



## **Empowering You Organically - Season 11 – Episode 98**

**Title:** Understanding the Power of Proteolytic Enzymes

**Hosts:** Jonathan Hunsaker

**Guest:** Wade Lightheart

**Description:** Join Jonathan and Wade Lightheart as we dive deeper into understanding how enzymes are critical to your health and vitality. We really help you understand what you are looking for in an effective enzyme supplement. Tune in to understand what proteolytic means, the various enzymes needed in your digestive tract, the powerful punch of AstraZyme™, and why cultured enzymes matter.

## **FEATURED PRODUCT**



- Contains a proprietary blend of 17 of the best digestive enzymes that help your system extract more nutrients from the foods you're eating
- Exclusive tri-phase protease (proteolytic enzyme formula) works at every stomach pH level so all the protein you eat is broken down into usable building blocks

- Uses cultured enzymes which can be 100 to 1000 times more powerful than food enzymes
- Designed to enhance digestion for ALL types of foods and diets from plant-based to carnivore. Helps repair damaged intestinal walls and increases absorption of certain vitamins and minerals
  - Improves digestive balance and reduces acid reflux, constipation, gas, and bloating
  - Boosts energy by increasing metabolism of carbs, fat, and protein for fuel
- Vegan digestive enzymes that contain no dairy, soy, GMOs, chemical fillers, or binders

\* \* \*

### **About Wade Lighthouse**

3-Time Canadian All Natural Bodybuilding Champion who competed as vegetarian, former Mr. Universe Competitor, host of The Awesome Health podcast, Wade Lighthouse is one of the world's premier authorities on Natural Nutrition and Training Methods. Having majored in Sports Science at the University of New Brunswick, he has authored numerous books on health, nutrition and exercise which have sold in over 80 countries.

Wade also serves as an advisor to the American Anti-Cancer Institute.

He's been in the health industry for over 25 years, coached thousands of clients, and is sought out by athletes and high-performance oriented individuals worldwide for his advice on how to optimize their health and fitness levels.

### **What Are Enzymes?**

ENZYME - *noun*

BIOCHEMISTRY

1. a substance produced by a living organism which acts as a catalyst to bring about a specific biochemical reaction.
  - There are approximately 25,000 different enzymatic functions in the body
  - The number of enzymes that you have present in your body is directly proportion to the amount of chemical reactions that you can engage in in the body.
  - The difference between stones, plants, and people is enzymes, the amount and the role of those enzymes.
  - They are the most critical component to all metabolic transactions.

### **Enzyme Bank**

It's like having a bank account. In other words, your ability to write metabolic checks, to build, to repair, to heal, to digest your food, to make your hormones work, to break down the smallest chemical reactions, to make your skin nice, you name it, requires an enzymatic pathway.

### **What is a PROTEOLYTIC enzyme?**

- also called protease, proteinase, or peptidase, any of a group of enzymes that break the long chainlike molecules of proteins into shorter fragments (peptides) and eventually into their components, amino acids. Proteolytic enzymes are present in bacteria, archaea, certain types of algae, some viruses, and plants; they are most abundant, however, in animals.
- The two major groups are the exopeptidases, which target the terminal ends of proteins, and the endopeptidases, which target sites within proteins.

### **What to Look for in an Enzyme Supplement**

- Loaded up with proteolytic enzymes
- Make sure it covers the various pH levels of digestion; 3.0, 4.5 & 6.0
- Contains amylase to break down your carbohydrates
- Contains alpha galactosidase, which will help break down some of the sugars that you will find in food
- Contains glucoamylase, another one that'll cover the different range of sugars that you might consume inadvertently
- Invertase, maltase, to help with hidden sugars that cause interruptions and metabolic problems and blood sugar issues
- Contains lipase to break down fats
- Contains phytase to break down plant fibers
- Contains hemicellulose and the cellulase, which will actually break down those difficult proteins that are actually a fibrous protein
- Contains lactase for people that can't digest milk (it's because they don't produce lactase)
- Contains AstraZyme™ to bolster all the benefits
- Enzymes are cultured

### **What is AstraZyme™**

We studied Chinese medicine and found out there is a particular root, called the astragalus root, that is used in almost every single Chinese compound. When we found out why it was used, that it turns out that that particular root actually activates and accelerates, it increases the potential of the enzymatic response. So, we took that extract through this into that formulation as well and precise dosages. And that gave a 30 to 60% boost depending on the enzyme and its effectiveness.

### **What is a Cultured Enzyme?**

A cultured enzyme means this is an enzyme grown on a very specific medium that allows you to increase the potency over a normal enzyme from 100 to 1000 times. This process takes about eight weeks to get that kind of potency. So just like if you were fermenting beer or wine or something, you've got to let it work for a period of time before you get that premium spirit. It's the exact same process inside of the enzyme formula. We're fermenting and creating a specific medium and then extracted enzymes. No chemicals are used in the extraction process. So, you just get the pure working enzymes to deliver an incredible result.

**What happens if I don't have the protease in my body to break down the all the protein that I'm ingesting?**

- Gas
- Bloating
- Skin problems
- Brain fog

The reason? Because you're feeding bad bacteria who are producing a variety of endotoxins inside the body that are interrupting your natural activity.

\* \* \*

**Deeper Dive Resources**

**Organixx P3E Enzymes**

<https://organixx.com/p3e?gl=5e29babe02e26bdb05020909>

**Proteolytic Enzymes**

<https://www.britannica.com/science/proteolytic-enzyme>

**What Is the pH of the Stomach?**

<https://www.thoughtco.com/ph-of-the-stomach-608195>

**National Center for Health Statistics**

<https://www.cdc.gov/nchs/fastats/digestive-diseases.htm>

**Digestive Diseases Statistics for the United States**

<https://www.niddk.nih.gov/health-information/health-statistics/digestive-diseases>

**Collagens: Hype or Healthy – Episode 15**

<https://organixx.com/empowering-you-organically/collagens-hype-or-healthy-episode-15/?gl=5d37204c02e26bc012183af2>

**Subscribe to Empowering You Organically**  
**Never miss an episode!**

[APPLE PODCASTS](#)

[SPOTIFY](#)

[GOOGLE PODCASTS](#)