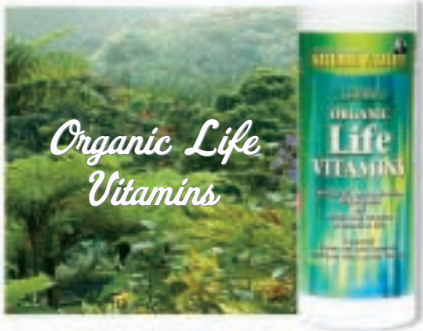




Natural Calm



*Organic Life
Vitamins*

**Digestion Essentials
is one of
Peter Gillham's
Daily Basics**



Cell Rejuvenator



*Digestion
Essentials*



Superior formulations for your good health



The Ultimate
Digestion Formula

**“Live. Love. Eat.”
—Wolfgang Puck**

**“Eat. Digest. Live.”
—Peter Gillham**



AVAILABLE AT

Peter Gillham's *Digestion Essentials*™

Digestion is a vital process necessary for the breakdown and absorption of nutrients needed for basic health. Peter Gillham formulated *Digestion Essentials* in order to help eliminate digestive problems. Its regular use will ensure that you get the most out of your daily food intake as well as your nutritional supplementation.

Enzymes act as catalysts to accelerate the rate of chemical reactions in the body. They are living biochemical factors that activate and carry out all the biological processes of the body, including digestion.

There are three main types of digestive enzymes: *protease*, which digests proteins; *amylase*, which digests carbohydrates; and *lipase*, which digests fats.

Raw foods come complete with their own sets of specifically combined enzymes to digest those particular foods. Today, however, much of our food is cooked or processed. Unfortunately, when enzymes are exposed to heat they are no longer able to perform the function for which they were designed. Eating enzyme-dead foods places a burden on the pancreas and other organs, which overworks and eventually exhausts them.

Additionally, levels of digestive enzymes may be lowered as a result of taking contraceptive pills or other medication, poor eating habits, or aging. When this happens, enzyme depletion can result in digestive problems such as

- being overweight • gas • bloatedness • yeast
- acid indigestion • over acidity • fatigue
- parasites • elevated cholesterol levels.

The key to absorption

Deficient enzyme levels can be boosted by taking *Digestion Essentials* with each meal or daily as needed.

Digestion is basically the chemical breakdown of large molecules of food into smaller particles. Digested

molecules of food, water and minerals are absorbed from the cavity of the upper intestine into the blood where they are carried off in the bloodstream to other parts of the body for storage or further chemical change.

If foods are not properly digested, poor nutritional absorption can occur. This may result in symptoms such as abdominal pain, bloating, dehydration and fatigue, in addition to the problems caused by a deficiency of specific nutrients. With *Digestion Essentials*, however, you can have your cake and digest it too!

What's in *Digestion Essentials*?

Betaine HCl: This enzyme is a source of hydrochloric acid, which aids digestion by breaking down fats and proteins into molecular form so that the body can assimilate and utilize them. In addition, it creates a low pH in the stomach, which destroys ingested bacteria and any other microorganisms. It helps to maintain optimal health and avoid malabsorption of food, as well as other serious health conditions.

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Glutamic Acid: Assists in breaking down food into microscopic particles so that it can be digested and assimilated. It is also one of the building blocks in protein synthesis within the body. In addition, it is a precursor to the synthesis of protein and fuel for the brain to function.

Pepsin: An enzyme that helps in the digestive action of breaking down protein so that the body can assimilate and utilize the protein nutrient value of food.

Papain: An enzyme from papaya that has the property of speeding up chemical reactions within the cells. It contributes to the breakdown of food into its molecular form so as to aid digestion and assimilation of nutrients. It helps the body in performing all necessary functions to ensure that it gets the most out of food.

Mycozyme: Mycozyme is an enzyme combination that performs multiple functions in the digestion of food—particularly proteins and fats—and its assimilation and utilization within the body.

In addition, mycozyme has a widespread biological activity that assists the body to function as it was designed to. In this regard, it can help avoid a number of significant negative health conditions. It is also a good all-round digestive aid.

Ox Bile: Aids in the digestion of food and the breakup and removal of cholesterol and fats.

Pancreatin: A digestive enzyme that helps digest proteins and other nutrients for better assimilation and utilization by the body. It is beneficial in minimizing inflammation of various types, and aids in counteracting other digestive disturbances such as gas, bloating, diarrhea and cramps.

A word from Peter Gillham



As you can see, with this combination of enzymes we have a superior product designed to get the body functioning as it should.

With an improvement in digestion, there will be all sorts of other side benefits occurring. As a result of the digestion working better, more nutrition will be extracted from the food and the better the body will function.

—Peter Gillham