The Magic of Digestive Enzymes

More than 70 million people today suffer from digestive upsets at least once a week. Indigestion, bloating and heartburn are common complaints. Almost all digestive upsets have two main causes: inability to properly digest food and festering bacteria.*

You can eat all the healthy food and take all the vitamins in the world, but unless digestive enzymes are present your process of digestion will remain incomplete. Should you have any digestive issues consider the following five approaches: *

1. **Cleanse:**
   - Digestive Aid
   - Parasite
   - Kidney
   - Liver Cleanses

2. **Digestive Bitters**
3. **Hydrochloric Acid (caps or drops)**
4. **Enzymes**
5. **Enemas**
6. **Dr. Clark Lugol’s Stomach Saver**

What digestive enzymes do
The digestive enzymes that we are born with occur naturally in the body. Their purpose is to aid the food enzymes in digestion. What are digestive enzymes? Digestive enzymes are secreted from the pancreas into the stomach and small intestine. They are protease, which breaks down proteins, amylase for breaking down carbohydrates, lipase for the breakdown of fats, and cellulase for fiber. Digestive enzymes are responsible for breaking down the foods we eat and delivering the resulting nutrients to every cell of the body. They also flush out toxins.*

The heat is on
Unfortunately, cooking destroys enzymes. Digestive enzymes are killed when we cook our food at over 118 degrees. There are no living enzymes in cooked foods. *

Dr. Clark did not want people with severely depleted immune systems to eat raw foods because she wanted to protect them from any possible bacteria and toxic acids. *

However immediately after regaining moderate immune system power she recommended people to take raw juices provided they sanitized their veggies with Lugol’s.*

Gas and bloating
Undigested foods tend to rot and ferment in the intestines and colon, feeding bacteria that create gas as a by- product. The better you digest your food, the less these bacteria have to feast on, thereby reducing the amount of gas they produce.

Fatigue after meals
If you don’t have enough digestive enzymes to break down the food you eat, your body has to work a whole lot harder to help break down these foods. Digestive enzyme supplements help break down food so that your body can be freed from this drudgey.

Bowel Complaints
Most bowel problems are caused by a build-up of toxins in the bowels. Where do these toxins come from? The answer is, undigested foods, which provide a veritable banquet for the hordes of bacteria that make their home in the large intestine. Supplementing with digestive enzymes may help reduce the amount of undigested foods that enter the colon and may also help to break down the toxic build-up on the colon walls.

Digestive enzymes: a magic bullet
You can eat all the healthy food and take all the vitamins in the world, but unless digestive enzymes are present your process of digestion will remain incomplete. For this reason the practice of taking digestive enzymes with meals makes excellent sense.
Live Longer
Dr. Edward Howell, who has written two books on enzyme theorizes that humans are given a limited supply of enzyme energy at birth, and that it is up to us to replenish our supply of enzymes to ensure that their critical job get done. "The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism. The increased use of food enzymes promotes a decreased rate of exhaustion of the enzyme potential." *

In other words, the more enzymes you eat, the longer you live in the comfort of good health.*

Digest Decaying Fecal Matter in Colon
There is another advantage to being sure that foods are well-digested. When foods are not well-digested, they remain in the stomach and can rot and putrefy.

This results in a buildup of waste in the colon. This fecal matter begins to decay, producing bacteria and toxins. The toxins eventually seep through the bowel wall, where blood capillaries pick them up and distribute them throughout the body. This can result in health problems.

These problems include constipation, stomach bloat, poor digestion, gas, fatigue, weight gain and weight loss, headaches, and more. Using digestive enzymes ensures that your foods are more completely digested, helping to eliminate potential problems due to toxins.*

Deficiency of Digestive Enzymes can Cause Several Symptoms such as:
- Gas and flatulence
- Bloating
- Constipation
- Heartburn
- Diarrhea
- Indigestion
- Nausea
- Food allergies
- Acid reflux
- Edema
- Acne

Raw or Cooked Food?
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Please tell people about this article. It is available on: www.DrClarkStore.com/enzymes.html
You are also welcome to call us at 866-DR-CLARK and we will mail you a copy.
Heartburn and Indigestion
One of the most surprising benefits of supporting your body’s ability to maintain optimum pH is that heartburn and indigestion may stop. It is a common belief that too much stomach acid causes heartburn.

This, according to leading MDs, is not the case, especially for people over 40 years of age. The patent-medicine industry has not put any money into researching this thoroughly, so it is still a theory.*

According to Dr. Jonathan Wright, author of "Why Stomach Acid Is Good For You," in the majority of cases, too little acid causes heartburn (not too much acid). If you feel that the acid level in your stomach is too low then you can increase it by taking hydrochloric acid supplements.

In the rare occasion that you have too high of an acid level taking the above supplements may cause or increase your heartburn. At this point make sure to talk to your healthcare professional and consider taking antacid of some sorts, for example Dr. Clark Balanced Bicarb Antacid – a chemically pure antacid powder.*

Note: Always talk to your health care professional before taking higher amounts of supplements than indicated on the bottle. Dr. Wright finds that in rare cases people have too much acid, so talk to your Health Professional to confirm that and consider taking Dr. Clark Balanced Bicarb Antacid.*

Problems Digesting Fat
Bile emulsifies fats (separates it into small droplets) so they can mix with water and be acted upon by enzymes.*

Dr. Clark Digestive Bitters increases bile. A healthy level of bile can possibly reduce gallstones and allow for greater absorption of vitamin K, A, D and E and help maintain a healthy liver function. Betaine HCL also helps with digesting fat.

Problems Gaining Weight
"The healthy functioning of the thyroid is essential to maintaining metabolism and preventing the accumulation of body fat," writes Burton Goldberg in Alternative Medicine. If adjusting your diet and exercising more hasn't helped you reach a healthy body weight, you might want to look into taking iodine. Cleansing is also a critical tool.*

Problems Digesting Protein
Hydrochloric acid (HCL) converts pepsinogen to pepsin which breaks down proteins to peptides. HCL maintains a pH in the stomach of approximately 2.0. It also dissolves food and kills microorganisms.*

Some research suggests the theory that people with a wide variety of chronic disorders, such as allergies, asthma, candida albicans, gallstones, and acne do not produce adequate amounts of stomach acid.*

Food Poisoning
Why do some people get food poisoning and others don’t, even when eating the same food? The answer is that some people’s digestive systems are more robust because they contain more HCL.

Food poisoning should not be left to run its course because you don’t know where it will take you. Stop it as soon as you detect it. Dr. Clark pointed out you can easily remedy food poisoning with Lugol’s iodine.

Food Sensitivity
You may have sensitivity to certain foods. Many people see those clear up with a series of liver flushes. A good comprehensive and holistic
dental care is also essential. Blood tests have become increasingly useful in determining which foods you are allergic to, take advantage of those.*

**Craving Sugar**
Sugar inflames all digestive discomforts and can even be the primary culprit. Limiting your sugar intake is easier said than done. To ease your cravings try taking chromium, start with one capsule and take up to 5 per day. Other blood regulating supplements include cactus, cinnamon and bilberry.*

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**Which Digestive Aid Supplement Should I Choose?**

Everyone will benefit from the Digestive Bitters and Digestive Enzymes. Most people will benefit from taking the HCL and Pepsin. Take a look at the specific function each of the enzymes have.

**List of Digestive Enzymes and Digestive Aid Products**

**HCL = HCl = Hydrochloric Acid**
- Fat and Protein Digestion, Heartburn, Mineral Deficiency, Gas, Bloating, Indigestion, Acid reflux.

Hydrochloric acid is responsible for the digestion of fats and proteins. Betaine hydrochloride (betaine HCL) is an acidic form of betaine, a vitamin-like substance found in grains and other foods. Betaine hydrochloride is recommended as a supplemental source of hydrochloric acid for people who have a deficiency of stomach acid production (hypochlorhydria).*

**Deficiency of Gastric Acid**
Stomach acid or Hydrochloric Acid (HCL abbreviated here for added clarity with all capitals HCL)(note: probably should stick with HCL and remove the note about HCL in all caps) is a powerful digestive aid. After a high-protein meal, the pH in a healthy stomach may drop to as low as 1 or 2. However, buffers quickly raise the pH back to 3 or 4.*

With age, stomach acid secretion tends to decrease. Resulting in: low stomach acid, poor digestion, mineral deficiency, and disease, in that order. What to do? Our HCL supplements help make minerals and nutrients more absorbable. Achieving the correct balance of flora is a key to maintaining proper digestive function and overall health.*

A deficiency of gastric acid secretion increases the likelihood and severity of certain bacterial and parasitic intestinal infections. This causes an imbalance in the growth of normal bacterial flora in the intestines.*

Dr. Clark repeatedly stated that people were better off taking HCL instead of acidophilus, because if the “acid barrier” (the stomach) is in proper order it stops inhospitable microorganisms from entering the colon, this results in growth of good flora in the colon without the constant assistance of acidophilus supplements.*

Overall people start lacking in HCL secretion at age 40. As you can see on the chart HCL drops 75% by the time you are in your 40s. HCL secretion is close to 200 mg/hr at 11 years compared to about 50 mg/hr in the late 40s. This is an average; you may be below or above. This chart was published by Dr. Jonathan Wright in the book “Why Stomach Acid is Good for You”. People with lineage from the Nordic and Germanic countries have a particular tendency to lack HCL at a younger age than others.*
Apart from digestive problems, a good indication of lack of hydrochloric acid are splitting nails and nails that look like a washboard because HCL helps you get the minerals you need for healthy nails and hair from your food.*

**Hydrochloric Acid is a big deal and that is why we carry three varieties:**

**Hydrochloric acid 5% drops, 1 fl. oz:**
The HCL Liquid comes in a 1oz bottle, we recommend you use up to 45 drops per meal mixed in food. Read warnings and never put directly in your mouth.

**Betaine HCL capsules, 100 caps:**
The HCL capsules are by far the most common way to increase acid levels in stomach. It's handy to use because it comes packaged in capsules.

**Glutamic Acid HCL powder, ½ cup:**
If the Betine HCL does not agree you then use this version of acid increasing supplement. The Glutamic Acid comes in a powder form.

**How do the HCL supplements compare?**
To answer this question we adjusted 1 qt. (L) of water to pH of 5.5, representing an unhealthy and alkaline stomach, we then added the 3 different HCL supplements to 3 different batches of water and obtained the following results:

- Betaine HCL 1 capsule = 3.2pH
- Glutamic Acid 3 scoops of powder = 3.3pH
- HCL 5% 45 drops = 3.4pH

Most people use **Betaine HCL capsules** however some have sensitivity for it so they choose the Glutamic Acid HCL powder or the Hydrochloric acid 5% drops or a combination thereof.

While Betaine HCL can be considered stronger the other two have the added benefit of being mixable into foods. In addition to aid your digestion by increasing your stomach acid **Glutamic Acid Powder** has many additional benefits unrelated to digestion.

Research indicates that Glutamic Acid fuels brain function, and can attach itself to nitrogen atoms. This may help to support the natural cleansing of the body of ammonia. Glutamic acid is crucial for proper cell function. It serves as an important neurotransmitter in the brain and is involved in both the learning and memory process. Glutamic Acid represents the combined levels of glutamine and glutamic acid.*

**Note:** Glutamic Acid HCL powder is different from our Glutamine.

**Glutamine (500mg Caps)** on the other hand helps provide your body with amino acid in its free-form that benefits the nervous system, helps to build muscles (protein building block) and maintain liver health. Glutamine is one of the most abundant amino-acids in the body, and every cell needs glutamine as both a source of energy and for proper cell division.*

**Hydrochloric Acid (HCL) 5% Drops (1 fl. oz.);** also called **Dr. Clark Digestive Power** is best
taken by mixing up to 45 drops per meal in food. Dr. Clark Digestive Power is also a great food sanitizer. Stir up to 45 drops into liquid foods, like a cup of soup for example, before putting it in the fridge, thereby curbing the growth of bacteria - making it last longer.*

Remember to take Pepsin: Because Pepsin and HCL work together to break your food down, healthcare professionals recommend you take Pepsin at the same time you take any of our three kinds of HCL supplements.*

Note: Dr. Wright finds that in very rare cases people have too much acid; in that case you will feel a burning sensation or heartburn when taking HCL with your food. In that case talk to your Health Care Professional to confirm that suspicion and consider taking Dr. Clark Balanced Bicarb Antacid.*

Dr. Clark Digestive Enzymes
500mg (50 caps)
Overall Digestion

Dr. Clark Digestive Enzymes 500mg (50 caps) is the best most powerful and immediate “Magic Bullet” if you want to improve your overall digestion quickly, including digesting fats, protein, fibers and dairy.*

Our Digestive enzymes are a powerful mix of enzymes that help boost your body’s natural ability to break down all forms of nutrients. Each Dr. Clark Digestive Enzyme capsule delivers a potent 500 milligrams of high-powered digestive support in an easily assimilated capsule. This synergistic formula was developed by Dr. Clark.*

Ingredients in
The Dr. Clark Digestive Enzymes

<table>
<thead>
<tr>
<th>Material</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lipase</td>
<td>Helps to break down fats and oils</td>
</tr>
<tr>
<td>Amylase</td>
<td>Helps to break down starches and carbohydrates</td>
</tr>
<tr>
<td>Trypsin</td>
<td>Helps to break down proteins</td>
</tr>
<tr>
<td>Pepsin</td>
<td>Helps convert proteins into peptide bonds</td>
</tr>
<tr>
<td>Bromelain</td>
<td>Helps digest proteins</td>
</tr>
<tr>
<td>Papain</td>
<td>Helps to break down fibers</td>
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</tbody>
</table>

Digestive Bitters, 4 fl. oz.
Overall Digestion

Digestive Bitters, 4 fl. oz.
Use Digestive Bitters to stimulate the bitter taste buds on the tongue and thus increase salivation. This stimulates the gastric reflex to cause digestive juices containing digestive enzymes to be secreted. There is increased flow of digestive juices from the pancreas, duodenum, and liver that result in less undigested food being passed through the digestive tract and better assimilation of nutrients. Bitters also help eliminate waste more efficiently.*

Other benefits of increased bile include a possible reduction of gallstones, greater absorption of vitamin K, A, D and E and maintain a healthy liver function. Beneficial to take when your liver is in need for TLC (tender love and care).*

You can take Digestive Bitters before, during or after a meal. It is never too late to remember to take Bitters! Digestive Bitters acts as an excellent appetite stimulant if taken on an empty
stomach because as you may have noticed you get hungry soon after taking them.*

**Pancreatin & Lipase**
*500mg (100 caps)*
**Food Sensitivities, Inadequate Fat Digestion, Indigestion or Weight Loss**

Extra helpful when enzymes are lacking to break down dietary fats. Do you have floating, greasy, light-colored stools? That's an indication.*

Pancreatin is an effective enzyme supplement for increasing your ability to DIGEST FAT. It also helps maintain good health when pancreatic secretions are deficient.*

Lipase helps to break down FATS, GREASY FOODS and OILS. When Lipase levels are insufficient to break down dietary fats, greasy, light-colored stools may result. Lipase also can help with weight gain and to relieve indigestion. (note mentioned twice in this section)

**Bromelain 450mg (100 capsules)**
**Protein Digestion, Heartburn, Diarrhea, Cough, Nasal Mucus, Sinus Concerns, Hay Fever, Bloating, Gas**

Bromelain is a naturally occurring mix of enzymes found in **Pineapple**. The main nutritional use of Bromelain is to help in the digestion of PROTEINS. Because of this, it is commonly used to relieve BLOATING, GAS and Irritable Bowel Syndrome (IBS).

Surprisingly **Bromelain** has a wide variety of benefits and not only concerning your digestion. It helps suppress cough, reduce nasal mucus associated with minor sinus concerns, and relieve the swelling and inflammation caused by occasional hay fever. Other uses include reducing inflammation due to arthritis or surgery.*

Bromelain is a proteolytic enzyme found in raw pineapple and aids in the digestion of PROTEIN RICH FOODS. It is also a VEGETARIAN alternative to animal sourced enzymes.*

Bromelain aids digestion by enhancing the effects of the digestive enzymes trypsin and pepsin. Bromelain has a wide pH range that can function effectively within the acidic environment of the stomach.*

It can also help to prevent HEARTBURN and ease DIARRHEA, if either is caused by a deficiency of digestive enzymes. Some researchers believe that Bromelain may increase the potency of antibiotics.*

Traditional current day practitioners in Japan, Hawaii and Taiwan include use of topical Bromelain to clean wounds and burns. Similarly, some clinicians may recommend this topical agent to reduce swelling from insect bites or stings.

**Papain-Papaya 500 mg (100 Caps)**
**Protein, Meat, Eggs, Dairy Digestion, Soothing Effect on Stomach- Take with HCL and Pepsin**

Take if you have problems digesting proteins or have an upset stomach.*

Take if you have problems digesting proteins or have an upset stomach.*

It is a protein-cleaning enzyme that has a MILD, SOOTHING effect on the stomach. Papain helps digesting PROTEIN, such as MEAT, EGGS or DAIRY.*
Papain is an enzyme present in papaya, a 
VEGETARIAN alternative to animal sourced 
enzymes. Papain has been utilized for 
thousands of years in its native South America.*

Pepsin 153 mg (100 Capsules) 
Protein, Meat, Eggs, Dairy Digestion 

if you find yourself having a hard time with either 
MEAT, EGGS or DAIRY products. Take with 
every meal together with Betaine HCL capsules 
with food.*

In the stomach Pepsin effects partial 
degradation of proteins into smaller units called 
peptides, which then either are absorbed from 
the intestine into the bloodstream or are broken 
down further by pancreatic enzymes.*

Small amounts of Pepsin pass from the stomach 
into the bloodstream, where it breaks down 
some of the larger, or still partially undigested, 
fragments of protein that may have been 
absorbed by the small intestine.*

Pepsin may enhance the body’s natural 
metabolism and may assist in the process of 
removing waste and toxins from the 
intestines.*

Pepsin is often taken with Betaine HCL capsules 
with food.

Dr. Kelly’s Super Digestive Enzymes 
770mg (100 Capsules) 
Enzyme for Enlarged Intestines, Fatigue 

Take this enzyme formula when you need the 
most powerful enzymes possible.

Take this enzyme formula when you need the 
most powerful enzymes possible.

Take with every meal and in-between meals in 
case you want to digest buildup in your 
testines. You can take this enzyme on an as 
needed basis and as a regimen specific to your 
needs.*

One capsule of Dr. Kelly’s Super Digestive 
Enzymes weighs 770mg and contains what we 
call Panc-Zyme which in turn contains the 
following per one capsule:

- Protease: 235,620 USP units
- Amylase: 300,300 usp USP units
- Lipase: 38,500 usp USP units
- Chymotrypsin: 57,750 usp USP units
- Trypsin: 192,500 usp USP units

Dr. Clark Stomach Saver 

“Dr. Clark Lugol’s Stomach Saver” provides a 
simple and amazingly effective home remedy to 
maintain good health despite unsanitary foods 
even after the fact. Take 12 drops in ¼ glass of 
water every 4 hours.*

Sanitation 
Sanitation is an integral part of a proper 
digestive care. Without proper sanitation we will 
bombard our digestive systems with 
microorganisms. This can cause both mild and 
severe symptoms of food poisoning that can 
lead to H. pylori (Peptic Ulcer) at worst.*

We carry two Sanitation Sprays:

- Dr. Clark White Sanitation Spray
- Dr. Clark Lugol’s Sanitation Spray

We recommend you use the White Sanitation 
Spray on your conventional veggies and 
countertops. Always spray on dry foods and 
then rinse. For maximum sanitary effect spray 
then dry with a paper towel then spray again and 
let air-dry. If you don’t have time for air-drying
then spray – wait for 2 minutes - and rinse with water.

If you buy organic veggies the Lugol's Sanitation Spray is a pure and economical choice. The Lugol's Sanitation Spray is also more effective against viruses. Dr. Clark favored adding Lugol's to water and dipping vegetables in that solution. We find that spraying the Lugol's on is just as effective and definitely more economical.

Both the sanitation sprays have passed Dr. Clark’s testing methods for purity and both are made from 100% edible ingredients. We do however recommend you rinse your food after you spray it.*

The White Sanitation Spray has the additional ability to be able to diminish pesticide residues and waxes on some of your veggies that are easier to clean, like apples.*

The Dr. Clark Lugol’s Sanitation Spray is sold as a kit; it comes with an empty 8 fl. oz. bottle and a 1 fl. oz. Dr. Clark Lugol’s bottle. The Lugol’s bottle contains 2% elemental iodine solution and is called Dr. Clark Lugol’s Stomach Saver. This allows for dual use, you can create your sanitation spray and have Lugol’s handy for your supplemental needs.*

You use one dropper full of Lugol’s in 8 oz of water to make a 50ppm sanitation solution. For your reference Sanitation & Hygiene in Food Processing handbooks state that 100ppm chlorine equals 200ppm quaternary ammonia equals 25ppm iodine.*

We prefer the spray to be 50ppm because it will lose potency when it sits on your counter. In fact the amber color that it gets right after you mix it will fade. When the color of the tincture fades you need to add more Lugol’s. The amber color is a good indicator of potency.*

**Dr. Clark White Sanitation Spray**
- Great for conventionally grown veggies!
- Antimicrobial
- Remove pesticides and waxes
- Ideal to sanitize counter-tops

**Dr. Clark Lugol’s Sanitation Spray**
- Great for organic veggies!
- Antimicrobial
- Economical – Can be refilled
- Effective against viruses
- Dual purpose – contains a bottle of Stomach Saver

*Disclaimer: Our statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat cure, or prevent any diseases.