

# Essential Oil Therapies

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## Early signs of enzyme deficiency

- Digestive complaints such as heartburn, gas, bloating. Stomach aches, diarrhea, constipation.
- Chronic fatigue, headaches, yeast infections, nutritional deficiencies.
- Joint pain and stiffness.
- Colon, liver, pancreas and intestinal problems.
- Skin eruptions, psoriasis and eczema.<sup>5</sup>

For most people, the above symptoms are the result of eating the devitalized, enzyme-depleted SAD diet.<sup>6</sup> In response to this long-standing problem, Young Living® has created nutritious, delicious AND convenient whole foods for busy families - protein supplements for smoothies, meal replacement bars, snack bars and more.

## How enzyme supplements work

Adding enzyme supplements to your diet will jump-start the digestive process, support the body's own production of digestive enzymes and unlock the maximum nutritional value of your diet.

To ensure complete digestion, each of Young Living's enzyme supplements contains a unique combination of the three classes of digestive enzymes:

- proteolytic enzymes to digest **protein**
- lipases to digest **fat**
- amylases to digest **carbohydrates**<sup>4</sup>

This means you are able to select the specific enzyme supplement that will best digest your meal. Thus, if you plan to eat meat, take Polyzyme, as it is formulated with powerful protein-digesting enzymes. If your meal contains fatty foods, take Lipozyme.

## Digestive enzymes - catalysts for better health

Poor nutrition and digestion are rampant among those eating the Standard American Diet (SAD). This diet consists mostly of processed foods which have had the nutrients refined, pasteurized, cooked, frozen and microwaved out of them. Processing also destroys the **digestive enzymes** that are part of the whole food. Without active enzymes to break down the nutrients and make them available to the body, we end up with empty calories, incomplete digestion and poor assimilation of nutrients.<sup>1</sup>

According to the Essential Desk Reference, on average, only 8% of the food we consume is metabolized to sustain normal bodily functions—the remainder passes through undigested.<sup>2</sup> Even worse, only 1-2% of the nutrient value of the food that we consume reaches our cells, **partially due to insufficient enzyme activity.**<sup>3</sup>

While our bodies produce most of the enzymes needed for metabolism and digestion, when there are signs of enzyme deficiency increasing dietary enzymes by eating whole, raw foods and taking enzyme supplements may be helpful.<sup>4</sup>



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## Digestive enzymes - catalysts for better health



### Buy your enzymes from a trusted source

Many enzyme supplements on the market are inactive. D. Gary Young tested over 21 different enzyme products from 21 different manufacturers and didn't find one that was effective in a clinical environment. While the patients' food intake, blood and digestive systems were regularly measured and analyzed, the clinic staff found that the patients were simply not obtaining value from their foods because their enzymes were inactive.<sup>7</sup>

### Take enzyme supplements before each meal

If you're swallowing a capsule, you may have more complete digestion if you take it 20 minutes before a meal. That will give the capsule time to break down and release the enzymes in the stomach, so they're ready to work when you eat your meal. If you prefer, open the capsule and sprinkle the enzymes on food or stir into a beverage at the beginning of a meal.

### Featured Young Living products

Following is a description of each Young Living enzyme supplement, its benefits and suggested uses. This information will help you decide which enzyme supplements fit best with your diet and health goals.

#### Allerzyme™ for complete digestion

Some clinical studies have identified a connection between allergies and low levels of enzymes.<sup>8</sup> Allerzyme was formulated to proper digestion, waste elimination, nutrient utilization and immune function. This high-powered vegetarian enzyme and essential oil complex contains essential oils of cumin, anise, fennel.

#3288 180 caps

US\$ Whsl \$32.50 Pref Cust \$37.63 Retail \$42.76

#### Detoxzyme® for cleansing

This enzyme supplement was formulated to support digestion, detoxification and cleansing. It contains powerful vegetable-based enzymes that digest carbohydrates, proteins and fats. Contains phytase, an enzyme essential for vegetarians plus essential oils of cumin, anise, fennel. Unlike the other enzyme products, take Detoxzyme between meals.

#3203 180 caps

US\$ Whsl \$39.75 Pref Cust \$46.03 Retail \$52.30

#### Essentialzyme™ for restoring enzyme balance

Essentialzyme is an advanced multi-enzyme complex formulated for those who have difficulty digesting or assimilating food. Contains enzymes that support healthy pancreatic function. Promotes digestion of starches, fat and proteins and contains essential oils of anise, peppermint, clove, fennel, tarragon, cumin.

#3272 100 tabs

US\$ Whsl \$29.75 Pref Cust \$34.45 Retail \$39.14

#### Lipozyme™ for digesting fats

In today's world, we often bombard our bodies with greater amounts of dietary fat than our bodies can comfortably handle. Lipozyme's ingredients form a powerful, fat-digesting complex that aids digestion and enhances absorption of nutrients. Contains essential oils of tarragon, juniper, anise, ginger, fennel, patchouli, peppermint and lemongrass.

#3269 180 caps

US\$ Whsl \$99.50 Pref Cust \$115.21 Retail \$130.92

#### Polyzyme™ for digesting proteins

Polyzyme is a powerful enzyme complex that promotes the complete breakdown of dietary protein, which leads to the production of key amino acids, the building blocks of every cell and organ. Polyzyme supports complete digestion of high-fat foods such as nuts. Contains essential oils of anise, peppermint and rosemary.

#3256 90 caps

US\$ Whsl \$36.75 Pref Cust \$42.55 Retail \$48.36

### Now are you ready to leave that SAD diet behind you?

If so, start with a wide variety of fresh, organic raw and unprocessed foods, supplement with Young Living whole foods and enzymes, and you're on your way to better health.

#### References

<sup>1</sup><http://www.webmd.com/diet/diet-fitness-todays-terrible-trends>.

<sup>2</sup>Essential Desk Reference. 4th ed. 2007. Essential Science Publishing. p. 332.

<sup>3</sup>Ibid. p331.

<sup>4</sup><http://www.vitacost.com/Healthnotes/Supp/Enzymes.aspx>.

<sup>5</sup><http://www.vitacost.com/Healthnotes/Concern/Pancreatic-Insufficiency.aspx>

<sup>6</sup>Encyclopedia of Medicine. 1989. Random House. New York. p. 410.

<sup>7</sup>Ibid. p. 333.

<sup>8</sup>Lintz, W.L. Gastrointestinal Allergy.

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