

Digestive Enzyme Supplements Can Strengthen Immune System During Flu Season

Consumers and health professionals can learn how digestive enzyme supplements strengthen the digestive process and overall resistance to diseases like the flu.

(PRWEB) November 8, 2005 -- Consumers and health professionals can learn how [digestive enzyme supplements](#) strengthen the digestive process and overall resistance to viruses, like the flu, according to Dr. Liz Lipski, nationally-known nutritionist and author of Digestive Wellness.

With the current concern over the flu vaccine shortage and bird flu, Dr. Lipski asserts that [digestive enzyme supplements](#) can make people more resistant to sickness by strengthening the digestive process. Research findings show that 60 percent of the human immune system is located in and around the digestive system. Taking digestive enzyme supplements and proteolytic enzymes (proteases) can greatly increase overall resistance to the flu and other viruses.

“The immune system is our most powerful weapon against disease,” said Dr. M. Mamadou, Chief Enzymologist and Director of Research for the Transformation Enzyme Corporation. “Influenza can cause serious complications for people with compromised immune systems. Natural therapeutics and [digestive enzyme supplements](#) have been proven to serve as the first and best line of defense against invading microorganisms.”

Digestive enzyme supplements come in several forms and can do a variety of jobs to make the human body stronger. Dr. Lipski emphasizes that quality is important.

“Enzymes are measured by activity level, not by weight,” said Dr. Lipski, “so look for activity levels on the label. Enzyme supplements are in three basic forms: plant based (like bromelain and papain), pancreatic (from animal pancreas), or mycelial based (grown). The mycelial based enzymes can be more effective in protecting against the flu because they work in a wider range of pH environments. The pancreatic enzymes may be more flu effective for people who have diabetes or blood sugar issues.”

Because of the differences between supplements, Dr. Lipski advises consumers to look for [digestive enzyme supplements](#) with:

- No fillers (these may interfere with the effectiveness of the supplement)
- Effectiveness over a wide pH range, typically 2-8
- Potential effectiveness measured by “units of activity” and not by weight

Find more information on how to prepare for the flu with [digestive enzyme supplements](#) and proteases by visiting www.InnovativeHealing.com. Healthcare professionals should visit www.TransformationHealthSystems.com for more information.

About Innovative Healing:

Innovative Healing provides nutrition information, supplements, and weekly health tips from Dr. Liz Lipski. Dr. Lipski is a nationally-known nutritionist and author of Digestive Wellness (3rd Edition McGraw Hill), which details how people can strengthen their immune systems by improving digestive function. Innovative Healing is located in Asheville, North Carolina.



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