DAILY DIGEST
PLANT ENZYME SUPPLEMENT WITH ACTIVATING IONIC MINERALS

THE PROBLEM:
Enzyme deficiency in foods can cause digestive issues, degeneration, fatigue & disease

THE SOLUTION:
Daily Digest enzymes for gastrointestinal, immunity & blood cleansing support in 5 days guaranteed
DAILY DIGEST

PLANT ENZYME SUPPLEMENT WITH ACTIVATING IONIC MINERALS
Gastrointestinal and immunity support in 5 days guaranteed

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Enzymes and what can happen to the human body when each is deficient

After the discovery of fire

Denatured, enzyme-less, cooked food

The cause of the annual cold and flu season

Improper Digestion

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There are only 2 types of food - raw and denatured

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Enzymes and what can happen to the human body when each is deficient

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THE PROBLEM

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Essanté Organics Daily Digest contains

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THE PROBLEM

After the discovery of fire there was illness, degeneration and disease
Before there was fire, there were enzyme rich foods. Before using fire men, women, children and animals could eat only raw meat, raw plants, raw roots, raw fruits, and raw vegetables. A raw food is alive. It has active food enzymes within it that help break down and digest approximately 60% to 70% of itself. When eating a raw food, the human body only has to digest the remaining 30% to 40% of that raw food. Eating raw food, or food with active enzymes, conserves the body's energy and finite enzyme reserves, making it much easier for the body to function properly and focus on immunity. In today's world it's nearly impossible to eat all raw foods and many foods should not be eaten raw because of possible bacteria contamination.

After the discovery of fire there was illness, degeneration and disease. Cooking a raw food denatures the active digestive enzymes within it. All foods that are cooked and/or processed above 118 degrees are denatured, meaning they become “lifeless” so to speak, because the active enzymes within have been destroyed.

Denatured food
A food that has been destroyed molecularly. The destruction of a food’s properties, including enzyme proteins and/or other biological macromolecules by heat, acidity, or other effects that disrupt its molecular conformation.

Denatured, enzyme-less, cooked food weakens the human body
Years and years of eating cooked, denatured food weakens the human body. A constant diet of cooked and/or processed food overworks and needlessly drains the human body’s power, energy, and enzyme reserves which in turn weakens the immune system. A weak immune system makes it easy to acquire all types of physical problems and diseases.

The cause of the annual cold and flu season - it's not a missing winter jacket, it's excessive cooked food
More evidence of how cooked and processed foods suppress or impair our immune system is found every year, during the holiday season, from October 31 to January 31.

During October, November and December the average person consumes 2 - 2 1/2 times more cooked and processed food (candy, desserts, cooked party appetizers, large cooked meals, cooked meats, alcohol, etc.) than in any other season. The average person gains 10-14 pounds over October (Halloween), November (Thanksgiving), December (Christmas), and January (The New Year). Our bodies are literally bombarded as we go from one celebration to the next, eating processed foods and cooked meals that are so large we find ourselves eating the same left overs for days on end.
In addition to the dreaded weight gain, guess what else our society experiences, like clock work, every holiday season? Our society also experiences THE COLD AND FLU SEASON - it is at its all-time peak November through February. Why would an onslaught of allergens, cold and flu viruses, and respiratory viruses even exist during the winter season when nothing in nature is growing? Nature is almost fully dormant November through January because of the frigid temperatures outside. Nothing is growing, right?

This begs the question: how do cold, flu and lung viruses suddenly start growing in human society during winter? What is truly happening? Our bodies are being continuously attacked as we eat excessive amounts of cooked and processed foods. Our immune system cells stop their immune activity and instead divert their activity to digest all the partially digested, denatured foods that have entered our bloodstream. Normal viral organisms that usually aren’t a problem for our immune system are now able to accumulate in our body and do damage, because our immune system cells are missing in action, they’re diverted, they’re busy trying to destroy the excess food and sugars we ate - foods that weren’t properly digested, because the cooking process removed their vital digestive enzymes.

It is no coincidence the cold and flu season exists during the same months as the Holiday Season. Heavy meals filled with cooked foods and processed desserts, foods that cannot be properly or fully digested, greatly contribute to the creation of the cold and flu season, far more than going outside without your jacket.

**Improper digestion**
Proper digestion is the most effective way to help preserve your body’s finite enzyme reserves from being used up prematurely. Yet virtually everyone who eats cooked and/or processed foods wastes their body’s vital enzyme reserves needlessly and to their immune system’s detriment. This wasting of enzymes happens during every cooked and processed meal consumed.

**When we waste our body’s enzymes during the digestion of cooked and processed foods**
1. We age and degenerate more quickly - including joint swelling and discomfort
2. We get disease earlier in life - including improper cell growth and replication
3. We suffer physical impairments earlier in life - including stomach, bowel and colon dysfunction
4. We get sick more often - including colds, flus, pneumonia, bronchitis, etc.

**Today’s cancer and degenerative disease statistics**
1. 8 out of 10 people will acquire a tumor, cancer, heart disease, or degenerative disease in their lifetime.
2. People are getting these diseases at a much younger age than ever before, in many cases as early as age 2.
The hidden epidemic
The biggest tragedy of all is people aren't aware they are prematurely draining their body of its life giving enzymes and in turn depleting their energy supply and immunity. Our body's ability to function efficiently, as well as protect and repair itself, is impaired because of the lack of enzymes we create when we eat cooked and processed foods. If we are to achieve and experience optimal health and quality of life, we must understand the damage being done to our bodies by way of cooked and processed foods. More importantly we need to discover how to undo and stop the damaging effects of cooked and processed foods; foods without their vital enzymes.

Do you have enough digestive enzymes?
It depends on how raw your diet is and if you are absorbing the vitamins, minerals and other nutrients from the types of foods you eat and supplements you take. Are you eating a large quantity and wide variety or raw fruits, nuts, seeds, vegetables and roots? Or are you eating mostly cooked foods or processed foods? Many enzymes, contained naturally in raw uncooked foods, that are vital to digestion and nutrient absorption, are easily destroyed.

Natural digestive enzymes in foods are destroyed in these 4 ways
1. Cooking or processing
2. Being exposed to temperatures exceeding 118 degrees
3. Commercial farming
4. Strenuous exercise

When we cook our foods we destroy their natural digestive enzymes which are essential to digestion, nutrient absorption and overall strong immunity. A lack of digestive enzymes can lead to serious health concerns.

Have you noticed an increase in bowel issues, gluten and dairy reactions, cancer, fatigue, and swollen joints in both adults and children? Ask yourself these questions:
1. Have you noticed an increase in gut issues among the population?
2. Have you or others experienced gassy, bloated or irritated bowels more often than ever before?
3. Have you heard parents discussing how their children are getting fat?
4. Are you or others you know of suffering with fatigue, low energy or achey swollen joints?
5. Have you heard the terms reflux, leaky gut, IBS, Chron's, and colon spasms more than ever before?
6. Do you or people you know have reactions to or the inability to eat foods with gluten and dairy?
7. Do you know people suffering with daily runny stools or daily hard stools?
8. Are you curious why we now have a cancer epidemic among adults and children today?
9. Do you or others you know eat meat and/or dairy products regularly?
10. Do you or others you know eat cooked and/or processed foods regularly?

Answering “yes” to any of the above questions means vital digestive enzymes could be missing from your diet and this can lead to a cascade of health concerns
Digestive enzymes can be a highly supportive dietary supplement. We’ve all heard the phrase, “You are what you eat”, yet it may be more accurate to say, “You are what you absorb”. Your diet and body, when filled with ample,
healthy digestive enzymes, can support digestion, assimilation, absorption, overall health, and strong immunity. Conversely, a body and/or diet with too few digestive enzymes, can result in a cascade of health concerns, as the following animal and human studies will demonstrate.

There are only 2 types of food - raw and denatured
Raw foods are enzymatically plentiful, living foods. They have enough of their own digestive enzymes to actually digest and decompose 60-70% of themselves. Therefore, the body should only need to create enough enzymes to digest the remaining 30-40% of the raw food into an ionized, usable form of energy.

Cooked and processed foods are denatured (in essence they are dead). They have no enzymes and therefore offer no digestive help. Denatured (dead) foods stress the entire body, including all of its organs and systems. Denatured (dead) foods deplete the body’s enzyme reserves and lower its immunity. This occurs every time we eat a denatured (cooked and/or processed) meal.

Increased white blood cell count caused by eating cooked and processed foods
Leukocytosis is white blood cells (the leukocyte count) above the normal range in the blood. It is frequently a sign of an inflammatory response. Leukocytosis most commonly occurs as a result of infection and can also occur following certain parasitic infections, bone tumors and leukemia.

According to Dr. Paul Kautchakoff, the major cause of increased white blood cell counts (leukocytosis) is eating cooked and processed foods. His research helps us understand what develops in our bloodstream when we eat cooked and processed foods.

Dr. Paul Kautchakoff’s research findings - human study, 4 levels of food (healthy to poisonous):
1. Raw foods caused no increase in the white blood cell count.
2. Common cooked foods caused an increase in the white blood cell count (leukocytosis).
3. Pressure cooked foods caused a greater increase in the white blood cell count (leukocytosis).
4. Man-made, processed and refined foods, including carbonated beverages, alcohol, vinegar, white sugar, flour, and other foods caused a severe increase in the white blood cell count (leukocytosis). Eating cooked, smoked, and/or salted animal flesh caused a violent increase and leukocytosis, consistent with ingesting poison.

Conclusion: cooked and processed foods (foods with no enzymes) are harmful to humans. An extended diet of cooked, smoked, and/or salted animal flesh is so dangerous it’s consistent with ingesting poison.

Pancreas exhaustion, polluted intestines, and a toxic colon
The results of autopsies performed on people who ate mostly cooked and processed foods, and diets high in meat, have shown a dangerously enlarged and poorly functioning pancreas, a pancreas often on the verge of breaking down. A pancreas in a broken-down state shows the human body has been starved of properly digested nutrients and polluted with undigested foods (toxins) that cause plaque, high blood pressure, high cholesterol, and many more imbalances. In the same human autopsies in addition to the pancreas being on the verge of
breaking down, both the intestines and colon were backed up and polluted with improperly digested foods and nutrients that could have been utilized by the body.

Is your colon filled with toxic, putrefied, fermented and rancid food?
In the intestinal tract and colon, undigested proteins putrefy, undigested carbohydrates ferment, and undigested fats turn rancid; all of this causes dangerous toxicity in the body that can spread. The key is to take Daily Digest plant enzymes 2 minutes before each meal because they will fully digest all foods before they reach your intestines and colon.

Can the toxins in your colon seep through your bowel wall and cause toxicity in your bloodstream?
Yes. The toxins in the colon caused by undigested putrefied protein, undigested fermented carbohydrates, and undigested rancid fats can build up, seep through the bowel wall and get into the bloodstream. When this toxic leak happens (it happens daily if you’re eating cooked foods daily) a chain reaction is set in motion; the body is forced to cleanse its bloodstream. This hard work drains the body of energy and leads to feelings of fatigue and low energy. Your immune system cells will stop providing you with immunity, instead they will be called away to attack and defend your body’s blood against the improperly digested foods that seeped into it. The immune system doesn’t recognize the particles in your bloodstream as food, it sees them as toxins. The immune system attacks these toxic invaders, leaving you open and susceptible to illness and disease, including improper cell growth.

When food is not properly digested on a daily basis we don’t receive the full benefit of that food particle and we weaken the immune system by causing it to force its immune cells into taking on a role it shouldn’t have to perform. In other words, we are using our immune system cells and our metabolic enzymes (our protectors and repairers) to clean up our toxic bloodstream, every day in many cases.

Dr. Edward Howell’s research findings - physical deterioration and disease linked to low enzyme counts
Dr. Edward Howell was one of America’s pioneering biochemists and nutritional researchers. His 50+ years of enzyme research shows most physical problems and disease can be traced back to one cause: low enzyme counts in food that is improperly or not fully digested.

Decreased enzyme levels found in a number of chronic ailments including diabetes and cancer
Dr. Edward Howell believes the underlying cause of almost all degenerative diseases is the depletion of our body’s enzyme supply. The depletion of our enzyme supply is caused by a diet of cooked foods and processed foods which leads to premature aging, degeneration, and early death. Dr. Howell states, “We know decreased enzyme levels are found in a number of chronic ailments, such as allergies, skin disease, and even serious diseases like diabetes and cancer.” When our enzyme supply is low, physical problems, illness and disease are almost guaranteed. When our body’s enzyme supply is high an abundantly healthy body with robust immunity is our reward.
Water and enzyme deficiencies are both deadly - it starts with infant formula

All deficiencies are a serious problem because if the human body isn’t getting what it needs to support all of its cells and functions we can die. Vitamin and mineral deficiencies are most often attached to or are a by-product of enzyme deficiencies, where our food and supplements aren’t being properly broken down into the smallest usable form.

Like severe water deficiency (dehydration), severe enzyme deficiency is deadly too. A body without enzymes will die. Starting at infancy, some of us were raised on cooked infant formula which has no enzymes. Many more of us were raised on cooked foods and processed foods throughout our childhood (again, these foods have no enzymes). This cooked food habit, that often begins before we take our very first baby step, is when the depletion of our enzyme reserves begins. Our body is forced to use it’s enzyme reserves when it’s bombarded with cooked foods. In addition, we lose enzymes as we age, making it easy to experience digestive issues.

Micheal Reese Hospital research findings - we lose enzymes as we age

At the Michael Reese Hospital in Chicago, experiments were performed on 2 groups of people:

Group 1: people age 21 - 31.
Group 2: people age 69 -100.

The researchers found group 1 (the younger group) had 30 times more amylase (an enzyme in saliva that breaks down carbohydrates), compared to group 2 (the older group).

This is why younger people seem to be able to handle a diet of breads, pastas, pastries, processed foods and cooked foods without seeming to suffer overmuch. Yet this same carbohydrate rich diet often causes rapid joint discomfort and digestive discomfort in older people. Our enzyme supplies naturally wane and deplete as we age. The above experiment is strong documentation of true enzyme reserve depletion. The older we get the fewer enzymes we have in our body. This means the older we get the more we need digestive enzyme supplementation.

Why most supplements don’t work

Some supplements focus on giving the body the materials it needs, yet they don’t give power back to our body’s workforce. Our laborers (our cells and metabolic enzymes) desperately need to be able to work for us at their optimal capacity. When our cells and metabolic enzymes work optimally they ensure our organs and systems function most effectively. The ionic digestive enzymes in Daily Digest take the drain off of our laborers allowing our workforce a chance to regain their strength and laser focus.

Plant based enzymes support your body in developing stronger disease fighting, repairing and immunity capabilities. Daily Digest is made of 9 plant digestive enzymes and activating ionic minerals, making it the only supplement on the market that can support the chronic drain that occurs when our enzymes are pulled away from their primary functions. Our body’s finite metabolic enzymes 1st priority mode is: protecting, building, rejuvenating, and repairing the human body. If our protectors and repairers (our immune cells and metabolic
enzymes) could only stay in their priority mode, without being called away to clean out undigested food from our blood, we could have a fully functional and effective immune system!

Plant based enzymes have the potential to do as much or even more for the human body than any other health supplement available because they help take a tremendous burden off the human body in so many different ways. Plant based digestive enzymes, together with vitamins, ionic minerals, and plenty of water will help you achieve the best possible health.

Cat study - consuming cooked food (no enzymes) versus raw food (active enzymes) over 10 years
The Pottinger Cats Study was designed to show the difference between eating raw foods versus cooked and processed foods over a long period of time. The study was done on 900 cats and took place over a 10 year period.

1. Dr. Francis Pottinger took 2 sets of cats and fed them only raw milk and raw meat (enzymes in tact).
2. He took 3 more sets of cats and fed them heat pasteurized milk and cooked meat (no enzymes).

The cats that ate the raw food diet were disease free and healthy generation, after generation, after generation.

The cats that ate the processed and cooked food diet developed degenerative diseases and worse. By the end of the 1st generation, in addition to becoming lethargic, these cats started to develop degenerative diseases. By the end of the 2nd generation, these cats had developed degenerative diseases earlier, in their mid-life, plus they began losing their coordination. By the end of the 3rd generation, the cats eating the processed and cooked foods developed degenerative diseases very early in life and some were born blind and weak. In addition, the 3rd generation had a much shorter life span and many could not produce offspring.

The cat study helps us understand why children today are getting degenerative diseases, digestive diseases, and bowel diseases that used to be present only in humans who were 50 years of age or older. As a result of continually and regularly eating cooked and processed food (in essence dead food), we are not only harming ourselves, we are harming our future generations, causing illness, disease, premature aging, hormone imbalances, reproductive issues, and more. This study may demonstrate why so many men and women of child bearing age are having great difficulty making babies.

Rat study - rapid and premature death from cooked and processed foods
Another highlight research by Dr. Edward Howell shows a diet of cooked foods causes rapid, premature death in rats. The rats in his study that were served cooked and processed food only lived about 2 years, while the rats that were served a raw food diet lived 50% longer. Dr. Howell also noted when the rats ate cooked and processed food (food he refers to as dead food) their brain weight went down and their body weight went up.
Hog study - cooked food causes weight gain yet raw food does not
A study conducted by veterinarians involved 2 groups of hogs.

Group 1: Hogs that ate cooked potatoes (they gained weight very rapidly)
Group 2: Hogs that ate raw potatoes (they did not gain weight at all)

Dr. Howell has stated, based on his work in a sanitarium many years ago, “It is impossible to get people fat on raw foods, regardless of the calorie intake.” Active enzymes are what make the difference.

Human studies - raw food with active enzymes and supplements with active enzymes
It has been clinically proven, the more enzymes you take, the more quickly your body can restore, repair, and strengthen itself. Here are some human studies:

1. Karate fighters - oral enzyme supplements supported rapid injury recovery
A double blind study found karate fighters taking digestive enzymes recovered from injuries in 7 days. Karate fighters taking the placebos recovered from the same types of injuries in 16 days.

2. People with circulatory issues - oral enzyme supplements supported rapid circulation
Dr. Max Wolf, a former Fordham University Professor of Medicine, tested 347 patients with circulatory disorders. 87% of the study patients were completely free or almost free of all circulatory symptoms after taking enzymes.

3. People with vein disorders - oral enzyme supplements supported healthy veins
A Germany study included patients suffering from vein disorders. 94% of the patients had completely recovered or showed significant improvement after taking enzymes.

4. Eskimos - longevity and health with raw fat and raw meat containing enzymes
In Dr. Howell's book, “Enzyme Nutrition”, he describes an Eskimo study completed by a journalist from the New England Journal of Medicine in the mid 1960’s. Before the Eskimos were introduced to the cooked and processed Americanized diet, they ate mainly raw whale blubber and raw seal meat, for generations, without suffering from weight gain, nutritional deficiencies, heart disease, cancers, high cholesterol, high blood pressure, and many other problems that are now commonplace in our world. The Eskimos didn't have access to fresh fruits or vegetables, yet because there were active enzymes in the raw fat and meat they ate, they lived long and healthy lives.

Fat without enzymes is a serious health problem
Uncooked fat, in its raw form, is the best source of energy (nuts, seeds, etc.). When fat is cooked or processed it no longer has its active enzymes within it to help break it down. Instead it often gets stored as fat in the body. This is a big reason why so many people are overweight. Fully digested fat (fat with enzymes) is good fat while improperly digested fat (fat without enzymes) is a serious health problem for the body.
Enzymes and what can happen to the human body when each is deficient

1. **Protease (digests proteins):** anxiety, low blood sugar, kidney problems, water retention, low immunity, bacterial issues, viral issues, cell growth issues, appendix swelling, bone issues including spurs, swollen joints.

2. **Amylase (digests carbs):** skin issues (rashes, hives, fever blisters, canker sores), liver & gall bladder issues.

3. **Lipase (digests fats):** cholesterol issues, obesity, blood sugar issues, cardiovascular problems, blood pressure issues, fatigue, spastic colon, dizziness.

4. **Cellulase (digests fiber):** gas, bloating, acute food reactions, facial discomfort, facial freezing, yeast buildup.

5. **Sucrase (digests sugars):** lung problems, breathing issues, bronchial issues, full body spasms, hyperactivity, mood swings, sleeping issues, severe sadness, chronic loose stools, dizziness.

Blood under the microscope - enzyme deficiency causes sticky red blood cells, cholesterol, uric acid crystals and plaque

When we look closely at live blood samples under a dark field microscope, we can actually see what’s going on inside the blood. We see many unhealthy conditions, on a daily basis, even in people who think they’re very healthy. We often see 4 red flags and dangerous precursors to disease:

1. **Sticky red blood cells:** Under the microscope we can see sluggish red blood cells sticking together. This can be caused by sticky, undigested cooked proteins. Red blood cells carry oxygen to all our organs and tissues, but when our red blood cells are sticky they are impaired. This sickness often leads to poor circulation, severe head pressure and ongoing fatigue. If you’ve noticed any of these issues you may have sticky, undigested, dead cooked proteins floating in your blood along with sluggish and sticky red blood cells. To support clean blood daily: go 2 hours without food then take 2 Daily Digest Enzymes per day. Taking Daily Digest before bed or when you first wake up may be easiest since your stomach is likely empty at those times (you haven’t had food for at least 2 hours).

2. **Cholesterol:** Your liver makes all the cholesterol your body needs. LDL or “bad” cholesterol is a type of fat we find in live blood samples. When this fatty cholesterol is in the blood it can contribute to the formation of plaque buildup in the arteries. Plaque buildup is directly linked to higher risk for heart attack and stroke. To support clean blood daily: go 2 hours without food then take 2 Daily Digest Enzymes per day. Taking Daily Digest before bed or when you first wake up may be easiest since your stomach is likely empty at those times (you haven’t had food for at least 2 hours).

3. **Uric acid crystals:** We also see uric acid crystals in live blood samples. Uric acid crystals in the blood can lead to severe joint discomfort and swelling as well as severe foot discomfort and swelling. To support clean blood daily: go 2 hours without food then take 2 Daily Digest Enzymes per day. Taking Daily Digest before bed or when you first wake up may be easiest since your stomach is likely empty at those times (you haven’t had food for at least 2 hours).

4. **Plaque:** Finally we often times see plaque in live blood under the microscope. Plaque is present in the blood due to undigested fats and undigested proteins that have seeped into the blood though the bowel wall. Plaque can clog your arteries and lead to heart issues. To support clean blood daily: go 2 hours without food then take 2 Daily Digest Enzymes per day. Taking Daily Digest before bed or when you first wake up may be easiest since your stomach is likely empty at those times (you haven’t had food for at least 2 hours).
Blood under the microscope - before and after taking Daily Digest Enzymes
It’s fascinating to see a person’s blood, before and after they take Essanté Organics Daily Digest Enzymes. As we have our customers take Daily Digest on an empty stomach (a stomach that has not had food for 2 hours), we can see how the plant enzymes in Daily Digest directly entered the bloodstream and supported clean the blood; fat and protein deposits (plaque) that were sitting in the body’s blood, from years of poor eating habits, are lessened. We see red blood cells that are no longer sticking together too, instead they are more separated and have the new ability to move and transport oxygen more quickly throughout the body. We often perform live blood tests (before and after Daily Digest Enzymes are taken) at Essanté Organics annual Great Green Event which is open to the public (see website for registration).

What are red blood cells?
The cells that carry oxygen and remove carbon dioxide from your body, transporting it to the lungs for you to exhale. Red blood cells are made inside your bone marrow. They typically live for about 120 days, and then they die. They need to move about freely in the blood in order to fully support the body.

What are white blood cells?
The cells of the immune system that help protect the body against infectious disease and foreign invaders. Our body must maintain the right amount of white blood cells. Too many can cause leukocytosis: a condition where white blood cells (the leukocyte count) goes above the normal range in the blood. This is frequently a sign of an inflammatory response. It can also occur following certain parasitic infections, bone tumors, leukemia and other life threatening conditions.

How are blood cells made?
Red blood cells, most white blood cells, and platelets are produced in the bone marrow, the soft fatty tissue inside bone cavities. Two types of white blood cells, T and B cells (lymphocytes), are also produced in the lymph nodes and spleen, and T cells are produced and mature in the thymus gland.

Low enzyme levels equal low nutrient absorption
Improperly digested foods and supplements can lead to vitamin and mineral deficiencies. If our food and supplementation isn’t properly digested, many of the vital nutrients within are wasted. If supplements don’t have an adequate delivery system, there is a good chance they won’t be properly broken down, absorbed, and utilized at the cellular level, which means they can be useless. This situation holds true for the carbohydrates, proteins and fats in our diet too; if these are not fully digested the body won’t be able to extract the nourishment it needs.

Today's food is 20 - 30 times less nutrient dense than food from 60 years ago
To make matters worse today’s food can be 20 to 30 times less nutritious than it was just 60 years ago, because of our nutrient depleted, pesticide laden soil. For this reason, nutritional supplementation is necessary if we desire good health. Taking supplements in the correct and usable form (ionic or angstrom size) is the best choice to support our organs and systems. We'll talk about how to get ionized nutrients in the section titled THE SOLUTION (below).
Are we nutrient deficient or enzyme deficient?
If we take nutritional supplements in the correct form and eat raw foods daily, most of us would assume our body is utilizing those nutrients properly and in turn our body is being fully supported. However, without the assistance of digestive enzymes (taken on an empty stomach or taken 2 minutes before you eat cooked or processed foods) your body will not be supported. Instead, your body will be drained of its energy and enzyme reserves because your immune cells and metabolic enzymes (your protectors and repairers) will go into clean up mode: they will clean the bloodstream instead of supporting the body’s normal daily cellular needs including immunity.

THE SOLUTION

What we accomplish by taking digestive enzymes
As we take digestive enzymes, 2 minutes before each meal, we make absolutely certain the foods and nutrients in our foods are fully broken down into the smallest particle size possible, ensuring every cell in the human body is nourished and fully supported. In turn our body can reward us with optimal immunity and health.

The most important factor to a healthy life, per Essanté Organics’ Nobel Prize finalist formulator
I’ve been able to spend a lot of my life outdoors in Montana and Hawaii. I’ve traveled the world and seen an immense amount of the natural order of things. My experiences in nature have driven me and made me passionate about understanding how things are created and grow, especially plants, foods and the humans who eat them. I’m fascinated by how these elements are biochemically created. In my understanding of this process and becoming an immunoenzymologist, I’ve learned about the most important factor in of all life: enzymes!

The purpose of this booklet is to inform the public about this most important element to health and quality of life. In this booklet, you will find answers and solutions on how to avoid and even support the reversal of degenerative disorders and imbalances in bodily functions.

It is my hope this booklet will be read with enthusiasm and an open mind, by the general public and medical community, so we can all start supporting our bodies with enzymes to achieve our truest genetic longevity and quality of life potential. After all, optimal health is our greatest physical possession. Guard it with your life, because your life depends on it.

I would like to say “thank you” to the creator of this beautiful universe, and to the hundreds of people, doctors, hospitals, research centers, and health care professionals who have helped me learn more about these tiny little protein catalysts of life called enzymes!

Thank you,
Ron (my last name is kept confidential for privacy and proprietary reasons)
Nobel Prize Finalist and Essanté Organics Formulator
What is an enzyme and what is its purpose? It creates, regulates and ceases every activity in the body
An enzyme is a protein catalyst for all life processes and biochemical reactions in all living things including the human body. This tiny macro-protein molecule is responsible for creating, regulating, and ceasing every single activity that occurs in your body. Whether it’s the function of creating cells that make your organs, tissue, and muscle, or germinating plant seeds that grow sprouts and foods. But enzymes can’t work alone, they require activating factors and coenzyme elements, including ionic minerals to carry out their many trillions of functions every second.

Enzymes are the fastest and best way to achieve optimal health
The fastest and best way to achieve optimal health is by conserving and ensuring high enzyme levels in our body. When our body has an abundance of digestive enzymes it can protect and support itself by repairing damage (including damage from degenerative disorders and cellular damage), plus it can keep our immunity high.

The 3 basics the body needs to function properly - water, ionized nutrients and oxygen
Water consumption carries away waste and impurities from the body. Water is also necessary for the circulation of oxygen, nutrients, and immune system cells to all areas of the body. The more pure water (not teas, sodas, energy drinks, or milk) you drink, the better your body makes use of what it needs. Because we are all different, our water intake is different.

How much water should you drink
You should drink half your body weight in ounces of water daily. This is the minimum amount of water the body needs to ensure proper hydration and function. For example a 200 pound person should drink 100 ounces of water daily.

Ionized nutrients supply the body with enzyme activators which in turn can support perfect health
Vitamins, ionic minerals, amino acids, and phytochemicals (from plants) are all enzyme activating factors. Every single one of the body’s trillions of cells needs nourishment to help keep it healthy and functioning properly. These nutrients must be broken down into the smallest possible form to be utilized by your body’s cells. This smallest form is an ion, and it is called an ionic form. Ionic forms of food particles or nutrients are small enough to be utilized by the cells for their functioning. When enzymes are not present in the food we eat digestion doesn't occur completely or efficiently. The food's nutrients aren't used because they are too big to be absorbed into the bloodstream. The food's nutrients cannot be used by the cells because the nutrients can't enter each cell's membrane.

Nutrients that are not completely ionized, but are absorbed into the bloodstream are considered toxins, they build up oxidation causing the body to function poorly. This oxidation also drains the body's energy and can suppress the immune system. There is a huge difference between absorption and cellular utilization. The main reasons our body functions poorly and acquires degenerative disease and illness is because it is absorbing nutrients that are not completely ionized.
DAILY DIGEST
PLANT ENZYME SUPPLEMENT WITH ACTIVATING IONIC MINERALS
Gastrointestinal and immunity support in 5 days guaranteed

What if your immune system was functioning at full throttle
1. A fully active and functional immune system will protect you from colds, flus, tumors, cancers, heart disease, viral infections, and more.
2. If your immune system was not impaired you would never suffer with colds, flus, tumors, cancers, diseases, or disorders.
3. Your body has the capability (through protection and regeneration) to repair damaged tissues, cells, bones, organs, etc.
4. Many of the physical problems people acquire could be repaired by a properly functioning immune system.
5. We are causing virtually all of our own disorders and diseases every time we eat a cooked or processed food. When we eat cooked or processed foods we’re eating denatured (dead) foods that have no active enzymes and greatly diminished nutrients.

Active food enzymes are essential to life
Active food enzymes are essential to ensure complete and proper digestion and ionized nutrients. Denatured (in essence dead) cooked and processed foods overwork our digestive system and prematurely deplete our organ’s enzyme reserves. As we eat cooked foods daily, our bodies are overworked each and every day, eventually leading to a weakened body and immune system. Yet, it’s relatively easy to correct and reverse this situation by giving your body back its ability to protect and repair itself. Only with complete and proper digestion can we reverse this problem.

How proper digestion occurs
When food is swallowed it travels through our teeth and saliva, down our esophagus and into the upper portion of our stomach. The food we eat will stay in our upper stomach for approximately 45 to 60 minutes. This is where the enzymes within raw foods automatically start breaking down the food we ate. Afterwards, the food travels into the lower part of the stomach where trypsin, pepsin, and hydrochloric acid continue to break down the meal we ate.

Proper digestion occurs when a good portion of the food is broken down within the first 45 to 60 minutes after swallowing. Cooked and processed foods have no active enzymes within the food to help break down or digest it in the upper part of the stomach, and this is where the energy drain on the human body starts! Even vegans who cook their food are draining their body’s energy and enzyme reserves. This is why it is vital to take digestive enzymes 2 minutes before each meal. This action supports the break down and digestion of all food in your upper stomach, regardless if it is cooked, processed, or raw.

Eating denatured (dead) food makes the body work twice as hard yet the key is adding active enzymes
Having an ample amount of active enzymes in the upper part of the stomach is the key! We must have enzymatic activity in the first 45 to 60 minutes after we have eaten food or the problem will not be corrected! When we eat cooked and processed foods with no active enzymes the human body is forced to work much harder: the stomach is forced to make more digestive juices, the pancreas is forced to make more digestive enzymes, and a chain reaction of hard work is sparked throughout your entire body.
Think about this: every time we put denatured (dead) food in our body the body must deal with digesting 100% of it instead of 30% to 40% of it. This means you are doubling the body’s workload every time you eat cooked food.

The best solution to this problem is effective, active digestive enzymes from plants. Essanté Organics Daily Digest is the only supplement with the power to support digestion in the upper part of the stomach, taking the burden off your body. When there are no digestive enzymes taken when we eat cooked and processed foods improper digestion and increased white blood cells occur! The human body must work much harder, plus food particles that are not fully digested can get into the intestines and colon (where they turn putrid and rancid), and they can seep through the bowel wall and enter the bloodstream polluting it and causing toxic overload.

Our body’s priorities - building, repairing, protecting and cleansing the blood
The human body’s protectors and repairers (its immune system cells and its metabolic enzymes) have 2 priority modes.

1. The 1st priority mode is: protecting, building, rejuvenating, and repairing the human body. If the protectors and repairers could only stay in this priority mode, we’d have a fully functional and effective immune system!
2. The 2nd priority mode is: cleaning up the bloodstream (destroying toxic particles, including not fully digested or usable foods that have seeped into it). When our protectors and repairers (our immune system cells and metabolic enzymes) are called into action daily to clean up the blood, normal protecting and repairing becomes secondary! Improperly digested food particles in the bloodstream are an immediate danger to the human body and must be cleaned up immediately. Cleaning up the bloodstream becomes the body’s highest priority (leaving your body void of protection, building, repairing and immunity). Every time the protectors and repairers are called into this emergency clean up mode, we have distracted them away from their normal protecting and repairing processes, meaning we’ve weakened our immune system and our body’s ability to defend and repair itself.

Enzymes taken on an empty stomach equal detoxification and 15 more benefits
Taking Daily Digest Enzymes with food will help digest that food. When the plant based digestive enzymes in Daily Digest are taken on an empty stomach (after 2 hours without food), the benefits are enormous. The combination of taking Daily Digest Enzymes with food for proper digestion and on an empty stomach to support the clean up process of the bloodstream turns 2 negative situations into 2 positive situations. Now the protectors and repairers of the human body no longer need to be diverted to clean up improperly digested nutrients in the blood. They can go back into their priority mode at full throttle: protecting and repairing your body. In this priority mode your protectors and repairers (your immune cells and metabolic enzymes) are ready and waiting to utilize the nutrients from the foods you eat and the supplements you take.
Not taking Daily Digest on an empty stomach can cause you to MISS ALL THE FOLLOWING BENEFITS

The active plant enzymes in Daily Digest are highly supportive, especially when taken on an empty stomach. As you take Daily Digest on an empty stomach (2 hours without food) the following functions are supported in the body and bloodstream:

1. Digest proteins
2. Assimilate fats
3. Increase energy
4. Reduce bacteria and yeast
5. Eliminate toxins
6. Dissolve crystalline deposits
7. Dissolve uric acid crystals (acid build up in the joints that cause swelling and aching)
8. Increase T-Cell activity and production (produced or processed by thymus gland for immune response)
9. Stimulate the immune system
10. Support immunity
11. Break up cholesterol deposits
12. Increase white blood cell size (immune cells)
13. Increase white blood cell activity (immune cells)
14. Increase surface area of red blood cells (so they are able to carry more oxygen to all parts of the body)
15. Cleanse the blood

The body will literally die without enzymes and we only have a limited supply - the electric car example

Dr. Edward Howell shares this: humans are given a limited supply of enzymes (enzyme energy) at birth, meaning our body can only produce a certain amount of enzymes and it’s our job to keep our enzyme supply at a healthy level, through a raw food diet and enzyme therapy supplementation. A finite amount of enzymes can be compared to the amount of electric charge or fuel in a car. When the electric or fuel gauge points to FULL we know the car has enough energy supply to function. Yet, when the gauge points to EMPTY we know it’s vital to plug in or refuel otherwise the car will stop functioning. When our enzyme supplies run very, very low in our body, we die. The difference between the vehicle and our body is this: once our body’s enzymes run very, very low and we die, we never have another chance to replenish them.

How to replenish your vital enzymes

We lose enzymes naturally as we age. So how do we get them back? There are 3 ways to replenish or conserve our body’s finite enzyme supplies while we are still alive:

1. Eat a great quantity & wide variety of raw foods (our ancestors ate 5.5 pounds of fruits & vegetables a day).
2. Take Daily Digest, active digestive plant enzymes, every time we eat.
3. Take Daily Digest, active digestive plant enzymes, on an empty stomach.

NOTE: #3 is a little secret that delivers the numerous supportive benefits listed above.
Can you slow down the aging process and reverse degeneration with enzymes? According to Dr. Edward Howell the answer is yes. He shares, “If we don’t replenish our enzyme supply, we run the risk of ill health.” The faster our enzyme supply becomes depleted, the faster we age and the more likely we are to have lowered immunity and in turn be susceptible to disease. Conversely, the more we replenish our enzyme supplies, the more we increase our odds in living a longer, stronger, healthier life.

Building a healthy body is a lot like building a strong house
To build a strong house you need proper materials including: cement to build the foundation, wood to build the frame, bricks to build the walls, electrical wiring and plumbing to make it habitable, etc. To finish building a strong house you need laborers (a workforce): carpenters, electricians, bricklayers, roofers and more.

To build a strong, healthy body you need proper materials including: water to hydrate the body and flush out toxins plus vital vitamins, ionic minerals, antioxidants, chlorophyll, enzymes, proteins and other nutrients to support the body’s organs and functions including immunity. To finish building a strong, healthy body you need laborers (a workforce): protectors (white immune cells), repairers (metabolic enzymes), oxygenators (red blood cells), etc. Your body’s laborers take the materials you eat and build, rejuvenate and repair your body while protecting it from toxic invaders.

With all the diseases and physical problems people are suffering with today, it is obvious immune cells and metabolic enzymes are being compromised; they are being prevented from doing their primary jobs effectively (protecting and repairing). When we distract our body’s laborers from doing their primary jobs we’re diverting their attention away from protecting and repairing our body (they stop giving us immunity), which opens the door to swelling, discomfort, physical problems, sickness and even deadly disease.

Enzymes are energy
Every time we eat raw food or take digestive enzymes with cooked food the demands on the digestive organs are greatly reduced because much of the digestive work is completed by the enzymes. Every time we eat cooked and processed foods (dead food) our body is forced to use our enzyme reserves to help digest that food - unless we take Essanté Organics Daily Digest.

Since digestion always takes precedence over nearly everything else, many body functions requiring metabolic enzymes are short-changed each time we eat food that is not raw. The result is a lower disease-fighting capability and a general weakening of the body’s ability to mend itself.

Refuel your body’s energy (enzyme) reserves - the car battery example
A new car battery can last a long time if it is hooked up to an alternator that puts more energy back into it as its stored energy is used up. The human body also needs to have energy put back into it as its stored energy (enzyme reserves) are used up.
Eating cooked food takes energy away from the body instead of giving it additional energy. Taking Daily Digest Enzymes when you eat cooked (dead) food gives your body the additional energy it needs to help digest the food you ate. Taking Daily Digest digestive enzymes on an empty stomach gives your body an additional source of energy and supports digestion, repair, immunity, detoxing, blood cleansing and more.

**European and Japanese enzyme supplementation / therapy - drug free enzymes are proven to work**
More than 25 million people in Europe and Japan have been given enzyme supplementation or therapy with enormous success without any side effects. Enzymes are food from plants, they are not drugs. Unlike drugs that override the body's natural chemistry, enzymes enhance both nutrition and digestion, allowing the body to maintain control of itself in an enhanced manner.

**Enzymes are the life force and orchestrator of the body**
Remember all those studies we previously shared, from Cats to Karate Fighters? Oral enzyme supplements support our body in every way possible, including circulation, vein health, accelerated injury recovery time, and our ability to grow healthy cells so we can stay strong, fertile and disease free.

Enzymes are a key piece in the puzzle of life, because they make the other pieces work. Enzymes are the very life force that activates vitamins, minerals, proteins, and other physical components within our body.

**Nothing works without enzymes including your hormones**
Vitamins, minerals, proteins, and hormones cannot do their work without enzymes. Vitamins cannot deliver energy by themselves; they require enzymes to deliver energy. Enzymes unlock the energy in food so the human body can use it to function properly. Every time we add digestive enzymes to our foods, we give our body a considerable amount of assistance. Enzymes even support balanced hormone levels which are critical in: libido, sperm production, getting and staying pregnant, avoiding hot flashes, and more.

**Enzymes give your pancreas, thyroid, pituitary gland, liver, intestines and colon a much needed break**
We must have vitamins, ionic minerals, and water to be healthy. When we add digestive enzymes to our daily supplementation routine, we can get a lot more out of the foods we’re eating and the supplements we’re taking. We also remove the burden from the pancreas, thyroid, pituitary gland, liver, intestines, colon, immune system, metabolic enzymes, and so much more.

**If I eat only raw foods will taking enzymes still benefit me?**
Yes. Most raw foods have the capacity to break down half of that particular food. If we take digestive enzymes with raw food, we can support the break down of the other half of the raw food, resulting in less energy being spent by the body to get the nourishment it needs. If you want your body to be as healthy as possible, taking digestive enzymes with raw fruits and vegetables will help you achieve a body that is stronger than ever before. Optimal health can be realized if we give the body the help it needs (including replenishing it's enzyme reserves).
The recap - reviewing the vital importance of enzyme supplementation

- The source of most health problems can be traced directly back to improperly digested foods. Improving digestion is crucial! The human body is designed to break down only half of the raw food we eat.
- Cooked and processed foods greatly overwork the body, draining it of its energy and immune functions.
- Improperly digested foods cause major problems in the intestines, colon, and bloodstream. Improperly digested food particles in the bloodstream distract our body’s protectors and repairers (immune cells and enzymes) away from doing their job of protecting and repairing.
- Fat is the best source of energy. Fully digested fat is good fat. Undigested cooked fat turns rancid in the colon.
- Leukocytosis (an unhealthy elevated white blood cell count) occurs every time we eat cooked and processed foods. After eating, if digestion isn’t improved in the first 45 to 60 minutes in the upper part of the stomach, through enzymes, a severe drain on the human body will occur including lowered immunity.
- The only health product that can take the huge digestive burden off the human body and support the complete digestion and immunity process is active digestive enzymes. Essanté Organics Daily Digest plant enzymes are a complete supplement because they contain the activating ionic minerals needed to make the enzymatic processes work in the human body.
- Enzymes are energy. It has been clinically proven the more enzymes you take, the more quickly your body can restore, repair, and strengthen itself. Enzymes not only support digestion and nutrient absorption they support of the immune system and all other bodily functions. Without enzymes we will die.
- To fully utilize the nutrients we give the body, its protectors and repairers (its immune cells and digestive enzymes) must be in the protecting and repairing mode (not the emergency blood cleaning mode which is triggered by toxic cooked and processed foods seeping into the bloodstream through the bowel wall).
- To have a fully functional and effective immune system, and repairers that have the strength and focus to repair the body, we must stop the protectors and repairers (the immune cells and digestive enzymes) from getting involved in cleaning up improperly digested food particles in the bloodstream.
- The human body is totally dependent on the nutrition it gathers from fully digested food. The human body needs fully digested food to function properly. Taking digestive enzymes supports complete and full digestion including fat assimilation (versus storing fat).
- The only thing better than using digestive enzymes alone is taking digestive enzymes, vitamins, ionic minerals, and drinking more clean water. These things taken in combination give your body the comprehensive support it desperately needs to keep you operating at your optimal health potential.
- Disease, physical problems, and pain are warning signals. These are S.O.S. messages where our body telling us it does not have the nutrients or energy it requires to repair problems. When our body is in a state of disfunction it is telling us it is redirecting and using its repairing energy (its immune cells) to help digest the cooked and processed foods we’ve eaten over the years.
- Many scientists and studies have proven oral enzyme supplementation builds up the immune system, allowing it to fight off the worst diseases and improve the overall function of the entire body (organs, cells, systems, etc.).
• When the food we eat is partially broken down by enzymes in the upper stomach, the demands on the digestive organs and the rest of the body are significantly reduced because the enzymes take care of much of the digestive work.

• The human body needs help. If we are going to get our body to focus on repairing and disease prevention through immunity, rather than on digestion, we must provide it with the materials and workers it needs including enzymes.

• We all have a choice. We can add to the body’s ability to protect and repair, or we can continually drain the body’s energy, enzyme reserves and immunity. Your choice will be a determining factor in your long-term health.

Essanté Organics Daily Digest contains the enzymes and ionic minerals your body desperately needs
Amylase - breaks down carbohydrates
Protease - breaks down proteins
Cellulase - breaks down fibers
Lipase - breaks down fats
Sucrase - breaks down sugars
Maltase - breaks down carbohydrates maltose and starch
Lactase - breaks down lactose (milk sugar)
Alfa-Galactosidase - breaks down carbohydrates, supports a non-gassy stomach
Bromelain - breaks down protein, supports against swelling
Proprietary blend of 77 ionic-form trace minerals - required to render enzymes active and effective

Essanté Organics Daily Digest contains 9 plant enzymes and activating ionic minerals
Essanté Organics Daily Digest Enzymes is a supplement that consists of 9 plant enzymes that are 100% natural, standardized plant extract ingredients plus 77 ionic minerals that support all areas of the body, overall health and homeostasis including immunity and proper cell growth. The 9 plant enzymes in Daily Digest support the digestion of proteins, fats, carbohydrates, starches, sugars, gluten, dairy, cooked foods, processed foods and raw foods.

A closing note from Essanté Organics Nobel-Prize finalist formulator
In closing, I wish to thank all who have taken the time to read this booklet. I especially wish to thank those who share this booklet and information with those they care about. I truly hope you found this book informative and motivating. My greatest hope is for you to continue to search out even more information about enzymes.

Together, as we continue to expand our knowledge, we can all become empowered and take control of our own health. Personally, I have found enzymes are the key for my health. I have witnessed astounding, life-changing results in each person I’ve tested after they’ve consumed Essanté Organics Daily Digest supplement. I encourage you to fully support your body (and blood) with Essanté Organics Daily Digest.
DAILY DIGEST
PLANT ENZYME SUPPLEMENT WITH ACTIVATING IONIC MINERALS
Gastrointestinal and immunity support in 5 days guaranteed

A word of caution
There are thousands of enzyme companies and formulators whose supplements are not created appropriately for the human body. Enzyme formulas without ionic minerals cannot be absorbed or assimilated. Additionally, other enzyme formulas without the HERCULES of all enzymes will not work as quickly or effectively either. See the website below to discover the HERCULES of all enzymes - it’s in Daily Digest. Most formulas omit the HERCULES of all enzymes because it is too difficult and too costly to produce.

Disclaimer
The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent disease. Always consult your medical doctor prior to beginning any exercise, supplement or essential oil program. The material in this booklet is intended to be used for information purposes only. It is not meant to serve as a prescription for you, or to replace the advice of your medical doctor.

Contact me and share this special report with others

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