

## Enzymes or Why should Everyone try Aloe Vera Gel?

If you feel healthy- keep maintaining your inner organs clean and you will always feel young and healthy! If you feel sick - give your inner organs a chance to clean itself!

Good health- it's one of the qualities given to a human from birth. These days we get **exposed to different kinds of toxins and pollutants** each and every day. Scientific progress effects nature and the quality of food that we eat. The effect is so strong that **our body cannot digest or clean out the quantity of toxins that we absorb.**

In reality, **fruits and vegetables contain nitrates and pesticides, meat and dairy products contain hormones and antibiotics.** The list below shows the food products and the number of toxins found by the Canadian Environmental Law Association:

Apples	10	Corn	4	Sea Fish	2
Green peas	1	Sour Cream	4	Milk	15
Ground beef	13	Water	19	Peach	2
Butter	7	Eggs	9	Pork	13
Carrots	6	Honey	1	Turkey	5
Chicken	9	Fish	2	Lettuce	8

Even the cleanest and healthiest diet cannot stop your body from collecting heavy metals and toxins. The air quality in big cities is so polluted that the **effect of inhaling air is the equivalent to smoking 2 cigarettes a day!**

The **effects of body intoxication** include but are not limited to the following; **being overweight, headaches, heartburn, nausea, depression, memory loss, insomnia, irregular menstrual cycles, aches, bad appetite, growths on your tongue, bad breath, dark circles under your eyes, high blood pressure and more!**

So, what does protect our body from all of these problems? It's been known for many years that enzymes are the factors of healthy living. **Enzymes are critical to both humans and animals, their function is to quite simply break down the proteins in the food that we eat into amino acids.** They are then absorbed by the body and converted back by enzymes into body protein. Essentially, **enzymes turn the food we eat into fuel for every cell in our body, which enables those cells to function properly and efficiently.**

**Enzymes** are the base of every living organism. They are also responsible for removing all the dead cells and toxins. If there are few enzymes in our body, or if few enzymes are being produced then **we start collecting toxins and products of waste in our body**. We find many enzymes in fresh fruits and vegetables that are grown on organic farms or in your own backyard. The more organic fruit you eat the less stress we put on our cells to produce enzymes. Thus, when we cook foods we kill the enzymes that are in those foods, which forces our cells to produce more enzymes. Under these conditions our cells get old and die faster.

So where does Aloe Vera Juice come into all of this? Simple. **Aloe Vera juice can give your body a lot of enzymes without chemicals or pesticides!** The main enzymes found in Aloe Vera are but not limited to:

- **Amylase (one of the two main digestive enzymes, breaks down sugars and starches)**
- **Bradykinase (stimulates immune system, anti-inflammatory)**
- **Catalase (prevents accumulation of water in the body)**
- **Cellulase (aids digestion of cellulose)**
- **Lipase (aids digestion of fats)**
- **Oxidase**
- **Alkaline phosphatase**
- **Proteolytiase**
- **Creatine phosphokinase (aids your metabolism)**
- **Carboxypeptidase**

**By taking Aloe Vera Juice, we are helping our organs to stay clean and healthy!**