

Energy Nutrition

By Bill Wolfe, DDS, NMD



Enzymes are essential for life. What are enzymes? Enzymes are activated protein molecules that must be present before any chemical reaction can take place in our bodies.

Where do we get enzymes? There are three basic types of enzymes:

1. **Digestive enzymes** are secreted along the digestive tract to break food down into nutrients and wastes.

2. **Metabolic enzymes** are produced by the body and serve as chemical catalysts to assist chemical reactions within the cells for detoxification and energy production..

3. **Food enzymes** are naturally in food in its raw state, but raw foods provide only enough enzymes to digest the food containing them. Unfortunately, if you cook food at 120 degrees or above, or eat processed food, the natural enzymes in that food are destroyed. Therefore, to digest this food to the basic nutrients, the body must utilize metabolic enzymes as digestive enzymes, which creates stress on the enzyme producing organs, such as the pancreas.

Research shows that as we age, our abil-

ity to manufacture enzymes is diminished, and that a 60-year old has 50% fewer enzymes than a 30-year old. This enzyme deficiency leads to mal-absorption and poor nutrition. Undigested food collects in the colon, producing toxins. Poorly digested protein putrefies; fats turn rancid; and carbohydrates ferment. As we use up and abuse our enzyme potential, we begin to lose energy and the ability for our own body to remedy its own naturally-occurring malfunctions. This reduced ability of your body to produce the required amounts of enzymes results in being more vulnerable to disease processes and a progressive degeneration of the body. Since our entire system functions through enzymatic action, it is crucial for our best health to maintain the quantity of enzymes we require. Therefore, it becomes more and more necessary to supplement our diets with enzymes.

The **Good Energy Enhanced Enzymes** formula was developed with the high activity plant enzymes required to be digestive enzymes if taken with food;

and if these same enzymes are taken between meals, they assist the function of metabolic enzymes. In addition, as with all **Good Energy Products**, this enzyme formula is enhanced with **Good Energy Technology**, stimulating the energy meridians and the digestive process; the immune system; and the functioning of the entire body. **Enhanced Enzymes** are a powerful formula for enhanced health.

I love the enzymes! I have more energy and don't have to limit my food to the "lite" variety. I'm eating less and my clothes are looser, too! **Joan D.**

Since being on the Enhanced Enzymes, I don't crave snacks between meals, I have more energy, and I'm liking the way I look again. Thank you, **Tonya M.**

My dentist says that my gum disease is healing. He asked what I have been doing... I've been healing with enzymes! **Beth**

DO YOU HAVE DIGESTIVE PROBLEMS?



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