

Health Solutions

The Knowledge for Health

HOME :: June 24, 2010

HowTo

Research

Protocols

eBooks

eLibrary

Videos

Products

Case Studies

Contact

Favorite Blogs

Nicotine Detox

PEMF-Education

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HowTo Blog

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PEMF Systems

Health Solutions

Legal Notices

Pancreatic Enzymes for Digestion

Never take enzymes after a meal.

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Supplement	Wake	Break	Lunch	Dinner	Bed	Unit	Purpose
Protease and Lipase Enzymes		1	1	1		Gram	Aid in digestion to support weakened pancreas.

This table presumes significant deficiency in enzyme production. A gram is a high dose of enzymes. Dosing enzymes at this level normally enhances digestion.

Enzymes have a strong odor. If you cannot smell them in your stool then you aren't taking enough. If you can smell them then it may be possible to reduce your dose. Potent enzymes come in 300 mg capsules and contain:

- Protease - to digest protein
- Lipase - digest fat
- Pancreatin (Trypsin and Chymotrypsin) for detoxification
- Dessicated pancreas to support pancreas recovery

What are pancreatic enzymes?

The two main enzymes lacking in digestion tend to be Protease and Lipase. Protease breaks down proteins, lipase breaks down lipids or fats.

What indicates enzyme insufficiency?

A main early symptom of enzyme insufficiency is bloating or gas in the lower gut.

Digestive insufficiency also often includes deficiency in Hydrochloric Acid, or stomach acid. Individuals with insufficient stomach acid often present constipation, belching and nausea. Generally, deficiency in the higher gut reflects acidic insufficiency, while in the lower gut generally indicates enzyme, or bile flow deficiency. [Click here for how to support stomach acid.](#)

What are Enzyme Sources?

The natural source for enzymes are the pancreas and liver. The pancreas produces the majority of enzymes

Pancreatic enzymes are produced by many companies. They vary greatly in potency. Enzymes are wonderful tools and aid in digestion and detoxification.

A potent enzyme, taken correctly, compensates for poor pancreatic performance.

What causes enzyme insufficiency?

Common causes of enzyme insufficiency are:

- Pathogens which infect the pancreas;
- Pancreatic overwork, as with individuals who produces excess insulin, diabetics, etc.;
- Long term pancreatic insufficiency where the body lacks the enzymes to produce enzymes.

How are enzymes taken?

Always take enzymes before you eat.

A potent enzyme, taken incorrectly produces a very, very unpleasant, and even harmful response. Potent enzymes

Enzymes digest tissue. Your body is tissue. Hence enzymes used incorrectly, can digest your digestive system.

Nature designed enzymes in two parts, the enzyme part and an activator. When you eat, your stomach releases activators which mix with your food. As food flows into the duodenum, and mixes with the enzymes, the enzymes activate, and breakdown the food in the gut.

So when taking enzymes, it is essential to take the enzymes before eating! This enables the enzymes to pass the stomach and enter the gut before the stomach releases the enzyme activator. A good supply of enzymes in the gut aid in the breakdown of the food.

How do you know when you have enough enzyme?

The main telltale for sufficient enzymes is that they pass in the stool. A potent enzyme has a strong smell. If you smell enzymes in the stool, then this indicates that you consumed at least as much as your body could use.

If you do not smell enzymes in your stool, then it means your body utilized all of the enzymes, and you should take more.

Many people require significant amount of enzymes during meals.

When should I take enzymes?

If you take the enzymes after the meal, when food and the enzyme activator are in the stomach, then the enzymes will act on and digest the outer lining of the stomach and esophagus. This is uncomfortable and even harmful.

Always take enzymes before you eat.

Never take enzymes after a meal.

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