

WHERE OPTIMAL HEALTH STARTS

No matter how well you eat or how regularly you exercise, none of that matters if you're not properly digesting food.

Courtesy of

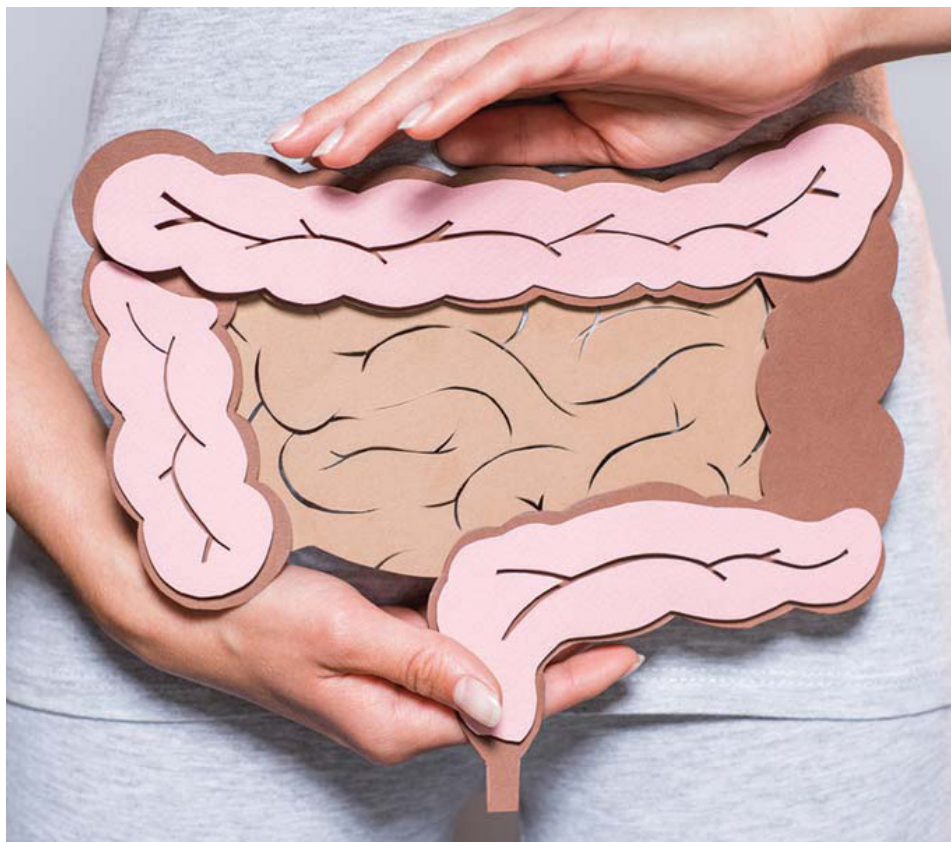


Enzymes are something that hardly anyone outside the nutrition field talks about. The truth is the general population should understand their importance even better than the need to eat enough fruits and vegetables every day. Without them, you'd die. They're that important to your health. They're overlooked because we live in a world that's in the habit of treating symptoms, instead of the cause. Once you understand the basics of how enzymes keep you healthy, you can easily protect yourself from developing countless health problems, minimize trips to the doctor, and keep medical costs to a minimum.

Enzymes are minute protein molecules naturally found in foods we eat. The catch is they're contained only in raw, unprocessed foods. Anything cooked over 118° F destroys digestive enzymes. These protein molecules are catalysts that make possible the chemical reactions that digest our food and break it down to usable, absorbable nutrients. Enzymes are the life force that is found in foods

and then transferred to our bodies to keep every system functioning optimally.

The food we eat must be digested and the nutrients must be absorbed for them to provide the body with nourishment. While optimal health starts with what you eat, the next most important part is digestion. Even if you eat well, all that nutrition does nothing for you if you don't digest it properly. The transformation process from meal to nutritious energy involves a lot of working parts and just as many steps.



To put it simply: digestion breaks food into molecules your cells can use. The working parts include your GI tract, mucus, enzymes, hormones, small intestine, and large intestine. The main part of this system is the GI tract. It helps mix foods and propel it into your small intestine. Substances, such as mucus and enzymes, are secreted into the GI tract to help with movement and digestion. The digestive system also secretes hormones into the blood that help regulate GI activity. Most of the digestion and absorption of nutrients occurs in the small intestine. Absorbed nutrients are transported in the blood to the cells. Anything that is not absorbed passes into the large intestine and expelled from your body. So, make sure you thoroughly digest your food by including raw foods in your diet or supplementing a balanced blend of enzymes.

ENZYMES AND FOOD ALLERGIES

We know allergens exist and we have reactions to them but we don't really think about why our sinuses go haywire, or why exactly we break out in hives. What's happening is a particle—usually a harmless substance—is triggering an overreaction. Instead of digesting the invader, our bodies slip into hyper drive and try to expel it untouched.

For example, if you have an airborne allergy to a type of grass, that's mainly a carbohydrate. When your body doesn't break it down and tries to expel it, you cough, sneeze, develop post nasal drip, a sore throat, and so on. However, if you have enough of the enzymes to break down allergen, you effectively halt the allergic reaction. The over-the-counter and prescription medications

don't contain digestive enzymes; just chemicals that suppress your allergy symptoms.

Same goes for a food allergy. Your body doesn't actually crave proteins, carbs, and fats. It craves nutrients, something it can't get just from eating. Your body has to digest foods down into nutrient molecules. Even a healthy-sounding meal, like lean chicken, brown rice, and steamed vegetables can cause you digestive problems because you've cooked out the enzymes.

When your body lacks the ability to break these substances down, our bodies sends excess water to the reacting area to flush it out, or builds up mucus to encase and remove it from your system. Replenishing

PRIMARY ENZYMES

- Protein gets digested into peptides by **PROTEASE**
- Peptides get broken down into usable amino acids by **PEPTIDASE**
- Carbohydrates are digested into disaccharides by **AMYLASE**
- Disaccharides get broken down into usable glucose by **LACTASE**, **MALTASE**, and **INVERTASE**
- Fats are broken down into usable essential fatty acids by **LIPASE**
- Other enzymes, like **CELLULASE**, help with fiber and other digestion needs

enzymes or minimizing cooked and processed food consumption ensures having enough digestive enzymes for optimal health.

EARLY WARNING SIGNS OF AN ENZYME DEFICIENCY



You might be surprised to learn that indigestion is your first clue that your body is lacking in digestive enzymes. Gas, heartburn, bloating, excessive burping, upset stomach, diarrhea—any symptom you'd normally address with an antacid or acid blocker are all warning signs you're not digesting your food properly. You're not antacid or acid-blocker deficient; you're enzyme deficient. The last thing you want is to halt the digestive process. This vicious cycle manifests as other health problems over time, like weight gain, difficulty losing weight, frequent sickness, and premature aging as your body slowly runs out of alternate ways to break down food into usable molecules. Eventually, you become unable to digest certain foods at all and develop food allergies.

Your supply of enzymes is like a cell phone battery. You can use enzymes like you do your battery to the point where you run out and need to recharge. If you don't recharge your phone's battery, it dies. If you don't recharge your supply of enzymes, you die. However, unlike your phone, it's permanent. There are things you can do on your phone to speed up battery usage, and there are dietary habits that create the same demand on your enzyme supply. The reverse is also the same for both. For humans, that means eating raw fruits and vegetables—the key word here is raw.

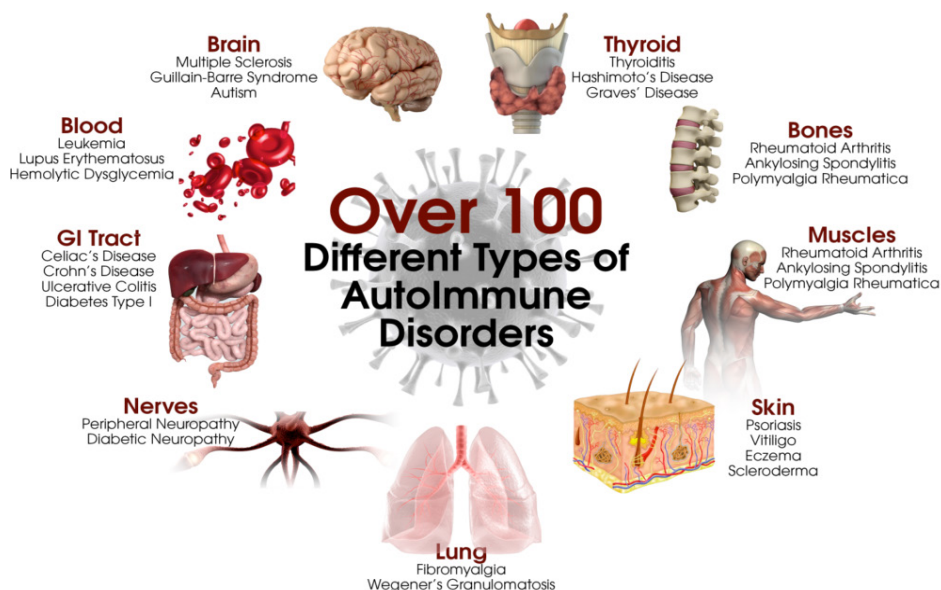
Holistic Nutritionists and organic chemists have a saying that goes, "The dose makes the poison." For example, nitroglycerin in small amounts saves your life if you are having a heart attack, but will kill you if you take too much.

Many foods can be poison if the dose is too high, which is why it's imperative you have a healthy supply

of digestive enzymes. Your body can't use proteins until the digestive enzyme protease breaks them down into amino acids. Imagine eating an 8 oz. steak for dinner every day. That slab of cooked, juicy protein is devoid of any digestive enzymes to help you break your meal down into usable amino acids. Now, your body does everything in its power to digest that steak

because it wants to keep you alive. However, every day of compounded steak eating steadily puts your body farther and farther behind. Your body will either eventually digest all that protein, or undigested pieces get stored in tissue and cause damage (mostly often recognized as gout), or gets sent out of your system.

AUTOIMMUNE DISEASES

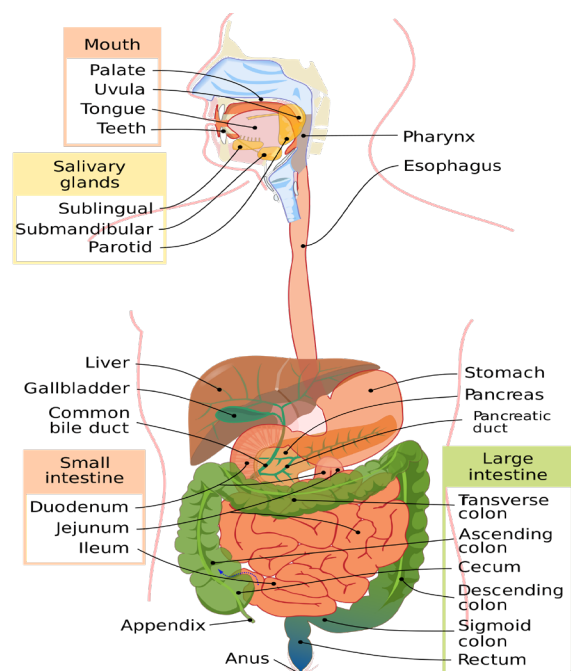


LATE WARNING SIGNS OF AN ENZYME DEFICIENCY

You know you've had a serious digestive enzyme deficiency for a while once you've developed an autoimmune disease. Now, most people think we're talking about vague, rare things with crazy names you have a hard time pronouncing. The truth is autoimmune diseases are things as common as arthritis and diabetes. Arthritis can develop due to undigested proteins gathering in joints. Your body recognizes there's something up in your joints but the molecular structure between the proteins and your cartilage have become too hard for your body to tell the two apart, so it indiscriminately attacks both the proteins and your

own body tissue. Same goes with diabetes. Undigested proteins mimic pancreas tissue. Your body senses your insulin is out of whack and sends white blood cells out to go fix things. Once again, indiscriminate destruction occurs and your body can no longer regulate insulin levels on its own.

And just think: all these health issues stem from what you're not digesting properly.



OPTIMAL 1 DIGEST-A-MEAL

Optimal 1 Digest-A-Meal contains a full lineup of digestive enzymes, patented organic minerals, and friendly flora. Optimal 1 breaks food down into usable nutrients, delivering them and making it possible to be metabolized and used.

It's a healthier, safer choice than antacids, acid blockers and other digestive "aids" that only address the symptoms and interfere with the digestive process. It contains a nutrient blend that helps repair damage to the digestive system caused by stress and environmental stressors, like pollution. It also provides nutritional support and protects your body from premature aging, fatigue, and countless other concerns associated with improper digestion.

The ingredients in this formula help increase energy levels, promote complete digestion of proteins, carbs, fats, and cooked foods, help reduce symptoms of acid reflux, lactose intolerance, and gas, and help relieve symptoms of indigestion and bloating.

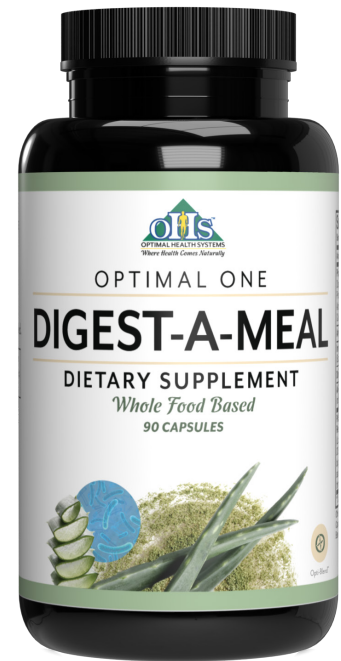
HERE'S WHAT YOU NEED FOR TOTAL DIGESTION:

1. Digestion: You need a complete array of plant enzymes. Different foods require different enzymes. For example, fats require the enzyme lipase; proteins require proteases, etc.
2. Assimilation: You need stabilizing (proven to survive the harsh stomach environment and implant in the intestines) friendly bacteria/probiotics to help the nutrients be assimilated past the gut wall and into the bloodstream.
3. Utilization: You need patented organic amino acid minerals to activate the enzymes to ensure full metabolism of the nutrient at the cellular level. Organic amino acid minerals are the most highly absorbed and the least toxic minerals available.

HOW TO TAKE OPTIMAL 1 DIGEST-A-MEAL

Optimal 1 Digest-A-Meal™ is best taken prior to eating a meal. Enzymes are added during meal times to optimize the digestion of the foods eaten. The general recommendations are as follows:

- Take 2 capsules with meals that are 100% cooked or processed
- Take 1 capsule with meals that are 50% cooked and 50% raw (for example, chicken with salad)
- If you are experiencing food or airborne allergies, lactose intolerance, and/or signs of indigestion, such as bloating, heartburn, and burping between mealtimes, take 1-2 capsules between meals.



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