

Food FOR Thought



Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 8

The Importance of Enzymes in Our Diet

Enzymes play a crucial role in all aspects of health and longevity. The human body experiences thousands of continuous enzymatic reactions. In this issue we will focus on food enzymes and their importance in digestion and skin care.

“Man is not nourished by what he swallows, but by what he digests and uses.”

—Hippocrates

Unlocking the Nutrients in Each Meal

Even if the diet is perfectly balanced, the body cannot benefit from nutrients until they are unlocked and absorbed from food that is consumed. With today's highly processed foods, many of the extrinsic enzymes the body depends upon for effective digestion have been destroyed by heat and processing. That's why it is so important to provide the body with vital extrinsic enzymes before each meal. Food enzymes work together with the body's own digestive enzymes, and without an abundant supply of both, digestion can be severely impaired.

My Body Produces Enzymes... Why Do I Need to Supplement?

Have you ever watched an old Halloween pumpkin cave in and deteriorate? You were observing the result of enzymes breaking down the vegetable. Enzymes act as catalysts to reduce the amount of energy needed for chemical reactions such as digestion to take place. Found in all living things, enzymes are active in raw foods, but become deactivated when food is cooked, radiated, or exposed to poor storage conditions.

The human body produces two general types of enzymes: metabolic and digestive. Metabolic enzymes are present in every tissue and cell, and control virtually every chemical reaction associated with metabolism. Digestive enzymes help to predigest our food. Digestive enzymes can be

either intrinsic or extrinsic, that is, either created internally by the body or taken in from external sources. Intrinsic enzymes are produced in the mouth, stomach, and pancreas to help break down food throughout the digestive tract.



Extrinsic enzymes, often called food enzymes, come from raw foods and are also available in supplement form. Like intrinsic enzymes, they work to break down food in the stomach. With age and stress, the number of

intrinsic enzymes and their activity level decrease. This may result in poor digestion, so common today, which contributes to poor health. Increased enzyme intake supports digestion and overall vitality.

Many Cell Tech Products Include Enzymes

Cell Tech's **Original Formula Enzymes** contain gentle but effective natural food enzymes to help the body break down fats, carbohydrates, protein, and fiber. Each capsule is microblended with 25 mg of Super Blue Green® Alpha Sun®, which adds specific vitamins and minerals that many enzymes need for optimum ability to function. Take two or more capsules with water just before eating.

E-12 Super Enzymes feature a powerful blend of twelve plant-based natural food enzymes, plus Alpha Sun, fennel, ginger, and cayenne, allowing your body to digest and utilize a broader spectrum of nutrients. The proprietary formula contains a wide range of enzymes with high activity levels: amylase to break down starch; invertase to digest sugar products; lactase to digest milk sugar; cellulase and pectinase to assist in the breakdown of fiber; lipase to break down fat; and protease, bromelain, and papain to break down protein. Take one or more with meals.

Our Green Drink is composed of enzymatically active sprouted grains and greens, along with Super Blue Green Algae, to enhance overall health, vitality, and energy levels.* Our Green Drink contains many certified organic ingredients that are boosted by lipase, amylase, cellulase, and protease enzymes. Mix one rounded teaspoon with juice or water. The dry mix can also be added to salads, dressings, homemade popsicles, dips, etc.

Contain™ is composed of Super Blue Green Algae, enzymes, and other natural ingredients to help “contain” stomach acid and soothe the stomach. Chew two to four orange-flavored chewable tablets as needed for relief of occasional heartburn or upset stomach; follow with a full glass of water.*

New Seasons™ Cleansing System is a two-part program designed to assist your body's natural elimination processes in removing toxins through the lymphatic system.* Both the Herbal Formula and the Fiber Formula contain a selection of herbs, enzymes, and other natural ingredients. The two formulas are designed to complement each other, and work best when taken together following program directions.

Essentials are combinations of products in convenient packets designed to focus on key nutritional benefits. Most of the Essentials products include Original Formula Enzymes because they are crucial to the digestive process and promote foundational health.

“I know that your future health status is very much dependent on proper digestion.”

—Viktoras Kulvinskas,
holistic health educator and author

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

Enzymes for Your Face? You Bet!

Golden Lily™ Honeyed Enzyme Masque provides active yet gentle exfoliation. The powerful combination of honey, protease, and lipase enzymes gently loosens and removes old and damaged skin cells, revealing younger-looking, healthier skin. Organic brown rice flour and Super Blue Green Algae protect and feed the skin as it is exfoliated, leaving your skin glowing with inner vitality. Honeyed Enzyme Masque provides superior home exfoliation, without harsh particulates.



Golden Lily Essential Nutrients Masque features a blend of honey and enzyme-rich pumpkin purée enhanced with Super Blue Green Algae. Developed to give the face a rich dose of essential vitamins and minerals, the Essential Nutrients Masque is gentle enough to use two or three times a week.

Both masques provide a very attractive alternative to harsher skin renewal treatments, particularly microdermabrasion. Most skin types and conditions can benefit from these enzyme treatments.

Take the Enzyme Quiz!

1. Do you feel tired and sluggish after a meal?
2. Do you suffer from bad breath and/or gas?
3. Do you have dark circles under your eyes?
4. Do you have pimples, acne, warts, or “liver marks” on your skin?
5. Do you have trouble with your digestion?

If you answered “yes” to any of these questions, you may need to supplement your diet with food enzymes. For more about what enzymes are and what they do for you, turn to side one of this *Food for Thought!*

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Volume 6, Issue 8

- *The Enzyme Quiz*
- *Reasons to Supplement with Food Enzymes*
- *The Importance of Enzymes Before Each Meal*
- *Enzymes in Cell Tech Nutrition and Skin Care Products*



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