



TRANSFORMATION

Enzyme Nutrition

OXIDATIVE STRESS & AGING

A fast-paced lifestyle, unhealthy diet, poor digestion, and constant exposure to the environment are just a few of the variables that lead to increased oxidation. "Oxidative stress" involves the release of free radicals, which are unpaired electrons that stray from chemical solutions and damage important cellular components such as DNA or the cell membrane. While oxidation is necessary and a part of life, excessive oxidation can lead to poorly functioning cells or even cell death.

As we get older, several physical changes occur that affect our health. Muscle mass usually decreases, metabolism slows down, and the body is not able to repair damaged DNA as efficiently as it once did. If such irreparable damage occurs, one of three things usually happens.

- First, the cell might die on its own or the "T" cells of the immune system do their job and eliminate the damaged cell.
- Second, the cell might replicate without restriction and transform into either a benign or a malignant tumor.
- Third, and very often, the cell will simply not be able to perform the functions for which it was designed.

When cells are not functioning properly, the DNA of the cell is often either unable to produce the necessary enzymes for the body or the enzymes that it does produce are unusable. All of these factors act as precursors to aging.

Modifying one's lifestyle in an effort to reduce the stress on the body and cells is essential. It is also actually possible to supplement our body with digestive enzymes, vitamins, minerals, and antioxidants to support the body in fighting the effects of oxidative stress.

Transformation's belief is simple – give the body the nutrients it needs, help it clear away the waste, and allow the body to manage its resources.

- Ensure proper digestion of the macro- and micro-nutrients that are necessary for the body to sustain health and vitality
- Ensure adequate blood circulation for proper transport of nutrients, hormones, white blood cells, etc and for the timely removal of wastes.
- Maintain a good microflora within the GI tract, an integral part of the body's biochemical and homeostasis basis.

While we cannot stop the aging process, nor can we completely eliminate oxidation, we can still make healthier choices to better manage these processes. Remember, digestive health is the core of preventive health and wellness. A great place to start is to eat organic, minimally processed foods. Then you can support digestion with digestive enzymes and probiotics. Taking proteolytic enzymes between meals with adequate water will also facilitate the removal of toxins and waste in a timely manner.

For more information, please contact Transformation at 800-777-1474, send email to moreinfo@tecenzymes.com, or visit www.transformationenzymes.com.

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