



PHP Monday Morning Health Minute

February 9, 2009

Volume 3, Number 6

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Listen on
Wednesday,
February 11 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

Click [here](#) to download the fact sheet on Enzyme Advantage

Enzyme Advantage has many benefits and helps with many conditions.

Please click on the Battle Plans below to see how Enzyme Advantage can help you or someone you care about.

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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.

Digestive Enzymes are Essential for a Healthy Body

by Darrell Miller

Years of researching various health-promoting herbs, vitamins, minerals, and other dietary supplements has led to the conclusion that enzyme therapy is one of the most valuable ways to maintain and promote good health. Not very many of us actually understand the enormous role that enzymes play in health maintenance, with many of us actually being enzyme depleted due to the over-consumption of cooked enzyme-less foods and the under-consumption of raw whole foods. The human digestive system was designed for a diet that is full of raw plants and fruits, but many foods today are processed, refined, heated, and fragmented.

By eating foods that have lost their own natural enzymes, the pancreas and other organs that supply digestive enzymes are over-worked. This results in enzymatic function in other areas of the body to become compromised, which leads to disastrous health implications. Replenishing enzymes through diet and supplementation is an easy way to make up for the typical diet that is full of mostly dead foods.

The human digestive system is one of the most perfectly designed systems in the body, typically functioning without problems. This means that if we are eating the right foods in the right way, then we should not have to rely on antacids, H2 antagonists, proton-pump inhibitors, and laxatives. Burping, belching, and bloating, no matter how often they occur, are actually not normal. It is ironic that the human body has a system that is far more impressive than any other machine built by humans, but we suffer from breakdowns all the time such as abdominal cramps after eating, inordinate amounts of gas, sluggish colons, and an overall lousy feeling after eating.

Statistics prove that we are not eating the right foods, and even if we were, many of us are not properly absorbing all of their nutrients because we consume huge amounts of sugar, drugs, caffeine, alcohol, and highly processed refined foods that prevent normal digestive processes. Being under constant stress and eating on the run, along with our unhealthy food choices, creates an environment inside our body that causes common cases of heartburn and indigestion, possibly leading to ulcers and colon disease.

Enzymes are protein molecules that are responsible for thousands of physiological reactions that take place in the human body. They initiate and control almost every biochemical process that occurs in the body, with nearly three thousand individual enzymes being identified to date. Enzymes help our body to digest food, repair tissue, and eliminate dangerous toxins. Digestive

**Product Knowledge
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**February 11, 2009
Enzyme Advantage**

**Wednesday @ 6pm PST
Call 212-461-5800 pin
8246#**

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Remember...

Knowledge is Power!!

Contact Us:

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enzymes break down food particles, which allow them to pass through the intestinal wall and enter the bloodstream. The enzymes that are found in the blood transform nutrient particles into tissue that is found in muscles, nerves, organs, and glands.

Enzymes also contribute to the process that stores sugar in the liver and muscle tissue and preserves fatty tissue. Additionally, digestive enzymes are part of the chemical reaction that creates urea. Some enzymes even help to detoxify our blood and tissue by allowing our immune system to attack foreign material. Lastly, metabolic enzymes help create energy in our body on a cellular level by converting food to energy, which then fuels nearly every mechanism in the body. Do you get enough enzymes on a daily basis?

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!***