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## Eating Tips for Better Digestive Health

More than 95 million Americans suffer from digestive difficulties, according to the American College of Gastroenterology.

While digestive problems seem to increase with age, people of all ages can benefit from good dietary practices. The following tips are provided by Xyience, makers of XYME, a dietary aid:

- Good eating habits promote a healthy digestive system and can ward off gastrointestinal diseases of the liver, colon and esophagus. Therefore, limit intake of dietary fat — animal fats, butter, oils and trans fats. High intake appears to contribute to cancer growth in the colon by stimulating excessive bile secretions, to say nothing of damaging the cardiovascular system.

- Include plenty of fiber in your diet. Fiber may help prevent some cancers, including colorectal cancer. It is also thought to be helpful by removing potential carcinogens from the system faster.

- Choose uncooked foods when possible. Fresh fruits, vegetables, seeds and nuts are all rich in enzymes. Frying, in particular, tends to destroy the food's natural enzymes and nutrients.

But busy lifestyles and tempting foods present challenges. And the body's natural decline in enzyme production through aging exacerbates digestive difficulties. Increasingly, people are turning to dietary enzyme supplements.

When choosing a supplement, consumers may look for tablets



**Enzyme supplements help the body digest the fiber found in fresh fruits and vegetables.**

such as XYME from Xyience, which are made in two parts. The first releases its protein-digesting enzymes in the stomach while the enzymes that act in the small intestines are coated to release when the food passes into that area. Most enzyme products do not protect the intestinal enzymes so they end up being deactivated by digestion in the stomach.

Besides improving overall digestion and nutrient absorption and combating the minor discomfort of gas, bloating and indigestion, research suggests that enzyme supplements can reduce inflammation of digestive organs as well as other inflammatory related disorders such as asthma, arthritis and allergies. Some studies suggest enzyme supplements may help prevent cancers.

For more on XYME, visit [www.xyience.com](http://www.xyience.com).