

# Optimal Digestion

**Almost everyone** is needlessly draining their body's energy on a daily basis and because of it... they age quicker, they get disease, they acquire physical problems and **statistics like this are real:**

**It's estimated, that 80% of the population** will end up with a tumor, cancer, disease or some type of physical problems or pain. This means approximately 4 out of 5 people are on the highway to some type of physical tragedy. **Most people don't know how they are draining** their body's energy supply and consequently the body's ability to protect and repair itself is impaired. If continued weakening of the body's energy isn't corrected... most health problems are going to continue to exist or even get worse. If you're going to achieve great health... you must understand the severity of the damage being done. **This is the biggest health problem in America today.**

## **Isn't it time you achieved The Best Possible Health?**

**Learning how to give the human body back its full power to protect, repair and function properly** is The Real Secret to Better Health. When the human body has enough energy and can focus on what it has to do... **it can repair almost any disorder.** But when the human body doesn't have enough energy and proper focus...we can catch a cold, get the flu, have indigestion, get constipated or even end up with a tumor or cancer. Understanding how the human body is supposed to work...will give you **the knowledge you need to correct the human body's biggest problem and help you reach a higher level of better health.**

Within this booklet **you will learn how to stop draining** your body's energy and enzyme reserves. Hopefully you're open minded and ready to learn "The Real Secret to Better Health" and start giving your body the help and additional strength it truly needs.

**Great health** is the most valuable possession a person can own

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## Oxygen, water and food

**There are three basic foundations** the human body absolutely must have to function properly and they are oxygen, water and food. **Water is very important in removing waste and impurities** from your body and it helps circulate oxygen and nutrients throughout your body. **More clean water = better health!** Drinking at least 64 ounces to one gallon of water a day is highly recommended! **Foods are supposed to supply** the body with the nourishment it needs. Every part of the human body and every one of the trillions of cells needs nourishment to help keep it healthy. For each of the cells to get the benefit of the nutrients, the food must be completely broken down into the smallest possible size, **which is called an ionic form**. In this ionic state the food particles are small enough to enter the cell and the cell can utilize what it needs. If the nutrients aren't fully broken down and digested properly **they can be too large to enter the cells** and the cells **can't** benefit, even though the nutrients were absorbed into the bloodstream. This is why there's a **huge difference between absorption and utilization**. Absorbing nutrients that aren't fully digested or useable is one reason why the human body doesn't function as well as it could and it's also a big part of how we're abusing and draining the entire body's energy.

### The Facts:

Fact # 1 - A fully functional and effective immune system will protect you from colds, flu, tumors, cancer and more. Fact # 2 - **If you had a fully functional and effective immune system**, you wouldn't get colds, flu, tumors, cancer and more.

Fact # 3 - **Your human body has an army capable of repairing** any damaged area within the human body. Fact # 4 - If your repairers were fully functional and strong, many of the physical problems that occasionally **appear wouldn't stay forever... they'd get repaired**.

Fact # 5 - **We are causing our own problems every time we eat cooked and processed foods**. When we eat them... we're eating dead or denatured food that has **no live enzymes or life within the food to help digest or break down that food**. These dead foods force the human body to work double time or twice as hard each and every day. Over time this weakens the human body's effectiveness and problems start surfacing. **It's fairly easy to correct** this situation and give your human body back its power to protect, repair and function more effectively. Wouldn't it be nice to see the human body use its miraculous healing power to reverse physical problems and get rid of disease? **Only a great digestive enzyme formulation** can lift this heavy burden off of the human body.

## There are only two types of food on earth

1<sup>st</sup> - **raw foods are enzymatically alive**, which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. 2<sup>nd</sup> - **cooked and processed foods are enzymatically dead or denatured**, which means there

are no live enzymes within that food to help with digestion of that food. These dead foods will stress the entire body including the digestive system, the pancreas, the immune system, the body's energy and the **body's enzyme reserves**.

### **Eye Opening Cooked versus Raw Food Study**

The Pottinger cats study lasted for ten years, with three generations of cats being studied. Approximately 900 cats were involved. Dr. Francis Pottinger took 2 sets of cats and fed them only raw milk and raw meat. He took 3 more sets of cats and fed them cooked meat and pasteurized milk. **This study was specifically designed to show the difference between eating raw foods versus cooked and processed foods over a long period of time.** The cats eating the raw food were disease free and healthy generation after generation. But, the cats eating the cooked and processed foods weren't so fortunate. By the end of the 1<sup>st</sup> generation the cats started to develop degenerative diseases and became quite lazy. By the end of the 2<sup>nd</sup> generation the cats had developed degenerative diseases by mid-life and started losing their coordination. By the end of the 3<sup>rd</sup> generation the cats eating the cooked foods had developed degenerative diseases very early in life and some were born blind and weak and had a much shorter life span. Many of the third generation cats couldn't even produce offspring. The cat study gives us **a little understanding as to why children today are getting degenerative diseases** that used to only show up in humans at an **age of 50 years or older**.

### **Before Man discovered fire...**

**Man and animal alike could only eat raw food**... like raw meat, plants or fruits and vegetables. Raw food is alive and has **live food enzymes** within the food that will help break down or digest approximately 50% of that food. **When eating raw food the human body only has to digest the other half** of the food. Eating food that is alive **conserves** the body's energy, enzyme reserves and makes it much easier for the body to function properly. **In today's world it's nearly impossible to eat all raw foods and many foods should not be eaten raw... because of possible bacteria contamination.**

### **After Man discovered fire...**

**Man started cooking much of the food that was consumed.** Cooking food kills the live food enzymes within that food. All foods cooked and processed above 118 degrees are dead or denatured. It is **lifeless because the live enzymes within the food have been killed.** Years and years of eating dead or lifeless food weakens the human body. It **overworks and needlessly drains** the human body's power, energy and enzyme reserves... making it possible to acquire all types of physical problems and disease.

## You are what you eat”...

Is an old saying and it may sound a little funny but its very true. In the wild, **animals eat live food to live or life eats life to stay alive.** But us human beings, who are supposed to be the more intelligent species, eat dead food and think it’s going to keep us vibrant and healthy. How intelligent are we? **Are we eating dead food to die quicker?**

### Leukocytosis

According to Dr. Paul Kautchakoff the major cause of leukocytosis is **eating cooked foods.** His research has helped us to understand what develops in the bloodstream when we eat cooked and processed foods. Dr Kautchakoff divided his findings into four classifications. 1<sup>st</sup> - **Raw foods produced no increase in the white blood cell count.** 2<sup>nd</sup> - Commonly cooked food caused leukocytosis (which is an increased white blood cell count). 3<sup>rd</sup> - pressure cooked food caused even greater leukocytosis. 4<sup>th</sup> - man-made, processed and refined foods, such as carbonated beverages, alcohol, vinegar, white sugar, flour and other foods, caused severe leukocytosis... **and eating cooked, smoked and salted animal flesh brought on violent leukocytosis consistent with ingesting poison.** The bottom line is... cooked and processed foods are harmful to the human body.

### Dr Edward Howell

Dr. Edward Howell was one of America’s pioneering Biochemist and Nutritional researchers. His 50 + years of enzyme research has shown that **most physical problems and disease can be traced back to one source... which is improperly or not fully digested food.** **How can the human body function properly if we are not digesting our food properly?**

### How proper digestion works

When food is swallowed it goes down the esophagus and into the upper portion of the stomach. **The food will stay here for approximately 45 to 60 minutes** and the live food enzymes within raw foods automatically start breaking down the food. Then it goes into the lower part of the stomach where trypsin, pepsin and hydrochloric acid help break down the meal. Proper digestion occurs when **a good portion of the food is broken down within the first 45 to 60 minutes** after swallowing. Cooked and processed foods have no live enzymes within the food to help break down or digest the food in the upper part of the stomach... and this is where the energy drain on the human body starts! Even **vegetarians** will bring their food home and cook it and by doing so, they also drain the body’s energy and enzyme reserves.

### **The Key to conserving the body's energy and enzyme reserves!**

The upper portion of the stomach is the KEY! **We must have enzymatic activity in the first 45 to 60 minutes after we have eaten food or the problem will not be corrected!** When we eat the cooked and processed foods that have no life or live enzymes... the human body has to work much harder. The body must put out more digestive juices in the lower part of the stomach and the pancreas must produce more digestive enzymes... and a chain reaction happens throughout the body. **Think about this... every time we put dead food in our body... the body must deal with digesting 100% of the food instead of 50%.** This means you are doubling the body's work every time you eat dead food. **The Best Solution to this problem is a great plant digestive enzyme.** It's the **only health product** that has the power to help with digestion in the upper part of the stomach and **will actually help take the drain off of the human body.**

### **The Chain Reaction**

When there are no digestive enzymes taken with the consumed cooked and processed foods... **improper digestion and leukocytosis occurs!** The human body must work much harder and undigested or not fully digested food particles can get **into the intestines, colon and into the bloodstream.** In the intestinal track and colon undigested proteins putrefy, undigested carbohydrates ferment and undigested fats turn rancid which causes **toxicity.** **These toxins** can seep through the bowel wall, and get into the blood stream. This leads to even more work for the human body and draining the body's energy continues.

### **In the bloodstream**

Your immune system **will attack and defend** your body against improperly digested foods that get into the bloodstream. The immune system doesn't **recognize** these particles as food. It sees a toxic invader and attacks and kills the invader. When this happens daily we don't get the full benefit of that food particle and **we weaken the immune system** by using it in a role it shouldn't be doing. In other words, we are using the immune system and metabolic enzymes (the repairers) daily to clean up the bloodstream of undigested food particles.

### **Two Priority Modes**

The protectors and repairers of the human body have two priority modes. **The first** priority mode is protecting, building, rejuvenating and repairing the human body. If the protectors and repairers **could only stay in this priority mode...** we could have a fully functional and effective immune system! **The second and highest priority mode** is cleaning up the blood stream of not fully digested particles. When the protectors and repairers are called into action daily to clean up the blood... **normal protecting and repairing becomes secondary!**

Improperly digested food particles in the bloodstream are an immediate danger to the human body and it has to be cleaned up immediately! Cleaning up the bloodstream is the highest priority and every time the protectors and repairers are called into this mode... **we've distracted** them away from normal protecting and repairing our human body. In essence... we're weakening our body's ability to defend and repair itself.

### The Nutrients in our foods

Improperly digested foods and supplements can lead to vitamin and mineral deficiencies. **If our food isn't properly digested**... many of the vital nutrients within the food or supplements will be wasted. If supplements don't have an adequate delivery system, there's a good chance they won't be properly broken down, absorbed and utilized at the cellular level, which means they can be **useless**. This also holds true for carbohydrates, proteins and fats... if they are not fully digested the body won't get **the nourishment it needs**. What we accomplish by taking digestive enzymes is this: we make **absolutely sure** the nutrients and food are fully broken down into the smallest possible size, so that every cell in the human body can benefit. There is no doubt that the foods available to us today can be 10 to 30 times less nutritious than 70 years ago... and **this is why nutritional supplementation is necessary if good health is desired**. Taking supplements that are in the correct or useable form (ionic or angstrom size are best) is a good step in the right direction toward better health.

### Utilizing our Nutrients

If we take supplements in the correct form and eat raw foods occasionally... **most people would assume** that the nutrients are being utilized to give the body the support it needs. Without the assistance of digestive enzymes with the cooked or processed foods and on an empty stomach... many of the nutrients from the supplements and food are **going to be utilized for energy by the metabolic enzymes** (protectors and repairers) to clean up the bloodstream... instead of supporting the body's normal daily needs. Another good reason for deficiencies!

### Enzymes taken on an empty stomach!

Taking enzymes with food will help digest that food. When digestive enzymes are taken on an empty stomach (**two hours of no food**) the benefits are **enormous!** The combination of taking digestive enzymes with food for proper digestion and on an empty stomach to help clean up the bloodstream turns two negative situations into two positives. Now the protectors and repairers of the human body are no longer needed to clean up improperly digested nutrients and they can go back into the priority mode of protecting and repairing at **full strength**. In this priority mode the protectors and repairers are **ready and waiting to utilize the nutrients** from the foods we eat and the supplements we take.

Look at all the benefits when taking “The Health Nuts Ultimate Enzymes” on an empty stomach? These enzymes will help all of the following in the bloodstream:

- |  |  |
|--|--|
| *** Digest proteins                          | *** Stimulate the Immune System  |
| *** Assimilate fats                          | *** Shatter Crystalline Deposits   |
| *** Increase energy                          | *** Breaking up Cholesterol Deposits   |
| *** Reduce bacteria                          | *** Increase the White Blood Cell size and activity.   |
| *** Assimilate and Eliminate Toxins          | *** Increase the surface area of the red blood cell... making it possible to carry more oxygen to all parts of the body. |
| *** Eliminate Yeast                          |  |
| *** Break up and dissolve Uric Acid Crystals |  |
| *** Raise T-Cell activity and production     |  |

**If you do not take digestive enzymes on an empty stomach...**  
**ALL THE ABOVE BENEFITS WILL BE MISSED!**

### The Overworked Pancreas

The results of **autopsies** done on people that eat mostly cooked and processed foods have shown that the pancreas is dangerously enlarged, poorly functioning and quite often on the verge of breaking down. In this broken down state the human body has been starved for the lack of properly digested nutrients and the human body **has been polluted** with improperly and undigested nutrients that cause plaque, high blood pressure, high cholesterol and a lot more. The intestines and the colon are also being backed up and polluted with nutrients that could have been utilized. An interesting note about the pancreas referenced in Dr. Howell's book, is about animals that grow to be about the same size and weight as humans. When they're born, the animal's pancreas is about the **same size as ours...** but by mid-life our pancreas is approximately 4 to 6 times larger than the animal of similar size. This indicates that the human body has **tried to adapt to and meet the demands** we've put on the digestive system, by asking it to work double time every single day.

### Replenishing our enzyme supplies

Dr. Howell theorizes humans are given a **limited supply of enzyme energy at birth**, which means there's **only a certain amount of enzymes the body can produce** and it's our job to keep the enzyme supply healthy. Very similar to the fuel gauge in your car, when it says full you know you're OK, but, when it gets close to empty... you need to refuel or the car will stop running. **When our enzyme supplies run very, very low in the human body, we die** and there's not another chance to replenish them. There are **three ways to replenish or conserve** our enzyme supplies while we're still alive. Eating raw food is one way, the second way is to take digestive enzymes every time we eat and the third way is taking digestive enzymes on empty stomach and this little secret adds numerous benefits. Dr. Howell says, **“If we don't replenish our enzyme**

supply, we run the risk of ill health”, another way of saying this... the faster our enzyme supply becomes depleted, the faster we age and the more likely we will get disease. On the other hand, the more we replenish our enzyme supplies; we increase the odds we'll live longer and healthier. Dr Howell has also stated he believes the **underlying cause of almost all degenerative diseases** is the depletion of our enzyme supply caused by diets of cooked foods which ends up **causing premature aging and early death**. Here's another quote from Dr. Howell... "We know that decreased enzyme levels are found in a number of chronic ailments, such as allergies, skin disease and even serious diseases like diabetes and cancer." When our enzyme supply is low... physical problems are almost assured. **When our enzyme supply is high... great health is our reward.**

### The Worst Deficiency

**All deficiencies** are a serious problem... because the human body isn't getting what it needs to support all the cells and various body functions. Vitamin and Mineral deficiencies most often are attached to or are a bi-product of enzyme deficiencies... because the food and supplements aren't being properly broken down into the smallest usable form. The sole responsibility for a **water deficiency** or dehydration falls directly on each individual. **The worst deficiency of all is enzyme deficiencies.** Most of us were raised on cooked and processed foods and this is where and when the **depletion of our enzyme reserves** started.

### Enzyme Depletion

At the Michael Reese Hospital in Chicago experiments were done on two groups of people. The first group was **21 to 31 years old**. The second group was **69 to 100 years old**. They found the younger people had 30 times more amylase in their saliva than the older people. This is why when we're young we can handle a diet of bread, pasta, pastries and cooked foods without much problem. **But this type of diet can cause rapid aging and depletion of our enzyme supplies.** This is a very good example of enzyme reserve depletion. The older we get... the more we need enzyme supplementation.

### Physical disorders associated with enzyme deficiencies and the decreased levels of each individual enzyme

**Protease** (digests proteins): anxiety, low blood sugar, kidney problems, water retention, depressed immunity, bacterial and viral infections, cancer, appendicitis, bone problems such as: osteoporosis, arthritis, and bone spurs.

**Amylase** (digests carbohydrates): skin problems (rashes, hives, herpes, canker sores), liver and gallbladder disease.

**Lipase** (digests fats): high cholesterol, obesity, diabetes, cardiovascular problems, high blood pressure, chronic fatigue, spastic colon, and dizziness.

**Cellulase** (digests fiber): gas, bloating, acute food allergies, facial pain or paralysis, candidiasis (yeast infections).

**Sucrase** (digests sugars): lung problems, asthma, bronchitis, seizures, hyperactivity, mood swings, insomnia, depression, chronic diarrhea, and dizziness.

### Under the Dark Field Microscope

Looking at live blood samples under the dark field microscope **we can actually see what's going on inside the blood.** Here are some of the unhealthy conditions we see on a daily basis even in **people who think they're very healthy:** We see red blood cells sticking together (which can be caused by very sticky undigested proteins). Red blood cells carry oxygen, but, when they're impaired, this condition can lead to **poor circulation, migraine headaches and chronic fatigue.** We also see cholesterol and uric acid crystals (**which can lead to arthritis or gout**) and we see **plaque that is due to undigested fats and undigested proteins** and this can lead to **arteriosclerosis.** The before and after blood tests have proven: when taken on an empty stomach... digestive enzymes will go directly into the blood stream and help clean up the blood **including fat and protein deposits** (plaque) left in the body **from years of past poor eating habits.**

### Building a health body

Building a house and building a strong healthy body can be very similar. To build the house... **you'd need the materials,** which would include the cement to pour the foundation, the wood, the bricks, the electrical wiring and more. To finish building the house, you'd need the **laborers or workforce** to put all the pieces together. They include the carpenter, the electrician, the bricklayer, the roofer and more. The same pattern holds true to build a healthy body. A healthy body **can't be built without the materials,** and a healthy body **can't be built without the laborers or workforce.** You need both to build a strong healthy body. Water, vitamins, minerals, and other nutrients are the materials. The protectors and repairers are the laborers or workforce. They can take the materials and build, rejuvenate and repair the entire human body...and protect the body from invaders. **The immune system protects. The metabolic enzymes repair.** With all the diseases and physical problems in America today, its obvious the metabolic enzymes and the immune system **haven't been able to do their job.** When we distract the laborers and workforce from doing their job... we're diverting their attention away from repairing and protecting the human body... **which opens the door to disease, physical problems and pain.**

### Most Health Products...

focus on giving the body the materials it needs. We do need water, vitamins and ionic minerals. **We also need to give the workforce** of the human body back its power and ability to function more effectively. Digestive enzymes take the **drain off the workforce** and give them the chance to **regain their strength and focus.**

Taking digestive enzymes will help the body develop a stronger disease-fighting capability and increase the body's ability to mend and heal itself. Digestive enzymes are **the only health product** on the market that can improve the drains occurring in the body. Digestive enzymes can do **as much or even more** for the human body **than any other health product** available... because it helps take a tremendous burden off of the human body in so many different ways. **Digestive enzymes along with vitamins, ionic minerals and plenty of water will help you achieve the best possible health.**

### **A Rat Study**

Dr. Howell's research has shown that a diet of cooked foods causes rapid, premature death in mice. In fact, rats on a cooked and processed food diet live about **two years**. While the rats that ate raw food live about **three years**. **The rats eating raw food live 50% longer.** Dr. Howell has also noted, the rats that ate dead food... their brain weight went down and their body weight went up.

### **Eskimo Study**

In Dr. Howells book "Enzyme Nutrition" he talks about an Eskimo study done by a journalist from the **New England Journal of Medicine** in the mid 60's. Before the Eskimos were introduced to the cooked & processed Americanized diet **they ate mainly whale blubber and seal meat.** Eskimos lived on this diet for generations without suffering from nutritional deficiencies, heart disease, cancers, high cholesterol, high blood pressure and many other problems that are now commonplace in our world. The Eskimos **didn't have fresh fruits and vegetables available;** yet, because there were **live enzymes** within the raw fat and meat they ate... they lived a long and healthy life. **Fat in its raw form is the best source of energy.** When fat is cooked or processed it no longer has the live enzymes within it to help break it down and quite often gets stored in the body... This is a big reason why so many people are overweight. Properly and fully digested fat is good fat! Improperly digest fat can a serious problem for the body both in the bloodstream and in the colon.

### **A Hog Study**

A study done by veterinarians involved two groups of hogs. The first group ate cooked potatoes and **gained weight very rapidly.** While the second group ate **raw potatoes and didn't get fat.** Dr. Howell has stated from his work in a sanitarium many years ago **"it is impossible to get people fat on raw foods... regardless of the calorie intake."** Live enzymes make the difference.

### **People Studies**

**Its been clinically proven... the more enzymes you take, the quicker your body can restore, repair and strengthen itself.** Here are some examples:

\*\*\* A double blind study found karate fighters on enzymes **recovered from injury in 7 days**. The karate fighters on placebos took 16 days to recover.

\*\*\* Dr. Max Wolf, who is a former Fordham University Professor of Medicine, tested 347 patients with **circulatory disorders**. **His findings showed 87%** completely free or almost free of any symptoms after taking enzymes.

\*\*\* A study in Germany on patients suffering from **vein disorders** were given oral enzymes. **94% were completely recovered or had significant improvement**.

### Car battery

A new car battery can last a long time as long as it is hooked up to an alternator that puts more energy back into the battery as the stored energy is used up. The human body also **needs energy** put back into the body as stored energy or the enzyme reserves are used up. Eating dead food **takes energy away** from instead of giving additional energy to the body. Taking digestive enzymes with dead food gives the body the additional energy **it needs** to help digest the food and taking digestive enzymes on an empty stomach gives the body **an additional source of energy** in the bloodstream.

### Enzymes are Energy!!!

Every time we eat live food or take digestive enzymes with dead food **the demands on the digestive organs are reduced... because much of the digestive work is already completed**. Every time we eat cooked and processed foods (dead food) we must use our enzyme reserves to help digest that food. **Since digestion always takes precedence over nearly everything else**, many body functions requiring metabolic enzymes are often shortchanged during these times. **The result is a lower disease-fighting capability and a general weakening of the body's ability to mend itself.**

### Americans needs to catch up!

More than **25 million people** in Europe and Japan have been given enzyme supplementation or therapy with **enormous success...** all with **no important side effects!** Enzymes are food... not drugs! Unlike drugs **that control the body's chemistry**, enzymes enhance nutrition and digestion... **so the human body can control itself**. Enzymes are a key piece in the puzzle of life, **because they make the other pieces work**. Enzymes are the very life force **that activates** vitamins, minerals, proteins and other physical components within our body. Vitamins, minerals, proteins or hormones **can't do their work without enzymes...** and vitamins do not deliver energy by themselves... they require enzymes for energy. **Enzymes unlock** the energy in food and make it possible for the human body to function properly. Every time we add digestive enzymes to our foods... we give our body a serious amount of assistance **instead of draining the body's power**.

## Achieving a strong healthy body

We must have vitamins, ionic minerals and water to be healthy. When we add digestive enzymes to our daily supplementation... **we can get a lot more** out of the foods we're eating and the supplements we're taking. We also lift the burden off the pancreas, thyroid, pituitary gland, liver, immune system, metabolic enzymes and so much more. Most raw foods have the capacity to break down half of that particular food. If we take digestive enzymes with raw food... **we can help break down the other half of the raw food**... and this means less energy spent by the body to get the nourishment it needs. If you want **your body to be as healthy as possible**... taking digestive enzymes with raw fruits and vegetables will help you achieve a much healthier body.

### Why are digestive enzymes so important?

When the food is partially broken down by enzymes in the upper stomach the demands on the digestive organs and the rest of your body are significantly reduced because much of the **digestive work is already completed**. Taking digestive enzymes with the food you're eating will mean **less sludge** in the bloodstream and **less sludge** in the intestinal track and colon. Taking digestive enzymes on an empty stomach will help clean up the bloodstream and spare the immune system and the repairers from getting involved in cleaning up the bloodstream. This gives the protectors and repairers the chance to rest up, regain energy and strength and get **refocused on protecting and repairing** your body.

### The Oatmeal test...

shows what proper digestion looks like. Simply cook up a one serving size bowl of oatmeal, preferably in a glass bowl. The oatmeal should be **solid** (not runny). Let the oatmeal **cool off** to about body temperature or **98 degrees**. Feel the bottom of the bowl and if it's warm to the touch (**not hot**) you're ready for the test. Letting the oatmeal cool off is very important, because if the oatmeal was 118 degrees or higher... as soon as you poured the digestive enzymes into the oatmeal... **the heat would kill the enzymes**. Which is the same thing that happens when we cook and process foods. Take two of the digestive enzyme capsules, sprinkle one over the oatmeal and stir it in with a fork. Then take the second capsule and sprinkle it over the oatmeal again and continue to stir it in with the fork for 20 second to 30 seconds. You'll see the oatmeal turn into liquid and it can easily be poured from one bowl to another. In other words... the oatmeal is digested.

### Acid Reflux Testimony

Since using The Health Nuts Ultimate Enzymes **my acid reflux is a thing of the past**. I have been using them for nine months and haven't had any problem since. Previous to using the Ultimate Enzymes I was on a prescription called **Prevacid** which cost \$132.00 per month. I thank The Health Nuts for providing this great product for only \$45.00 a month for a bottle of 270 count.

George from Massachusetts

## Digestive Enzyme Comparisons

A great digestive enzyme formulation should be designed to help digest the food we eat and clean up the bloodstream. It must be well rounded in **protease** (to digest protein), **amylase** (to digest carbohydrates) and **lipase** (to digest fats) to be **truly effective**... because 95% of the food we eat is protein, carbohydrates and fat. **Protease, amylase and lipase are the three most important ingredients** in a digestive enzyme formulation... this is why the comparison charts only focus on these three ingredients. “The Health Nuts Ultimate Enzymes” also has **five** other plant enzymes within the formulation and there are also **ionic minerals** in the formulation that give additional energy to the enzymes.

**Chart # 1** shows many different enzyme products. **Look closely at the amount of protease, amylase and lipase in the formulations.** The companies listed on chart # 1 and # 2 are using the correct FCC (Food Chemical Codex) labeling. **This labeling certifies** that the enzymes have been **thoroughly tested** for activity and potency. Potency is expressed in units of activity - not by weight. The units of activity are based on the Food Chemical Codex, set forth by the National Academy of Sciences and accepted by the **American food industry.** FCC labeling example: If product # 1 has 15,000 HUT of Protease and product # 2 has 45,000 HUT of Protease. Product #2 has 3 times more activity and potency than product # 1... and **this fact is what makes it easy to compare enzyme formulations.**

**Chart # 2** shows how much digestive help you're getting for your money! **These numbers are not made up... they are real.** Each bottle of “The Health Nuts Ultimate Enzymes” contains 270 capsules with 20,250,000 activity units of protease, 4,500,000 activity units of amylase and 1,350,000 activity units of lipase. Example: Royal Body Care has 50 LU or activity units of lipase in their formulation. For you to get the same **1,350,000 LU (activity units)** of lipase that's in 270 capsules of “The Health Nuts Ultimate Enzymes”, you would have to buy \$7,800.00 of their product to equal the same amount of lipase activity in a \$45.00 bottle of enzymes from “The Health Nuts.” The last column is the average cost of when adding up the three enzyme columns and dividing by 3. **Most enzyme formulations are very low on lipase** and lipase is the enzyme that helps digest fat. Part of the reason why people are overweight is because the fat that is being consumed is **not** being fully broken down or digested properly. **Most overweight people** have very low supplies of **lipase** in their body and undigested fat can easily be stored in the body or cause problems.

**Page 4** of the enzyme comparisons... shows many companies that don't even have a digestive enzyme product, companies that list their enzymes in milligrams and companies that do not show you what's in their formulation. The only way to know if your getting **enough digestive help** is to see the enzymes listed in the FCC labeling. Many people have gotten results with lower amounts of enzymes, but with **“The Health Nuts Ultimate Enzymes” you'll get specific amounts needed** to do a great job digesting, cleaning up the blood and taking a huge burden off of the human body. Giving just a little help or doing a quarter of the job... is not “The Health Nuts” motto. We produce superior digestive enzymes to make sure you get **the help you really need to improve the way your body functions.** We publish our formulation so that you can see the activity, potency and help your getting.

**Digestive Enzyme Comparisons (Chart #**

<b>Company</b>	<b>Protease</b>	<b>Amylase</b>	<b>Lipase</b>	<b>Caps</b>	<b>Price</b>	<b>270 Caps</b>
4Life	8,000	4,500	140	60	\$17.50	\$78.75
Awareness	17,000	8,000	300	30	\$19.51	\$175.5
Cell	16,500	5,750	150	180	\$40.00	\$60.00
Changes	10,200	3,400	2,250	90	\$21.75	\$65.25
EcoQuest	10,000	3,000	24	90	\$21.70	\$65.10
Enrich	15,000	4,000	100	90	\$32.95	\$98.85
For Mor	272	2,720	1,800	90	\$21.50	\$64.50
Healing	33,000	8,800	4,400	90	\$22.00	\$66.00
Infinity 2	10,000	3,000	24	90	\$20.98	\$62.94
LifeTek	11,000	3,400	2,250	90	\$27.00	\$81.00
Matol	14,000	3,000	100	90	\$22.50	\$67.50
NutriHarmon	95,000	1,000	600	90	\$26.99	\$80.97
Nutrition 4	6,500	2,000	1,200	90	\$22.50	\$67.50
Natural	75,000	8,000	500	90	\$25.00	\$75.00
Oxvfresh	11,500	5,000	75	90	\$22.00	\$66.00
Quest IV	75,000	8,000	500	90	\$25.00	\$75.00
Re-Vita	18,250	5,000	60	90	\$18.00	\$54.00
Renaissance 4 Life	18,000	6,000	200	90	\$34.00	\$102.0
Rexall	100	750	2,400	90	\$12.00	\$36.00
RGarden	20,000	6,200	176	180	\$30.00	\$45.00
Royal Body Care	38,500	6,000	50	90	\$26.00	\$78.00
Shaklee	12,500	2,000	150	30	\$16.95	\$152.5
<b>The Health</b>	<b>75,000</b>	<b>15,000</b>	<b>5,000</b>	<b>270</b>	<b>\$45.00</b>	<b>\$45.00</b>
The Right Solution	33,000	8,800	4,400	90	\$22.00	\$66.00
TriVita Way	0	2,500	75	90	\$29.99	\$89.97
Vision for	17,500	6,000	200	90	\$28.00	\$84.00

**Health Food Store and other Digestive**

Proactazym	12,000	4,200	24	100	\$19.29	\$52.08
Udo's Choice	12,500	5,000	100	90	\$18.95	\$56.85
Digase	12,000	2,500	100	180	\$24.95	\$37.43
Enzymedica Digest	39,925	6,100	160	90	\$18.36	\$55.08
PowerPlus Enzymes	26,000	20,000	375	200	\$34.95	\$47.20
Nuzyme	12,000	5,000	2,000	90	\$25.00	\$75.00
Absoraid	0	8,316	1145	300	\$49.95	\$44.96
Digestase	15,050	625	120	90	\$12.48	\$37.44
Plant	12,500	2,500	60	60	\$8.90	\$40.05

The last column shows you what it will cost you to get 270 capsules of that particular product. **Chart # 2 on the next page** will show you how much money you would have to spend to get the same amount of activity and potency that is **in a \$45.00 bottle** of "The Health Nuts Ultimate Enzymes". **The amounts** are not made up... they **are real!**

### Digestive Enzyme Comparisons (Chart # 2)

Company	20,250,000 Protease	4,050,000 Amylase	1,350,000 Lipase	270 capsules	Average costs
4Life Research	\$737.88	\$262.24	\$2,811.37	\$78.75	\$1,270.50
Awareness Corp	\$774.35	\$329.23	\$2,926.50	\$175.59	\$1,343.36
Cell Tech	\$272.72	\$156.52	\$2,000.00	\$60.00	\$809.75
Changes Int.	\$479.48	\$287.87	\$145.00	\$65.25	\$304.12
EcoQuest	\$488.25	\$325.50	\$13,562.50	\$65.10	\$4,792.08
Enrich	\$494.25	\$370.69	\$4,942.50	\$98.85	\$1,935.81
For Mor	\$17,784.93	\$355.70	\$179.17	\$64.50	\$6,106.60
Healing America	\$150.00	\$112.50	\$75.00	\$66.00	\$112.50
Infinity 2	\$472.05	\$314.70	\$13,112.50	\$62.94	\$4,633.08
LifeTek	\$552.27	\$357.35	\$180.00	\$81.00	\$363.21
Matol	\$361.61	\$337.50	\$3,375.00	\$67.50	\$1,358.04
NutriHarmony	\$63.92	\$1,214.55	\$674.75	\$80.97	\$651.07
Nutrition 4 Life	\$778.85	\$506.25	\$281.25	\$67.50	\$523.12
Natural Trends	\$75.00	\$140.63	\$750.00	\$75.00	\$321.88
Oxyfresh	\$430.43	\$198.00	\$4,400.00	\$66.00	\$1,676.14
Quest IV Health	\$75.00	\$140.63	\$750.00	\$75.00	\$321.88
Re-Vita	\$221.92	\$162.00	\$4,500.00	\$54.00	\$1,627.97
Renaissance 4 Life	\$425.00	\$255.00	\$2,550.00	\$102.00	\$1,076.67
Rexall	\$27,000.00	\$720.00	\$75.00	\$36.00	\$9,265.00
RGarden Int.	\$168.75	\$108.87	\$1,278.41	\$45.00	\$518.68
Royal Body Care	\$151.95	\$195.00	\$7,800.00	\$78.00	\$2,715.65
Shaklee	\$915.30	\$1,144.00	\$5,085.00	\$152.55	\$2,381.48
<b>The Health Nuts</b>	<b>\$45.00</b>	<b>\$45.00</b>	<b>\$45.00</b>	<b>\$45.00</b>	<b>\$45.00</b>
The Right Solution	\$150.00	\$112.50	\$75.00	\$66.00	\$112.50
TriVita Way Int.	No Protease	\$539.82	\$5,998.00	\$89.97	No Protease
Vision for Life	\$360.00	\$210.00	\$2,100.00	\$84.00	\$890.00

#### Health Food Store and other Digestive enzymes

Proactazyme	\$325.50	\$186.00	\$10,850.00	\$52.08	\$3,787.17
Udo's Choice	\$341.10	\$170.55	\$2,842.50	\$56.85	\$1,118.05
Digase	\$233.94	\$224.58	\$1,871.50	\$37.43	\$1,100.34
Enzymedica Digest	\$103.47	\$135.44	\$1,721.25	\$55.08	\$653.39
PowerPlus Enzymes	\$136.15	\$35.40	\$629.33	\$47.20	\$266.96
Nuzymes	\$468.75	\$225.00	\$187.50	\$75.00	\$293.75
Absoraid	No Protease	\$81.10	\$196.33	\$44.96	No Protease
Digest-ease	\$186.58	\$898.56	\$1,560.00	\$37.44	\$881.71
Plant Enzymes	\$240.30	\$240.30	\$3,337.50	\$40.05	\$1,272.70

**You could actually buy 2 bottles** of “The Health Nuts Ultimate Enzymes” and still beat all the other companies for activity, potency and price! **Why pay more for less?**

**Digestive Enzyme Comparisons (Page 4)**  
Companies that don't qualify for Comparison Charts # 1 and # 2

**Network Marketing companies without a Digestive Enzyme product:**

Aladin Magic	BioSynergy Health	Body Wise
Brain Garden	Dynamic Essentials	Earth Angels
Electrum Int.	Essentially Yours	Health Voyage
Herbalife	Herbatrol	Immunotec
Integris	Intelligent Nutrients	KareMor
Kingsway	Legacy USA	LeNaturel Int.
Life Force	Lifescience Technologies	Longevity
Malibu Naturals	Mannatec	Melaleuca
Morinda	Natural Bodylines	NeuroGenesis
Nikken	Oasis Wellness	Omnitrition
Oragen	RACHAel Int.	Reliv Int.
Scriptures	Southern Heritage	Starlight International
Starmax	Streamline Int.	Sunrider
Symmetry	Trim Int.	Usana
VitalLife 2000	Wellness Int. Network	

**Companies that have digestive enzymes with no protease, amylase or lipase.** Most use animal enzymes that are less effective. *Wobenzyme*, which is a highly rated by many... but can't work as well in the role of helping digestion as a good plant digestive enzyme product. **Plant enzymes are easily the most effective and very safe to take.**

Amazon Herb Company	American Longevity	Life Plus - has lipase
Metabolife	Rainforest Bio-energetics	<i>Wobenzyme</i>

**Companies that don't show the actual ingredients within their enzyme formulation.** No activity and potency breakdowns. There is no way of telling how much help your getting! Taking health products blindly is not recommended!

American Marketing Systems	AIM	Freelife	Health Thru Nutrition	Heritage Health
Neways New Vision	NuSkin Int.	Young Living Essential Oils		Voyager

**Enzymes listed in USP or made up units.**

Natures Rx	Starfire International	Viva Life Science
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**Enzymes listed in Milligrams.** Milligrams tell you absolutely nothing about activity and potency. The only way you're going to know if you have a product that can **actually help** improve digestion dramatically... **you have to know FCC activity and potency** to know if your getting just **a little help or plenty of help** digesting your food.

American Longevity	Life Plus	<i>Loomis</i>	Nu Creations
Quixtar	Trek Alliance	Vitamin Power	Watkins
<i>Wobenzyme</i>			

## “The Health Nuts Ultimate Enzymes” Formulation

**75,000 HUT Protease** Digests protein into amino acids  
**15,000 SKB Amylase** Digests complex carbohydrates  
**5000 LU Lipase** Digests fats and denatured fatty oils  
**200 CU Cellulase** Digests fibers from soluble sources  
**100 SU Sucrase** Digests complex sugars and starches  
**250 DP Maltase** Digests disaccharides to monosaccharides  
**500 Lac U Lactase** Digests lactose or dairy sugars  
**100 GDU Bromelain** Digests protein  
**15 MG Ionic Minerals** w/Alfalfa

Our digestive enzymes come from two species of totally nontoxic fungi and they are called **Aspergillus Niger** and **Aspergillus Oryzae** and are grown on a medium of wheat and soybean. There are no fillers... and only the finest & highest quality plant enzyme ingredients are used!

**Is digesting food faster better?** Sure is. According to Dr. Howell the source of most health problems can be traced back to improperly digested or not fully digested foods. Making sure your food is fully digested or properly digested is the key to the human body functioning properly. Undigested food particles cause major problems to the digestive system, in the bloodstream, in the intestines and colon. Completely digested foods are the answer or solution to many problems. The body can function properly if the food we are eating is being digested properly... on the other hand... **it is impossible for the body to function properly if we are not digesting our food properly.**

**Why is 75,000 HUT of protease so important?** In the early to mid 1990s there was an enzyme research company that did many before and after dark field microscope blood testing. They tested and tested to get the right amount of protease in a formulation **to guarantee** the after blood test would look great and the blood would be cleaner. With 2 capsules of 75,000 HUT activity and potency, they could guarantee the after blood testing would look beautiful... anything less than 75,000 HUT (or 150,000 HUT combined) and they couldn't guarantee the incredible results.

**Will proper digestion of your food be determined by the amount of activity and potency within the capsules?** Absolutely! Take Lipase for example: 5,000 LU of lipase can break down approximately **40 grams** of fat. If we were taking a formulation that had 200 LU of lipase (which would only break down 1.6 grams of fat)... we would have to take **25 capsules** to equal one capsule of The Health Nuts Ultimate Enzymes. And with two capsules of the 5,000 LU... we can break down and digest up to 80 grams of fat. Undigested fat is bad fat... **fully digested fat is good fat!**

**Why are other digestive enzyme products not as effective?** Two reasons: First, most enzyme formulations don't have enough activity and potency within the capsules to be as effective. Second, most companies only recommend 90 capsules for a month supply... **and that just isn't enough.** To help clean up the blood we recommend taking 3 capsules daily on an empty stomach. That's 90 capsules a month **just to clean up the blood...** and 180 capsules monthly (2 capsules with each meal) to help digest the food you're eating... **and together... is a real winning combination!**

**Why aren't there additional ingredients in “The Health Nuts” formulation?** If we added additional ingredients to the “Ultimate Enzymes” we would have to **take out** some of the digestive enzymes to **make room** for something that might not be focused on digesting the food we're eating and cleaning up the blood stream. This would lessen the activity, potency and **effectiveness** of the enzymes. If we added super foods or antioxidants... we would end up with a good nutritional product with a good delivery system... not a great digestive enzyme product.

## **How to Order “The Health Nuts Ultimate Enzymes”**

Company Hours: **8 AM - 5 PM Monday thru Friday**  
**Mountain Standard Time**

A **270 capsule bottle is \$45.00** plus shipping and handling. The Health Nuts accepts: Visa, MasterCard, Discover and American Express.

To order by phone: **Call Toll Free 1-888-383-4056**  
Your Sponsors Name: **Mike White ID # 2177**  
**Any questions? Call Dan Ybemma at @ 616-455-0756**

**To order by mail:** Call 1-888-383-4056 and get the exact amount including shipping and handling. Money orders are processed immediately. **Mail your order to:**

The Health Nuts 1501 E. Centre St #209, Rapid City, SD 57703-3004

Please include **Your Sponsors Name: Mike White ID # 2177**

You will be automatically assigned your own Distributor ID # that you can use should you decide to market the product. **There is no additional cost to be a distributor.**

“The Health Nuts” web site is **[www.thehealthnuts.net](http://www.thehealthnuts.net)**

On the web site you'll find more health products, an audio tape, 50 enzyme questions and answers, comp plan, company information and much more.

### **Ordering “The Real Secret” Booklets**

USA Printing 160 Washington SE Ste 30, Albuquerque NM 87108

**Phone # 505-255-4458** USA Printing accepts: Visa, MasterCard, Discover, American Express, personal checks and money orders.

Personal checks must clear for new clientele.

<b><u>250 Booklets</u></b>	<b><u>\$ 140.50</u></b>
<b><u>500 Booklets</u></b>	<b><u>\$ 181.00</u></b>
<b><u>1,000 Booklets</u></b>	<b><u>\$ 261.00</u></b>
<b><u>2,500 Booklets</u></b>	<b><u>\$ 539.00</u></b>
<b><u>5,000 Booklets</u></b>	<b><u>\$ 943.00</u></b>

**Placing an order by fax: 505-265-7337**

Please use one sheet of paper and include your name, address, city, state, zip, ID #, phone #, your credit card # and expiration date and please include your signature for authorization. Also indicate the color you want for the outside cover of the booklet.

The price of your booklets includes putting your personal information into the booklet and free shipping to 48 states. Alaska and Hawaii please call for shipping.

## Reviewing the Importance of Enzyme Supplementation

- ◆ The **source of most health problems** can be traced directly back to improperly digested foods. Improving digestion is crucial!
- ◆ The human body is designed to break down **only half** of the food we eat.
- ◆ Cooked and processed foods **overwork & drain** the human body's energy.
- ◆ Improperly digested foods **cause major problems** in the intestines, colon and bloodstream. In the bloodstream improperly digested food particles distract the protectors and repairers away from doing their job.
- ◆ Fat is the best source of energy... fully digested fat is good fat.
- ◆ Leukocytosis occurs every time we eat cooked and processed foods.
- ◆ If digestion **isn't improved in the first 45 to 60 minutes** in the upper part of the stomach... the drain on the human body **will continue**.
- ◆ There is only **one health product** that will take the huge digestive burden off of the human body - Digestive Enzymes!
- ◆ Enzymes are energy... Its been clinically proven... **the more enzymes you take, the quicker** your body can restore, repair and strengthen itself.
- ◆ **To fully utilize the nutrients** we give the body... the protectors and repairers must be in the protecting and repairing mode.
- ◆ To have a fully functional and effective immune system and repairers that have the strength and focus to do the repairs... **we must stop** the protectors and repairers from **getting involved** in cleaning up the improperly digested food particles in the bloodstream.
- ◆ The human body is totally dependent on fully digested food to function properly. Taking digestive enzymes = improved digestion.
- ◆ The only thing better than digestive enzymes is taking the combination of **digestive enzymes, vitamins, ionic minerals and more clean water**... then you're giving your body the support it desperately needs.
- ◆ Disease, physical problems and pain tells us that **our body doesn't** have the energy to repair the problem... and we know where the energy went... to help digest those cooked and processed foods over the years.
- ◆ Many scientists and studies **have proven** that oral supplementation of enzymes builds up the immune system to **fight off** the worst diseases as well as improve the functioning of the entire body.
- ◆ When the food is partially broken down by enzymes in the upper stomach, the demands on the digestive organs and the rest of the body are significantly reduced because much of the digestive work is already completed.
- ◆ **The human body needs help**... if we are going to get it to focus on repairing and disease prevention rather than digestion. We all have a choice... to **add to** the body's ability to protect or repair... or to continually and slowly drain the body's energy and enzyme reserves. You're choice will be a determining factor in your **long-term health**.

Mike White  
c/o Dan Ybema  
4824 Plateau View Dr NE  
Grand Rapids, MI 49525

Stamp

*The Health  
Benefits Are  
Enormous*

MAILING  
LABEL

**I earn How You can Achieve The Best Possible Health!**