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## Are These "Micro Miracles" the Secret to Living 30% Longer?

Ty Bollinger | February 16<sup>th</sup> 2017

Thanks to advances in our understanding of the human body, it's now becoming clear that "micro miracles" directly affect how long we live. And if we can increase our supply of "micro miracles," we can also increase our potential lifespans. Let's be clear though... When I say "increase our potential lifespans," I'm not talking about "hanging on" for one or two horrible years during which your body is wracked with pain and disease. Who wants that? Not you, not me. If we're going to live longer, they've gotta be good years, right?

### **And that's the best part:**

By increasing your supply of "micro miracles," these "extra years" won't be plagued by disease or lethargy or chronic illness. Instead, they'll be GOOD years during which you can still enjoy a high quality of life.

Now, if the ONLY thing that "micro miracles" did was extend your life by giving you a few more good years to enjoy your family, friends, and hobbies, then I'm sure that would be enough for you to want to know how to get more "micro miracles" in your life. And yet "micro miracles" do a whole lot more than just extend your life...

### **Difficulty with Digestion? Say Goodbye to Feeling "Bloated" and "Gassy" After Meals**

Do you ever say any of these things after eating a meal?

- "I feel **STUFFED.**"
- "I feel **BLOATED.**"
- "I feel **GASSY.**"

I bet you do. At least 72 million Americans aren't able to properly digest their food. In fact, many Americans now view chronic digestive problems like heartburn and gas as normal. Except...

**these conditions aren't normal at all.** They are obvious signs of digestive problems. Let me ask you a question:

**Wouldn't it be nice to eat a meal and NOT be gassy or bloated afterward?** To feel normal?

In spite of what you may think, this is entirely possible. In fact, you could start experiencing this "normal after eating" feeling for yourself in as little as a week from today. All that's required is that you have the right amount of "micro miracles" available to help aid with the digestion of the food you eat. When you have sufficient "micro miracles" in your body, **food is digested faster and more completely than normal.** This eliminates that gassy and bloated feeling that you might think is "normal" (even though it's not). Longer lifespan... better digestion... is there anything else these "micro miracles" do? I'm glad you asked...

### **"Micro Miracles" Are Cancer Fighters, Too!**

This might be the best news of all... Some doctors have used "micro miracles" to treat cancer with very high success rates. According to one study in PubMed, "micro miracles" stabilized quality of life for cancer patients, increased the duration of remissions, and lengthened overall survival times. Here's how they work:

"Micro miracles" soften and penetrate the thick membrane of cancer cells so that macrophages (a type of white blood cell) can come in and literally "eat" the cancer cells. In short, "micro miracles" can actually **STOP cancer** from metastasizing and spreading throughout your body. In addition to stopping cancer, "micro miracles" have been shown to improve and sometimes eliminate many different diseases and health conditions, including:

- Allergies
- Asthma
- Hypoglycemia
- Lupus
- Hay fever
- Inflammation
- Crohn's Disease
- Systemic Sclerosis

Do you know of anything else that can effectively fight this many serious diseases? Probably not. But the truly remarkable thing is this...

As awareness grows about the amazing health benefits of "micro miracles," more studies may be conducted that prove the effectiveness of "micro miracles" at treating many more health conditions not yet on this list.

In other words, we're just BEGINNING to understand how important and powerful "micro miracles" are to human health. In just a few years, they might go from being recognized as "micro miracles" inside the body... to full-blown miracles!

### **So What Are "Micro Miracles" and How Do You Increase Your Supply of Them?**

What I've been calling "micro miracles" up to this point are actually enzymes. Your body (especially your pancreas) manufactures enzymes to perform a variety of functions in your body. Enzymes play a critical role in the repair of damaged tissue, the digestion of food, and much more. In fact, Dr. Edward Howell puts it this way:

"Enzymes are substances which make life possible. They are needed for every chemical reaction that occurs in our body. Without enzymes, no activity at all would take place.

Neither vitamins, minerals or hormones can do any work – without enzymes."

Enzymes are the things that make your body function. Think of enzymes as the "life force" that keeps your body in good working order. Now, when you are born, you inherit a certain "enzyme potential." That enzyme potential must last your entire life. And the faster you use up your enzyme potential, the quicker you will run out of enzymes. Dr. Howell says, "Other things being equal, you live as long as your body has enzyme activity factors to make enzymes from. When it gets to the point that you can't make certain enzymes, then your life ends."

Think of your enzyme potential as if you had inherited a large sum of money. If you only spend the money, but never make another penny, you will run out of money faster than if you had a source of income to add to your inheritance. So: Your enzyme potential is your "inheritance." And there are things you are doing right now to deplete it. Luckily, there are also specific ways you can build an "enzyme income" so you don't run out of your "inheritance" as quickly. (More on that in a minute.) First, a question...

### **Are You Eating "Dead Food"? (It Ages You Faster...)**

In America and many other western countries, most of the food we eat comes in a package of some sort.

Think about the food you eat on a regular basis. Chances are, more than half the food you eat comes from a box, can, jar, bag, carton, pouch, package, or bottle. Almost every food that is pre-packaged (there are a few exceptions) has been heated to kill off potentially dangerous bacteria and pathogens. This is not necessarily a bad thing. Nobody wants to get sick from salmonella or E.coli. And yet food that has been heated for almost any length of time is completely DEVOID of

enzymes. Why is this? **It's because enzymes are very sensitive to heat.** Even at relatively low temperatures of 118 degrees (F), the enzymes in food begin to die in massive numbers. Enzymes are necessary for the digestion of food in your body. So when the naturally occurring enzymes in food are killed off through cooking and heat, your body is then FORCED to create enzymes to digest the food you have eaten. This is probably the single greatest way people are using up their "enzyme inheritance" faster than they should. On the other hand, raw food that hasn't been cooked is actually loaded with enzymes. When you eat raw food, the naturally occurring enzymes actually help to digest your food for you. This is why raw foods don't "draw down" your enzyme potential. And yet even health conscious people who do their best to eat raw foods often eat a lot of cooked "dead" foods anyway. After all, it's hard to completely avoid cooked meats like hamburgers, fish, grilled chicken, and steaks. It's also hard to completely avoid baked goods like bread, chips, crackers, cookies, and cakes. And what about nuts? Many of the nuts sold in stores have been roasted; they are not raw. Anytime you eat a food that's been heated or cooked, **you are eating "dead food" and it is literally aging you faster and shortening your life.** The flip side of this grim scenario is that eating food rich in enzymes can actually EXTEND your lifespan...

### **Would You Rather Die at Age 78... or Live Past 100?**

Researchers have conducted tests with animals to discover how enzymes affect lifespans. One group of animals were fed only "dead" food - food that had been cooked and had no enzymes. A second group of animals were fed only raw food that still had all the natural enzymes present. The result? **The animals in the second group lived 30% longer!** While no such studies have been conducted on humans, there's no reason to believe that enzymes wouldn't lead to similar increases in human lifespans. Think about what this means... The average lifespan in America is 78.8 years. If enzymes can really extend lifespans by 30%, then that means somebody who would have lived to an average age of 78.8 would actually live to 102 years old!

### **How Enzymes Help You Live Longer**

When you eat, the food first stops in your upper stomach for 30-45 minutes. If you eat raw food, the enzymes predigest the food before it is passed on to the lower stomach. But if you eat "dead food," pre-digestion does not take place. When this food reaches the lower stomach, the pancreas then has to make extra enzymes to try to break down the food. Often, the food is only partially digested. Partially digested food causes a lot of problems. It can make you feel gassy and bloated as it travels into your intestines. And, in some cases, particles of partially digested food can make their way into your bloodstream, triggering an autoimmune response. This puts yet another strain on an already overly taxed immune system. But the biggest consequence of eating "dead food" could be that the pancreas is so busy producing digestive enzymes that **it can't produce enough proteolytic enzymes to "digest cancer cells, pathogens, toxins, fibrin in the arteries, and scar tissue."** As one author says:

"Indeed, a fair part of the aging process is merely the increasing ravages of enzyme deficiency and the long term accumulation of dead and fibrous tissue that would not have occurred if we had remained on a raw food diet for most of our life."

By getting sufficient digestive enzymes in your diet, you avoid enzyme deficiency and free up your pancreas to do the important work of "cleaning up" your body to keep you healthy, vibrant, and pain-free.

Of course, eating raw food all the time is a tall order. While I would never discourage anyone from trying to eat as much raw food as possible, it's just very difficult to do for a sustained period

of time.

Which might lead you to wonder: **Is there any other way to get more enzymes in your daily diet?** Fortunately, there is... EpiZymes is a cutting edge enzyme supplement that includes 17 digestive enzymes in a base of sprouted and fermented super foods. There is literally nothing like it on the market today. It is the first enzyme supplement of its kind. It is not available in stores or on any other websites. It is only available direct from this web page. What makes EpiZymes so incredibly unique? Let's start by looking at the specific enzymes that are included in the supplement... EpiZymes has both a Protease Blend and a Broad Spectrum Enzyme Blend. These work together to improve digestion and reduce the enzyme load on your pancreas. But each enzyme is designed to do something different. Proteases are proteolytic enzymes that break down proteins in the body. If the enzymes are taken with food, they will break down the proteins in the food. In this case, they would be considered digestive enzymes. If proteolytic enzymes are taken on an empty stomach, they will bypass the stomach and enter the bloodstream where they will begin to break down excess fibrin in your bloodstream and in other connective tissues like your muscles. In this case, they are now acting as systemic proteolytic enzymes.

**So why is this systemic enzyme activity so important?** Your body uses fibrin to help heal itself from injuries. But as you age, problems arise when excess fibrin builds up in your body. Excess fibrin is linked to poor blood flow, increased blood pressure, chronic fatigue, slow healing, inflammation and pain, and increased risk of heart attack and stroke.

Systemic proteolytic enzymes like the ones in EpiZymes break down that excess fibrin in your body, thereby improving blood flow, speeding up healing, and eliminating pain and inflammation. Many people are amazed when proteolytic enzymes eliminate chronic aches and pains they've suffered with for years.

There's plenty of evidence to back up these claims... 76 clinical studies have been conducted on proteolytic enzymes. And in Japan, some proteolytic enzymes are actually classified as prescription drugs.

The Protease Blend is only the first part of EpiZymes. There is also a Broad Spectrum Enzyme Blend that includes 13 additional enzymes...

- **Cellulase and Hemicellulase**- These enzymes help to break down and digest cellulose into simple sugars. This is important because plants and vegetables contain a high percentage of cellulose in them. The cellulase enzyme helps you to digest vegetables, leafy greens, and other plant foods.

- **Beta-Glucanase** - Beta-glucanase helps process cellulose plant fiber, cereal bran fiber, and parts of certain types of fungi, yeast, and bacteria.

- **Amylase and Glucoamylase** - These enzymes help to break down starches like those found in potatoes, corn, rice, wheat, and other vegetables.

- **Xylanase** - Xylanase breaks down hemicellulose, one of the major components of plant cell walls.

- **Phytase** - Phytase is an essential enzyme in the digestive process as it unlocks phosphorus and other minerals that are bound up in certain plant based foods. Phytase is a key enzyme for bone health, and is used to increase the nutritional value of grains, legumes, seeds, and corn.

- **Pectinase** - Pectinase breaks down the pectin found in fruits like apples and bananas. This enzyme also plays a key role in total physical well-being and anti-aging.

- **Lipase** - Lipase is the enzyme responsible for breaking down fats during the digestive process. Without sufficient lipase in your diet, you will suffer from digestive issues like heartburn and indigestion.

- **Lactase** - Lactase breaks down lactose, more commonly referred to as milk sugar. Lactase can be especially helpful for those who have lactose intolerance. This enzyme has also been shown to reduce gas and bloating and the symptoms of IBS.

- **Alpha-Galactosidase** - Alpha-galactosidase helps break down and digest heavy carbohydrate foods like beans, broccoli, cabbage, and cauliflower. It can improve digestion, reduce intestinal gas, and may help those who have complex carbohydrate intolerance.

- **Invertase** - Invertase breaks down sucrose (table sugar) into its two component parts: glucose and fructose. This enzyme provides many health benefits. It's a natural immune boost with antioxidant properties. It provides respiratory support, prevents stomach ulcers, fights cancer, and more.

Can you imagine how much better you'll be able to digest food - and how much better you'll FEEL - once you get all these enzymes into your diet on a daily basis? It's practically guaranteed that you'll digest food faster and more easily... you'll experience less intestinal gas and discomfort... you'll be amazed as you notice aches and pains going away... and these are just the things you're likely to notice! These enzymes will also help your body begin to remove excess fibrin and repair damaged tissues. So some of the greatest health benefits you experience might be things you can't directly see or feel. Now if these enzymes were the only things included in EpiZymes, it would be an excellent top-quality product. But there's more...

### **More Vitamin C than an Orange?**

One of the "stars" of EpiZymes is high-enzyme kiwifruit. Here are three things you absolutely **must know** about the kiwi:

- 1. Kiwi is rich in polyphenols, which support cardiovascular and heart health.**
- 2. One kiwifruit has more Vitamin C in it than an orange.**
- 3. Kiwi seeds are packed with Omega-3 oil, which supports both brain and joint health.**

Perhaps best of all, kiwi contains an enzyme called actinidin. Here's what Dr. Lovedeep Kaur says about it:

"Faster and more complete digestion of food proteins occurs due to the presence of a unique naturally occurring enzyme present only in kiwifruit, actinidin. The kiwifruit enzyme alone, even in the absence of any other digestive enzymes, is found to be capable of digesting many proteins present in foods, particularly, yogurt, cheese, tuna and raw eggs."

In fact, actinidin is one of the most powerful digestive support compounds ever seen.

**Have you ever felt "stuffed" or "bloated" after a heavy meal?** The actinidin enzyme in the kiwifruit can speed up digestion and alleviate those uncomfortable post-meal feelings.

In addition to promoting better digestion, this powerful enzyme also promotes regularity among adults, kids, and the elderly.

**To sum up:** Consuming kiwi - the fruit, skin, seeds, and all - supports your heart, your brain, your joints, your immune system, AND your digestive system! That's pretty amazing for just one little fruit.

To get the maximum health benefits from kiwis, you need to be eating one or more every single day. And you need to be eating the whole kiwi: the fruit, the skin, and chewing the seeds.

Obviously, that's tough to do because:

- 1. Kiwis aren't widely available in America.**
- 2. Very few people eat the skin of the kiwi or chew the seeds.**

But without consuming the skin and seeds, you're not getting the full nutritional value of the kiwi. That's why we use the **ENTIRE** kiwi in EpiZymes. We harvest fresh premium kiwifruits from

Australia and then use a low-temperature drying process to preserve the one-of-a-kind actinidin enzymes.

Kiwi has a short growing season and narrow window for harvest, but because we buy up a large supply of kiwi during peak harvest time, you're now able to enjoy the amazing health benefits of kiwi year-round by taking EpiZymes. Kiwifruit on its own is a powerful superfood, but it's just one of TWO nutritional powerhouses in our enzyme blend...

### **It's Like Youth in a Bottle...**

The second "star" of EpiZymes is the purple grape. Purple grapes are rich in polyphenols, which are phytochemicals that have antioxidant properties. The most well-known of these polyphenols is resveratrol, which is abundant in purple grapes, especially in the skin and seeds.

Resveratrol is abundant in red wine, and it's believed that resveratrol is one of the key reasons the French live longer and have lower rates of disease compared to Americans - even though the French enjoy a diet of rich fatty foods.

**So could resveratrol really help you live longer?** It certainly appears that way. A recent study showed that resveratrol stops inflammation by preventing your body from manufacturing sphingosine kinase and phospholipase D, two molecules that are known to trigger inflammation in the body.

Resveratrol is also unique as an antioxidant because it can cross the blood-brain barrier to help protect your brain and nervous system. Studies show that resveratrol provides far-reaching health benefits. It can help:

- **Prevent the spread of cancer, especially prostate cancer**
- **Lower blood pressure and keep your heart healthy**
- **Protect cells from free radical damage**
- **Help prevent Alzheimer's disease**
- **Prevent cardiovascular disease**

Because it appears to be so effective at warding off disease and other age-related health conditions, resveratrol is often called a "fountain of youth."

In fact, animal studies revealed that resveratrol extended the lifespans of overweight mice by 20%. Furthermore, it was found to extend the lifespan of human cells.

But before you run out and start gobbling up purple grapes, it's important to note that most of the beneficial polyphenols and nutritional compounds are found in the skin, seeds, and stems of purple grapes. If you are only eating seedless grapes, then you're missing out on most of the nutritional value!

### **Here's what we do to unlock ALL the nutritional value of the purple grape...**

First, we buy up organic California-grown cabernet sauvignon grapes at the peak of harvest season. Then we take the fruit, the skin, the seeds, and the stems and put them through a special **DOUBLE fermentation process** that enhances and maximizes the nutritional value we can extract from the grape. Fermentation is extremely important because it releases valuable nutritional compounds through "pre-digestion" that would otherwise pass through the human digestive system undigested and unused. It's important to note that this double fermentation process has **never been done before**. When red wine is made, it only goes through a single fermentation process. Our proprietary double fermentation process is totally unique, and maximizes the polyphenols and good bacteria your body is able to absorb.

### **This Helps Your Body Absorb More Vitamins & Nutrients FASTER**

Last but not least, the high potency enzyme blend, the high enzyme kiwifruit, and the organic fermented purple grape blend are infused with fulvic and humic acid. Fulvic acid helps your body

to absorb vitamins and nutrients faster. Even better, fulvic acid helps your body to more fully absorb the vitamins and nutrients you consume.

In fact, **fulvic acid is able to transport over 60 times its own weight in vitamins and minerals into cells.** This makes it easier for cells to “digest” and use nutrients, which means you’ll feel the positive health effects faster. Fulvic acid also helps to remove toxins and heavy metals from your body... reduces free radical damage... and boosts energy levels. The best part is that you’re getting fulvic and humic acid in every single serving of EpiZymes - which is just one more way you’re preventing aging and supporting your immune system.