

Can supplements make a difference?

What we eat will determine how well we look, feel, think and grow.

Properly digesting the food we eat means getting our money's worth, both nutritionally and economically. Enzymes and probiotic bacteria ensure peak digestion by breaking down and extracting all the available nutrients from food.

With the use of supplemental enzymes, our bodies do not have to manufacture and use up valuable metabolic enzymes for the digestion process. It takes a burden off internal organs, resulting in more energy and vitality.

The restoration and maintenance of an ideal biological terrain can be achieved by the use of supplements. An ideal internal environment allows for the proliferation of friendly bacteria. The consumption of a natural diet with appropriate supplementation promotes a return to the correct pH levels needed in each system of the body.

Whole-food vitamins and minerals, enzymes, probiotic bacteria, fibre, green superfoods and essential fatty acids are the raw materials necessary for nourishing and building the body.

The quality of the nutritional supple-

ments and food we eat will determine to a large extent how well we look, feel, think and grow. Quality food provides vital nutrients for cellular metabolism of energy molecules, while allowing the cells to efficiently eliminate waste products.

Organic, low-glycemic, complex carbohydrates, together with adequate high-quality vegetable and animal fats and proteins, contain food-form vitamins and minerals that our bodies recognize. By eating a high percentage of foods such as fruits, raw vegetables, sprouted grains, soaked seeds, nuts, fermented foods and enzymes taken along with our meals, we provide the body with readily available fuel to allow healing and rejuvenation to take place.

By greatly reducing our intake of cooked starches, refined and processed vegetable oils and sugars, we can accelerate the body's ability to heal and thrive. ✨

■ *For more information, contact Advantage Health Matters at 416-667-7077 or visit www.advantagehealthmatters.com.*