



PHP Monday Morning Health Minute

February 2, 2009

Volume 3, Number 5

In This Issue

- A Word from Dave
- Enzyme Advantage - February Special: Buy 1 bottle of Enzyme Advantage, get 1 half price*
- The Power of Enzymes - Discover the Key to Good Health

Listen on
Wednesday,
February 4 to hear
all about all about
Enzyme Advantage
(see details below)



A WORD FROM DAVE....

Arthritis, gastrointestinal distress, allergies, skin conditions, obesity, and even cancer are just *some* of the conditions brought about by poor digestion. Enzymes are the key to proper digestion.

While there are over 1,000 different enzymes that play a role in your body's metabolism, only digestive enzymes are responsible for breaking down food into its simplest forms so that the nutrients can be absorbed and the waste eliminated. Without proper digestive enzymatic activity, mal-absorption of nutrients and a toxic burden on the body will result. At PHP, we believe that we have discovered the premiere vegetarian enzyme complex to assure that you never have to worry about this very common deficiency. A little known fact is that 70% of all digestive enzymes are produced during mastication (chewing) and each bite of food should be chewed 40+ times to properly initiate digestion. Additionally, eating raw foods plays a vital role in enzyme introduction, as well. If you are one of those people who do not chew each bite the requisite number of times and if you are not eating 100% raw foods, there is a very good chance that you will benefit greatly by including digestive enzymes in your daily regimen. That is why we are offering our amazing **Enzyme Advantage** as our monthly special and why we have dedicated our *Monday Morning Health Minute* and our LIVE **Wednesday night Consumer Education Call** to this important subject.

Tune in LIVE at 6 pm EST/ 9 pm PST Wednesday night by dialing (212) 461 5800, (enter pin code# 8246 when prompted), and let anyone you know who could benefit from this information to please join us!

Dave Sandoval
Author of the Green Foods Bible
Founder of PHP

PHP's February Special
Enzyme Advantage™
buy One - get One
Half Price

Enzymes help to ensure
proper digestion, cleanse and/or
detoxify your body...



Many people experience allergies, gastro intestinal distress, constipation, ulcers and other unpleasant conditions caused primarily by poor digestion. Many times, these problems can be relieved by adding digestive enzymes to the diet to help ensure that the fibers, carbohydrates, fats, proteins, and micronutrients in the foods we eat are either used by the body or eliminated.

Most people mix many foods in one meal (meat, potatoes, sugary beverages and dessert). Unfortunately, our bodies are not built, by nature, to handle this. So, they only digest proteins or carbohydrates at one time, but not both. This leads to undigested foods that may putrefy and cause decomposing food waste to poison the blood stream.

PHP is proud to bring you our incredible patented digestive enzyme complex called Enzyme Advantage, a 100% vegetarian source of aspergillus derived enzymes that is validated by nine years of scientific research. It contains a guaranteed shelf stable enzyme complex that is ideally balanced for human digestion.

If you have been relying on an antacid, they may have dangerous side effects or may be perpetuating the problem as opposed to supporting your body's natural solution. Enzyme Advantage can be taken with food to ensure total digestion or alone to help cleanse or detoxify your body. Use Enzyme Advantage with any nutritional supplement to maximize its effect.

**** Buy 1 bottle of Enzyme Advantage
and get 1 bottle half price ****

Keep reading to learn even more interesting details about Enzymes...

Click [here](#) for more info or to purchase Enzyme Advantage.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

The Power of Enzymes

Discover the Key to Good Health

by Teya Skae, citizen journalist

(NaturalNews) Did you know that good health starts with proper digestion and good digestion relies on the right enzymes in the right amounts being at the right place and time? Sounds complex? It is, and is just another example of how intelligent our bodies really are.

As we age we become more challenged by various forms of stress, environmental pollution, chemicals, and our emotional issues. All of these deplete our body's natural ability to make enough enzymes to meet the demands of daily life.

Our body needs enzymes to function properly. Not only do we need them for healthy digestion, but we also need them to live as without them we wouldn't be able to breathe, swallow, drink, eat and digest our food.

So what are enzymes and how important are they to us?

Enzymes are complex protein molecules that are manufactured by all plant and animal cells. Enzymes are very important because they break up large food molecules into smaller units that are absorbed into the cells.

They help the body digest food and assimilate nutrients from proteins, carbohydrates, fats, and plant fibers. In addition, enzymes assist in all chemical reactions taking place in our body; including the regeneration of cells/tissues and the elimination of waste products/toxins as well as supporting our immune system. In short, enzymes make things happen!

According to Dr. Edward Howell, pioneer of Enzyme Therapy:

"Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body. Without enzymes, no activity at all would take place. Neither vitamins, minerals, nor hormones can do any work without enzymes".

In support of this view, Drs. D.A. Lopez, R.M. Williams, M.D., PhD and M. Miehle, M.D. state that

"Enzymes are the body's labor force to perform every single function required for our daily activities and are required to keep us alive. They are responsible for all of the functions of every organ system in our bodies. In addition to our immune and defense systems, we require enzymes not only to eat, digest and absorb nutrients, but also to see, hear, smell, taste, breathe and move".

Do we have an infinite supply of enzymes?

No, we do not. Until recently, the scientific community believed that the digestive enzymes in our body are constant and last forever. Researchers now know that we lose digestive enzymes through sweat, body waste and the natural ageing process of the organs that produce our

Product Knowledge Call

February 4, 2009

Enzyme Advantage

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the January 28th Call:

Click [here](#) - Hypothyroidism

Remember...

Knowledge is Power!!

Contact Us:

<http://www.phporder.com>

info@phporder.com

PHP
[1542 Seabright Ave](#)
[Long Beach, CA 90813](#)

[888-747-6733](tel:888-747-6733)

digestive enzymes.

Our current fast-paced society with its preoccupation with convenience has resulted in more chemical pollution, overly processed foods and microwave cooking, all of which create a lot of free-radical damage in our body, also known as a process of accelerated ageing. This process of free-radicals lowers the body's natural ability to produce enzymes and meet its demands to function well.

Are there practical solutions we can implement to offset this phenomena?

Yes, but first let's get familiar with the different types of enzymes and what they do.

The three main categories of Enzymes are:

Digestive Enzymes

Food or Plant Enzymes

Metabolic Enzymes

1. Digestive Enzymes, secreted by the salivary glands, stomach, pancreas, and the small intestine help break down food into simple components.

2. Food Enzymes exist naturally in raw food. If the food is cooked above 47 degrees Celsius, the high temperature involved in the cooking process destroys the enzymes. Digestive enzymes and food enzymes serve the same function; they digest the food so it can be absorbed into the blood stream. The difference between the two is that food enzymes are derived from fresh, raw, uncooked foods such as fruits, vegetables, eggs, raw unpasteurised dairy, meat and fish (sashimi), whilst digestive enzymes are made inside our body.

3. Metabolic Enzymes are produced in the cells and are found throughout the body in the organs, in the bones, the blood, and inside the cells themselves. Metabolic enzymes help run the heart, brain, lungs, and kidneys. Hundreds of metabolic enzymes are necessary for the working of our body.

Enzyme supplementation in our diet:

- * Improves overall digestion so we have more energy for life
- * reduces the effects of aging, wrinkles, sun spots.
- * aids in disease prevention
- * aids in the prevention of cancer and debilitating diseases
- * minimizes the negative effects of cancer therapies
- * boosts the immune system
- * reduces inflammation/soreness of muscle and joint pain
- * retards periodontal disease
- * prevention of heart disease
- * speeds healing after surgery

- * reduces the negative effects of anesthetics
- * aids in reproduction problems, regulating cycles, infertility and sterility
- * cleanses our system from allergic reactions

Let's look at some of the enzymes and what they do.

Lipase: An enzyme that digests fats, helping to maintain correct gall bladder function. When added to a meal as a supplement, it digests dietary fat, relieving the gallbladder, liver, and the pancreas which would otherwise need to produce the required enzymes. Protein absorption from fatty foods such as fish or seeds can be improved by incorporating supplemental lipase enzymes in the diet.

Protease: This enzyme breaks down protein found in meats, poultry, fish, nuts, eggs and cheese and may be helpful for people with food allergies or who have difficulty digesting protein.

Amylase: A natural plant extract which helps your body break down and assimilate starches and carbohydrates. Works great for digesting starches and carbohydrates and may be useful for people with gluten sensitivities.

Cellulase: An enzyme that breaks down food fiber (cellulose) found in fruits and vegetables. Cellulase, which is not found in the human system, breaks the fiber bonds and increases the nutritional value of fruits and vegetables.

Lactase: Digests milk sugar. Lactase deficiency is the most common and well-known form of carbohydrate intolerance. It is estimated that approximately 70% of the world's population is deficient in intestinal lactase. Supplemental lactase enzymes have been found to decrease the symptoms of lactose intolerance associated with the consumption of dairy foods.

Phytase: This enzyme breaks down phytic acids in grains, seeds, and simple sugars into fructose and glucose.

Maltase: Digests complex and simple sugars. Maltase breaks down unused glycogen in muscle. Glycogen is a thick, sticky substance that is converted from sugars and starches and is stored in your muscle cells for future use. If stored glycogen continues to build up in the muscle tissues, it leads to progressive muscle weakness and degeneration.

Papain from papaya and Bromelain from pineapple, both help digest protein. Bromelain is also a natural anti-inflammatory.

Why are enzymes so important for digestion?

In its raw state, food contains enough natural enzymes for it to be digested. However, when the food is heated above 47 degrees Celsius, the natural enzymes present are also heated and denatured, that is they become inactive. This makes the enzymes totally ineffective in the digestive (breaking down) process.

What can we do about it? Eating raw food as much as possible is ideal but is obviously not acceptable in some cases. For example, eating raw meat, raw fish (apart from sushi), or uncooked rice is not only difficult but even unpalatable and certainly not enjoyable to most

palates. So, eating raw vegetables such as spinach, green salad, and shredded carrots with our meats is helpful. If we eat our meats medium rare to medium at the most, that also preserves some enzymes in the meat. But if we eat cured or well cooked meats than it is helpful to take some digestive enzymes so our bodies are not as taxed trying to process meat devoid of enzymes.

Another very important fact to consider is if we totally depend on our internally made digestive enzymes, we are placing more stress on our body's systems/organs. In turn, these systems and organs have less time to make more enzymes for rebuilding and replacing worn out, damaged cells and tissue and keeping our immune system strong.

Your body's top priority is making sure it has enough nutrients to run its systems. This means digesting food and converting it into nutrients. There is no activity more important to the body than this. This takes a lot of energy and enzymes, particularly if the body must make most or all of these enzymes. Remember that no food can be digested without digestive enzymes, and they are destroyed above 47 degrees Celsius. It sheds light on why so many people suffer from digestive complaints and lethargy.

Dr. DicQie Fuller PhD, in her book *The Healing Power of Enzymes*, emphasizes the importance of enzymes for digestion:

"Eighty percent of our body's energy is expended by the digestive process. If you are run down, under stress, living in a very hot or very cold climate, pregnant, or are a frequent air traveler, then enormous quantities of extra enzymes are required by your body. Because our entire system functions through enzymatic action, we must supplement our enzymes. Aging deprives us of our ability to produce necessary enzymes. The medical profession tells us that all disease is due to a lack or imbalance of enzymes. Our very lives are dependent upon them!"

In essence, when we improve our digestion we are improving our health. Eating our food as close to its raw state as possible is a good place to start. If eating well cooked/cured/smoked meats, then adding digestive enzymes would be necessary to ensure they are digested. When cooking eggs, soft boiled or poached is best, instead of omelettes and frying. Eggs have some of the best enzymes and nutrients particularly for our thyroid gland and our liver, so it pays to preserve these delicate enzymes in eggs as well as other proteins.

This is because proteins are the building blocks of life, and we constantly need these building blocks in rebuilding and maintaining lean muscle tissue, regenerating organs/glands, synthesising hormones, regulating our brain chemistry, and supporting our immune system. If we are not digesting our protein well, we don't have the necessary building blocks for life and that of course would diminish our health. The key to good digestion is enzymes, and ensuring we have enough supply in our system for optimal digestion, energy and overall well-being.

References:

Anthony J. Cichike, D.C., Ph.D. *The Complete Book of Enzyme Therapy*; Avery Publishing, 1999

Dr. Edward Howell, *Food Enzymes for Health & Longevity* by Lotus Press, 1994, D.A. Lopez, M.D., R.M.

Williams, M.D., Ph.D, M. Miehke, M.D., *ENZYMES - The Fountain of Life*. The Neville Press, 1994, Dr

DicQie Fuller-Looney PH.D. D.Sc. N.D *The Healing Power of Enzymes*. Forbes Custom Publishing. 1998

Do you know PHP's staff naturopath?

PHP is proud to have naturopath **Dr MICHAEL WOHLFELD** on staff- the best part is that health and nutrition consultations with Dr Wohlfeld are **ABSOLUTELY FREE** of charge with no strings attached! Make sure you take advantage of this valuable resource...

***He can be reached via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at **askphpdoc@gmail.com**.
Get to know Dr Wohlfeld- you will be glad that you did!***