

# Revitalize Your Metabolism Mishelle Knuteson, M.H.

Digestive enzymes not only break down the food you eat, they also help eliminate excess fat. These enzymes are a catalyst for your metabolism and can help your body increase its rate of burn. A deficiency can cause the body to become unbalanced and slow down your metabolism. If you have problems with blood sugar, low grade inflammation in the digestive tract, leptin imbalance, acid reflux, gas, constipation and bloating along with constant stress, these may all be indicators that your digestive enzymes are in need of repair.

Why are digestive enzymes so important? We all know that we eat food to sustain life yet our digestive system doesn't absorb the food, it absorbs the nutrients. Food is broken down into amino acids from proteins, fatty acids and cholesterol from fats, and simple sugars from carbohydrates, as well as vitamins, minerals and other compounds. Digestive enzymes are mainly produced in the pancreas and small intestine, and this is what the system uses to break down the food into nutrients so our body can absorb them and release them into the bloodstream. Once in the bloodstream, the nutrients fuel our metabolism, energy levels and our life. If we don't have properly functioning digestive enzymes, then we can have some of the symptoms listed above.



One of the key causes of deficiency in digestive enzymes is the long-term consumption of processed or poor quality foods. If the body continues to receive foods that are devoid of micronutrients it will respond by reducing its own production of enzymes and slow down the metabolism.

To repair the deficiency, repair your diet. Get a jump start by taking a digestive enzyme supplement. This will help those inactive enzymes become active again. A great brand is Dr. Udo's, although I'm sure there are many other good brands available. It would be best to get one that contains multiple enzymes. Then fix your mindset - think quality foods, whole foods.

Dr. Christopher taught to eat foods in their original state, not processed foods. Plant food in its original state nourishes our bodies perfectly for optimal health. Fill your diet full of "clean foods" such as fruits, vegetables, sprouted grains, nuts and seeds. Soaking and sprouting your grains, nuts, seeds and legumes removes the enzyme inhibitors that naturally occur in them. A diet rich in healthy foods will restore normal digestive function. Another step would be to fix your gut bacteria with probiotics and fermented foods. Then finally, manage your stress levels. Simplify your life, stop cramming food down and then rushing off to the next thing.

By definition, metabolism is the chemical processes that occur within a living organism in order to maintain life and vital energy or how quickly you burn calories or fat. Revitalize your

metabolism and vital energy by paying attention to your digestion. You will be surprised how this will enhance your life.

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