

## The Oatmeal Test

Here's how it works:

- Cook up a one serving size bowl of oatmeal...preferably in a drinking glass. The oatmeal should be solid (not runny). Let the oatmeal cool off to about body temperature or 98 degrees. Feel the bottom of the bowl and if it's warm to the touch (not hot), we're ready for the test.
- Take the enclosed two capsules and sprinkle one over the oatmeal. Stir it in with a fork. Then take the second capsule and sprinkle it over the oatmeal again...and continue to stir it in with the fork for 30 seconds to one minute.

**The oatmeal will turn into a liquid...and can easily be poured from one glass to another. In other words...the oatmeal is digested!**

The "Oatmeal Test" is simple and easy to do. If you will take these two capsules enclosed and try this test...you will see **the best digestive enzyme product** on the market.

The "Oatmeal Test" cannot lie. ***It's really proof!*** Yes, you can test any enzyme formulation this way! If the oatmeal doesn't break down into a liquid...that enzyme formulation will not be very effective in helping with the digestive process.

### **The Human Body Depends on Proper Nutrition!**

In order for the human body to function properly, it must be able to use the nutrients within the foods and supplements. UTILIZATION is the key! Every cell in the human body is very small. In order for those cells to get nourishment...the nutrients must be small enough to enter the cell. If the nutrients are too large to enter the cells...the cells will not benefit, even though the nutrients were absorbed into the blood stream.

***Absorbing nutrients that aren't fully digested or useable...plays a big part in the human body not functioning properly!***

Would it surprise you...to learn that the immune system will attack nutrients that aren't fully digested, because it doesn't recognize it as food? ***The immune system isn't supposed to be involved in digestion!*** Yet, **because of all the cooked and processed foods we eat...we involve our immune system in the digestive process almost every day!**

Ask yourself this...Why do we get colds, flu, cancer or tumors? **If we had a fully functional immune system...we shouldn't have such problems!**

Why is the cold and flu season also around the holiday season? Answer: We eat so many cooked and processed foods, candy, cakes, pies, and so much more...**We overwork and involve our immune system in digestion. Thus, our immune system is weakened and even some simple bacteria can lead to a cold or flu!**

What about the dreaded tumors and cancer? ***When the immune system is so busy with digestion...It doesn't have the time and energy to do part of its regular job which is to protect the human body from harmful organisms that are potentially life-threatening.***

**In the wild life eats life to live.**

**Human beings, on the other hand, eat enzyme dead food and think it's going to keep us healthy.** This is why that doesn't work well.

- The human body's digestive system is supposed to digest 50% of the food we put into our body. The other 50% is supposed to be digested by the live enzymes contained within the live food.
- When we eat food without the live enzymes we are asking the human body to digest and break down 100% of the food. After years and years of doing this...the human digestive system gets exhausted, over-used and

cannot fully digest the way it should. Undigested particles get into the blood stream and the immune system uses its defense to attack this unrecognized invader.

## **A Fully Functional Immune System**

Every day we eat denatured food and supplements. This practice reduces the strength of our immune system. Now, if we turn that negative into a positive (by not using the immune system in digestion) we will stop the weakening of our immune system! The immune system will be allowed the time and energy to pay attention to its regular functions of protecting the human body from invaders and disease!

**Taking enzymes with food and sometimes between meals will help take the burden off the digestive system and the immune system at the very same time!**

### **Enzymes may help:**

- Digest Proteins**
- Assimilate Fats**
- Increase Energy**
- Reduce Bacteria**
- Improve Circulation**

### **Stimulate the Immune System**

- Shatter Crystalline Deposits**
- Break up Cholesterol Deposits**
- Increase White Blood Cell Size and Activity**
- Raise T-Cell Activity and Production**

- Digest Cooked Processed Foods**
- Assimilate and Eliminate Toxins**
- Break Up and Dissolve Uric Acid Crystals**
- Increase the Surface Area of the red blood cell making it possible to carry more oxygen to all parts of the body.**