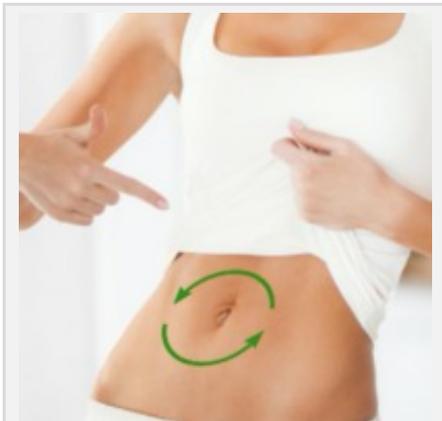


Why do you need enzymes ?

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Enzymes are proteins that control the speed of chemical reactions in your body. Without enzymes, these reactions would take place too slowly to keep you alive. It is enzymes that perform all the functions your body needs to survive. They are the workers in your body. Without enzymes, NO activity would take place at all. Neither vitamins, minerals, nor hormones can do any work without enzymes.



Enzymes are absolutely essential to life.

Enzymes are more important than the air you breathe, the water you drink, and the food you eat. Why is this? Enzymes are required for your body to function properly because without enzymes you wouldn't be able to breathe, swallow, drink, eat, or digest your food. You must have enzymes for your body to perform these tasks. Enzymes are absolutely essential to life.



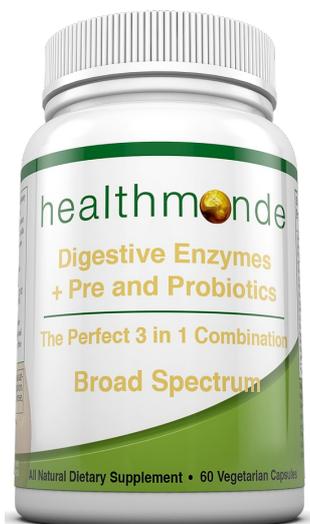
Enzymes are small biochemical digesters. They have the individual power to break apart vitamins, minerals, proteins, carbohydrates, fats, etc. and make them absorbable. Vitamins and minerals are useless without enzymes. You could have the best nutritional plan around, and supplement your diet with a host of vitamin supplements, but without these humble workers we call enzymes, the vitamins will not be absorbed into your system.

They assist in fighting aging, weight loss, lowering cholesterol, cleaning the colon, breaking down fats, strengthening the immune system, improving mental capacity, detoxifying the body, building muscles from protein, eliminating carbon dioxide from the lungs and more. When anything attacks the immune system guess who comes to the rescue? The mighty enzymes!

A simple deficiency of enzymes in your body will influence the health of your entire body. It just makes sense, actually as they say, 'it's a "No Brainer"'. Start yourself on a good all-natural Board Spectrum supplement as soon as you can.

Healthy solution

Healthmonde's Digestive Enzymes + Pre and Probiotics is the best digestive supplement because it is broad spectrum meaning it will support the breakdown and digestion of all food groups. It also includes probiotics to increase healthy gut bacteria and prebiotics to feed the probiotics and create a healthy environment for the probiotics to multiply.



Despite what most drug company sponsored health websites and even what doctors may tell you, the disease doesn't just pop out of nowhere and bite you in the derriere. The disease is not normal, it is not a reflection of your body needing some drug and it is not something to expect as you age.

There is growing evidence that your immune system is key in defending you from major diseases like Cancer, Heart disease, Diabetes, and by looking after your immune system you can actually reverse aging, stop Alzheimer's, improve your sex life and much more. The fact is that when you have a healthy immune system you simply will not be a victim of any disease – it is that simple.

So what exactly can you do to strengthen your immune system? Your intestine is the largest immune organ in your body. Almost 80% of the immune system is located in your gut area - that would be your target. According to Dr. Hiromi Shinya, a world-renowned gastroenterologist credited with the invention of the colonoscopy and the removal of polyps without invasive surgery, a surgical professor at Albert Einstein Medical University and author of the international best-selling books, *The Enzyme Factor*, *The Microbe Factor* and *The Rejuvenation Factor*: - Here are some simple habits you can practice and develop to become and remain well and live a long and vibrant life:



- eat healthy,
- drink good water,
- have a proper elimination,
- practice proper breathing,
- do moderate exercise,
- get good rest and sleep
- engage in laughter and a sense of well-being.

Just to recap why enzymes are vital to us.



All metabolic processes in the body rely on enzymes for digestion, nutrient delivery, blood

purification/detoxification, neurotransmission, and support of the nervous, endocrine and circulatory systems. However, because the modern human diet consists mostly of cooked, enzyme depleted food, our body's ability to synthesize the quantity and kind of enzymes needed to keep us healthy and our immune systems functioning vigorously is seriously compromised. Dr. Dick Couey, Professor of Physiology and Nutrition at Baylor University says, "I will never eat another meal without taking a plant enzyme supplement. My body doesn't deserve that treatment." Healthmonde's formula includes the 9 essential digestive enzymes to take care of digesting all foods groups and it is 100% natural.

Stressful times, prescription drugs and antibiotics play havoc with our gut bacteria. The next component of healthmonde's formula, probiotics, addresses this concern. But more importantly is the incorporation of Prebiotic enhancers (Fructooligosaccharides) that help cultivate healthy probiotics and create a healthy environment in the stomach for the probiotics to thrive.

Many of the supplements for digestive health and healthy gut bacteria only have either Digestive Enzymes or Probiotics and little to no Prebiotics, even though doctors recommend taking them together as they work hand in hand to improve gut health, slow the aging process, and strengthen the immune system.

Healthmonde has gone one step further and added Bioperine® (piperine) to their formula. According to an article published in the "Journal of Ayurveda and Integrative Medicine" in 2010, piperine has been shown to increase the absorption of essential vitamins, minerals and nutrients. The article goes on to suggest that piperine may be useful for people who suffer from conditions that cause malabsorption of nutrients and people suffering from malnutrition. Bioperine maximizes the benefits of your entire supplement regimen dramatically enhancing the absorption...after all - "you are what you absorb". All these powerful ingredients wrapped into an easy to swallow capsule DE + P&P delivers as a great supplement for overall human disease prevention, physical rejuvenation and anti-aging.

Start practicing healthy habits and take your Digestive Enzymes with Pre and Probiotics and you will be helping your body be healthy again.



About healthmonde

Healthmonde is a privately owned health awareness company specializing in superior dietary supplements. The company's mission is to bring awareness to people about disease prevention, physical rejuvenation and anti-aging. For more information visit www.healthmonde.com or email info@healthmonde.com.

Photo courtesy of healthmonde

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