

Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 1

The Foundation of Optimal Health

Welcome to the second in a series of six Food For Thought issues featuring the Foundation of Optimal Health. (For an index of topics, see the back side of this issue.) In this issue we explore how to support digestive health with enzymes and probiotics.



Don't Dine Without Enzymes!

Q. Why do I need digestive enzymes?

A. Low energy, bloating, gas, indigestion—all these problems and more can often be traced to the enzyme-deficient modern diet and fast-paced lifestyle. Indigestion is the number one health complaint today, and digestive aids are the most popular drugs. Although fresh, raw foods are rich in enzymes, they do not supply the extra enzymes needed to help break down the processed foods we eat. This places a burden on our overworked digestive organs. As we age, the pancreas and other organs become less capable of producing the enzymes we require, and symptoms of poor absorption become more common, including low energy, bloating, increased gas, and deficiencies of vitamin B12, iron, folic acid, zinc, and other micronutrients. The simple, natural solution is to supplement with plant-based enzymes whenever we eat cooked foods.

Q. How will digestive enzyme supplements help me?

A. Digestive enzymes “unlock” nutrients from the food we eat, so the nutrients can be absorbed and assimilated better. Enzymes break down food into basic components which the body can use for building cells, tissues, and organs. This translates into fewer “energy

lags” after eating, less bloating and gas, and more vital nutrients to build strong, healthy bodies.

Q. How do I know which enzymes to choose, and how do I use them? What should I choose when I need extra digestive help?

A. The most effective enzyme supplements are plant-based and broad spectrum, and they are active throughout the entire digestive tract to help pre-digest all foods. Microblending with raw Super Blue Green® Algae also boosts benefits. Start with one or two capsules with smaller meals and snacks, and use up to three or four with larger meals. Experiment to find the amount that works best for you.

Cell Tech offers **Original Formula Enzymes** (with 5 types of enzymes) and extra-strength **E-12 Super Enzymes** (with 12 types of enzymes plus fennel, ginger, and cayenne). E-12 Super Enzymes are a good option if extra digestive support is desired.* For acute digestive relief of occasional acid indigestion and upset stomach, Cell Tech's **Contain™**, with alginate and enzymes, is a unique and natural choice.* The **New Seasons™ Cleansing System**, formulated with herbs, fiber, enzymes, and superfoods, is a two-part program that helps keep the cells and organs clean and efficient.* This system can be used every three months or as needed.

Friendly Flora for Happy Intestines

Q. What are probiotics and what do they do in the body?

A. Probiotics, or friendly flora, are beneficial bacteria that play an important role in digestion. Two to five pounds of bacteria may inhabit the gastro-intestinal tract of a healthy adult. The two most numerous species of friendly bacteria are *Lactobacillus acidophilus* in the small intestine and *Bifidobacterium bifidum* in the large intestine, but our intestines also contain many other kinds of beneficial bacteria in smaller quantities.

Friendly bacteria have many important roles:

- Enhancing absorption of nutrients
- Producing vitamins
- Supporting immunity
- Promoting healthy peristalsis and elimination
- Maintaining proper acid/alkaline intestinal balance

Q. How do I know if I have an insufficient supply of friendly bacteria?

A. Almost everyone can benefit from a fresh supply of beneficial bacteria. An insufficient population of probiotics can allow overgrowth of pathogenic bacteria, parasites, and yeasts. You may feel gassy, bloated, sluggish, and sleepy after meals. The walls of the intestine may become damaged, resulting in general fatigue and a wide range of intestinal problems.

Many factors can reduce the probiotic population:

- Being fed formula instead of mother's milk as an infant
- Drinking chlorinated water, or an excessive amount of alcohol or caffeinated beverages
- Consuming too much meat, fat, or sugar
- Taking antibiotics and other medications
- Being exposed to emotional stress and environmental toxins

Q. How do I choose and use probiotic supplements?

A. Probiotic supplements should provide more than one billion microorganisms per capsule. Cell Tech includes over two billion viable colonies in each serving, microblended with Super Blue Green Algae to increase effectiveness. Start with one or two capsules of each daily, either morning or evening, with a glass of water, and increase as needed. Once you have experimented with **Acidophilus** and **Bifidus**, try **Spectrabiotic®**, which contains eight strains of friendly bacteria (plus rose hips, acerola, and Jerusalem artichoke) that provide the entire digestive tract with superb nutritional and probiotic support.* Some people prefer Spectrabiotic for daily use; others use it occasionally. Start with one or two per day, and then experiment.

Watch What Enzymes Can Do for You!

Here is a simple experiment you can do in your kitchen to test the strength of Cell Tech's food enzyme supplements. Begin with two containers of snack-pack pudding (tapioca works well). Open the first container, then stir and observe the thickness of the pudding. Stand a spoon upright in this container and set it aside. Next, open a capsule of the enzyme supplement and stir the contents into the second pudding container. Continue stirring and watch as the action of the enzymes quickly breaks down the thick pudding into a watery liquid. Your food must be broken down into this liquid state before digestion can take place. This experiment shows how powerful these little enzyme units really are!

A Food For Thought Series: The Foundation of Optimal Health

Volume 5, issue 12 – Nutrition Is More Than Diet; How Digestion Really Works; The Importance of Micronutrients

Volume 6, issue 1 – Products That Support Digestion, Assimilation, Elimination, and Cleansing; How Enzymes and Probiotics Keep You Healthy; Special Help for Occasional Acid Indigestion

Volume 6, issue 2 – Products That Repair: How Plant-Based Antioxidants Help the Body

Volume 6, issue 3 – Products That Nourish: Micronutrition in Whole-Food Based Supplements; Convenience for Busy Families

Volume 6, issue 4 – Products That Enhance Performance: Natural Support for the Immune System, Bone Health, Vision, Weight Management, Healthy Plants, and Animals

Volume 6, issue 5 – Premier Antioxidant Personal Care Products: A Unique Approach to Nourish, Protect, and Repair the Skin and Hair; Affordable Spa Quality for Everyone



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