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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Have You Lost Your Spark?

By Melinda Kempenich

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Did you know research has shown that our body's ability to produce enzymes decreases as we age? And, while this is taking place, malabsorption of nutrients, the breakdown of tissue, and chronic health conditions as a whole increase. Some folks believe that enzyme supplementation is vital for elderly people. Well, yikes! I'm not young, young, but I do have to admit I am slowing down some. I feel sluggish a lot. So what exactly does this mean? What's all this talk about enzymes anyway?

I read that the late Dr. Edward Howell, a physician and pioneer in enzyme research, called enzymes the "sparks of life". Enzymes assist us in most all bodily functions. Each enzyme has a specific function and each one has a specialized chemical shape. They can only initiate a reaction in a certain substance or group of related substances. Basically the body must produce a great number of different enzymes.

Some of the different enzymes would be: digestive enzymes which break down food particles for storage in our muscles and liver, blood enzymes which allow iron to concentrate in our blood and also blood enzymes to help the blood coagulate to stop bleeding, uricolytic enzymes catalyze the conversion of uric acid, respiratory enzymes facilitate the elimination of carbon dioxide from the lungs, enzymes also assist the kidneys, liver, lungs, colon, and skin in removing wastes and toxins from the body. Enzymes also help with the construction of new muscle tissue, nerve cells, bone, skin, and gland tissue. Enzymes do all this and more! Enzymes are so crucial to our health that I am awestruck.

Scientists break enzymes down into two groups: digestive enzymes and metabolic enzymes. The digestive enzymes break down foods. There are three categories of digestive enzymes. The Amylase break down carbohydrates, and then different types of amylase break down specific types of sugar. Protease helps to digest protein. Lipase aids in fat digestion. The metabolic enzymes are the enzymes that have to do with various chemical reactions with the cells, such as energy production and detoxification. So if we want more energy it appears more enzymes are the key.

Well the fact is that our body manufactures a supply of enzymes and we also obtain enzymes from the food that we eat. The problem is these enzymes are very sensitive to heat. Actually, they are extremely

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sensitive to heat. A temperature of 118 degrees or above destroys most enzymes in food. This would mean that in order to prevent depleting our body of enzymes we would have to eat raw foods or take enzyme supplements.

So where can we find enzymes if we eat raw foods? Enzymes are in foods from both plant and animal sources. Some great sources would be avocados, papayas, pineapples, bananas, and mangos. These are all high in enzymes. Sprouts and blue-green algae are the richest source. Unripe papaya and pineapple are also good sources of enzymes.

Now it all makes sense to me. Why am I so tired and sluggish all the time? It has to do with the lack of enzymes. I want my "spark" back! The great thing is, it isn't impossible to do. As a matter of fact it is relatively easy to do. And, considering the importance of enzymes to our overall health, I decided to get

my "spark" back! I now have a goal, and that is to help others find their spark. My hope is for each and everyone to be able to make their life work better. The best place to start is with your health. If you find a health solution that works for you then trust me, everything else will fall into place.

Melinda Kempenich is the mother of three children and the wife of a State Representative from the great State of North Dakota. She knows firsthand how difficult it is to make life work when you are tired all the time. If you would like to receive free "The Importance of Enzymes Booklet" please check out her website: Health So Serene @ www.healthsoserene.info to request a copy, or e-mail her at mybabies58623@yahoo.com, she'd love to hear from you! You are also welcome to send your request to her at: Melinda Kempenich, HCR 4 Box 10, Bowman, ND 58623

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Relationship Lost Its Spark?

By Michael Myerscough

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A Mechanical Metaphor

Over the years of reading self-help books, it's become obvious to me that I rarely find one that I could get my Dad, or most other men, to read. They're just not written in a way that men can relate to. Interestingly, I've noticed that computer and other gadget companies are beginning to catch on to this fact. When we unwrap our latest piece of high-tech gadgetry, we now have a choice to opt for the Quick Start Guide or plough our way through the entire manual. For most of us men, that's a no brainer. We want to play with the toy, not find out how to build it.

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My Dad is a mechanic and he taught me that given a few basic tools and a decent skill set most things can be fixed. When it comes to engines he is a genius. He can tell you what's wrong with your car by just listening to it. His skill is so fine-tuned; he can diagnose your car trouble over the phone. Grown men used to bring their cars over to him in tears, convinced this was finally the end. My Dad would take it to bits, figure out if a fuel line was blocked, determine if there was too much friction in one area, or if there was not enough connection in another. Then he'd put it back together and just like magic, the car would run again. To my father engines were predictable; he knew what to look for.

Take the spark plug. If it stops sparking, your engine stops running and your wheels stop turning. To a mechanic, it's very predictable that your spark plugs will last only a certain amount of miles and then need replacing. So given that a spark plug will cost you about £3.50 (let's not talk about the labour costs), how many of you would divorce your car at this point? No you wouldn't, because you understand that your car is a sizable investment.

For some reason, we fail to apply the same logic to our relationships. People start talking about how they've lost the spark or they've got communication issues as reasons to leave. We forget all the time and energy invested in getting to this point and all we can think about is running for the hills. It's worth noting at this point that "leaving" happens on many levels and even the subtle withdrawals damage our relationships. I know this because I've done it myself. In fact, given my own wiring I'm still prone to want to bolt when it gets rough.

This power struggle is a totally predictable piece of relating with your loved one. It's the time when Mr. or Mrs. Perfect suddenly becomes one of your parents or an ex-partner. For some complicated, yet unavoidable reason, this is always going to happen. The best news is that the only way out is through.

Sometimes we just need some basic tools and good skills. You can visit my website

for suggestions of great books to get you up to speed.
<http://www.thegreatrelationshipcoach.com/stuff.htm>

I guarantee that a relationship filled with romance and passion is more fun than most gadgets. And remember, if you're going to get expert help make sure you find someone who believes in fixing the relationship you are in. There are plenty of cowboys all too ready to sell you a new car.

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