

# Digestive Enzymes, Probiotics & Superfood Supplements Produce Vibrant Good Health

New Product Update May 2006

Digestive enzymes, probiotics and superfood supplements  
used together were the secret of regaining my health.

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"I was sick and getting worse..."

Many years ago I was very sick with a whole list of problems, and I was so bad off I didn't think I'd be alive in another year. I was exhausted all the time (I couldn't work full time anymore), and most of the time I was depressed and very negative. From spring to fall I was sniffling and had days and weeks when I could barely breathe (this had been going on for 30 years and getting worse every year). All winter long my skin around my knuckles was dry and cracked. I was addicted to cigarettes. I'd wake up many times in the middle of the night gasping for breath in a panic. I went through a bottle of antacids every few months because I'd get a burning feeling in my stomach after many meals. My knees would give me pain when I stood up. I had all kinds of miscellaneous muscle ticks and charley horses. I had momentary "blackouts." In short, I was a mess.

Doctors and medicines didn't help...

I tried doctors and medicines and thousands of dollars of hospital tests, and just got worse and worse each year. I tried dozens of the "highest quality" vitamins and minerals and other pill supplements, and this helped a little bit, but I didn't really get better. (At one point, I had a whole box full of dozens of individual supplements that I had carefully selected, I was taking handfuls of pill every day! And I took a top quality Multi-Vitamin-Mineral Pill every day for over 30 years. In America, the land of the vitamin, why are so many people sick?)

A helpful business friend told me about this natural plan, and he probably saved my life. Within a month of starting, I noticed I had a lot more energy, that "jump out of the bed in the morning" kind. Within a few months, all my problems were melting away, and by the end of the first year, I felt like a new man, as if I had grown ten years younger!

I'd like to pass the information on to you, and if you find it helpful, please pass it on to those you know and love.

These three types of nutritional products  
gave me back vibrant good health: \*

- ◆ Special digestive enzymes.
- ◆ A special probiotic formulation.
- ◆ A special superfood supplement.

I started using them every day, and I was amazed by how well I was feeling!

I came to understand that the natural condition of the human body is vibrant good health.  
It is not natural to be sick!

The first two products listed above are the "tuneup" system for your digestive tract. It's no use eating "high-test" superfood supplements unless your body can actually absorb and use them!

The last product is the "high-test" fuel that will help your body to rebuild itself on a daily basis until your health improves.\*

### Why are these products necessary?

THIS PROBLEM IS NOT NEW! Read this quote from J.I. Rodale, one of the founders of the natural food movement, in the April 1943 issue of Organic Farming and Gardening:

"The United States Government has admitted that the reason 50 percent of the men called for the draft were rejected was because they were undernourished. Now, all these men ate plenty of food, but this food lacked enough minerals and vitamins to make them physically fit."

In the July 6, 2003 issue of the Toronto Globe and Mail, Andre Picard wrote:

"Fruits and vegetables sold in Canadian supermarkets today contain far fewer nutrients than they did 50 years ago, according to an analysis conducted by The Globe and Mail and CTV News.

Vital vitamins and minerals have dramatically declined in some of our most popular foods, including potatoes, tomatoes, bananas and apples, the analysis reveals.

Take the potato, by far the most consumed food in Canada. The average spud has lost 100 per cent of its vitamin A, which is important for good eyesight; 57 per cent of its vitamin C and iron, a key component of healthy blood; and 28 per cent of its calcium, essential for building healthy bones and teeth. It also lost 50 per cent of its riboflavin and 18 per cent of its thiamine. Of the seven key nutrients measured, only niacin levels have increased.

The story is similar for 25 fruits and vegetables that were analyzed."

This is true in the United States and in every country that uses the "standard" chemical farming techniques that have been ruining our soil for the last 5 decades. We can no longer count on our foods to supply us with nutrients vital to good health!

Now read about the three products that helped save my life \*:

## 1. DIGESTIVE ENZYMES

The digestive tract and the absorption of food nutrients is the foundation of any good health plan. If your digestive tract is not working properly, it doesn't matter what you are doing, you will never be 100% healthy!

It's not what you eat, it's what you ABSORB that counts. I believe that a majority of modern people have various problems with their digestive tract and DON'T EVEN KNOW IT! Problems with gas and bloating, upset stomachs, less than two or three bowel movements every day, hard or loose stools, the list goes on and on. We are just not taught in school how important it is to digest food properly and 100%. (And unfortunately, most doctors are not taught this in medical schools either!)

Raw foods contain lots of digestive enzymes. These "live" enzymes in uncooked food help the food to digest properly when we eat them. If our food is cooked over about 120 degrees F for more than 15 or 20 minutes, ALL of these digestive enzymes are destroyed.

So, if you're eating a lot of cooked and processed foods (and who doesn't these days?), you're probably not getting the full value of the foods you eat, and you're straining your digestive system. The body will try to make up for this lack of enzymes in cooked food with other resources. Over the long run, this re-allocation of resources puts a strain on other parts of the body, and food is not digested or absorbed properly.

When your food is not digested fully, there's a whole host of problems that arise. Food which is not digesting has only one other option, it rots. Decaying food creates unhealthy conditions in your digestive tract. Your intestines get compacted with a coating of decay byproducts, you have more unhealthy bacteria and less beneficial bacterial, foods don't get absorbed properly, and your body is gradually starved for nutrients.

There is a very simple solution to this problem—take a good quality food enzyme mix with every meal. Be aware that not all food enzyme formulations are created equal. You want to use a plant based full spectrum mix of enzymes that will help all parts of your diet get digested better. \*

I recommend [Multi Zymes from URI International](#)—I just found this recently, and it's the best of all the products like this I've found over the last dozen or so years. They contain an exceptional blend of all natural plant base enzymes in sufficient quantities allowing you to experience the true benefits from live active enzymes, PLUS Aloe Vera Leaf Extract, SOD, Ionic Fulvic Mineral Extract and Yucca. Scroll down to the "How To Get Started" section below to get more details.

## 2. ACIDOPHILUS AND OTHER PROBIOTICS

Probiotics are the beneficial bacteria that inhabit our digestive tract. There are many, but the two most widely known are acidophilus and bifidus.

Acidophilus is one of the beneficial bacterial found in yogurt. When you take acidophilus capsules, you are getting a very concentrated amount of these friendly little critters. Various brands have different strains of bacteria, some better than others, and various amounts of live bacteria per capsule. Acidophilus lives in your small intestine.

Bifidus works similar to acidophilus, and lives in your large intestine.

The ones I recommend are a particularly hardy strain, and they come with an extra blend of many probiotics to work through the whole digestive tract.

Beneficial bacteria like acidophilus, bifidus, and the other select probiotics do many good things for your health. They help to clean out your small and large intestines of that compacted decaying food I mentioned earlier. If your diet, eating habits, exercise habits and stress levels have been less than ideal lately, it's very likely that you have a bunch of decaying toxic sludge left in your gut that is slowly poisoning your body, and probably very little beneficial bacteria left. Taking a quality multi-spectrum probiotic every day helps to clean out this sludge!

Acidophilus and other bacteria also aid the digestive process. This means better absorption of food nutrients and more health and energy for you.

Beneficial bacteria also help control UNHEALTHY bacteria in the body with their antibiotic secretions, for example acidophilin produced by acidophilus. I've very successfully used large amounts of acidophilus for a day or two to ward off a sore throat or cough before it got settled in. The daily replenishment of beneficial bacteria in the gut also protects against unhealthy bacteria by simply crowding them out.

As I mentioned earlier, I started with probiotics along with the digestive enzymes years ago when I was very sick and getting sicker all the time, and it worked really well for me.

Using the digestive enzymes and the probiotics together is a great way to "tune up" your body! It prepares it for the next step: \*

I recommend [Live Pro HSBO from URI International](#), there's nothing else on the market that even comes close to this proprietary, synergistic blend of Homeostatic Soil Based Organisms (HSBO). It has 22 high potency probiotic metabolites and live cell probiotic strains in one complete balanced formula, with 10 BILLION live organisms per capsule! (That's 3 to 12 times more potent than most other brands.) See the "How To Get Started" section below for more details.

### 3. SPECIAL SUPERFOOD SUPPLEMENTS

Once your digestive tract is working better, which could take a week or two or more, then it's time to add a superfood supplement to your diet.

**I recommend starting with [Complete Food from URI International](#).**

This is a rich blend of what I call green superfoods plus many fruits and vegetables. They take naturally and organically grown green plants and fruits that are known to be especially potent sources of nutritional factors, and they carefully dry them at or below 100 degrees fahrenheit to preserve the full enzyme "life" of the plants.

URI's amazing powder technology is a very cool, non-invasive process that has been developed and improved upon over the last couple of decades so as to keep the enzymes undamaged and intact, and to keep the live cultures in the food alive.

**NOBODY ELSE DOES IT  
AS WELL AS URI INTERNATIONAL**

With their unique drying process, they don't just dry whole foods, they juice them and quickly dry the juice, concentrating it far more than if they merely dried the entire plants and leaves as most other companies do. Pound for pound this superfood whole food complex is many times more concentrated in vital nutrients than any other product of its kind.

There are no artificial ingredients or preservatives, there are no "fractional" parts of foods (individual vitamins and minerals and other compounds that have been physically and chemically removed from their whole food matrix and then mixed according to some theory or formula, leaving out many possibly vital co-factors -- not in the balance that nature so wisely intended for us).

I can't begin to tell you all the things that are in it. Just remember this—it works! A couple of years of using the highest quality vitamin and mineral and food supplements did next to nothing for me, but when I discovered superfood products like this (used synergistically with the digestive enzymes and probiotics), I noticed results almost immediately! I especially noticed a major increase in physical energy and stamina. It's as if the superfood plants fill in the blank spaces in your nutritional puzzle.\*

**"Let food be your medicine and medicine be your food."**  
**These were the words of Hippocrates in 400 BC**  
**and they're more true today than ever!**

See the "How To Get Started" section below for more details.

#### HOW LONG WILL IT TAKE?

The proof is in the pudding, as they say. I'm healthier than I've been in the last 30 years, I haven't even had a cold for three years now. There is zero doubt in my mind—I KNOW that these three types of products are responsible for my amazing recovery, I wasn't doing anything else different in my life when I started eating them!

When I started on the three product plan, I noticed results in a few weeks, and by about 7 months the results were spectacular! I noticed major improvements for the whole first two years. I have no idea how long it might take for you to get some or any results, everyone is different.

All I can do is tell you to try it for yourself. I've heard dozens of people who have changed their lives completely by following this simple plan. This is not some miracle cure drug that works instantly to take away your symptoms or cure you. This is a long term plan to give your body what it needs every day to be healthy and happy. You are not trying to cure an illness, you are giving the body what it needs. Have faith in your body, it knows how to be healthy. Always remember, the natural state of your body is vibrant good health!

I'll be eating these food products for the rest of my life, and I hope you will too!\*

#### HOW TO GET STARTED

The best way to get started is with all three products. You can start with one of the probiotics first thing in the morning with a glass of water for the first week, then two a day the second week, then three a day the third week. By week four, you can take as many a morning as you feel you need. In my experience, there's no such thing as too much probiotics! I use 2 myself. Use whatever amount seems to keep your digestive tract regular and working well.

Take two digestive enzymes with each meal. You can use 1 for a small snack, and 3 if you really pig out on a big feast.

Use the Complete Food at least once a day with your meals, or between meals as a delicious snack. Use twice a day for a few weeks or months if you need extra help feeling better. \*

A SPECIAL NOTE: if money is an issue, start just with Complete Food and add the other two later. If you need financial help to afford all three products, you should seriously consider joining the business, you can earn good money by recommending these life changing products to others. \* Call me right away for details on how you can save on all the products by joining (even if you never actively do the business), and how you can pay for all your own products by referring just a few people to the free website you get when you join.

Please feel free to give me a call, I'd be happy to tell you more about these products and fill you in on the business too (optional!). If you're interested in making good money by helping others to get healthy, DEFINITELY call me before joining, I have some special info for you!

Call me at 610-845-7839 (PA), evenings until late are OK!

[See All The URI Products Here.](#)  
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Be well and happy,  
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease. Please consult a health professional should the need for one be indicated.

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