



Prior to the consultation, please see the below requests:

- 1) **Questionnaires to complete prior to the consultation:** Body Typing, FM (Functional Medicine) Health History and Symptom Review Checklist.
- 2) **Here are the video instructions** for taking the required photos for the 'Body Typing' online consultations. Please email them to me when done:
 - **Women:**
[Dropbox Video Link \(Women\)](#)
 - **Men:**
[Dropbox Video Link \(Men\)](#)

Here is some information about the importance of enzymes for resolving health issues.

Please have a read through prior to, this will allow us to spend more time talking about you during the consultation (rather than talking about enzymes!):

Why are enzymes so important?

- Necessary for every chemical reaction that occurs in the body.
- All organs, tissues and our 100 trillion cells in the body depend on enzymes.
- It takes 13,000 enzymes to make just one cell! Every few seconds, 10 million of your cells die - so your enzymes are extremely busy making new cells all the time.
- There are 20,000 enzymes in each human cell that, together with co-enzymes, perform 100,000 different chemical reactions for metabolism every second! This is what enables us to see, hear, feel, move and think.
- Vitamins and minerals (co-enzymes) require enzymes to be absorbed and used by the cell.
- Enzymes and their co-enzymes together create the 100,000 chemical reactions every second for metabolism, allowing us to see, hear, feel, move and think
- Vitamins, minerals and hormones cannot function properly without enzymes
- Enzymes are tiny proteins that act as catalysts. They are the dynamic power that gives us our ability to function at the highest level of good health.

Why do we need to supplement our enzyme levels?

- As we age, our body becomes much less efficient, and we produce significantly fewer enzymes than when we were young. Our ability to produce digestive enzymes decreases by 13% every ten-year period.
- Gluten sensitivities are associated with enzyme deficiencies.
- All health conditions are associated with specific enzyme deficiencies.

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- Because enzymes are protein molecules, the body needs a constant supply of amino acids diets to continue replacing lost metabolic enzymes. Our body will therefore become deficient if we consume insufficient protein in the diet.
- If there are stomach or gut (digestive) issues, then the amino acids necessary for enzyme production may not be sufficiently absorbed.
- If we don't digest protein properly, we can't make red blood cells properly due to the haem iron required from our food. Iron-deficiency anaemia is a very common condition, causing a host of symptoms. Doctors will give you iron tablets which can cause irritation to the digestive tract. If we instead were to address our enzyme deficiencies, we could absorb that haem iron properly ourselves and our body would be much happier for it!
- Many disorders can affect your digestive tract and, these days, a huge proportion of the population suffer daily from digestive issues such as heartburn/acid reflux/GORD, Irritable Bowel Syndrome (IBS), indigestion, constipation, diarrhoea, abdominal pain etc.
- The body cannot produce sufficient digestive enzymes to keep up with the typical western diet, which is full of enzyme-depleted, cooked and processed foods. This is one of the reasons that so many people suffer from digestion-related issues.
- A lot of the food we eat now is genetically modified and the body does not recognise those unidentified proteins, so they don't get utilised. Worse still, as they are seen by the immune system as foreign, this can contribute to food intolerances and allergies.
- We first make digestive enzymes very early on when in our mother's womb- during the 9th-12th week in the first trimester. This is our enzyme potential. Our enzyme potential is to last our whole life. These three weeks are very important. If the mother is healthy, leading a healthy lifestyle and digesting properly, we will have a better outcome. Otherwise, we will be born with enzyme deficiencies, meaning a reduced enzyme potential which will impact on our health and wellbeing for life.
- At birth, we produce the digestive enzymes that are only meant for our own mother's breast milk. If you were not breast-fed or you were fed solid food too early, this will have created digestive imbalances as your body will have been unable to digest that breast milk-alternative or food properly. This will have laid the foundation for gut and other health issues later down the line.

How do I know which enzymes I am deficient in?

1. 50+ years of research and clinical practice have shown us that our particular body type is associated with particular enzyme deficiencies. This is because each body type has a dominant gland. Your dominant gland, depending on your body type, will be your thyroid/parathyroid, adrenals, gonads, or pituitary gland.
2. Each body type, due its specific enzyme deficiencies, is associated with particular food cravings. So, the cravings that you experience, the foods you yearn for, tell us about the enzymes you are lacking. As you cannot break these foods down properly due to the lack of enzymes, you are not absorbing their associated nutrients, so your body feels deficient in them and asks you to eat more of that food! This results



in cravings.

Research has also shown that each body type is correlated with a predominance of certain types of gut microbes, called enterotypes. Our gut bacteria, when out of balance, also contribute to food cravings.

So, what can enzyme supplements help with?

Taking the right enzyme supplements will help any health condition, since this is always linked with enzyme deficiencies.

Here is a list to give you an idea of some of the issues they can assist with:

- Low energy levels
- Weight problems
- Recovery from exercise or injury
- Athletic performance
- Hormone imbalances
- Women's health problems
- Sexual dysfunction/low libido
- Skin problems
- Longevity!
- Circulation
- Immune support
- Detoxification
- Organ support
- Anti-ageing
- Men's health problems, eg prostate
- Digestive issues
- Chronic Fatigue Syndrome
- Fibromyalgia
- Myofascial Pain Syndrome
- Brain function/memory problems
- Insomnia
- Hypothyroidism
- Hyperthyroidism
- Type 1 and 2 diabetes mellitus
- Adrenal insufficiency
- Stress & anxiety/panic attacks
- Autoimmune conditions
- Inflammatory Bowel Disease (Crohn's Ulcerative Colitis)
- Hepatitis
- Scleroderma
- Osteopenia/Osteoporosis
- Glandular Fever
- Multiple Sclerosis
- Fibrocystic breast disease

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