



Inflammation Reduced by Enzymes & Herbs

& Keep Immune System Healthy

By Morning: Spirit: Wolf-D.R.M.

Inflammation is the enemy of immunity. Anywhere there is inflammation in the body the immune system sends out cytokines, which are messengers released by the cells. Cytokines are one of the main regulatory proteins that act as intercellular mediators and generate immune response. When cytokines are produced in excess, such as when chronic acidity persists, the body's inflammatory response becomes chronically widespread. Overproduction of cytokines causes cells to scar, which then cease their repair process, especially within the arteries and organs such as kidneys and liver, and leads to arterial sclerosis, kidney stones, liver cirrhosis, fibrosis, scleroderma, and a myriad of other health maladies.

Enzymes keep cytokine production in check, as well as keeping nutrients in action. Enzymes are available in all fresh foods, but are easily destroyed by cooking, prolonged shelf life, refining and over processing, and the addition of iodized salt. Prescription drugs, lack of sleep, job-related and economic stress, lack of joy, and mental overload also contribute to enzyme depletion. The absence of enzymes promotes higher concentrations of cytokine production, and the replenishment of enzymes reduces cytokines.

Enzymes are plants highest form of life source energy, and they are available in the largest quantities from Peak Frequency® Foods. Dr. Edward Howell, one of the leading researchers of enzymes, states "The *length of life* is inversely proportional to the rate of exhaustion of the enzyme potential of an organism. The increased use of food enzymes promotes a decreased rate of exhaustion of the enzyme." Stated plainly, the higher amounts of enzymes the body has, the longer the cells live with greater function.

In a healthy stable body, cytokines roam freely in very small quantities in the blood vessels and tissues. This situation changes dramatically during trauma, pathogen infection, and the presence of mutated and damaged cells. Pollution, chemically treated water, over processed and GMO foods, stress, and poor lifestyle choices compound the concentrated release of cytokines, provoking inflammation. The common denominator of all chronic inflammation is a grossly elevated concentration of cytokines in the blood and cellular fluid found in organs, tissues, and joints.

Enzyme deficiency is not as obvious as vitamin deficiency; however enzyme deficiency precedes vitamin deficiency, indicating that every vitamin deficiency is also an enzyme deficiency. We are

each born with a certain amount of enzymes, or life-force potential, and exhausting that potential without replenishing the enzymes leads to chronic inflammation and disease conditions, shorter life, and less energy.

Enzymes = Vitality

The enzyme complex harbors a protein carrier inhabited by a vital energy factor. This factor has been described with names such as life energy, life force, life principle, vitality, vital force, strength, and nerve energy. Without the life force of enzymes, we would be no more than lifeless chemical substances - vitamins, minerals, water, and proteins. All chemical changes within the cells of man are performed by the action of enzymes. Without them we cannot breath, sleep, eat, work, or even think. They help us digest our food, build new muscle, flesh, bone, nerves, and glands, store excess energy supply and building materials in the liver, defend ourselves from harmful substances, eliminate waste material, and the list goes on and on. They are the carriers of life inside our bodies and every time we eat fresh Peak Frequency® Food we increase our ability to live.



Vitamins



Vitamins are substances that occur naturally only in living things, plant or animal. Just by their presence in the cells they bring about vital changes and processes.

Nutritional supplement sources of vitamins need to be from whole foods in order to be available for the body's

biochemical action. Virtually every biochemical action in the body involves one vitamin or another. Every action we perform requires the presence of vitamins, as does every action of our cells within the body. In conjunction with amino acids, vitamins and minerals control cell respiration, without which life cannot continue. Less than optimal concentrations of any of these vital nutrients permit less and less effective cell respiration and nutritional uptake, but absence of any will eventually cause cell death. Since we are made up of cells, their individual fate becomes our own.

Food

Nutrients are what give food their delicious taste, and enzymes are what give nutrients the ability to be used by the cells of the body. Digestion relies on enzymes both to break food into individual nutrients that can pass through intestinal and vessel walls, and for absorption by individual body cells. The best combination of raw and cooked or processed foods is 80% raw and 20% cooked,

giving the body and its immune system the highest initiative for vitality and function. Foods highest in enzymes and vitamins are:

Alfalfa sprouts	Lemon	Strawberries
Avocado	Papaya	Tangerine
Brewer's yeast	Pear	Watercress
Broccoli	Persimmon	Wheat grass
Butter lettuce	Pineapple	
Crook neck squash	Raspberries	
Goat's milk, cheese	Red potato	
Horseradish	Roma tomato	
Kale	Shitake mushrooms	
Kiwi	Spinach	

Enzyme Supplement



When you eat over-processed foods, feel fatigued and lack energy, and have digestive issues you can supplement with digestive enzymes. These enzymes both improve digestion and increase nutrient uptake, while boosting immunity, cellular respiration, and energy. Digestive enzymes also decrease excess production of cytokines, and reduce gas, bloating, and inflammation. Made from whole raw plants, Peak Frequency Plant Therapy Digestive Enzymes are free of solvents (such toluene, isopropyl alcohol, acetone, and ethyl acetate), heat, fumigants, pesticides, herbicides, and heavy metals, and are non-GMO. Low cost enzymes may be full of these contaminants, which dramatically reduce their cost, while their residues result in chronic inflammation and many other degenerative diseases.

Use Enzymes like other Nutritional Supplements

Many people take multi-vitamins and minerals without realizing that low enzymes prevent their use in the body; producing expensive urine without much if any benefit to immunity or organs. For nutritional absorption, anti-inflammatory response, digestive health, and immune maintenance one digestive enzyme with meals can often replace daily aspirin, hypertensive and cholesterol drugs, diuretics, and anti-angina medication. To demonstrate that enzymes reduce inflammation levels, doctors use a test called high sensitivity C-Reactive Protein (CRP) which increases risk of heart disease. Digestive enzymes have been reported to greatly reduce the body's CRP levels, and to reduce joint, heart, liver, kidney, leg, and feet swelling, maintaining a low to normal inflammation response.

Turmeric - Nature's Strongest Anti-Inflammatory Supplement

Rich in anti-inflammatory elements, Turmeric, and its derivative curcumin, play a primary and powerful role as anti-cancer substances due to its ability to reduce inflammation. Already known to reduce joint, tissue, and muscle inflammation, turmeric, a highly prized Indian spice, has been used for thousands of years for arthritis, rheumatism, digestive stimulation, and as a diuretic. Many turn to the properties of curcumin for its medicinal capability of reducing swelling due to uric acid in the

bursa of joints and in cellular fluid, and flushing excess lactic acid from muscle that produce pain and edema. Curcumin also contains bioflavonoids that increase absorption of vitamins into cells, arteries, and ducts, speeding healing capability and immune capacity body wide.

Taking Charge

Take accountability for the health of your body by creating the proper internal conditions that promote immunity and maintain uptake of nutrients into cells. Eating Peak Frequency Foods, supplementing with the enzymes and nutrients that you lack, especially B-complex vitamins with Potassium, and taking time to relax, will put you in charge of your health, longevity, and vitality.