

# THE DIGESTIVE PROCESS

Most people do not fully understand the digestive process. Not much time is focused on the importance of properly chewing the food, and even less to the quality of the food selected for consumption. This is unfortunate, as both are critical to good health and long life.

In order for food to be easily assimilated, it must be completely broken down. The first phase of breakdown is mechanical, that of using the teeth to chew the small pieces of food placed into the mouth. After swallowing, the food travels down the esophagus and arrives in the cardiac portion of the stomach.

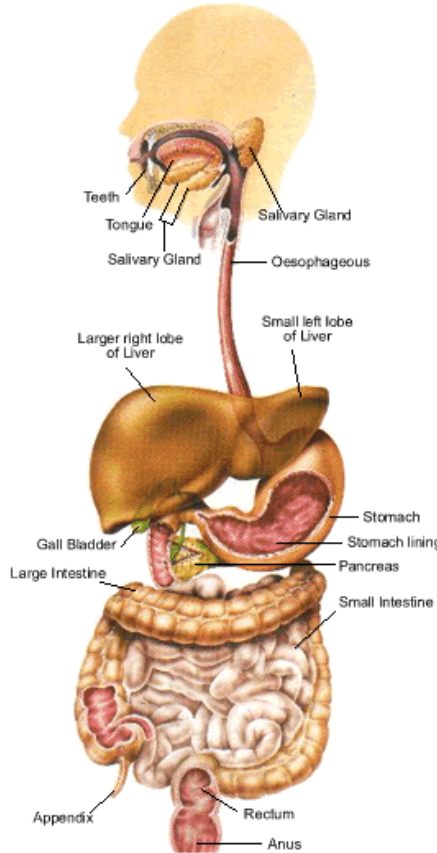
It is here that the food sits for approximately one hour, waiting for the hydrochloric acid to begin to come into the lower part of the stomach to further help in the breakdown of the food mass for proper assimilation of nutrient content. During this time, the naturally occurring enzymes in food (as long as the food has not been cooked above 118 degrees Fahrenheit, microwaved, or irradiated), begin the predigestive process. In about an hour, the food begins to work its way to the lower part of the stomach, and is mixed with acids and other digestive juices which are manufactured in the stomach lining.

Finally, the food moves into the small intestine, where enzymes produced by glands in the intestinal lining complete the process. As the food passes through the small intestine, there are various nutrient receptor sites, through which vitamins, minerals, and enzymes are absorbed into the bloodstream or the lymphatic system. Finally, the food mass passes into the large intestine where most of the water is absorbed through the lining of the colon. Undigested matter is then eliminated from the body.

## WHY TAKE ENZYMES?

The primary reason to take supplemental food digestive enzymes today is to help replace those that were lost or destroyed in some manner. Enzymes are extremely fragile, and any processing destroys them to some degree. Enzyme quantities are also determined by the conditions the plants are grown in. Food crops grown on stressed, poor soil conditions produce lower quality food.

While it is true that our bodies can produce digestive enzymes, when we eat enzyme deficient foods our bodies have to manufacture a higher quantity of digestive enzymes. This causes a corresponding decrease in metabolic enzyme potential. Over time, this constant depletion of enzymes can affect the body's ability to maintain optimum organ function, and can lead to degenerative process. By supplementing our diets with digestive enzymes, we can take the digestive load off of our body's enzyme production and allow the body to use those enzymes to optimize organ function.



## FRIENDLY FLORA

We've heard the term - we know it's good... but do we really understand its importance?

When referring to flora, we are talking about the equilibrium of bacteria in the intestinal tract. There are billions of bacteria flourishing in your intestinal tract, more than 400 different types. The "friendly" flora is the good bacteria that fend off harmful organisms such as salmonella and E. coli. These friendly" microorganisms are very sensitive to their surroundings, and can be easily destroyed. When they are destroyed, candida and yeast infections run rampant.

The gastrointestinal tract includes the small intestine and large intestine (colon). This is where an abundance of microorganisms resides and the place nutritional absorption occurs. Everything you consume is digested (or partially digested if it has been processed in any way) and then absorbed into the circulatory system. If you do not have the enzymatic balance and the proper "friendly" bacteria breaking food particles into a small enough form to pass through the intestinal wall, they begin to putrefy in the warm, moist environment, becoming toxins. Pockets or folds in your intestinal tract can be filled with this toxic matter, causing inflammation and infection. This creates additional toxins that enter the general circulatory

system, producing pathological changes in tissue, aggravating existing conditions and putting stress on the immune system. This is called intestinal toxemia and can be linked to virtually every degenerative disease condition.

Many people do not realize the common activities that seriously damage or destroy the normal healthy bacterial flora of the body. This in turn creates stress on the organs and the immune system, leading to eventual disease.

**Chlorinated water:** Chlorine is used to kill harmful bacteria. Unfortunately, it is also destroys friendly bacteria.

**Treated food:** Plant food sources are treated with chemicals to extend shelf life and pesticides to control infestation. Animal food sources are vaccinated and injected with antibiotics which, when consumed, pass on to us.

**Antibiotics:** Used to destroy bacterial infections, they wipe out the friendly bacteria as well as the harmful bacteria. This creates an altered balance that is conducive to yeast related infections that become harmful to the natural flora and immune system.

By supplementing with friendly bacteria, you are in essence providing the tools that are naturally available in a healthy environment for your body to function properly.

**We are excited to share with you the allowable claims exclusive to our Probiotic Blend.**

1. An *L. Plantarum*, OM Strain having **proteolytic activity**.
2. An agent having **anti-tumoral capability** comprising *L. Plantarum*, OM strain.
3. The *L. Plantarum*, OM strain **reduces tumor size** in a Sarcoma 180 tumor model.
4. An agent having **anti-viral capabilities** comprising *L. Plantarum*, OM Strain.
5. The agent *L. Plantarum* wherein the anti-viral capability includes **screening a pharmaceutical agent** to determine where the pharmaceutical agent has any anti-retrovirus activity.
6. The agent *L. Plantarum*, OM Strain, wherein the anti-viral capability includes **anti-retrovirus activity**.
7. The agent *L. Plantarum*, OM Strain, wherein the anti-retrovirus activity includes **altering the disease pattern** for a retrovirus selected for the group consisting of the **Rauscher virus, human immunodeficiency virus (HIV), and T-lymphotropic virus**.
8. A nutritional supplement wherein the *L. Plantarum*, OM Strain **can be maintained** in a human gastrointestinal system.

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# The Enzyme Deficient Diet

As science continues to create new ways to extend the shelf life of food by removal or destruction of enzymes, consumers continue the use of standard culinary practices, and society continues to suffer from the effects of an enzyme deficient diet. Although cooking and processing are both pleasant and necessary in our modern world, we can no longer ignore the negative effects of enzyme deficiency. Dr. Paul Kutchacoff best proved this fact in his studies entitled, "The Effects of Food Cooking on the Blood Formulas of Man". In this work Dr. Kutchacoff found that shortly after ingestion of cooked foods, the white blood cell count was sharply increased, while ingestion of raw foods showed no such increase. This fact would suggest that the body is isolating the enzymes of the immune system to assist in the digestion of enzyme void foods. This practice of robbing the metabolic enzyme pool for digestion becomes very dangerous when we sacrifice the integrity of the immune system, especially when we suffer such a high rate of immune related diseases. Unfortunately, the body's attempt to complete digestion by this means proves inadequate because exposure to pancreatic enzymes is only possible after the food leaves the stomach. This means that digestion is beginning at the point where the system should be assimilating the nutrients. The result is poorly digested or undigested foods, some of which do pass into the bloodstream in an attempt to be utilized, but most of which will simply move into the colon and begin the disease process by means of intestinal toxemia.

## Maintaining Health & Longevity

By augmenting the diet using supplemental enzymes, we can replace the lost exogenous enzymes so vital to pre-digestion and the assimilation of food. This action keeps the daily intake from becoming toxic to the system and increases nutritional efficiency. As well as enhancing the organ reserve, enzyme supplementation is an effective means of cleaning out years of undigested food and toxins that have accumulated throughout the body. By supplementing with high potency, quality enzymes, we can activate the cardinal rule for maintaining health and longevity, "Feed the body, clean the body".

## Quality Enzyme Supplements

Natural Choice Products provides quality Digestive Enzyme supplements for every digestive system from the untroubled to the most stressed.

### Multiple Digestive Enzymes

Natural Choice Products Multiple Digestive Enzymes provide

high potency Cultured Enzymes, active in an acid or alkaline environment. Designed to assist the body in the assimilation and utilization of food nutrients, Natural Choice Products Multiple Digestive Enzymes have been formulated to replace the naturally occurring food enzymes lost to cooking, processing, irradiating, or cultivation in depleted soils.

The Natural Choice Products Multiple Digestive Enzyme formulation is balanced to meet the specific needs of the modern dietary lifestyle, including the consumption of denatured fats and proteins, hidden sugars, dairy products, and snack foods. The addition of powerful vegetable based antioxidants optimizes the efficiency of this professional strength formula.

Natural Choice Products Multiple Digestive Enzymes are not recommended for those who suffer from gastritis or gastric/duodenal ulcers. Those who suffer from these conditions should start with the Gastric Digestive Multiple Enzyme formula.

### Gastric Digestive Enzymes

This complex formulation can be taken with food or when gastric discomfort occurs. The cultured protease enzyme has been omitted from this formulation to accommodate those who suffer from gastritis or gastric/duodenal ulcers. High quality herbal concentrates have been added to help soothe and appease these conditions.

Created to meet the predigestive supplemental enzyme needs of those who suffer gastric conditions, this formula should be considered by any individual wishing to replace or increase naturally occurring food enzymes lost to cooking, processing, irradiating, or other culinary preparations.

### Chewable Digestive Enzymes

Enzyme nutrition must start as early as possible if we are to gain the most out of our lives. We at Natural Choice Products hope to assist many people in overcoming health challenges, but our main goal is to help our clients and Associates avoid conditions that cause disease.

We feel the best time to begin enzyme supplementation is in childhood. For this reason we have formulated the Chewable Multiple Enzyme. Teaching children to take responsibility for their health now will ensure a healthier, more productive future. This product should also be considered for older consumers that may have problems swallowing capsules.

## Am I Enzyme Deficient? Do you suffer from...?

Heartburn	Diarrhea	Anxiety
Acid Reflux	Gas	Irritability
Indigestion	Bloating	Arthritis
Chronic Fatigue	Flatulence	Candida
Irritable Bowel	Skin Conditions	Anemia
Constipation	Allergies	Asthma



## Welcome To Natural Choice Products

*"Putting Your Health  
Back In Your Hands"*

## The Digestive Process/ The Enzyme Deficient Diet



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