

The Sunshine Chiropractic Clinic

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DIGESTIVE ENZYMES



THE KEY TO STAMINA, ENERGY & VITALITY

When digestion and elimination are improved, you will notice a lot of other symptoms will be eliminated. Indigestion can be attributed to a great many causes of discomfort. If elimination is problematic it can quickly make you “feel lousy”. Ninety-nine percent (99%) of the people have a DIGESTION problem. Enzymes can return the digestive system to normal.

In order to gain nutritional benefits from the food we eat, it is critical that we properly digest and eliminate our food. The best nutrition in the world would go to waste if the body were unable to process it through.

Fortunately, the human digestive system is quite efficient in extracting the needed nutrients from “good” food under normal conditions.

The major purpose of the digestive system is to utilize foods and absorb nutrients. Digestion occurs as a result of mechanical and chemical processes. The mechanical processes of digestion include grinding, crushing and mixing of the food mass together with digestive juices/enzymes are responsible for the chemical breakdown.

These active compounds in the digestive juices are primarily enzymes. Protease grinds down proteins. Amylase grinds down starch molecules into smaller molecules. Hydrochloric acid and enzymes, is critical to proper protein digestion and nutrient absorption . If hydrochloric acid secretion is insufficient or inhibited, proper protein digestion will not occur.

Disease in the small intestine often results in mal-absorption syndromes characterized by multiple nutrient deficiencies to include:

- Celiac disease (gluten intolerance)
- Food allergy (enzyme deficiency)
- Intestinal infection
- Chron’s disease and so forth which would indicate an amylase deficiency.

The pancreas produces enzymes that are required for digestion and absorption of nutrients. Each day the pancreas secretes about 1 1/2 quarts of pancreas juices into the small intestine. These enzymes include lipase, protease and amylase. *Lipase*, along with bile from the gallbladder breaks down fats. Deficiency of *lipase* would result in mal-absorption of fats and fat-soluble vitamins. *Amylase* breaks down the starch (carbohydrate) molecules into smaller segments.

“TO EAT IS HUMAN,
TO DIGEST DIVINE.”

CHARLES T. COPELAND

Enzymes are catalysts. They make things work. Enzymes can prevent carbohydrates from fermenting... and partially digested proteins from putrefying... and fats from turning rancid within the body system. Enzymes can help every chemical reaction that takes place in the body...and can improve all food consumption by creating an enzymatic action for digestion. Enzymes are connected to every working organ in our body and fund our life’s processes. Enzymes are needed by vitamins and minerals to accomplish their delivery within the body. Enzymes from plant sources activate as soon as they enter the body by moisture & heat. Enzymes from animal sources only activate in the small intestine in alkaline setting of 8.0 pH.

Optimum Health Will Not Exist Without Enzymes

The saliva gland as well as the pancreas secretes the enzyme amylase. *Protease* is responsible for keeping the small intestine free of parasites, including bacteria, yeast protozoa and/or parasitic worms. *Protease* is very important in preventing fibrous clots, tissue damage during inflammation and depositing immune complexes into tissue. Lack of *protease* increases the risk of intestinal infection and chronic Candida infection. Ingestion of foods and nutritional substances are of little benefit when breakdown and usage are inadequate. Proper small intestine function requires effective digestive enzymes.

Improving small intestine function includes addressing the underlying issues:

Food intolerance, allergies, lack of enzymes, low immune status, and too much sugar in the diet.

As with the whole body, the digestive system is a truly integrated system—that is, the function of one aspect usually affects the other. Because of the interrelationship among the components of the digestive system, it often makes it difficult to determine

Common symptoms of enzyme insufficiency include:

- | | |
|---|--|
| <input type="checkbox"/> Abdominal bloating | <input type="checkbox"/> Stomach aches |
| <input type="checkbox"/> Gas | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Acne |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Belching |
| <input type="checkbox"/> Bed-wetting | <input type="checkbox"/> Insomnia |

Uses of Enzymes

- | | |
|--|---|
| <input type="checkbox"/> Take Off Weight and Fat | <input type="checkbox"/> Purify Blood |
| <input type="checkbox"/> Lower Cholesterol | <input type="checkbox"/> Break Down Fats |
| <input type="checkbox"/> Improve Aging Skin | <input type="checkbox"/> Cleanse The Colon |
| <input type="checkbox"/> Increase Energy | <input type="checkbox"/> Enhanced Mental Capacity |
| <input type="checkbox"/> Enhance Sleep | <input type="checkbox"/> Strengthen The Immune System |

References: Transformational Enzymes

Questions or comments? E-mail us at clinic@sunshinehealthclinic.com or call (865)984-6850