



ZENCLEANZ

# ENZYMES

## THE MIRACLE OF LIFE

The 21st Century has become an era of biochemical technology. Advancing knowledge and methods have created a shift within the healthcare industry... Where vitamins were once the celebrities, enzymes are now taking the spotlight.

‘Health Maintenance’ is not just a slogan. It is first and foremost an action, and an even more important one.

Over the last century, there have been dramatic changes in all aspects of our lives, and consequently both our external and internal environments are in crisis. Our bodies have suffered the pressure of change, of development, of industry, often without our awareness. In order to fully embrace this modern life and its challenges, we have to strengthen the body and cultivate health.



STRONG  
PULSES



# Testimonies and enzyme research

*"Enzymes can be referred to as the 'currency' of the cell. If there is no enzyme, there will be no life."*

- Professor Paul D. Boyle, Nobel Laureate in Chemistry 1997

Enzymes are highly active molecules present within every living cell, that can be regarded as a form of currency within the body. A currency that can both store and transform energy.

In 1997, Professor Paul D. Boyle from the University of California, Senior Researcher John E. Walker from the Molecular Biological Laboratory of the UK Medical Research Council and Professor Jens C. Skou from Aarhus University in Denmark were awarded the Nobel Prize in Chemistry. Their pioneering research gave an insight into how enzymes work on a molecular level, and explained the mechanism used by the enzyme ATPase to pump sodium and potassium across the plasma membrane of a cell. ■

Dr. David Ho, a Chinese-American scientist, has been at the forefront of AIDS research for more than three decades. His work focuses largely on a three-in-one protease enzyme therapy he has developed to treat HIV/AIDS patients.

Nutritionist Dr. Yang Naiyan has stated that plant enzymes are gifts of nature, which help the body to achieve harmony, improve overall health and prevent disease.

Dr. Dong Dacheng, a Professor of Medicine at Taipei Medical School believes enzymes detoxify and protect the body, by strengthening immunity and cellular health.

Dr. Hujimoto Daisaburo from Japan claims enzymes maintain beauty and prevent cancer and visceral diseases.

Dr. Ogino Hironobu and Dr. Okuda Hiromichi from Japan discovered that enzymes can inhibit the growth of ulcers caused by alcohol abuse, and increase the amount of DNA and testosterone in the testicles. They believe enzyme therapy will be a potential cure for cancer in the future. ■

# What are enzymes?

Enzymes are the spark that make life possible. They are present in every cell of both plants and animals, and are needed for all chemical reactions that occur within the body. Without them no activity at all would take place. Neither vitamins, minerals nor hormones would work. Human eggs and sperm could not combine. Every cell would cease to move, and no life would happen.

Naturopath Dr. Humbert Santino has said, "if we imagine the body as a light bulb, enzymes are the electricity. Without enzymes, our body is just like a useless bulb, never alight."

More than 700 enzymes have been discovered in the human body, but there could be many more. Some scientists believe around 1,500 – 4,000 enzymes are necessary for optimal health. Others speculate that number to be more than 10,000. ■



# How do enzymes work in the body?

Enzymes are protein compounds that serve as metabolic mediators within the body. Without enzymes, metabolic function would become impossible.

The human body is one of the most sophisticated living organisms on earth.

Countless chemical reactions are constantly occurring, all relying on the presence of enzymes. But some enzymes are lost during the reaction process.



Although the body can independently generate certain amounts of enzymes to replenish what it loses, without dietary supplementation it quickly falls into a state of enzyme deficit. The food we ingest daily has a direct effect on what and how many enzymes are available for digestion, metabolic function etc. Our diet can either support or damage enzyme levels in the body.

Metabolic function is key to disease prevention and optimal health. To preserve it, we must be ingesting sufficient dietary enzymes. If the level of dietary enzymes in the body is insufficient, metabolic rate slows down and our health becomes seriously affected.

Enzymes provide incredible support for digestion and absorption processes. The function of digestive enzymes can be explained with the following experiment: For meat to be broken down into amino acids and other vital nutrients in a laboratory, it must be soaked in a thick acid solution for 24 hours. But when combined with the right enzymes, such as those found in the stomach, this process can take as little as 2 hours to complete, whilst remaining at a temperature of no more than 40 degrees.

But enzymes don't only break down substances, they also create completely new ones. For example, enzymes extract amino acids from the blood and convert them into muscle. They also turn sugar into heparin acid and store it in the liver for energy.

If we think of cells as small factories, enzymes are the engineers. They are constantly working to balance, to restore and to energize. Enzymes are responsible for oxidizing the cells. They also catalyze a series of chemical reactions that create adenosine triphosphate, or ATP. ATP emits an energy that causes the muscle fibers to contract, such as that needed for the heart to beat and the lungs to breathe.

Enzymes are also at work within the nervous system. They manufacture acetylcholine, a neurotransmitter released by the nerve cells to send signals to other cells.

Enzymes are both mysterious and magical. They lie at the heart of everything we do, and yet for the most part we are completely unaware of their existence. The elusive qualities of enzymes have given them the title <miracle of life>. ■

# What bodily **functions** rely on the presence of **enzymes**?

Enzymes are needed for all bodily functions and processes. These include digestion, absorption, decomposition, excretion, transferring of elements, detoxification, muscle activity, breathing, thinking, immunity, the body's innate natural healing power and so on. Even small, unnoticeable movements, such as sneezing, blinking, metabolism, brain function, bone and muscle formation and sweating all depend on enzymes.

Brain activity (metabolic enzymes)

Breathing, transporting, sweating (metabolic enzymes)

Digestion, decomposition, absorption (digestive enzymes)

Visceral organ activity (metabolic enzymes)

Sensory organ activity; eyes, nose, mouth and ears (metabolic enzymes)

Ingestion of enzymes from food (dietary enzymes)

Detoxification, excretion and immunity (metabolic enzymes)

Breathing of the skin (metabolic enzymes)

Bones and muscle formation (metabolic enzymes)

Joint and muscle function (metabolic enzymes)

Emotions and cognitive function (metabolic enzymes)





# The **4** categories of digestive enzymes

The body requires 4 different categories of digestive enzymes

Lipase enzymes for breaking down fat / Protease enzymes for protein decomposition / Cellulase enzymes for breaking down fiber / Amylase enzymes for starch decomposition.

4

Enzymes break down macronutrients into micronutrients, which can be easily absorbed by the cells. Starch is converted into glucose, protein into amino acids and fats into fatty acids.

Each enzyme has its own unique function. We require many different types working together in order to realize all the different movements and skills needed for daily life. Enzymes promote and catalyze all muscle movements, nerve conduction, heartbeat, breathing, thinking, digestion, tissue repair, construction, strengthening and detoxification processes. ■



## Why are we lacking enzymes?

The fewer the enzymes in our body, the faster we age. The more enzymes we have, the healthier we are.

Apart from cellulase (which can only be sourced from plants), the human body is capable of producing all the enzymes we need. So why are many of us running on an enzyme deficit? The answer lies in the types of food we eat. Modern food processing techniques and all types of cooking (over 50°C) destroy almost 100% of the enzymes naturally occurring in food. Exposure to elevated temperatures and low pH leaves the modern diet devoid of any enzyme activity.

Digestive enzymes from food should take the responsibility for as much as 75% of the digestive task. But when our food is 'empty' (no enzymatic value) this burden falls completely on the digestive organs. It takes a huge amount of energy to digest food, and when there is no support from diet or supplemental enzymes, our body becomes over-worked and tired. A primary indicator of an over-worked digestive system is feeling sleepy after a meal.

The number of enzymes in the body are directly proportional to the amount of energy we have. As we get older, enzyme levels gradually decrease. We die when enzyme levels become too low to meet our metabolic needs.

As enzyme levels decrease, we become susceptible to disease and

ill-health. In order to rebalance this, dietary changes are required. But in today's world, our environment is also compromised and there are other factors to consider. Air pollution, water pollution, pesticides, western medicine, preservatives etc all have a direct impact on enzyme function. Maintaining good health can sometimes feel like a minefield, but it doesn't have to be complicated. By simply ingesting enough enzymes through diet and supplementation, we can ensure our rate of metabolism remains steady, therefore preserving and cultivating health.

There are two ways to ingest enzymes. The first is through eating raw food, and the second is to take an enzyme supplement. However, relying solely on raw food as the only source of enzymes is problematic. It is difficult to ingest enough raw food to rebalance enzyme levels, and environmental factors can also compromise their safety and enzymatic value. In addition, we do not know what enzymes, and how many, the body is lacking. The safest, most convenient and effective solution to this problem is to take a composite enzyme supplement.

## The **5** warnings of enzyme deficiency

Enzymes are indispensable for maintaining health and vitality. When the body presents us with symptoms of ill health, it is likely because there are not enough enzymes available in our system. Health issues are warnings from the body to be aware that enzyme levels are running low. When the body is unable to produce sufficient enzymes, there are 5 main symptoms that may surface:

### **1. Ageing of the Intestine**

This can present itself in a number of ways, all of which are caused by a build-up of bad bacteria in the gut. When there is a lack of enzymes present in the digestive tract, levels of good bacteria fall, and bad bacteria increase. This causes an imbalance within the intestine. Symptoms include trouble defecating, frequent diarrhea, bloating, gas, a 'noisy' intestine and bad smelling stools.

### **2. Constipation**

A lack of enzymes can lead to constipation. Fecal matter that remains in the body for too long often leads to emotional upset and sensitivity. Trouble defecating also causes blood flow to increase, creating a 'hot' face, 'hot' feelings and dizziness.

### **3. Obesity**

Low enzyme activity results in more fat being stored in the body. A lack of enzymes causes the metabolism to slow down, resulting in a sluggish lymphatic system and edema (swelling). Furthermore, if not enough lipase enzymes are present within the system, fat molecules are not effectively broken down and accumulate in the blood vessels and organs. This leads to weight gain and can trigger the development of other diseases.

### **4. Poor skin condition**

When there are not enough enzymes present in the body, digestion and metabolic activity decrease and food waste remains in the intestine. Bacteria convert undigested food into toxins and gas, which are absorbed through the intestinal wall. This results in symptoms such as ageing of the skin, skin complaints and a poor complexion.

### **5. Fatigue**

If food cannot be effectively absorbed due to low levels of enzymes, the body begins to lack nutrients and the immune system is weakened. It is then very easy for the body to fall into a state of fatigue.

# More people are suffering from enzyme deficiencies than **we realize**.



5% of the global population are in optimal health. 75% present some form of poor health and 20% are sick.

**Enzyme therapy addresses all of the following conditions:**

**Beauty:** Skin discoloration, liver spots, stretch marks, pimples, acne, rough and sensitive skin.

**Obesity:** 13-8kg can be lost within the first month.

**Skin:** Athlete's foot, eczema, scars, burns, contusions, swelling, congestion, skin disease, skin ulcers, purpura, lupus erythematosus.

**Digestion:** Constipation, diarrhea, loss of appetite, gastroparesis, gastritis, gastric ulcers, hemorrhoids, gastroenteritis, hepatitis, weak liver function, fatty liver, cirrhosis of the liver, hangovers, diabetes, stomatitis, periodontal disease, underweight, excess fat.

**Respiratory system:** Sinusitis, tracheitis, asthma, lung disease, colds, tonsillitis.

**Nervous system:** Autonomic nervous disorder, insomnia, neuroticism, headache, shoulder pain, neck pain, waist pain, neuralgia, gout, rheumatoid pain, arthritis, neuroticism, sciatica, and epilepsy.

**Urinary system:** Nephritis, renal insufficiency, urinary protein edema, high uric acid levels, cystitis, calculi (liver, biliary, bladder), endocrine disorder, sexual impotence, feeling cold, infertility, thyroid health.

## What **kind of enzyme** supplement do I need?



Enzyme supplements can be separated into two types 'single enzymes' and 'composite enzymes'. The name 'single enzyme' refers to one particular kind of enzyme, that acts on one particular kind of substance. In comparison, the name 'composite enzyme' refers to a combination of enzymes that can serve multiple functions.

Our enzyme supplements can also be divided into 'liquid' and 'powdered' forms, both of which are types of composite enzymes.



Liquid enzymes are like a good wine. The longer they are stored, the higher the amount of antioxidant SODs present, and the better the quality. This is reflected in the price. A high-quality liquid enzyme may have taken many years to produce, and will be more expensive than a low-quality alternative.

Powdered enzymes are created through an extraction process, and can also be molded into a granular consistency. A natural enzyme composite is alive with good bacteria, and when extracted into a powdered or granular form it becomes difficult to maintain its freshness and viability. This is reflected in the potency of the product. It is estimated that powdered enzymes have about one third of the effect of liquid enzymes. Powdered enzymes do have the advantage of convenience in terms of packing and transportation, but when considering the effects of each, liquid enzyme supplements are far superior.



The function of supplemental enzymes can also be divided in two: ‘transferase’ and ‘digestive’ enzymes.

There are more than one thousand transferases in the body, working to transfer and catalyze different nutrients, and assisting absorption and metabolism in the cells. Digestive enzymes work entirely within the digestive system, breaking down food and eliminating waste from the body. If any of these enzymes are not present, it doesn’t matter how healthy the lifestyle, how nutrient-dense the diet, the food you ingest will not be efficiently absorbed.



# True beauty comes from the inside out!

When enzyme metabolism is functioning optimally, the digestive tract is also in its best state of health. A healthy environment within the intestines represents more than half of the body's overall health management, and is reflected in the vitality of the skin, nails and hair.

## **Enzyme function is closely related to the intestine:**

Enzymes within the body carry-out seemingly basic but very important functions. Digestive enzymes catalyze and break down food into small molecular structures so they can be easily absorbed. Metabolic enzymes catalyze and eliminate waste from the body. Each digestive enzyme plays its own role in maintaining optimal bowel health.

## **Prevent the symptoms of ageing with a high-enzyme diet:**

Natural foods that contain high levels of enzymes reduce the digestive burden inflicted on the intestine. They also prevent excessive fatigue and premature aging of the digestive organs.

## **Digestive enzymes eliminate waste and gas from the colon:**

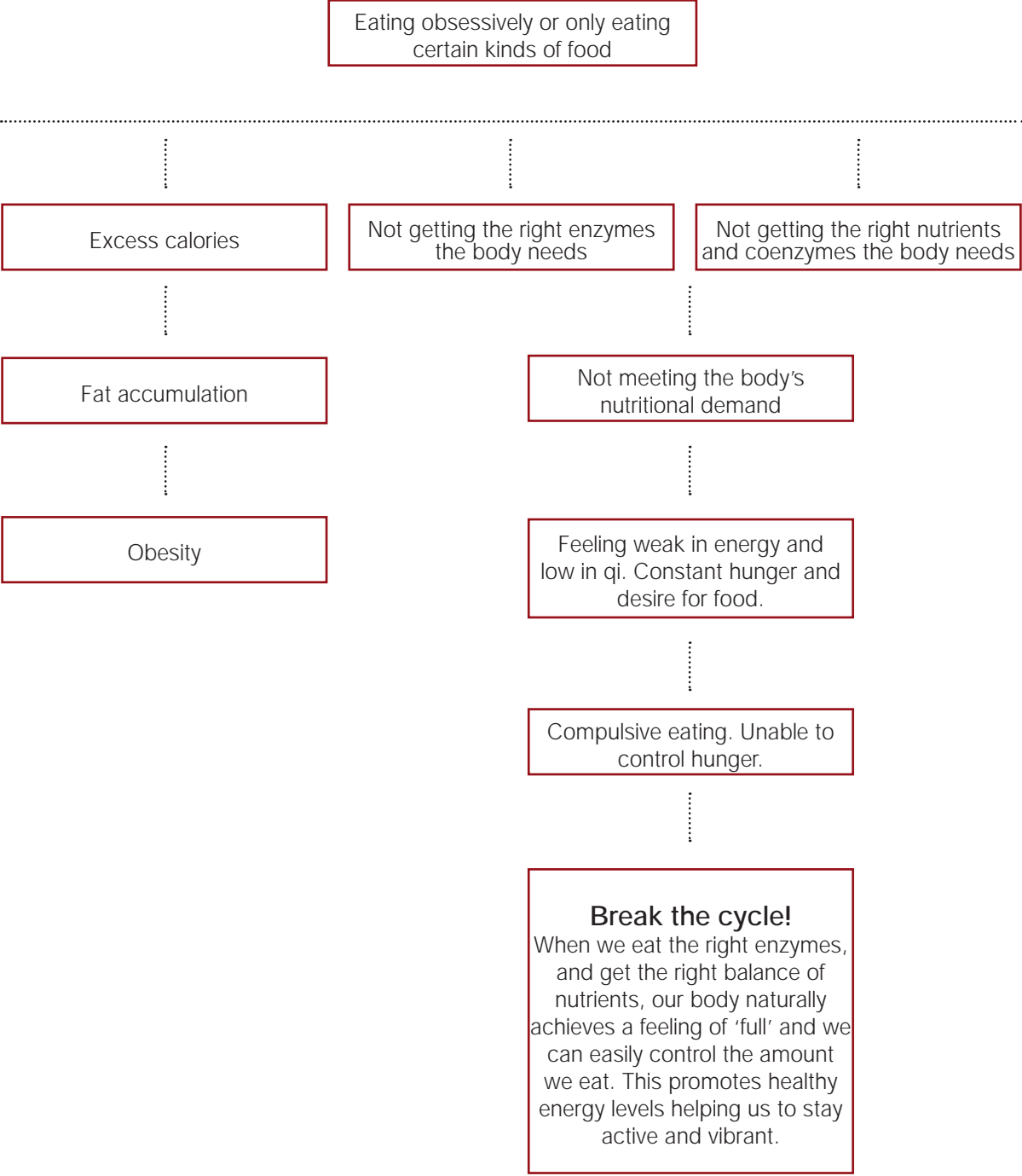
When Constipation, flatulence or discomfort in the stomach occur, it is a good idea to supplement with some form of digestive enzyme, such as papain (from papaya) or bromelain (from pineapple). Supplementing with digestive enzymes helps transform large macromolecules of food into smaller ones. Small molecules of food are much easier for the stomach and intestines to digest. When the digestive process is working smoothly again, any discomfort will be gone.

### **The relationship between enzymes and enterobacteria (intestinal bacteria)**

Certain enterobacteria can be used to produce enzymes that are beneficial to the body. There are many good bacteria associated with enzymes, including probiotics, lactobacillus, and Bacillus subtilis (found in natto, a fermented soybean paste). Foods containing good bacteria promote healthy gut flora. Many people are not in the habit of including fermented foods such as natto in their diet. But these foods provide precious enzymes created during the fermentation process that promote healthy digestion and absorption.



# An example of how enzyme deficiency can affect the body...





# The source of life and health

So far, about 115 diseases are known to be related to enzyme disorders. There is no better way to treat the root cause of disease than to 'restock' enzyme levels, but it is not only the human body that works this way. Every organism living between the earth and the sky needs enzymes to exist. They are the ultimate source of life and health.

The best path to optimal health is through maintaining a balanced diet, moving often and continuously replenishing enzyme levels. Some people eat a nutrient-dense diet, but do not replenish their bodies with enzymes. It may seem they are eating healthily. But if enzyme levels are insufficient, many of the nutrients they are ingesting will not be broken down or properly absorbed. Furthermore, the body will be unable to remove the unused nutrients. Accumulated nutrients increase the burden inflicted on the vital organs, and as time goes by health is compromised and disease occurs. A main cause of illness is undigested, unused nutrients that are not eliminated from the body efficiently. ■

# Natural composite enzymes and environmental disease

Environmental disease (disease originating from environmental conditions) is a product of the industrial age. The widespread use of pesticides, and the manufacture of heavy metals such as mercury, lead and copper, are contaminating our water, air, soil, crop and food supplies. Coexisting with harmful heavy metals has become a part of daily life, but many of us are unaware how easily the body absorbs them. Fortunately, if the heavy metal content is relatively low, the body will use its natural enzyme levels to eliminate it without any lasting harm. However, when the heavy metal content becomes too high, it can no longer be eliminated in this way and will accumulate in the blood and cells. Over time severe symptoms can occur, and this is the manifestation of environmental disease.

However, when used in large quantities, enzymes can break down and eliminate certain elements. They can separate heavy metals from the blood and decompose toxins harboring in the cells. Enzyme therapy uses high levels of good-quality enzymes to seek and eliminate harmful substances hiding in the body. In today's modern world enzymes are finding themselves in the role of the superhero. ■

## Natural composite enzymes and skin health

Enzymes activate cells, repair wrinkles and prevent the negative signs of aging. They also promote healthy metabolism. When the metabolism is functioning well, the skin appears glowing and radiant. We already know there are many kinds of enzymes living in the cells of the vital organs. They also play an indispensable role in maintaining the health of the skin. Enzymes provide a kickstart for blocked skin cells, so they can continue to function. Some also resist the harmful effects of UV rays and inhibit the formation of melanin, thus reducing any unwanted signs of aging caused by sun exposure and pollution. Other enzymes encourage the shedding of dead skin cells, and improve the production of collagen and elastin. Collagen and elastin are key to maintaining skin elasticity and tone. Daily supplementation of enzymes reduces wrinkles and promotes glowing, radiant skin.

Strongly active composite enzymes penetrate the tissue and activate cells in even the deepest layers of the skin. They are the best medium for nutrient delivery, and can also be used as an effective face wash or external skin treatment. ■





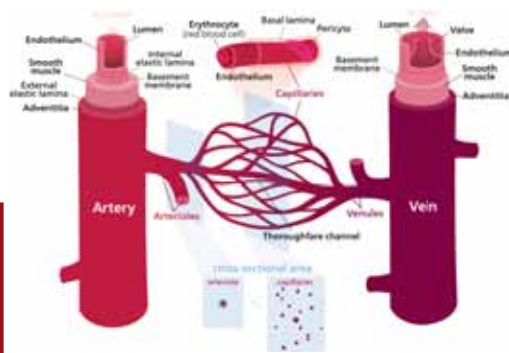
# Natural composite enzymes and hypertension

Technically, high blood pressure is not a disease, but a predictor of atherosclerosis (a hardening of the arteries) or some form of disorder of the blood vessels.

There are many factors which can cause atherosclerosis. One of the main issues is high-levels of cholesterol and protein in the blood. These vital nutrients cannot be decomposed or absorbed completely if there aren't enough of the right enzymes available. Excess cholesterol and protein then accumulate on the vascular walls, causing the arteries to harden and lose flexibility.

When atherosclerosis occurs, blood clots easily form in the capillaries, and this can lead to a stroke or heart attack. High blood pressure is an extremely serious symptom of ill-health, and currently one of the top ten causes of death worldwide. Although Western Medicine provides many methods and technologies to alleviate the symptoms of high blood pressure, the root cause of the problem (cholesterol and blood accumulating in the arteries) is often not addressed. This means there is high chance the condition will not be cured fully and symptoms will come back.

Enzyme therapy provides a solution that treats the root cause of high blood pressure. Enzymes can decompose old waste, cholesterol (see below), lipoprotein and clots in the blood. Those with high blood pressure should consider a long-term enzyme program to cleanse, restore and nourish the cardiovascular system.



# Natural composite enzymes and cholesterol

Despite its negative reputation, cholesterol is actually one of the important substances in the human body. It is needed to produce bile, hormones and cell membranes. To transform cholesterol into a substance that can be effectively absorbed, there must be adequate amounts of certain enzymes in the blood. If these enzymes are not available, the cholesterol will 'precipitate' on the arterial walls, causing a hardening of the arteries.

As a result of false information presented by the media, cholesterol has been labeled as an invisible killer, and this has cultivated fear and misunderstanding amongst the general population. Many people wrongly believe that avoiding cholesterol promotes better health. In supermarkets worldwide, it is common to see products labeled as 'cholesterol free'. But there is a large factor missing from this picture... enzymes! Cholesterol is vital for health, but without the right enzymes it becomes dangerous.

It is so important that we replenish enzyme levels daily. Those that do quickly notice significant improvements, including improvements to sexual function. This is the effect of enzymes separating cholesterol from the blood, and transforming it into hormones.

# Natural composite **enzymes** and **diabetes**

Diabetes is the result of insulin secretion disorder, or a reduction in insulin secretion due to pancreatic inflammation. Low levels of insulin mean the pancreas no longer metabolizes sugar properly. Sugar that is not broken down will be eliminated through the urine, and will not be stored in the body as it should. Diabetics need to supplement with the right sugars at all times, but not in excess. Excess sugar increases the burden inflicted on other organs. This dilemma makes diabetes a tricky disease to live with. It is a complicated balancing act, and also one of the top 10 leading causes of death worldwide. Current general treatment is to use an insulin injection, which works as a form of pain relief and eases symptoms. However, it does not address the root cause of the disease, and can actually exacerbate symptoms as time goes by.

But when treated with enzyme therapy, diabetes can be alleviated and even resolved completely. The right amounts of the right enzymes balance insulin secretion, therefore treating the root of the condition and restoring sugar metabolism.

*As with all chronic diseases, persistence is required during the treatment and prevention of diabetes. The road to health is not necessarily easy. Our website and dedicated customer service team are available to provide support and advice.*

# Natural composite enzymes and **weight loss**

**Obesity is a source of many diseases. There are four main causes:**

1. **Genetics**
2. **Edema.** An imbalance of internal osmotic pressure that causes excess water to stay in the body, giving a swollen appearance.
3. **There are not enough of the enzymes needed to consume ingested calories and burn fat.**
4. **There are not enough of the enzymes needed for nutrient assimilation and elimination.** When the body accumulates excess nutrients, obesity occurs.

For those who fail to lose weight, maintaining good health can often become a battle. But apart from genetic obesity, all other forms of obesity can be treated with the right combination of enzymes. Replenishing enzymes levels is the healthiest and simplest way to lose weight. It works in combination with the 24-hour fasting therapy mentioned below. 24-hour fasting therapy can be undertaken 1-3 times a week for ongoing weight loss. Within two to three months, you will notice a significant difference in body shape, and your energy levels will have drastically improved.

**There are many diet supplements available to treat obesity. Why not just use those?**

Diet pills that work by suppressing appetite can damage liver function. This means that even if they do promote weight loss, they also cause many unwanted side effects, including liver spots. Enzyme therapy, combined with sufficient water intake and exercise will encourage significant weight loss whilst promoting many other improvements to health and wellbeing.





# 24 hour fasting therapy

24 hour fasting therapy directly treats the digestive organs. In our modern world, quality of life has improved dramatically for many people. We have access to a huge range of different foods, and can often eat what we want, when we want it. However, the quality of the food we eat is substantially lower than previous centuries. The widespread use of industrial pesticides, and the pollution of our water, air and soil means food now contains high levels of harmful chemicals, heavy metals and other toxins that cause disease. When illness does occur, pharmaceuticals are used as treatment, and this creates a vicious cycle that gradually destroys and exhausts the body's natural healing power.

24 hour fasting therapy gives the organs a chance to rest. During this one-day period, the body can eliminate toxins and purify the blood without any fear of harm. Used in combination with enzyme supplementation, this therapy creates the optimum environment for healing and recovery from the stresses of daily life.

On the day before your 24-hour fast, try to eat lightly. On the morning of the fast, it is important to eliminate waste from the intestine. Ideally, this will happen naturally, but if you feel constipated or have trouble defecating please use our High-Fiber Enzyme Pills to encourage movement. After this, simply drink 20ml composite enzyme solution 3 times during the day. These can be taken with warm water and will be your 'meals'. No other food is to be ingested during this 24-hour period. For elderly people, or those with chronic health conditions, the dose can be doubled. This therapy can be done once a month to balance forms of sub-health, weekly to treat disease, or 1-3 times a week for weight loss. ■

**Please note:** *For more support and guidance with this therapy, consult our website or customer service department.*

# Who needs natural composite enzymes?

- Those with intestinal issues
- Those with obesity
- Vegans
- Meat eaters
- Those who regularly eat at restaurants
- Those recovering from operations
- Those who drink, smoke or stay up late
- Women going through menopause
- Those with pain in wrists, spine or other joints
- Those with a weak immune system
- Those with low energy and skin spots
- Women after childbirth
- Those who care about health maintenance

## Six benefits of enzyme therapy 6

**1. Balance the body's internal environment:** Enzymes keep the blood slightly alkaline, remove waste from the body, balance intestinal bacteria and strengthen the cells. They also promote healthy digestion, strengthen resistance and immunity and maintain internal balance in all its aspects.

**2. Anti-inflammatory:** Enzymes transport white blood cells, promote healthy white blood cell function and give injured cells the power to recover.

**3. Antibacterial:** Enzymes help white blood cells to kill unwanted bacteria. In addition, enzymes have their own antibacterial properties that can kill bacteria. They also promote cell regeneration, which is the ultimate cure for disease.

**4. Decomposition:** Enzymes remove waste from the organs and blood vessels so they can function normally. They also aid healthy digestion and food decomposition.

**5. Blood purification:** Enzymes remove waste products from the blood and break down viruses that cause inflammation. They also transform cholesterol. Cholesterol that has not been broken down will have an acidic effect on the blood. Enzymes help keep the blood slightly alkaline and promote smooth blood circulation.

**6. Cell regeneration:** Enzymes promote cell metabolism and enhance physical strength to encourage cell regeneration. We all rely on the body's natural healing ability to treat disease. Antibiotics and other pharmaceuticals may kill bacteria and alleviate symptoms of disease, but they also destroy the body's own immunity and inhibit cell regeneration.

These six benefits do not occur separately from each other, but together as one. Enzyme therapy is a form of holistic healing that approaches disease in a different way from general medicine. Instead of treating one specific illness, enzyme therapy focuses on healing the body as a whole.

# Enzyme Therapy vs. Western Medicine

A report from Japanese Medical Dr. Morita Yoshio

FAQ's	Enzyme Therapy	Western Medicine
What happens when I take this medicine consistently over a long period of time?	It will be support good health and maintain vitality	Cannot be taken long-term.
What is the speed of recovery?	Slow, normally 2-3 months	Fast. Often works immediately
What is the dosage?	No strict rules or standards	Very strict rules and standards
What are the side-effects?	No side-effects	Many side-effects
What is the theory behind this form of treatment?	Ultimate healing. Addressing disease from the root cause.	Treat the symptoms not the cause.
What are the long-term effects?	Disease is cured gradually and completely.	Symptoms can repeat and disease can be hard to cure completely
What is the treatment method?	First strengthen the body, then treat the disease.	Remove the symptoms as quickly as possible, but they may come back later.
What symptoms can this treatment be used for?	A wide range of symptoms.	A limited range of symptoms
What diseases can it treat?	A huge range with many positive effects.	A limited range. One medicine for one type of disease.
Can it be used in combination with other medicines?	It can be used with many other medicines.	Strictly limited. Must be extremely careful.
Does it contain toxins?	No toxins.	Very toxic. It will exist in the cells, particularly the liver and kidneys, for a long time.





# Self-examination



Symptom	Possible causes
Feeling cold in face, hands and feet	Autonomic nervous disorder, abnormal hormone secretion
Feeling cold in waist, hands and feet	Hypothyroidism, autonomic nervous disorder, anemia
Headaches and difficulty concentrating	Neuropathic headache, hypertension, hypotension
Dizziness	hypertension, hypotension
Low energy and fatigue	Diabetes, gastrointestinal dysfunction
Thirst	Diabetes, gastrointestinal dysfunction
Frequent yawning	Autonomic nervous disorder, insufficient exercise
Night sweats, cold sweats	Autonomic nervous disorder if no fever
Stiffness in right shoulder	Poor liver function
Stiffness in left shoulder	Gastrointestinal dysfunction
Yellow color in skin	Liver or intestinal discomfort
Red color on the nose	Hypotension, cold in the body, alcoholism
Rough skin on the cheeks	Cold in the body, anemia, malnutrition
Regular inflamed pustules on the skin	Constipation, psychological pressure or stress, lack of sleep
Inflamed pustules under the jaw	Poor liver function
Incessant hunger	Potential Gastritis, gastric ulcer, diabetes
Infrequent urination. Small amounts of urine	Prostate hypertrophy and inflammation, cystitis
Chest pain	gastric ulcer if feeling pain when area is pressed
White coating on tongue	Gastroenteropathy
Hyperaemia of the eye	hypertension
Blurred eyesight	Nervous fatigue, possible diabetes
Easily hungover	Poor liver function
Heavy, foggy feeling in head on waking	Hypertension
Extravasated blood in hands and feet	Heart dysfunction
Waist pain or heavy feeling in waist	dysfunction of Kidney, stomach, bladder, sciatic nerve inflammation
Feeling sleepy despite getting enough sleep	Inadequate exercise, cerebral arteriosclerosis, psychological pressure or stress
Inadequate sleep	Hypertension, arteriosclerosis, depression
Numb feeling in hands and feet	cerebral spinal inflammation, peripheral sensory motor nerve disorders



# Different applications of Enzyme Therapy

Use	Effect or time taken to recover	Usage
Face wash	Remove dead skin cells. Brighten complexion.	Wash your face with water. Massage enzyme solution into the skin. Can be done 2-3 times a week.
Apply to pimples	Remove pimples and clear complexion	Apply enzymes to clean face and leave for 20 minutes. Skin may feel a little itchy as the enzymes begin to work. This sensation will disappear after a few minutes.
Weight loss	Remove fat from the body	Take 30ml enzymes 15-20 minutes before meals, 4 times a day. 3-8 kg can be lost within a month when this method is used in combination with 24-hour fasting therapy.
Weight gain	Improve digestion and absorption in intestine	Take 30ml after lunch and dinner
Gastric ulcers	Can be cleared in 3-6 months	Enzymes work best when taken before meals, but if you are experiencing discomfort after eating, take it after meals and gradually increase the dose.
Hiccups	30 minutes	30ml each time
Breaking down alcohol in the system	Prevents hangovers	Take 30ml before, during and after drinking.
Infertility	Increase sperm motility and quantity for men and promote conception for women	Take 30ml, 3 times a day
Climacterium	Balance hormones and delay aging	Take 30ml, 4 times a day
Eczema on hands	3-14 days	Rub your hands with a solution of enzymes and water several times a day.
Athlete's foot	1 week	Soak feet in a solution of 40ml enzyme and warm water for 30 minutes every day. Drink 1 small bottle of enzymes each day.
Extravasated blood	4-6 hours	Apply it on the wound directly, if the wound is very dry, water can be added. Wrap with gauze.
Bedsore	No calluses or polyps. Wounds can be healed completely	
Rashes (including diaper rash)	3-7 days	

Use	Effect or time taken to recover	Usage
Gout	15-45 days	1st month: Take 30ml, 4 times a day. 2nd and 3rd months: Take 30ml, 3 times a day. 4th month: Take 30ml, 2 times a day (morning and evening).
Hemorrhoids	1-3 months	
Constipation	1-5 days (take it after meals)	
Diarrhea	10-30 minutes	
Pain in the back and waist	1 month	
Allergic rhinitis	1-2 months	
Tumor, lipoma, fibrous cyst	1-3 months	
Diabetes, hypertension	1-3 months	
Low energy and laziness	15-30 days	

**Note:** Please finish the small 60ml bottles within 24 hours of opening, and store in the fridge during hot weather.

# What are the possible reactions to enzyme therapy?

There are different reactions (or healing crises) that can arise during the process of enzyme therapy. Some of these reactions may present as abnormal or even seem to be a symptom of illness. In fact, they are a result of the body’s response mechanisms improving. A good sign! It is still not fully understood why the body can respond to healing in these ways, but it is thought to be associated with the detoxification process. Healing crises are not common or extreme during enzyme therapy, but occur more regularly in those with acute health conditions.

Healing crises are not side-effects. In fact, once the reaction has worked its way out of the body, the immune system will be enhanced and body and spirit will feel stronger.

Reaction	Possible causes
Vomiting	Reacting to the taste of the enzymes. Start by taking a small amount of liquid enzymes in warm water. Gradually increase until you can drink the liquid undiluted.
Itchy skin and/or rashes	A part of the detoxification process. Usually occurs in those with weak liver function or skin allergies.
Aches and pains	As health improves, the weakest parts of the body react the strongest. Patients with high uric acid levels or gout are prone to aching, sore sensations in the body.
Slight stabbing pain in the stomach	Can be the result of digestive enzymes breaking down ulcers, or a reaction to the repairing and regeneration of the stomach lining.
Numb feeling on the tip of the tongue and an itchy throat	A sign that the enzymes are in a state of high activity.
Black feces	Old mucoid plaque being eliminated from the body.

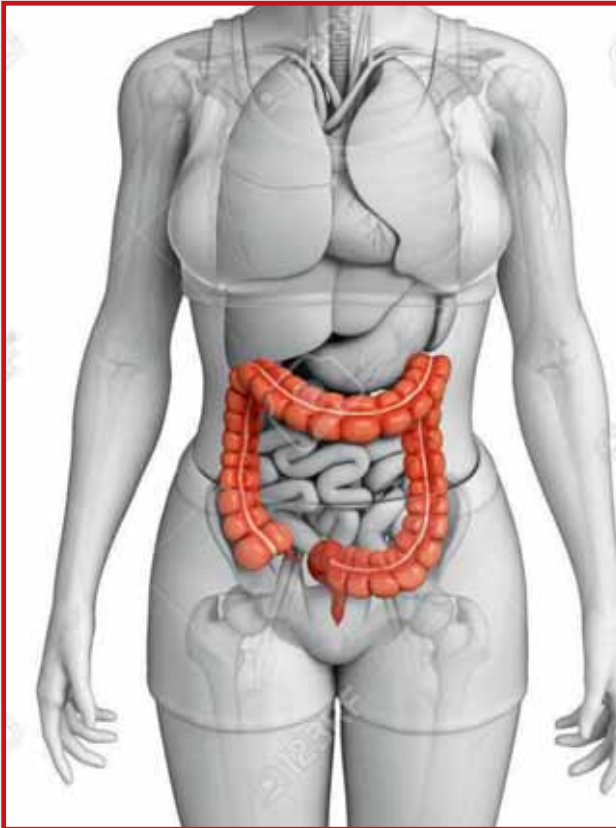


# ZenCleansz ONE®

## The Revolutionary 1-Day Super Enzyme Cleanse

### General information ...

- Made of 100% natural and organic produce fermented for over 3 years (Fruits, Vegetables, Mushrooms, Herbs, Seaweeds)
- This protocol has been designed by a consortium of Scientists, Traditional Chinese Medicine experts and Nutritionists
- Can be combined with any other detox methods
- Can be done on the first day of any kinds of health retreat and provide observable benefits (Yoga, Detox, Psychotherapy, Stress Management, etc.)



### Effects of the ZenCleansz ONE protocol ...

- Clears the whole Gastro-Intestinal tract from plaque in a single day. (this includes the oesophagus, stomach, small intestine and colon)
- If you are fasting, it launches you immediately into autolysis and ketosis mode on the following day. It is like adding the effect of 3 - 4 days of cleansing or fasting in a single day
- Works beyond the digestive tract into the organs and glands. Some bodily and metabolic functions may be reactivated as the enzymes clear obstacles within them
- Enters the blood stream and initiates cleansing of the vessels
- Penetrates the liver and initiates its cleanse
- Nourishes the digestive tract with beneficial microorganisms so no flora rebuilding protocol is required
- Reactivates peristaltic movement
- Removes dampness, excess fat, undigested fecal matter, mucus, pathogenic bacteria, parasites and other types of unwanted debris stuck inside the intestinal tract



# ZenCleansz FORGIVE®

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**Recommended for the liver deep cleanse, Regulates body function and purifies blood**

#### General information ...

- Promotes hepatobiliary (liver) metabolism, reduces hepatobiliary burden
- Helps break down and lower unhealthy cholesterol level
- Clears intestinal waste, cleans the body environment
- Regulates body function and purifies blood
- Cleans up unhealthy bacteria in the body
- Restores the body's Qi
- Softens the gallstones
- Widens the bile ducts
- Flushes the gallstones and toxins out of the liver and gallbladder

Recommended for the liver deep cleanse, Regulates body function and purifies blood

# ZenCleansz INSPIRE®

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**COMING  
SOON**



**Recommended for the people who want to and improves the respiratory system, purifies the lung**

#### General information ...

- Herbal extracts that moisturize, remove the mucus and toxins from the lungs
- Ultra-concentrated and highly active compound that is rich in various digestive enzymes and trace elements
- Balances and conditions the body eight systems
- Boosts the immune system
- Benefits the smokers and the people living in a polluted environment
- Helps to clear up heavy metals and debris from cells
- Protects and improves the respiratory system

Recommended for the people who want to and improves the respiratory system, purifies the lung

# Zencleanz AMBROSIA®

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**Recommended as a food supplement to maintain a good supply of vitamins and minerals or to balance nutritional deficiencies.**

**General information ...**

- Made of 60 ingredients: fruits, vegetables, Mushrooms, and Herbs
- Contains the whole spectrum of food enzymes
- Has the highest concentration of SOD (anti-oxidant)
- Provides wide range of vitamins, minerals, and other essential nutrients
- Balances the counts of gut bacteria
- Energize and enhances the body's metabolism
- Balances internal organs
- Support for all body functions
- Purifies the blood
- Strengthens immunity, and reduces inflammation

Recommended as a food supplement to maintain a good supply of vitamins and minerals or to balance nutritional deficiencies.



# Zencleanz Alchemy DETOX-S®

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**Recommended to increase digestion, promote weight loss and hygiene maintenance of the colon.**

**General information ...**

- Can lower serum cholesterol
- Balances intestinal flora
- Supports digestion of lipids in the digestive tract and the body tissues
- Purifies the gastro-intestinal tract
- Is the best choice to keep you nice and slim!

Recommended to increase digestion, promote weight loss and hygiene maintenance of the colon.





## ZenCleans LIGHTSEED®

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**Recommended to support and stabilize the body metabolic functions and keep the blood sugar level balanced.**

**General information ...**

- Metabolizes sugars so the body can absorb without effort.
- Rich in dietary fibers and vitamins
- Helps to strengthen and balance body functions
- Increase sugar metabolism
- Balance your blood sugar
- Stabilizing physiological functions and increases the metabolic performances

Sugars are already predigested through the fermentation process and doesn't represent a problem for diabetics.

Recommended to support and stabilize the body metabolic functions and keep the blood sugar level balanced.



## ZenCleans CHI®

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**Recommended to control the blood sugar level, boost the immune system, protect the liver, and as a anti-inflammatory.**

**General information ...**

- Promotes nutrient absorption
- Improves gastrointestinal function
- Strengthens the five internal organs
- Controls blood sugar levels
- Stimulates the immune system
- Protects the liver
- Great anti-inflammatory

Recommended to control the blood sugar level, boost the immune system, protect the liver, and as a anti-inflammatory.

# ZenCleanz INCA<sup>®</sup>

**Recommended to increase libido, reduce erectile dysfunction, and boost energy.**

## General information ...

- Maca is rich in calcium and potassium.
- It also contains trace elements such as iron, iodine, copper, manganese and zinc, as well as certain fatty acids,
- Including linoleic acid, palmitic acid, oleic acid and 19 amino acids
- Nourishes and strengthens your body
- Improve menopausal disorders and increase libido
- Famous for its anti-fatigue properties and to increase endurance.
- Contain fat burning abilities but ultimately we recommend it to increase your sex drive and to boost your energy level.

Recommended to increase libido, reduce erectile dysfunction, and boost energy.



# ZenCleanz MYCELIA<sup>®</sup>

**COMING  
SOON**

**Recommended for its rejuvenating, restorative and strengthening effects of all body systems.**

## General information ...

- Strengthens the adrenal glands and gonads
- Also strengthens immune functions
- Promotes lung function
- Stimulates appetite.
- Benefits people in prey of blood circulation diseases, and diabetes.
- Good for rejuvenation, restoration and promotion of strength of all body systems
- Nourishes and increases vitality
- Restores deficiencies
- Accelerates the healing of injuries.
- Regulate women menstruation
- Supplements the Qi and blood.
- Enhances men sexual energy and Qi

After the three-stage fermentation process then the chelation, and the warm neutralization happens the deep integration that gives these blends an outstanding power.



# Hara Quantum Particles®



**Recommended to promote digestion, to increase the absorption of nutrients in the blood and to sooth inflammation.**

## General information ...

- Helps to break down starches and fats in foods to prevent obesity
- Efficiently soothes stomachaches, stomach acid, abdominal distension and indigestion
- Support the complete absorption of nutrients and elimination of feces
- Helps keeping the intestinal environment clean.
- Improves gastrointestinal functions,
- Frees the liver and gallbladder from extra burden

Recommended to promote digestion, to increase the absorption of nutrients in the blood and to sooth inflammation. Digestive aid if taken immediately after meals and anti-inflammatory if taken between meals.

# Hara Black Vacuum®



**Recommended to resolve constipation, clear internal dampness and clean the blood stream.**

## General information ...

- A powerhouse in terms of clearing fat and internal dampness
- Eliminates intestinal toxicity and accumulation of fat
- Improves digestion and absorption of fat
- Promotes bowel movement
- Purifies the blood
- It is a brilliant laxative and fat and cholesterol cleanser
- A true rejuvenator!

Recommended to resolve constipation, clear internal dampness and clean the blood stream.



# Hara Fiber Crystals<sup>®</sup>

Recommended for all intestinal cleansing support and especially important for people missing vegetable intake or eating processed foods.

## General information ...

- Contains a high concentration of enzyme fibers, the intestinal "broomers"
- Activates peristalsis to support elimination and remove toxins.
- Balances all physiological functions, reduces fat accumulation, and increases fat metabolism.
- Promotes fat and toxins elimination from the body.
- Improves nutrient's absorption
- Stimulates and eases bowel movements
- Good for people missing vegetable intake or eating processed foods.



Recommended for all intestinal cleansing support and especially important for people missing vegetable intake or eating processed foods.





# ZenCleansz RAINBOW®

## 7-day Detox Program, a combi of our best cleanses and enzymes

### General information ...

- 7-day kick start detox package includes the combined products from 6 separated products.
- For specific information and benefits we refer to the following products that are included.

This Detox Program has been designed to address the whole Gastro-Intestinal Tract and the Liver/Gallbladder.

Although it would be recommendable that it is applied within a time that you would dedicate fully to cleansing, it is not compulsory. It is an easy and convenient program that you can integrate also during a regular working schedule.

\* If you keep a raw food and/or liquid diet you will maximize the depth of the cleanse.  
Recommended for: people who want a whole body detox



### Includes the benefits of:

- 1 x ZenCleansz ONE®
- 1 x ZenCleansz FORGIVE®
- 1 Bottle 750 ml Alchemy Detox-S®
- 10 sachets Hara Quantum Particles®
- 10 sachets Hara Fiber Crystals®
- 10 sachets Hara Black Vacuum®



# Better health begins with better understanding

This book promotes enzyme knowledge and how the long-term use of enzymes Long term use can improve your health. It was written to be shared. If you have found help in this information, please consider passing it on to friends and family. A healthier world starts with you!

Produced and distrubuted by



S T R O N G  
P U L S E S

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