

## **Enzyme therapy assists energy levels**

**Question:** I have literally no energy yet I work out, eat right and even see a chiropractor. What else could be causing my lack of energy?

**Answer:** Next to depression and allergies, lack of energy is the third most prevalent health concern in America, affecting 33 million people. Half of the patients who come to our clinic complain of exhaustion. Some feel tired when they wake up in the morning while others experience energy crisis in the afternoon. Still others have chronic fatigue throughout the day.

Your energy level is a clear indicator of the state of your vitality reserves, your body's ability to remain healthy and resilient under physical or emotional stress. The good news is that you have more control over these reserves than you realize. Enzyme therapy plays a critical role in restoring physical vitality and energy. A high percentage of our patients who come to our clinic for help with exhaustion and sleep disorders improve dramatically once they begin enzyme therapy.

Enzymes can help you overcome your lost energy by encouraging you to absorb and utilize vitamins and minerals that would otherwise be lost. Taking a full-spectrum pH-balanced vegetarian digestive formula with every meal can do wonders for your energy levels, giving you the ability to fully digest and utilize nutrients from wholesome foods you eat.

Once my patients with poor digestion begin taking digestive enzymes, they finally experience the full benefit of the nutrients in their diets. Invariable, they report that they feel more energetic than they have in years. So, if you feel

as though you're running on empty, consider whether your poor digestion might be the blame.

**Quote of the week:** *"Some people play the game. Some people change how the game is played."* – Anonymous