

DIGESTION and ENZYMES

It is no surprise that digestive problems are a serious concern these days. But not everyone realizes that conditions such as asthma, allergies and constipation and diarrhea can be the result of enzyme deficiencies.

Most people who have daily digestive problems such as heartburn, gas, bloating, or stomach cramps are programmed to reach for the antacids. These are perfectly safe when used on an occasional basis. But in the long run they inhibit the stomach's production of acid that is necessary for the proper digestion of protein. This is a serious problem because protein molecules that have not been properly digested can enter the blood stream. This triggers allergic reactions in the body and can lead to a wide variety of problems.

When the food in the stomach is inadequately digested, nutrients (especially calcium and iron) are not absorbed, and incompletely digested proteins are dumped into the intestines. This leads to problems with allergies, inflammation, leaky gut, anemia and osteoporosis.

Regular use of antacids can lead to malnutrition from poor absorption, bowel irregularities, and even to kidney stones. In fact, a convincing body of research links many chronic health conditions, including diabetes and asthma, to low levels of hydrochloric acid (HCL) in the stomach. The TV induced perception is that heartburn is ALWAYS caused by too much stomach acid, when in fact it is often the result of too little. This means that people who are always popping antacids may actually be making the situation worse.

The stomach naturally has a pH of 2 to 3. Antacid medications work by raising the pH level, and providing temporary symptomatic relief. With chronic use, they open the door for the growth of bacteria, harmful flora, and yeast overgrowth with subsequent inflammation.

Acid is not always the villain, however. There are many other enzymes for digesting proteins, fats and carbohydrates, the deficiency of which can be responsible for much discomfort.