



HEALTH & HEALING

Enzymes fight indigestion

by **Mike Ventresca**
Vital Choice

Turkey...check. Cranberries...check. Pumpkin pie...check. Indigestion, gas and bloating...check? As we approach the holiday season many of us begin looking forward to holiday food. Unfortunately



Mike Ventresca

for just about as many, we also know our love for food will leave us with something else to look forward to – indigestion.

Whether it's gas, bloating or heartburn, many people are looking for a way to relieve these frustrating symptoms. What most don't realize is the importance of this topic.

According to many experts, if you are not digesting properly, you will not be healthy, bottom line. Your body spends enormous energy digesting food. When digestion is poor, the body spends even more energy—energy that would be better spent keeping your heart healthy, healing your joints, easing your allergy symptoms or numerous other functions.

The bottom line is, a life without indigestion is not only more comfortable—but healthier! So what can we do to help combat gas, bloating and heartburn while improving health? The answer is –

enzymes. Enzymes have been called the “spark of life” and are needed for every chemical reaction in the body. As we age, our ability to produce these enzymes declines. Ever wonder why that jumbo chili dog you loved as a kid no longer agrees with you? By supplementing with digestive enzymes before a meal, digestion is enhanced, symptoms like gas, bloating and heartburn are reduced and the body can now spend its time and energy making you healthier!

I highly recommend Digest Gold by Enzymedica. Digest Gold represents the most potent digestive enzyme formula available. It assists in digesting proteins, fats, carbohydrates and fiber. I have used Digest Gold on countless occasions and find it to be extremely effective at preventing indigestion, gas and bloating. The manufacturer suggests one or two capsules just before eating although more can be taken if necessary.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00117482



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440-885-9505
www.vchoice.com

9243 Sprague Road
North Royalton, Ohio 44133
M-F 10a-8p, Sat 10a-6p, 12p-5p