



# Supporting Healthy Aging

We all feel pride when our skin is clear, smooth and radiant. We cringe when it is dry, crusted, sallow, wrinkled and lifeless. Products that offer skin renewal are like magnets for most of us. Oddly enough, enzymes are mostly ignored in this ongoing quest. However, they play a vital role in skin care and maintenance.

Enzymes are the “catalysts” that work in healthy digestion, freeing the nutrients in our food that will form the building blocks for glowing skin. They are also the power source behind supporting efficient circulation that will bring nutrients to the skin. Enzymes are even responsible for escorting various toxins out of the body that would otherwise negatively affect the health of your skin.

This is why Transformation™ recommends the following Professional Protocol™ formulas to support healthy aging of the skin:

- **TPP Digest** with meals will help ensure proper digestion and nutrient acquisition to supply the body with the nutrients needed for healthy skin.\*
- **TPP Probiotic** further supports digestion and the immune system while maintaining a healthy gut environment.\*
- **TPP Protease** between meals will promote optimal blood flow, support efficient detoxification and help manage occasional inflammation\*

# Tips for Healthy Aging

1. Eat fresh, organic foods.
2. Eat meats that are grass fed, no hormones.
3. Drink adequate amount of pure water for your body and enzyme requirements.
4. Take supplemental digestive enzymes with each meal.
5. Take supplemental protease (proteolytic) enzymes between meals such as first thing in the morning, mid-afternoon and before bed.
6. Take supplemental probiotic blends before bed if needing more large intestine balance. Or, take both in the morning and at bedtime.
7. Take natural nutrients (void of synthetic vitamins) or drink natural green drinks.
8. Take inflammatory repair enzymes following exercise. You will maintain muscle and skip the soreness.
9. Enjoy adequate sleep each night. Get in a habit of going to bed and awakening around the same time daily.

## Supporting the Healing Process

For some, undergoing various skin therapies is necessary to support healthy skin. While great benefit can be found in these therapies, it is important to continue supporting the nourishment of your new, fresh look. Skin cells need various nutrients such as antioxidants, vitamins and minerals in order to thrive.

This is why Transformation™ recommends the following products to support the natural healing process of your skin.\*

- **TPP Protease IFC** between meals will promote optimal blood flow, support efficient detoxification and help manage occasional inflammation.\*
- **RepairZyme** between meals to work alongside Protease IFC is providing additional nutrients with antioxidants and herbs designed to support healthy skin cells.\*

# Deepen Your Understanding

Increasing your knowledge of how the body works DEEPENS your understanding of health and how you can be better prepared to take care of yourself. Let's look at the word DEEPENS. Each letter offers a key component that you will need for healthy aging.

**D** = Drink pure water

**E** = Eat real food--not GMO or packaged

**E** = Enzymes with each meal and/or between

**P** = Probiotics for internal harmony

**E** = Exercise with weights and walk

**N** = Natural nutrients--not synthetics

**S** = Sleep for repair



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**TransformationEnzymes.com**

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.