

### **Enzymes and Probiotics for a Healthy Gut**

Digestive enzymes, as their name implies, help you break down food into smaller parts that can be absorbed, transported and utilized by every cell in your body. Digestion begins in your mouth, starting with saliva. As food passes into your stomach, proteins are worked on by various enzymes, mainly protease. From there, the food passes into your small intestine (90% of digestion takes place in your small intestines), where lipase begins to break down fats, and amylase finishes off the carbohydrates.

Broad spectrum means the complete digestion of fats, proteins, and carbohydrates, as well as fiber in the diet. Unless you eat an 80% raw foods diet, it is likely that undigested processed foods are accumulating in your arteries and in your digestive tract. This is the dual purpose of taking daily enzyme supplements: complete digestion and uncompromised blood circulation.

**Enzyme deficiency results in poor digestion and poor nutrient absorption.**

**This creates a variety of gastrointestinal symptoms, including:**

- Constipation
- Bloating
- Cramping
- Flatulence and belching
- Heartburn and acid reflux

Chronic malabsorption can lead to a variety of illnesses. Think about it—if your body doesn't have the basic nutritional building blocks it needs, your health and ability to recover from illness will be compromised. Besides breaking down food, enzymes (particularly the proteases) can help with gut healing, controlling pathogens, and immune support. Your immune system begins in your gut—and if you have enzyme and digestive issues, chances are your immune system isn't functioning as well as it should be.

This is where Laktokhan can also be beneficial. Laktokhan is a vegan probiotic supplement of exceptional quality and effectiveness that contains 10 billion CFU (colony-forming units) of four human strains of “friendly” intestinal micro-flora, *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Bifidobacterium longum*. These friendly bacteria help keep harmful bacteria from multiplying in our intestines. Antibiotics can kill off healthy bacteria and lead to weakened immunity and intestinal disorders. Laktokhan is taken from a healthy human GI tract, and then cultured and processed from the laboratory. Most of the strains in Laktokhan can survive intestinal acid and bile, and they implant themselves on specific intestinal receptors, thus contributing to a longer-lasting, consistently beneficial effect. Each Laktokhan capsule has 400 mg of Inulin derived from Chicory root, prebiotics (food that enables the good probiotic bacteria to survive for 3 years or more). Only the beneficial bacteria are fed, not the harmful organisms. Unlike other probiotic brands, Laktokhan maintains its potency without refrigeration, making it ideal to take when travelling.

By maintaining a balance between beneficial and harmful bacteria, Laktokhan helps to manage acute infectious diarrhea and reduces the frequency of gastrointestinal disorders, such as diarrhea and nausea, during antibiotic use. Laktokhan restores the balance of good bacteria, thus helping to normalize digestive function and boost immunity.

Gut health can be the factor that makes or breaks chronic illness. With the combination of enzymes and probiotics, healthy food can be enjoyable and beneficial once again.