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Enzymes: The Missing Link to Health

Susan M. Lark M.D.

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Do you want relief from colds and flus, allergies, autoimmune disease, heart disease and many other major health issues? Would you like to enjoy a high level of energy and vitality and great resistance to disease? Then Enzymes: The Missing Link to Health is a must read book for you.

Written by Susan M. Lark, M.D., one of the most renowned women's alternative medicine experts, this comprehensive guide will help to support and restore your own enzyme production for excellent health.

Abundant enzyme production plays a crucial role in protecting and helping us recover from inflammatory diseases, infections, autoimmune conditions, injuries, heart disease and even cancer. It is also essential in helping us recover from accidents, injuries and even surgical and dental procedures. Not only is enzyme production crucial for processing and absorbing the food we eat, but it is a prerequisite for providing us with the energy and mental capacity to perform effectively in every area of our lives.

Most people are unaware of how much enzymes support affects our overall health and wellness. You will greatly benefit from Dr. Lark's guide on how to increase your own enzyme production as well as the best enzyme supplements to enjoy their many health benefits.

Enzymes: The Missing Link to Health provides you with:

- The essential resources to support your own enzyme production

- The best enzyme supplements, their health benefits and optimal dosages and how to best use them

- The chemistry of digestive enzymes, how they are produced within your body

- How diet, lifestyle, stress and aging affect your enzyme levels

- Valuable information about how to evaluate and test your own enzyme levels

- At the end of this book, you will have all of the resources that you need for incredible health and wellness through supporting your own enzyme levels

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