

Integrated Natural Ideas # 92

From the mind of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



Ph.D. Holistic Health Sciences
(*Summa cum Laude*)
Ph.D. Traditional Naturopathy
(*Summa cum Laude*)
Board Certified
Holistic Health Practitioner
(A.A.D.P)
97% completed
Doctor of Integrated Medicine
(IMD)

Are you using systemic or digestive enzymes?

Are you aware of the difference? Digestive enzymes will focus on the digestive system. As we age we lose precious HCL to break down proteins and fight bugs.

Our foods are all over processed and dead, enzymes in those foods are lost due to manufacturing and fruits and veggies are picked too soon, devoid of nature's supply of natural enzymes.

Many health professionals and dieticians over the years have argued that we have our own enzymes from birth and we get the rest we need from food. Did you just read the first paragraph? Replacement or support with things like **Food Enzymes # 1836-9** helps deliver much needed help with HCL and proper digestion. This results in improved absorption. You are not always what you eat, but what you absorb!

Systemic enzymes work system-wide and focus primarily on inflammation, fibrin, blood-cleansing, virus fighting, and immune system modulating. How many ailments can you think of that have sources from at least one of these issues? Using enzymes like **Protease Plus # 1841-7** on an empty stomach helps tackle this.

NSP carries digestive specific, systemic specific, and hybrid enzyme formulas. Make sure you are getting the enzymes that are most effective for you. Not sure? Ask for a compass assessment directed at enzymes or see a NSP professional.

NSP uses enteric coated capsules for several *systemic* enzyme formulas and probiotics. This means that the capsule does not break down in the stomach where you can lose systemic potency. The capsule is designed to release in the small intestine where the systemic enzymes are absorbed into your body. This provides virtually 100% systemic potency. Many companies claim to have enteric coating, ask them to prove it.

What are all these other enzymes? **Hi-Lipase #1528-4** is for better digestion of fats and fried foods. It is especially helpful if you are missing a gallbladder.

Lactase Plus # 1655-2 is for lactose intolerant to ensure if any dairy or milk solids find their way into you by accident.

Nattozimes Plus #520-7 I wrote about many times for helping the blood reach the right consistency. Not to be taken with blood thinners however.

Proactazyme # 1525-0 is for younger people who have some good HCL but eat too much garbage and feel bloated.

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.