrochloric acid, pancreatic enzymes and bile salts may diminish, resulting in a reduced ability to extract the nutrients we need from food. As digestion becomes impaired, the body weakens and becomes increasingly malnourished.

By the time most people reach 40 or 50, they are already starting to experience some decreased production of hydrochloric acid and digestive enzymes. This is due to the poor quality of our diet, stress and the additives and chemicals to which we are exposed.

Oddly enough, as people's digestive system becomes weaker, they may experience frequent "acid" indigestion. This is not due, however, to an overactive digestive function, but rather due to the increasing acidity of the body tissues from acid waste brought on by poor diet and digestion. Taking antacids and acid-blockers only makes this underlying problem worse.

Food Enzymes contains the digestive enzymes and substances the body uses to break down the food we eat. Derived from both plant and animals sources, it supplements secretions from the stomach, pancreas and gallbladder to aid in the digestion of proteins, fats and starches. It also aids the assimilation of minerals. It is very useful for adults, middle-aged and up, who are starting to experience digestive difficulties. It may also be useful for younger adults who are convalescing from prolonged illness.

Besides helping with digestive problems such as heartburn, belching, bloating, halitosis and general digestive upset, food enzymes can also be useful for reducing allergic responses to foods and for helping the body recover from chronic illness. It is particularly helpful as part of a comprehensive program for problems like pancreatitis, cystic fibrosis, fibromyalgia and Lyme disease.

This enzyme supplement includes:

Pepsin is an enzyme found in the stomach that is used in the digestion of proteins. It works along with hydrochloric

acid in the acidic environment of the stomach to break proteins down into smaller fragments.

Betaine HCl (hydrochloric acid) supplements the stomach's production of hydrochloric acid. HCl is not only necessary for digesting proteins, it is also essential for the absorption of minerals like calcium, zinc, magnesium and copper. It also acts as part of the immune system to destroy microorganisms that may be present in the food.

Pancreatin is produced by the pancreas. It contains protease to digest proteins, amylase to digest carbohydrates and lipase to digest fats. These enzymes work in the alkaline environment of the small intestines. They are microencapsulated in this product so they will not be released until they reach the small intestine.

Bile salts emulsify fats (i.e., make them water soluble) and prepare them for further digestion by lipase. Bile also helps regulate the pH of the small intestine, helping to make that environment more alkaline. It is also microencapsulated in this product for release in the small intestines.

Mycozyme is used for the digestion of starches.

Papain from the papaya fruit and bromelain from pineapples are enzymes that can break down proteins. These enzymes can also help destroy parasites in the intestinal tract. Bromelain also has an anti-inflammatory effect and can aid tissue repair.

Suggested Use

Use 1-2 capsules during meals as a digestive aide. One capsule will help you digest a minimum of 30 grams of protein, 30 grams of carbohydrates and 20 grams of fats.

Cautions: Do not take if you have stomach ulcers. Food Enzymes may cause stomach irritation in some persons. For long term enzyme supplementation Proactazyme Plus may be a better choice. Proactazyme Plus is also a better enzyme product for children, teenagers and young adults.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
Enzymes and Enzyme Therapy by Anthony J. Cichoke
Food Enzymes by Humbart Santillo
Enzyme Nutrition by Edward Howell

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Handout prepared by Tree of Light, P.O. Box 911239, St. George, UT 84791 (treelite.com). Seek appropriate professional assistance for all serious health problems.

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