

Malnutrition and Digestive Enzyme Insufficiency

Malnutrition is fairly common in the elderly, with low calorie and protein intakes, as well as many deficiencies of important vitamins and minerals. Many elders eat less because of such reasons as apathy (lack of interest), diminished sense of taste and smell, poor teeth, low income, or inability to obtain or prepare foods.

Many old age problems, such as insomnia, anorexia, fatigue, depression, diminishing eyesight and hearing, fragile bones, and fractures, are a result of poor diets and nutritional deficiencies. This can also lead to a decreased immune system and more infections.

While healthy foods provide the foundation for optimal health and vitality, even the healthiest foods are of little use if they are not properly digested. In youth, digestive enzymes breakdown ingested food into vital carbohydrates, proteins, and fats to provide optimal nutrition for the body. But with aging and illness, the body's digestive functions slow down, inhibiting our ability to process vital nutrients for use throughout the body and this is also leading to gas, bloating, partially digested food, nutritional deficiencies, and even inflammatory conditions. If the body cannot extract all the nutrients in our food, our overall health will begin to falter, and can result in a wide range of unwelcome diseases.

Fortunately, the availability of multivitamin and digestive enzyme formulas makes it possible to enhance digestive health, prevent gastric distress and malnutrition (particularly in the elderly). With the combined actions of digestive enzymes, the nutrients are able to be unlocked from foods, absorbed and assimilated into the body to maintain good health. Lysine helps to improve appetite and maintain good health. It is involved in the production of antibodies for a strong healthy immune system.

Who Should Take Digestive Enzymes? People with ...

Digestive Diseases

For people with digestive diseases such as acid reflux, gas, bloating, leaky gut, irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, diverticulitis, malabsorption, diarrhea or constipation, digestive enzymes can help to improve digestion and absorption.



Age-Related Enzyme Insufficiency

As we age, the acidity of our stomach acid becomes more alkaline. The general function of the other digestive organs, such as the pancreas, which produces digestive enzymes, is also reduced. Poor enzyme production can lead to problems of nutrient deficiency resulting in a whole host of health problems.



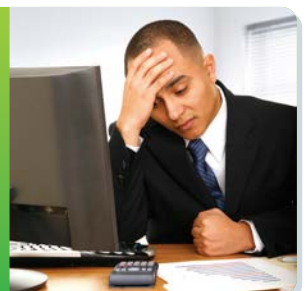
Hypochlorhydria

It is not only the elderly who suffer from hypochlorhydria or lack of stomach acid. Decrease in stomach acid will minimize the breakdown of carbohydrates, fats and proteins. This action also affects the breakdown of food to release minerals, vitamins and nutrients.



Stressful Lifestyle

Stress from work and family life is the most common culprit for our bodies being unable to produce sufficient digestive enzymes. Our bodies are not equipped to digest when we are stressed. When we eat while we are stressed, food will remain partially digested and ferment in the gut.



For medical and healthcare professional information only