

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Meow,

Life Without Enzymes Contributing to that "Middle-Aged Feeling?"

Enzymes. They govern every metabolic function in your body. Without 'em, most chemical reactions in cells would be too slow, creating wide-ranging effects such as diminished energy, stamina, immune system function, hormone production, and absorption of basic vitamins and nutrients.

Could it be that old "middle-aged" feeling of slowing down could be related to enzyme deficiencies? Perhaps!

Keeping a healthy supply of enzymes in your body can be tough. Enzyme production naturally decreases with age, and the typical American diet of over-processed foods does not favor enzyme production. Even bad habits like standing while eating or eating on the run can deplete your enzyme supplies by straining digestion.

The effects of dwindling enzymes in your body can range from mild digestive trouble to severe organ damage. So, let this kat help you explore what you need to know!

Enzymes are proteins made up of amino acids. There are over 5,000 known enzymes, with three categories including: metabolic, digestive, and food.

Metabolic enzymes play a role in all bodily processes from breathing to maintenance of the immune system. They build and repair cells in the blood, tissues, and organs and help neutralize and prepare for elimination of poisons and carcinogens.

Digestive enzymes are manufactured by the pancreas and are responsible for breaking down the bulk of partially-digested food from large food molecules into smaller units, which can be absorbed into the body's cells.

Food enzymes are found in raw foods and act to initiate digestion in the mouth and stomach. Trouble is that the process of cooking food destroys naturally-occurring enzymes, and the body must then rely on its own supply of digestive enzymes to carry out digestion.

If "enzyme-less" food is the norm, then your body's enzymes become depleted more rapidly. Relying strictly on your body's own digestive enzyme production not only impacts healthy digestion and nutrient absorption, it also can cause enlargement of your pancreas, which struggles to produce more and more enzymes for denatured foods.

Eventually, your body must start "stealing" from your metabolic enzyme resources to cover basic digestive activity. Beyond creating severe nutritional deficiencies, a scarcity of the right kinds of enzymes can lead to the shrinking of other vital organs, including your brain!



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Top 10

Latest top sellers!

1. [Heart Plus](#)
2. [Coenzyme Q-10 \(Softgels\)](#)
3. [Fish Oil \(Large Bottle\)](#)
4. [Calcium with Magnesium](#)
5. [Ginkgo Biloba](#)
6. [Pancreatic Enzymes](#)
7. [B Vitamin Trio](#)
8. [Neuro-PS](#)
9. [Eye Protection](#)
10. [Probiotics 16](#)

Member Spotlight



Hi Teri,

Just had a minute and thought I would send you some "kudos!" Yes, Guido does *rule!* I got my order in 3 days and I am a *very* happy camper! I am so glad I found you all. You will be hearing from us very often.

And, I just want to add, that in this day and age of so much negativity and uncertainty, it is so refreshing and nice to deal with a company that has a sense of humor and is not afraid to use it.

I have dealt with many companies that seemed stiff and way too business-like. You are business-like in every sense of the word, but you have a nice soft and very friendly **edge too.** I appreciate that.

Okay, I have to admit that I am a cat (kat) owner/lover also ...so you guys won me over with "meow." All kidding aside, I truly appreciate your way of conducting business... We love your products and service! Give Guido a scratch under the chin for us. :-)

Thanks again,

Bud & Mary Gaut >^..^<

Tell-A-Friend



Please "[Tell a Friend](#)" OR [Send Newsletter to](#)

[a Friend!](#) If your friends and family care about supplement quality *and love* a good deal, they will certainly thank you! ^..^



Three Enzymes Critical to Digestion

To avoid such stealing, it's important to support healthy digestive enzyme populations, including your PALs in digestion: protease, amylase, and lipase.

Protease digests protein, and has been studied for decades in conjunction with immune support, inflammation, and cancer. Everything making you sick happens to be either: (a) a protein or (b) protected by protein! You see, bacteria, parasites, and fungal forms of invaders are all proteins, and viruses and cancer cells are all protected by proteins. Thus your immune system is in constant need of protease to fight the bad guys.

Amylase digests carbohydrates along with dead white blood cells. Low amylase is thought to be a factor in blood sugar imbalances, hypoglycemia, type II diabetes, carbohydrate cravings, and allergies.

Lipase digests fat and fat-soluble vitamins along with balancing fatty acids. Lipase deficiency is thought to contribute to high cholesterol, high triglycerides, and difficulty losing weight, which are all considered markers on the road to heart disease. Lipase deficiency can also affect cell permeability, preventing normal flows of nutrients into and wastes out of the body.

Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

Web: <http://www.ourhealthcoop.com>

What Can You Do To Increase Healthy Enzyme Supplies?

Choose enzyme-rich natural foods. Plant foods noted for exceptionally high enzyme content include: extra virgin olive oil and other unrefined oils, raw honey, grapes, figs, avocados, dates, bananas, papaya, pineapple, kiwi, and mangos.

Beware of enzyme inhibitors. Grains, nuts, legumes, and seeds are also rich in enzymes; however, they also contain enzyme inhibitors, which protect seeds from germinating prematurely! Raw peanuts contain an especially large amount of enzyme inhibitors; however, any seed -- including potatoes and eggs (which are "seeds" of a different kind) -- has enzyme inhibitors. Unless deactivated, these enzyme inhibitors can put an even greater strain on your digestive system than cooked foods. Sprouting, soaking in warm acidic water, sour leavening, culturing, and fermenting are all methods used to deactivate enzyme inhibitors, thus making nutrients in seeds more readily available. Be gentle in your cooking techniques.

Relying more on raw foods and gentle cooking methods like lower heat and steaming helps. High-heat techniques like frying and microwaving rob foods of natural enzymes as well as vital nutrient content. Keep vitamins and minerals in healthy supply. Enzymes depend on an adequate supply of vitamins and minerals, particularly magnesium, to perform their magic. And, without trace minerals, many enzymes cannot function at all.

Reduce the use of digestive medications. Many over-the-counter products are acid blockers. By continually blocking gastric acid long-term, you can inhibit your body's natural ability to break down food and get rid of waste. Additionally, these products also upset the balance of friendly bacteria and enzymes essential to healthy digestion.

Take supplemental enzymes. Taking an enzyme-rich supplement with meals can ensure sufficient enzymes to avoid excessive acid and to support optimal digestion and metabolic processes. Of course, you'll want a

product that includes all three PALs (protease, amylase, and lipase, with activity levels proven through [independent testing](#)).

For more on the [Co-op's pancreatic enzymes](#).

If you're looking for some additional reading, check out the book:

[Enzymes & Enzyme Therapy: How to Jump-Start Your Way to Lifelong Good Health](#) by Dr. Anthony J. Cichoke, and preface by Abram Hoffer, M.D., Ph.D.

Fast fact: [Dr. Hoffer](#) is famous for his use of "orthomolecular" medicine, otherwise known as treating various health conditions through nutrition. He even collaborated with Linus Pauling once upon a time!

Health in the News

- [Moderate Exercise Improves Survival Rates For Colon Cancer Survivors](#). Those treated for colon cancer can substantially reduce the risk and improve their overall chance of survival by engaging in regular exercise, according to new research by Dana-Farber Cancer Institute scientists.
 - So many fun things to do with blueberries, and so many health benefits inside such a little fruit, including [heart, anti-aging, and immune benefits](#).
-

Looking to Keep a Handle on Stress? Grab a Friend and Take a Walk!

Researchers at Princeton University are checking out the health benefits of companionship. What they've found? Group-housed animals (rats) who exercised daily on a running wheel produced higher levels of new brain cells than did those animals who either did not exercise or lived and exercised alone.

In addition to boosting brain cells, researchers also found group-activity to help with stress, too. Although stress hormones were elevated in all runners briefly during exercise, loner exercisers showed continuous elevated stress levels throughout the day, where as social exercisers did not.

Continue reading on the [connection between the buddy-system and health benefits](#).

Friends Come in All Shapes: Baby Hippo Bonds With Ancient Tortoise

And, now for an adorable story on friendship featuring a little hippo, orphaned by the 2004 tsunami in Asia, and his adopted best friend, an ancient tortoise living a full continent away.

Owen, a baby hippo, was terrified after the tsunami stranded him on an ocean reef, far away from his home on the Sabaki River and his fellow hippos. Chased by hoards of humans, eager to rescue him, Owen was finally apprehended and was transported to safe refuge in **Haller Park in Mambosa, Kenya**.

When released into the park, Owen ran for cover behind a 130 year-old tortoise named Mzee. The odd couple became fast friends, and their story is now a quite famous one.

Check out [the unusual pair](#) for yourself (and expect to say "aww") and [additional photos](#) too!

That's all for now, fair members.

Stay tuned next week for a [this kat's interview](#) with member, Dr. Bernard Hayden of Tennessee.

Still purringly yours,

Guido

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Making Health Affordable
Together

Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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