

# LiveIt!

## Nutritional Lessons



### Digestion Is The Key to Food's Goodness

### LiveIt! Lifestyle Lesson 3

**Alan P. Duben, DC**  
4165 E. Thousand Oaks  
Blvd.,  
Suite 301  
Westlake Village, CA  
91362  
805-494-1339

*“Life itself is merely the activity of enzymes - anything that inhibits enzymes is detrimental to life.... The enzyme itself is a functioning mechanism and not a chemical... Most of our vitamins are parts of enzyme systems and parts of functioning mechanisms. These mechanisms are subject to destruction by heat. And when any enzyme is heated it is destroyed.”*

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

### Good Food is Only Good if You Can Digest It!

How is your digestion? Take this simple test (check those that apply)

- I have gas, burping and bloating and/or cramping.
- I get “heartburn,” “acid indigestion,” “acid reflux” after eating.
- I take antacids more than once a week or take ‘acid blocker’ medication.
- I do not have regular (at least daily) bowel movements.

You may benefit from digestive enzyme supplements!



**G**ood health comes from good food, yet even the highest quality organically-grown food fails in its healthbuilding qualities if the whole food goodness does not reach your body tissues. **Enzymes are the key to digestion, absorption and assimilation of nutrients that Nature intends for our health and vitality.**

**Good digestion** and assimilation of nutrients is **painless, quiet.** In fact, with proper digestion you should eat a meal and not even be aware that your food is digesting.

**With poor digestion one feels distressed and aggravated,** sometimes during and most often after the meal. More people than ever are taking medications such as “acid blockers” so they don’t feel their poor digestive processes. People often are taking antacids, laxatives and medi-

cations to treat symptoms brought on by years of poor food choices and decreased enzyme production.

**Bad digestion has a cumulative effect.** Over time, the absence of nutritional essentials leads to poor digestion and conditions of deficiency. See the panel to the left of this article. As you can see, dozens of conditions result from nutritional deficiencies that lead to decreased enzyme production. The resulting indigestion is a sign that food is not being effectively assimilated and further deficiencies are developing. It is a vicious cycle!

Assimilation of the good food we eat today is negatively affected by years of poor food choices resulting in deficiency and degenerating health. Symptoms of bad digestion are the body calling out for help.

**Take HealthBuilding steps for better digestion and assimilation:**

**Eat properly prepared wholesome food.** We have to take the first step of eating wholesome foods in order for the remaining steps to follow. Only if we eat wholesome foods that is, foods that are rich in enzymes, coenzymes and other HealthBuilding nutrients can the body maintain health. And only a healthy body can produce sufficient enzymes to complete the digestive and assimilative processes.

**Chew food thoroughly.** Yes, your mother was right. Chewing food breaks down the various components of the meal and mixes it with saliva, beginning the digestive and assimilative process. Build healthy enzyme-secreting lands by eating good food, avoid toxins and supplement your meals with whole food concentrates which build your health.

*Continued other side*

## Digestive Enzymes are a Nutritional Essential

### Remember to:

- ✓ Eat simply – Whole foods like salads, steamed vegetables, raw fruits and nuts have living enzymes which processed foods do not. Do your best to not overeat.
- ✓ Drink fluids at the beginning of your meals, not at the end. More than a few sips of fluid during and at the end of meals tends to dilute the digestive juices and cause many cases of indigestion. (Some serious cases of indigestion are helped by simply following this advice—TRY IT!)
- ✓ Supplement digestive enzymes with each meal to help your body get the most goodness from the food you are eating, REGARDLESS of any symptoms.

Our office uses digestive enzyme support products from Standard Process (SP). SP has prepared its products to provide enzymes for digestive support, and also to help the glands and organs of your body repair the effect of years of digestive abuse.~

**Zypan** – Since 1958 Zypan contains enzymes to support the digestion and absorption of proteins and enhance the health of the stomach for proper digestion. The stomach sets up the digestion for success or failure. Supplementing with enzymes like Zypan is an important step toward aiding your digestive functions to get started off right.

**A-F Betafood** – Introduced in 1951 A-F Betafood contains beet juice which is a good source of betaine. Betaine has been shown to be an effective agent to promote the transportation and use of fats, helping to enhance liver and gall-bladder health. The typical American's diet of processed foods laden with hydrogenated and partially-hydrogenated (synthetic) fats\* are a constant stress to the body which makes A-F Betafood a nutritional essential for most people.

\*See LiveIt! Lesson 4

**Multizyme** – Cooking food is known to destroy important enzymes for digestion and assimilation. Multizyme, used by doctors since 1963 as a digestive support product contains fig, defatted almonds, pancreatin (3x), fatty acids, bromelain, lipase, cellulase, papain and amylase. All are digestive enzymes necessary for the proper breakdown and absorption of proteins, carbohydrates, sugars, and fats.†

### Ask me which ones may help you!

† 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. They are to support your health.

### Patients Speak about Digestive Enzymes

*I was having severe distress due to bowel gas and bloating. Not only was it very painful but also very embarrassing. Within 48 hours of beginning the nutritional product ZYPAN the bowel distress was greatly lessened. I continue to take it to this day and it really helps. S. J.*

"Patients Speak" are actual testimonials of people who have benefited from the HealthBuilding qualities of whole food nutrition and whole food concentrates.

### What Did You Learn?

Enzymes are the key to digestion, **True False** absorption and assimilation of nutrients.

People take antacids, laxatives and **True False** medications to treat symptoms of tentimes brought on by years of poor food choices and decreased enzyme production.

Symptoms of bad digestion are the **True False** body calling out for help.

Taking digestive enzymes with each **True False** meal helps your body get the most goodness from the food you are eating.

*"The forces of Nature, given the opportunity, can do wonders in restoring diseased tissue." Dr. Royal Lee 1933*

**This LiveIt! Lifestyle Lesson is brought to you by:**

**Duben Holistic Chiropractic & Kinesiology**

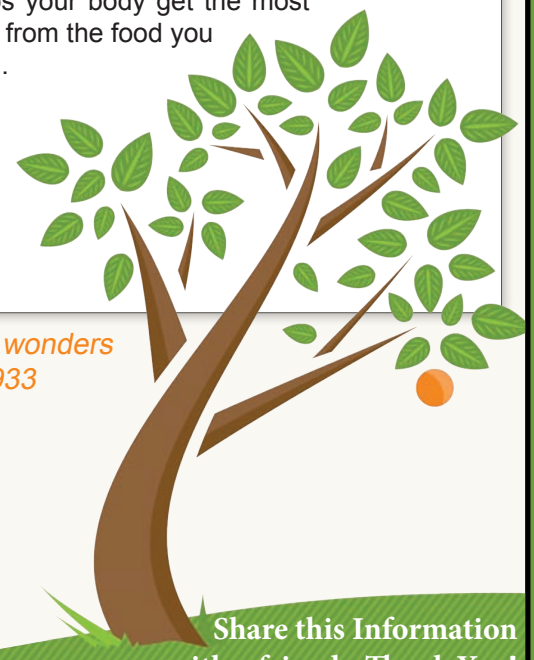
**Alan P. Duben, DC**

4165 E. Thousand Oaks Blvd.,  
Suite 301

Westlake Village, CA 91362

**805-494-1339**

<http://www.docduben.com>



**Share this Information  
with a friend - Thank You!**