



# All Essential Enzymes

## Digestive enzyme blend

As we age, our digestive enzyme supply diminishes and more indigestion is common. **Res-Q All Essential Enzymes** may be used as part of a healthy diet to help maintain a healthy digestive system.

### The importance of digestive enzymes

Nutrients are delivered throughout the body by means of enzymes. Digestive enzymes help digest our foods more completely. Cooking foods over 118 degrees for three minutes or longer completely destroys enzymes. Thus, in order to obtain enzymes from diet, the food must be eaten raw. This creates a vicious dietary cycle. As we eat increasing amounts of cooked foods, our need for digestive enzymes to break down these foods increases accordingly. Without the benefit of raw foods, the body must manufacture its own enzymes to break down the increased amount of enzyme-deficient cooked foods consumed. With age, we make less of the essential digestive enzymes necessary in this process. As a result, our bodies attempt to compensate by withdrawing enzymes needed for digestion from their own "bank." Over time, with such heavy withdrawals of enzymes needed to digest an almost all-cooked diet, it's not hard to see how our enzyme bank may become out of balance... heavy withdrawals coupled with skimpy deposits lead to eventual bankruptcy. Unfortunately, our digestive system as well as overall health suffers, creating bothersome and uncomfortable effects such as gas, bloat and poor elimination due to improper digestion.



When foods are not fully digested, waste can build up in the colon, which can result in the production of bad bacteria and toxins that may cause health problems. **Res-Q All Essential Enzymes** aids in digestion and may be beneficial for occasional gas, indigestion and heartburn.

**Res-Q All Essential Enzymes** provides a complete digestive enzyme blend of nine different enzymes that promote the breakdown of protein, carbohydrates and fats for better nutrient absorption and digestive health.

