

DIGEST THE 消化

Some not too hard to swallow facts!
一些您不知道的事实!

Do you suffer from fatigue, allergies, acne, constipation, diarrhea, bloating, hair loss, headaches, bad breath, weight problems, hormonal imbalance or other annoyances? If these symptoms sound all too familiar, chances are, you may be suffering from digestive problems. Most if not all of us suffer from some form of digestive disease. This is hardly surprising at all considering that our foods are laced with preservatives, artificial ingredients, hormones, and other chemical additives. Daily we consume refined, processed foods low in fibre and high in animal fats. Add to that a lack of exercise, and an ever increasing level of stress, and you've got a major gastrointestinal health crisis.

From the mouth to the very last part of the bowels, health professionals have established a general consensus that most, if not all, major diseases start in the gastrointestinal tract (GI)!

Your GI, Your Health

The human gastrointestinal tract, which starts at the mouth and ends at the anus, is approximately 25-35 feet long and has many functions that contribute to our overall well being. After food is ingested, a rhythmic muscle contraction called peristalsis pushes the food through the esophagus to the stomach and through the intestines. Inside, food is acidified, liquefied, neutralized, and broken down into usable particles. The nutrients are then absorbed through the intestinal lining into the bloodstream and assimilated into the cells where they can be used for energy, growth and repair. The waste products are then eliminated through the large intestine, lymphatic system, kidneys and skin.

When any part of the GI does not work efficiently, individual cells throughout the body gradually lose their ability to function properly.

Digestion

During the process of digestion, almost 50% of all enzymes (naturally found in natural foods) consumed by the body are used to digest our food! Worst still, when live enzymes are lacking in the diet, the average person only digests about 30% to 70% of all that is eaten.

Enzymes are catalysts, they either put things together or tear things apart. Every metabolic function in the body require enzymes. Without enzymes there is virtually no life. Every minute our body uses enzymes to run vital organs like the heart, liver, kidneys, pancreas, as well as billions of other cells that sustain life. These enzymes need to be replaced as the body uses them up. In short, enzymes run the body.

Unhealthy eating habits and processed foods put tremendous strain on the body. Most "dead" food are void of enzymes. In addition, any "living" food that is cooked beyond 43°C loses most, if not all, of its live enzymes. When sufficient enzymes are not available to aid the digestive process, the body tends to borrow them from other organs. This phenomenon explains the high incidences of indigestion and the reason why you feel sleepy after heavy meal. Sound familiar? The body is stealing enzymes from other bodily functions to aid digestion.

Dr. Edward Howell, a leading authority on enzyme research, uses the illustration that we are given a "bank account" of enzymes at the beginning of our lives. The more we withdraw from this "bank account" to use for digestion, the less is left behind for the thousands of other tasks which enzymes have to perform in our bodies. When your body begins to cut back on various bodily functions, many other symptoms occur such as hair becoming dry, nails getting weak or cracked, skin aging, fatigue and other signs of premature aging. These collectively make you look older than you might be! The more critical ones are often unseen, like the liver not being able to effectively excrete wastes and toxins from the body.

Why are enzymes so important? What are they really? To give you a clue, look at a banana or a mango. A green one. When it turns yellow and ripens, that's its enzymes working. Amazing, isn't it?

您有疲劳、过敏、青春痘、便秘、腹泻、腹胀、脱发、头痛、口臭、体重问题、荷尔蒙失调或其它毛病吗？如果您有以上的症状，您的消化系统很有可能出了毛病。当我们身体没有出现这些毛病时，我们都不会考虑到吃进嘴巴里的食物都是含有防腐剂、人工添加剂、激素及其他化学添加剂。我们日常生活吃的加工食品，不但低纤维，而且还含有动物脂肪。加上缺乏运动、生活压力增加，肠胃出现问题的风险也就更大！

健康专业人员发表说，所有疾病都由不健康的胃肠道（GI）开始！

您的肠胃，您的健康

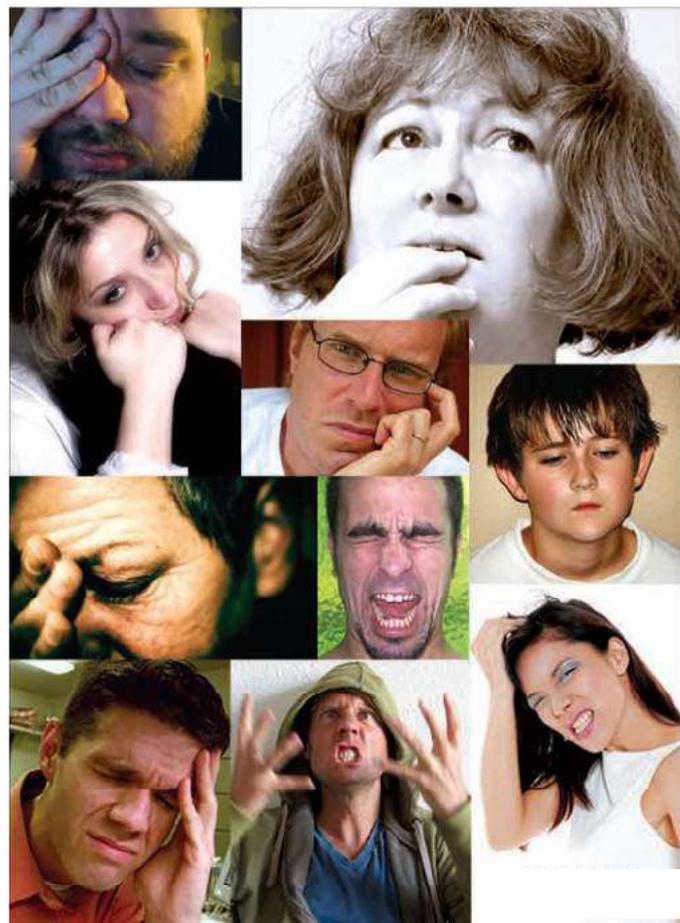
人体内的胃肠道从嘴巴开始到肛门，两端的距离大约是25-35英尺，它对我们整体健康有极大的影响。当食物进入人体，食道肌肉就会收缩（称之为蠕动）把食物推到胃部。食物在胃里酸化、液化及分解成有用的颗粒，所吸收的营养会通过肠壁进入血液，有助于细胞的修复及增长。至于其他的“废物”，都会通过大肠、淋巴系统、肾脏及皮肤分解掉。

当肠胃没能有效地运作，身体内的细胞会逐渐失去正常运作的能力。

消化

在消化的过程中，人体都会消耗几乎一半以上的酵素（从天然食品中获得）来消化食物。更糟糕的是，当食物中缺乏活性酵素，人体平均只能消化约30%至70%的食物。

酵素本身有催化能力，它能把东西结合在一起，也能把东西分开。人体需要酵素促进新陈代谢。没有酵素，就没有生命。我们身体每一分钟都需要酵素来运作器官，如：心脏、肝脏、肾脏、胰腺，以及数十亿细胞以维持生命。总而言之，酵素是我们生命活力的来源。





Assimilation

You are what you eat. Almost. The truth is, you are what you digest and assimilate! Period. Indigestion not only starves the body from much needed nutrients and minerals, it causes a whole lot more other problems. You read earlier that the average person only digests about 30-70% of what they eat without the consumption of live enzymes. Well, what happens to all the undigested food?

Undigested particles cause a great strain to the body. These rotting foods do not just stay in the intestine. Toxins they produce can make way into the bloodstream and travel to practically every part of the body. Toxins or poisons can be lodged in any body part, causing an inflammation in that area. Modern medicine may term it as the "Leaky Gut Syndrome", but toxins and poisons may just be the starting mechanisms for arthritis, gastritis, colitis, allergies, migraines and etc. Undigested food has been implicated as the main cause of over 80% of all allergies. When talking about poisons, what may come to mind is arsenic or cyanide. But the slowest and often undetectable poisons could very well be the undigested foods that we have in the body! This internally produced poison often kills the subject slowly by blocking the blood flow, hindering metabolic functions, while decreasing oxygen flow to tissues, besides interfering with vital organs of the body.



不健康的饮食习惯及加工食品，会对身体施予庞大的压力。很多“死”食品中不会含有酵素。而“活”的食品在摄氏43度下会完全流失。当消化过程中酵素不足，体内会向其他器官“借用”酵素。这种现象导致消化不良，就如当您吃的太饱时会容易感到疲倦。听起来很熟悉吗？因为身体会从其他部分窃取酵素来帮助消化。

酵素研究权威爱德华豪威尔博士表示，酵素就好比一个“银行户口”，当提出供予消化的“款项”越多，那么身体内好几千个任务就必须让剩下的酵素去完成。当您的身体机能开始出现毛病，会出现头发干燥、指甲变得脆弱易折断、皮肤老化、疲劳以及过早衰老的迹象。这些症状都会让您的外表看起来很苍老！最可怕的是一些看不见的疾病潜伏在您身体中，如：肝脏无法有效的排出毒素和废物。

为什么酵素占有重要的位置？它到底是什么？给您一点提示，请看看还未熟透的香蕉或芒果，当它由绿色变成成熟的黄色，这就是酵素发挥的作用，是不是很神奇呢？

吸收

重要的不是您吃了什么，而是您消化及吸收了什么！消化不良不但会让身体需要更多的营养及矿物质，而且还会导致很多毛病。之前您所阅读到的，在没有酵素的消耗下，人体内只消化所进食的30%至70%的食物。那么，还未消化的食物去了哪里？

未消化的食物会对人体造成很大的压力。这些腐烂的食物不只停留在肠道中，它们产生的毒素还会进入血液跑遍身体的每个部分，引发发炎症状。医学称它为“肠漏症”，这些毒素会导致关节炎、胃炎、结肠炎、过敏症、偏头痛等。80%造成这些症状的最大因素来自于未消化的食物，它也是最慢及最难被发现的毒素。它会在身体内产生毒素慢慢“杀死”其他物体，如：延缓或阻断血液流动、阻碍新陈代谢功能，同时降低输送氧气到身体各个重要器官的效率。

便秘

便秘或排便频繁，也可定义为毒素在体内堆积的时间过长。您在进食后未排便的时间越长，您体内的毒素在您消化道腐烂及发酵的时间就越长。日积月累下，毒素会导致细胞功能产生异变，还会使器官功能失常。

现代人食用太多加工食品及用极少活性酵素生产的垃圾食品，里头几乎没有任何纤维化合物。我们吃的食物不但不新鲜，甚至缺乏营养！注意全球各地的主食状态，所有谷类的天然纤维在提炼过程中都流失了。食物中缺乏纤维，不只会减缓消化功能，还会造成废料残留在我们体内，这也为毒素提供了一个完美的繁殖温床。

我们的消化系统并不是为了处理这些经过加工、人造食品及药物而设计的，这些食物如：面粉类产品中几乎没有任何纤维成分，它甚至会在沿层肠上形成胶水一样的物质。

根据卫生和公共服务部，“现代人最常见的是结肠蠕动不活跃问题，超过90%的美国人还面临着结肠阻塞的问题！”很多时候，我们还带着装有10至25磅的残留物及废物的结肠到处走动！在美国，一位备受尊重的外科医生哈维凯洛格博士说过：“我的一生中曾做过22,000个手术，但却从未见过一个正常的结肠。”

事实上，在现今压力大节奏快的社会中，我们吃进如：色素、人工香料和防腐剂的化学品，它们不但令食物口感更好，甚至外观更有吸引力。即使一些未经处理的食物如水果和蔬菜、全谷类食品及肉类等，也可能含有除草剂、激素或农药的残留化学品。我们吃是为了填饱肚子，但为了个人健康，请牢记，要减少进食缺乏营养及酵素的食物。

制造商、营养师和营养学家会在标签上列明食物的成分、含量、卡路里及其他概念性的字眼。可是他们却没有告诉您，您吃什么并不重要，问题在于您消化了什么。如果食物不能消化，无论该食品多么有营养，您都无法留住它。

活性酵素会通过烹调及加工遭到破坏及减少，导致食物无法彻底消化。这会让我们免疫系统变弱，并会导致过早老化及慢性疾病。体内的酵素要不断地补充，您的身体也会重新制造酵素或从外部摄取，如：蔬菜、水果或通过健康食品来替代。

记住，重要的不是您吃了什么，而是您消化了什么！

Constipation

Constipation, or infrequent bowel movement, can be accurately defined as "an extended transition time of toxic waste". The longer you take to move your bowels after a meal, the longer the faeces or toxic wastes sit in your digesting tract, putrefying and fermenting. Resulting accumulation of toxins over the years causes alterations in cellular function, which result in organ malfunction.

Modern man's diet consists of over-processed and lifeless foods which produce little enzyme activity and contain barely any fibrous compounds. We are eating devitalized foods that are not fresh, with little or no nutrients at all. Look at the state of staple diets around the world. All natural fibre in grains are removed during the refining stages. Diets that are poor in fibre, not only slow down the digestion and cause waste materials to stay in the body longer, but it also set up a perfect environment for toxins to form.

Our digestive system is not designed to handle these processed, unnatural foods and substances. For instance, white flour products, which contain very little or no fibre, form a glue-like paste that sticks in layers and layers along the insides of the intestines.

According to the U.S. Department of Health & Human Services, "An under active colon is common to most people these days and over 90% of Americans are walking around with clogged colons." Many of us could be walking with 10 to 25 pounds of accumulated and putrefied waste in our colon! One of the most famous and highly respected surgeons in American history, Dr. Harvey Kellogg, said: "Of the 22,000 operations I have personally performed, I have never found a single normal colon."

In this fast paced world of ours, we are eating lots of chemicals like colouring agents, artificial flavours and preservatives that can make the food taste good and appear more attractive. Even non-processed foods like fresh fruits and vegetables, whole grains and meats are often laden with chemical residues from pesticides, herbicides, hormones and other products used to make them grow. We are essentially well fed but malnourished. The bottom line is that when we put foods that are void of adequate nutrition and void of any enzymes into our body, we will eventually run the body down.

Manufacturers, dieticians and nutritionists go all out in labelling and categorizing foods according to content, telling you how many milligrams of this and that, calorie contents and all other trendy notions that are appealing. What they fail to tell you is, **it doesn't matter what you eat; it only matters what you digest.** Food that is not digested, no matter how nutritious it may be, will just go right through you, or worse, stay in you!

The destruction of live enzymes through cooking or processing, or the inherent lack of it, does not permit our food to be thoroughly digested. This weakens your immune system and sparks the development of premature aging and chronic/degenerative diseases. These enzymes need to be replaced as the body uses them up. Your body resupplies its enzyme pool by manufacturing them or by receiving them from an external source. They can come from raw foods – like vegetables and fruits or through supplementation to be converted for bodily needs.

Remember, you are not what you eat. You are what you DIGEST!



Enzymes Vital to Digestion and Good Health

Naturally, our foods have been the primary source of enzymes. Uncooked foods such as fruits and vegetables are usually high in enzyme activity, which bring forth many benefits as we consume them. However, looking at our diet today, can you recall which of your last few meals might have contained a decent amount of raw fruits or vegetables?

With modern day diets of over processed and overcooked food, we can expect to be enzyme deficient. High temperature food preparations certainly lead to the destruction of many innate food related enzymes. A poor intestinal tract environment which affects most people can also lead to reduced production of our own enzymes. Remember, nothing can take place without energy and energy cannot be used or produced without enzymes. Enzymes are involved in all bodily functions like the beating of the heart, the building and repairing of tissue, the digestion and absorption of food and many more.

We can safely say that many disorders may begin because of the body's inability to produce enzymes sufficiently for optimal digestion, absorption, and elimination leading to chronic disorders or discomfort. In fact, the existence of each of our cells depends on complicated chemical reactions that require a constant supply of energy and enzymes. Without enzymes, cells become disorganized, resulting in illness and death. On the opposite, bodies that are rich in enzymes function at their best, with high energy levels, and full powers of disease resistance.

The best way to combat enzyme deficiency is to supplement with natural plant enzymes. That's why at NewLife™ we recommend **N.Zimes PA Plus** – a source of natural plant enzymes that can help not only to boost digestion, but different functions such as the storage and release of energy or the processes of respiration, reproduction, vision, and others.

One of the many advantages of plant enzymes is that they are much more stable over a wider pH and temperature range. The stomach is very acidic whereas the small intestine is more alkaline. This is why plant enzymes can work effectively in the stomach, whereas animal-derived or pancreatic enzymes cannot. Most pancreatic enzymes need to be enterically coated to survive the stomach environment. Plant enzymes can be customized more because they are derived from plant or microbe sources. Pancreatic enzymes are limited to a ratio of proteases (proteins), amylases (carbohydrates), and lipases (fats).

Did you know that many people can eat nutritious foods and yet be continually tired, develop chronic diseases, and/or even age prematurely? Due to poor digestion and/or assimilation of foods, no matter how healthy a diet, nutrients aren't getting to the cells. Avoiding or overcoming digestive enzyme deficiency is imperative to overall health and longevity.

Many people have seen an improvement to their health by the time they get to the end of one bottle of enzymes. What returns can you expect with an investment in one bottle of **N.Zimes P.A.Plus**? Aging is a dehydration of the body's enzymes! The choice is yours!

生命酵素对于消化及健康

其实，我们的食物一直都是酵素的主要来源。未经过煮熟的食物如水果及蔬菜内含有丰富的酵素，多吃对我们身体有益。试回想一下，你还记得前几餐吃过足够的水果及蔬菜吗？

现代生活的一些熟食及加工食品，都会破坏食物酵素。烹调高温会导致食物内的酵素遭破坏，并会减少我们从食物中摄取的酵素量。记住，没有任何东西可以取代能量，而能量的生产则不能缺少酵素。酵素在体内占有很重要的位置，例如：心脏的跳动、促进正常细胞的生产及受损细胞的再生、食物的消化及吸收等。

很多疾病的造成是因为体内无法产生足够的酵素供消化、吸收和消除慢性疾病及身体不适。事实上，我们体内每一个细胞的存在，都取决于复杂的化学反应，它必须仰赖大量的酵素及能量的供应。少了酵素，细胞将变得杂乱无章、生病和死亡。如果您的身体内含有丰富的酵素量，您就有大量的酵素力来运作身体，以及抵抗各种疾病。

打击酵素不足的最好办法就是补充天然植物酵素。这就是我们推荐**新生命胰酶(植物)添加素**的原因——一种天然植物酵素，它不但可帮助消化，而且能帮助促进呼吸过程、生殖、视觉能力等等。

植物酵素有众多好处。他们能在较大的pH值和温度范围上展现活性及保持稳定。我们的胃部是属于酸性，而小肠是属于碱性的，这就是为什么植物酵素能在胃部内发挥效用，而动物源食品及胰酶不行。大多数的胰酶都拥有保护层，以适应胃部状况。植物酵素能做的比胰酶更多是因为它们源自于植物或微生物。胰酶只限于蛋白酶比（蛋白质）、淀粉酶（碳水化合物）和脂肪酶（脂肪）。

其实，很多人都可食用有营养的食物，但还是感到疲劳，甚至面对各种过早老化的问题以及慢性疾病的发生。无论你的饮食习惯是多么健康，要是你面对消化不良的问题，那身体的细胞都无法获得足够的营养。避免或克服消化酵素的不足，可促进整体的健康及延长寿命。

大多数人在引用酵素后，健康都获得明显的改善！您期望投资一瓶**胰酶(植物)添加素**能获得什么回报？老化是体内酵素脱水的现象！选择权在您手上！

