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**IN THIS
MENTOR
SESSION:**

- And you thought you knew digestive enzymes!
- Live longer and healthier through a healthy digestive tract!

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Health Mentor Programme -

Operation 'Super-gut' part 4

MENTOR SESSION 36

More ways to boost your gut!

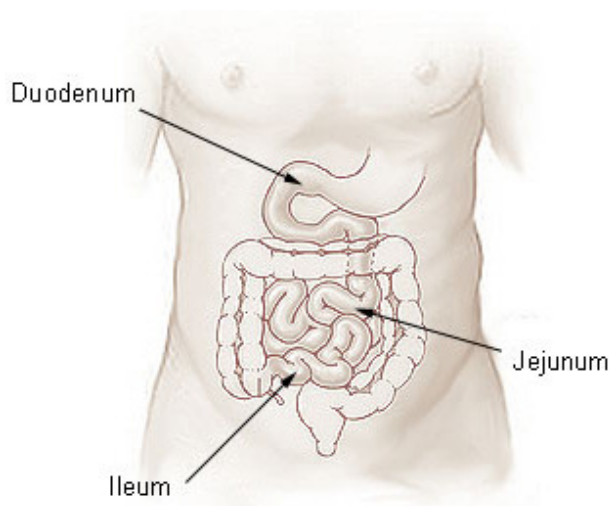
In this session we'll briefly have a look at other ways to supplement your intestine to promote optimal functioning. Themes in this session are:

- Digestive enzymes
- Liver and gallbladder health
- Focus on supplements like artichoke leaf extract, phosphatidylcholine, L-Glutamine and fatty acids.

Enzyme power

Enzyme power

Digestive enzymes are crucial to the functioning of the intestine because without them you won't digest your food! But in this section I want to make you aware of how important digestive enzymes actually are, much more than what any of us could ever have imagined!



So how have your enzymes been?

Where do they come from?

Digestive enzymes are produced by the body and we also ingest them (or are supposed to ingest them) through the consumption of unrefined, properly-prepared foods.

Why don't we have enough enzymes?

-Firstly, like with any other system in the body, the production of the enzymes slow down as we age or is never at an optimal level because we're just not healthy and our bodies don't function at capacity!³²

-Secondly, our pancreas is taxed to produce unnatural amounts of digestive enzymes due to the over-abundance of processed, enzyme-deficient foods we consume. It basically means we don't eat enough raw foods! Plants are a super source of digestive enzymes but due to processing and high heat cooking we destroy the enzymes that were supposed to help the digestive process.

-Thirdly, we tend to have bad eating habits like eating on the run and not chewing our food properly. Remember that digestive enzymes already start working on the food while it's still in your mouth!

So what's the deal with enzymes?

As mentioned, enzymes are needed to digest food. This is a basic necessity for you to stay alive, because you eat to live...

But enzymes are also starting to feature more and more in scientific literature as being important in several areas of human health.

Malabsorption: Many people can develop malabsorption purely through not having enough digestive enzymes, which leads to a vicious cycle (refer back to the previous sessions).³³

Antigens: Remember what I said in the previous sessions about how undigested food can act as antigens if absorbed into the blood stream causing autoimmune responses? Having enough digestive enzymes in your intestine which help to break down proteins prevents this situation!³³

Longevity: Numerous researchers are realising the importance of digestive enzymes and are saying that it may be one of the missing links in people's health.³⁰ A person who has healthy levels of digestive enzymes will be healthier and may just live longer!

Some preliminary research is even pointing to healthy digestive enzyme levels as having an anti-cancer effect and decreasing the risk for other diseases!



Healthy enzyme levels are now being linked to longevity!

So yes, it has become an issue that you have to give close attention to!

Enzymes and arthritis?



In 1940 a man by the name of Dr Arnold Renshaw was doing several autopsies on people who had suffered from rheumatoid arthritis.³²

He observed that the anatomical feature that connected these people to each other was that their small intestines seemed to be diseased.

Based on this information he decided to do a trial where he treated 700 patients with arthritic conditions with a daily regimen of oral digestive enzymes over a period of 7 years.

The enzyme therapy resulted in significant pain relief and decreased inflammation in patients suffering from rheumatoid arthritis, osteoarthritis and fibrositis (inflammation of the connective tissue)

Some cases of ankylosing spondylitis (disease that causes stiffening of the vertebrae) and Still's disease (affecting young people and retarding development) also responded to the enzyme supplementation!

Save the enzyme!

Here are steps you need to take to support your digestive enzymes:

Step 1: Start at the beginning! Have as much unrefined raw foods in your diet as possible. This is a central theme to the entire mentoring programme and, believe me, it's becoming more important as we go along!

This would include foods like fresh fruits and vegetables, raw sprouted grains, seeds and nuts and unpasteurised dairy products (remember my session on dairy).



No surprises here! Raw foods are step 1 in consuming digestive enzymes!

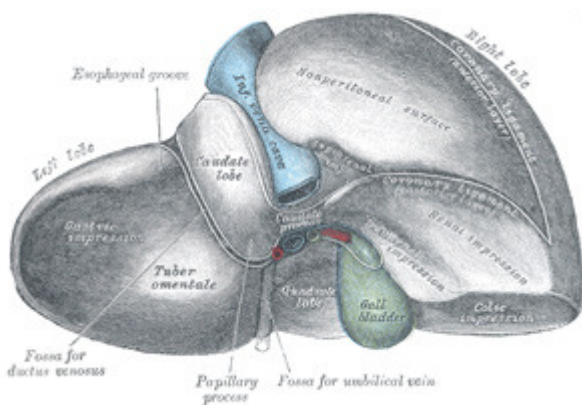
Step 2: Change your cooking methods. Long periods of high-temperature cooking destroy enzymes and also damages proteins. I'm particularly not a fan of frying because of the high temperatures that are used. (Boiling is better.)

Step 3: Take a digestive enzyme supplement.

This may be necessary for the following people:

- If you suffer from some intestinal problem like irritable bowel syndrome, Crohn's disease etc,
- If you have suppressed immunity due to prolonged illness,
- If you have an underlying chronic disease,
- If you are over the age of 40 (digestive enzymes start decreasing over 40),
- If you want to give your health a boost (use enzymes occasionally).

Liver and gallbladder



People who don't have enough bile tend to be bloated more often.

A healthy liver and gallbladder is also essential for a healthy digestive system.

Looking at the following list of functions it should become clear to you how incredibly important the liver is to the human body:

- The liver performs several roles in carbohydrate, protein and lipid metabolism (Yes, those are the three macronutrients without which you cannot live!)
- The liver is involved in blood clotting,
- The liver breaks down toxic substances that you sometimes ingest including most medicinal products, The liver stores glucose in the form of glycogen, vitamin B12, iron, and copper,
- The liver plays a role in the immune system.

Now if that's not enough the liver is also responsible for healthy bile production. (The gallbladder on the other hand is responsible for the flow of the bile.)

A healthy bile level is important for:

- The absorption of fats and fat-soluble vitamins
- Intestinal peristalses or the healthy movements of the intestine (less constipation here!)
- Removal of cholesterol
- Removal of toxins that were collected in the liver

Ideas to boost your liver and gallbladder

Artichoke leaf extract:

Artichoke leaf has a long history of use in aiding people suffering from indigestion and in supporting the liver. Recent research has supported this fact and cast more light on why it helps in the abovementioned areas.

We now know that artichoke:

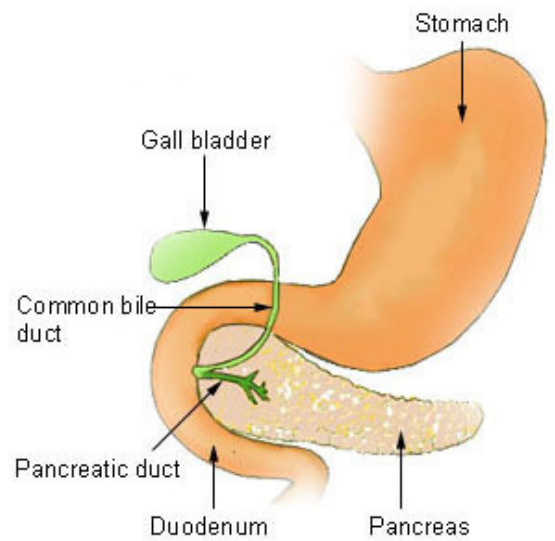
- Relieves dyspepsia,³⁴
- Exhibits activity against bacteria, yeasts and molds,³⁵
- Ameliorates the symptoms of Irritable bowel syndrome,³⁶
- Increases bile flow from the gallbladder.³⁷

Phosphatidylcholine

This phospholipid plays an important role in liver and intestinal support

It has been found to:

- Decrease the scar tissue in liver cirrhosis and reduce scarring and the formation of strictures (narrowing) in the intestine,³⁸
- Support the healthy transport of fats,³⁹
- Protect the intestine against the damage of non-steroidal anti-inflammatory drugs (like aspirin etc).⁴⁰



Supplementing intestinal cells

L-glutamine: Remember the villi in the intestinal lining that I referred to in one of the previous sessions? The villi is absolutely crucial to make sure absorption takes place in the intestine but many people have less villi and the villi that they have is shortened. L-Glutamine is an amino acid that increases the number and height of villi in the intestine.

Butyric acid: Is a short-chain fatty acid which enhances the functioning and integrity of the large intestine. Butyric acid is also an anticancer agent.

Fatty acids DHA (from fish oil) and GLA (from evening primrose and borage oil): Decrease inflammation in the intestine and improve intestinal functioning.

Intestinal resuscitation protocol

If you feel that after reading this you're in need of intestinal resuscitation then you can consider taking the following protocol in collaboration with your healthcare professional:

- | | |
|-----------------------------|--|
| 1) Omega 3 oil | Achieve 600 mg of DHA per day |
| 2) Broad spectrum probiotic | 2 caps on empty stomach for 1 month
(Then 1 cap for 3 months) |
| 3) L-Glutamine powder | 1 tsp twice daily on empty stomach for one month |
| 4) Digestive enzymes | 1 cap with two meals per day |

If you feel you're in need of more then you can also add:

- | | |
|--------------------------------------|--|
| 5) Artichoke leaf extract 300mg caps | Take 1 capsule per meal for one month |
| 6) Phosphatidylcholine 900mg caps | Take 1 capsule twice daily for one month |

Disclaimer:

It's very important that the above protocol be taken only under the auspice of a trained healthcare professional to rule out any allergies or possible interactions with other medications.

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Continued from session 35

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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