

AMINO ACIDS ARE CRUCIAL FOR GOOD DIGESTION

Kimberly Lloyd M.S.

Proteins are long and short chains of building blocks, which when digested properly, are called amino acids. By now, everyone has learned something about keeping carbohydrate intake low and increasing protein in the diet for better health, to maintain weight and to increase energy. The dilemma is that no matter how much healthy lean protein you eat, it needs to be digested and absorbed in order to be put to use. With so many people suffering from digestive issues globally, no wonder they need more of the amino acids necessary for healthy living! Let's take a look at just how important amino acids are to basic survival.

Did you know amino acids make hormones?

The body and glands put the amino acids in a particular order to make hormones. To understand how some types of hormones work, let us consider the fight and flight response. If you are taking a walk in the woods and come upon a threatening lion or tiger, the fear you experience tells your body that you are in danger. Your survival instinct goes into action to try and keep you alive! A hormone (epinephrine) is quickly released after your eyes see the tiger. This hormone does several things:

- It signals to your liver that your body needs the extra sugar stored there to help you fight the tiger, or run very fast to get away from the tiger.
- It opens your blood vessels so sugar can get to where it is needed, mainly to your muscles and also your brain, to help you make quick decisions about what to do.
- This hormone speeds up your heart rate, making it pump faster to get the sugar and oxygen to your muscles so you can perform at your utmost capacity.
- This hormone (a neuro-transmitter) sends signals from the brain to the arms and legs and to other organs in the body to help you get out of danger.
- You will be able to run faster than you imagined or could under normal circumstances.

Have you seen news articles where a person was run over by a car, and someone came to the rescue and was able to lift the car off the person? These stories are true. This is epinephrine making the person stronger than usual.

Amino acids for survival

As depicted in the examples above, amino acids play an important role in survival. They are also necessary to maintaining overall health.

- Amino acids create a variety of bioactive molecules, which include chemicals that transmit signals from brain to nerves and to muscles and other organs as needed.
- Amino acids are used to make internal antioxidants.
- Amino acids provide key factors for metabolism, growth, development, immune response, and health.
- Amino acids also feed good bacteria in the intestinal tract.

Why digesting protein is crucial

Protein intake is crucial for the creation of amino acids in the body, and its proper digestion is equally necessary. Protein in the diet comes in the form of meats, beans, eggs, nuts, grains and vegetables. Proteins are very important for us to eat because these building blocks will be broken down and digested and then reutilized to make the components we need for life and functioning—such as the amino acids that in turn make hormones.

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The importance of proper digestion and absorption of protein cannot be overstated. If the body does not digest the protein properly, it is “wasted.” Undigested protein can literally remain in the intestinal tract for long periods of time and support bad bacteria that ferments there. This can create high levels of ammonia compounds, which are unhealthy. It takes a multitude of active enzymes to break down proteins. During the aging process, the body makes fewer active enzymes, which slows the process of breaking down protein, so enzyme supplementation is recommended. When protein is not digested, it cannot make the amino acids necessary for the creation of hormones and other components of the body.



Solution for obtaining amino acids and proper absorption: Take DIGESTIVE+++

DIGESTIVE+++ is a superior formula, because it contains all three of the major components that benefit gastrointestinal health—enzymes, prebiotics and probiotics. The Enzyme Blend in the formula works in the small intestine to ensure the proper digestion of food and absorption of nutrients from all three food groups, including protein. In fact, DIGESTIVE+++ contains three types of Protease in addition to Peptidase, enzymes that specifically address the digestion and absorption of proteins.

Why waste perfectly good protein when you can take DIGESTIVE+++ daily and ensure proper digestion and absorption? Put the protein you eat to good use and keep making the amino acids that transform into hormones that enable you to fight or flee, or even help save a life!

References:

Lehninger AL. *Principles of Biochemistry*, 2nd edition 1993, Worth Publishers, Inc. NY, NY.

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