

Digestive Peace of Mind

by Gloria Gilbère, N.D., D.A.HOM., PH.D.

Digestion begins in your head. Yes, I know it sounds strange, but it's true. Research has confirmed that your emotional state at mealtime can preclude you from proper digestion—yes, digestion actually begins in the brain, even before that first bite hits your lips. When you sit down to eat a meal and there is disharmony, anger or anxiety, a phase of digestion called cephalic (originating from the Greek word for “head”) occurs. When the brain is thinking positive thoughts, for instance, anticipation of a family dinner with guests that you enjoy, the digestion process begins in the mind by sending a message to secrete digestive enzymes and hydrochloric acid in your stomach. By the time you actually consume the meal, your digestive system has “set the stage” to receive and process what you've consumed.

On the other hand, if you are the victim of a chronic, invisible disorder like multiple allergic response syndrome (MARS), and your fear of eating is a result of past experiences with serious allergic reactions, then your brain is sending the message of fear, anxiety, and

in severe cases, the worst fear of death. These negative messages translate into negative cephalic responses, which, in turn, inhibit the body's ability to secrete enough acid or digestive enzymes. Is it any wonder most people afflicted with invisible illnesses (e.g., fibromyalgia, chronic fatigue, lupus, irritable bowel syndrome, Crohn's) also have digestive problems? Even in cases not as pronounced as previously mentioned MARS, current estimates for digestive disorders in the United States alone include more than 62 million people.

As a doctor, researcher and recovered victim of MARS, fibromyalgia, chronic fatigue and leaky gut syndrome, I am amazed that more medical professionals do not understand the vital role digestive enzymes play in chronic disorders, digestive health and longevity.

The CapraZyme Formula for Great Digestion

One product, in our rushed “one pill does it all society,” has been able to fulfill all of my prerequisites for my clients and myself. **CapraZyme™** from Mt. Capra Products, of Chehalis, Washing-

ton, could be called a “designer enzyme formula” because it contains the following synergistically (capable of working together for even better results) balanced ingredients of enzymes, bioactive botanicals and nutrients:

Protease Blend—Three powerful protein-digesting enzymes, including peptidase, are included in **CapraZyme**; these are capable of breaking down proteins at different pH levels in the digestive tract. They also assist in alleviating infection and inflammation.

Amylase—Helping to break down and digest carbohydrates, starches and sugars, amylase is used in combination with other digestive enzymes to prevent the proliferation of dead white blood cells.

Glucoamylase—This enzyme further breaks down and digests carbohydrates, starches, and sugars.

Lipase—This powerful fat-digesting enzyme assists in weight management and circulation.

Let's take a look at why so many of us are suffering from digestive disorders never even heard of by our ancestors:

- We, as a society, are much more stressed, in order to stay competitive.
 - We allow our meal times to be interrupted with cell phones and pagers. For some reason, we have allowed ourselves to feel that if the phone is ringing, it must be answered—even in the middle of a meal. I had to discipline myself that during meal times I am simply not available—the invisible phone.
 - We “shovel” our food as if a time clock for performance is running. (I say, savor each bite. Believe me, if you had lived for months on brown rice and carrot juice like I did during my illness, you'd develop a true appreciation for every morsel once you could again eat “normally.”)
 - We are all victims of the standard American diet (its acronym aptly being SAD) consisting of processed meats, refined grains, ultra pasteurized and difficult-to-digest dairy, and prepared processed foods, not to mention caffeine and alcohol. These foods are not only devoid of most enzymes, they also create an acid state in the body that sets the stage for infection, intestinal yeast overgrowth, and weakened
- immune function. Our bodies were designed to be predominantly alkali to facilitate the absorption of nutrients and oxygen and then efficiently eliminate toxins. Today we live in a state of chronic acidosis.
- When food is cooked above 118 degrees F. (48 degrees C.), any naturally occurring enzymes are destroyed. As a consequence, the human body must make its own digestive enzymes to complete the job. Thousands of years ago, our ancestors ate their food raw. When fire was invented we started cooking everything to “death”—and “dead,” devitalized foods lead to disease through enzyme deficiency and eventually premature death.
 - What we do to our food in our “modern” society is frightening; we freeze, dry, can and irradiate it; load it with preservatives and food additives, color and flavor enhance it; and, of course, we add pesticides that not only kill enzyme activity but make the food toxic. Pesticides not only are dangerous to the consumer; they also inhibit the plant's absorption of minerals from the soil, creating another deficiency.
 - Many people nowadays consume and use enzyme depleters such as tobacco, prescription and over-the-counter drugs and street drugs—all of which are responsible for free-radical activity and destruction of the human body's enzyme stores.

Lactase Blend—A potent, full-spectrum blend of enzymes specifically designed to break down and digest dairy products and lactose (milk sugar), the **CapraZyme** lactase blend is three times stronger than the dairy-digesting enzymes found in the stomach.

Bromelain—A unique combination of enzymes from both the ripe and unripe fruit and leaves of the pineapple plant, bromelain is used around the world as an aid in protein digestion and as an anti-inflammatory agent.

Papain—Taken from the papaya, this enzyme also breaks down proteins and is used as a treatment to relieve chronic diarrhea.

Alpha-Galactosidase—This enzyme is an aid to digest complex sugars in whole grains, beans, legumes, and cruciferous vegetables such as cabbage, broccoli, and cauliflower.

Cellulase—A complex of three different enzymes that converts cellulose (one of the basic components of the plant cell wall) to glucose, cellulase is not made in the body and can only be obtained from food or supplements like **CapraZyme**.

Isolase—This enzyme blend is designed to increase absorption of

isoflavones (found mostly in soy).

Malt Diastase—Also known as maltase, this enzyme breaks down maltose, malt, and sugars found in grains.

CereCalase™—This proprietary blend of enzymes is designed to break down carbohydrates and fibers found in many fruits, vegetables and grains. It breaks down all nonstarch polysaccharides (that are found in vegetables, grains, beans, and herbs).

SOD (vegetable source)—Also known as superoxide dismutase, SOD is a powerful enzyme that revitalizes cells and reduces the rate of cell destruction. It neutralizes free radicals and reduces inflammation. It also aids in the absorption of zinc, copper, and manganese. It is currently being explored as an anti-aging treatment.

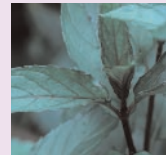
L-glutamine—This amino acid is important in maintaining a healthy digestive tract. It is used to assist in repairing the damaged intestinal lining (as in leaky gut) and to facilitate healing of peptic ulcers.



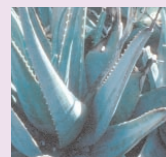
Bio-Active Botanicals in CapraZyme™



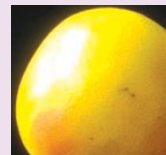
Ginger root reduces inflammation, soothes the stomach, cleanses the colon, reduces spasms and cramps, and stimulates circulation.



Peppermint (whole leaf) increases stomach acidity to aid digestion and has an anesthetizing effect on mucous membranes and the gastrointestinal tract. It also assists in the treatment of colic, diarrhea, indigestion, irritable bowel syndrome, nausea, and poor appetite.



Aloe Vera (whole leaf) is an astringent, antifungal, and antibacterial. Studies show it can lower cholesterol, reduce inflammation, soothe stomach discomfort, and act as a natural stool softener.



Naringin is a flavonoid found in grapefruit that contains antioxidants and carotenoids and also assists in nutrient absorption by its powerful uptake mechanism.

Q So, what do I recommend to my clients to replace the enzymes that our fast-paced sophisticated society has helped us to deplete while we're shoving down our dinner as we watch the evening news, talk on the telephone and half-listen to what our spouse or children are saying?

A A digestive enzyme formula guaranteed to contain the following:

- Ingredients that are totally vegetarian (including the capsule).
- A full-spectrum of digestive enzymes.
- An enzyme complex that is capable of not only assisting digestion, but also therapeutic in repairing damaged intestinal mucosa (lining).
- A formula that contains a BioActive Botanical Blend.

Dr. Gilbère is internationally respected as an authoritative influence in the discovery of the causes, effects and drug-free solutions for leaky gut syndrome and chemically induced immune system disorders. She is author of *I was Poisoned by My Body* (Lucky Press 2001) and *Invisible Illnesses* (Freedom Press 2002) and her new release *Nature's Prescription Milk* (Freedom Press 2002).

Prescription for Healthy Digestion

It isn't every day that a doctor like me, who specializes in coaching clients with compromised digestive and immune systems, finds an enzyme product that causes as much excitement as **CapraZyme**.

It also isn't every day that patients who are chemically sensitive universal reactors so generally tolerate a digestive product. I've used **CapraZyme** in my practice for several months now and most of my clients have not only been amazed at the improvement in their digestion, but also in the ease of acceptance when other products have caused them reactions or failed to reduce their digestive symptoms.

Go ahead, try this designer enzyme—after all, what do you have to lose except indigestion, malabsorption, heartburn, and a sluggish elimination system? **CapraZyme** will assist you in building a healthier future by providing you with digestive “peace of mind”—a positive cephalic response, naturally.

To locate a natural health center for **CapraZyme** or inquire about other quality products manufactured by Mt. Capra, including mineral whey and goat's milk probiotics, use this contact information:

For product information
or to order CapraZyme, Click Here
or call toll free at (877) 673-0224.