



## **Nightly Essense ~ Systemic Enzyme Overview**

Nightly Essense utilizes a blend of the latest cutting-edge systemic enzymes along with a complete panel of 14 different strains of probiotic bacteria. The information for this product is divided into two sections:

- 1) Probiotic Bacteria**
- 2) Systemic Enzymes.**

### **Part 1**

#### **Nightly Essense ~ Probiotic Bacteria Overview**

*"If they be not inhabited, what a waste of space!"*

When we were born our intestinal tracts were void or empty of any bacteria. Breast-feeding during the first few weeks establishes a base of friendly bacteria that coats the entire tract.

This good bacteria will fight off and act as a defense against any harmful pathogens. Studies have revealed that the mortality rates of infants that do not breast feed are significantly higher. By the time we reach adulthood, we will have approximately 3 ½ pounds of bacteria (this includes both good and bad) in our intestines.

Generally speaking when the colon is slightly acidic (pH below 7.0) and no harmful bacteria will proliferate or gain a foothold. If the colon goes alkaline (pH above 7.0) the friendly bacteria will no longer be able to protect your health. There are a number of benefits that go along with these friendly bacteria:

- Vitamin production specifically B2, B5, B6, B12, folic acid, biotin and niacin.
- Decrease in lactose intolerance because of the enzyme lactase.

- Lower cholesterol levels
- Defense against food poisoning
- Inhibition of candida, yeast and other fungal forms
  - Healthier looking and feeling skin
- Better absorption of foods because of the enzymes they produce
- Increase in peristalsis (wave of contraction that moves food through the colon). Normalizes bowel movements.
- Increase in immunity through the secretion of acids and natural antibiotics.
  - Help maintain a good hormonal balance.

As we age the levels of friendly bacteria will lessen. This is also true of your body's production of hydrochloric acid (HCl) which helps maintain a low pH in the colon. As your body produces less HCl, the friendly bacteria will have to compensate for that. There are also a number of things that we can do to help preserve the good bacteria:

- Avoid antibiotics at all costs (prescription as well as those found in non-organic store bought meats)
  - Stop drinking chlorinated water
  - Do not use antacids or anti-inflammatory drugs
    - Lower your stress level
- Don't subject yourself to radiation or chemotherapy
  - Consume less alcohol and smoke less tobacco
    - Eat more raw, enzyme-rich foods

Remember, that a properly functioning intestinal tract is one of your body's main defenses against illness.

### **Nightly Essense ~ Probiotic Bacteria Recommendations**

*Commitment: "It is the daily triumph of integrity over skepticism."*

**All of the following ingredients are found in the Nightly Essense product.**

**Bifidobacterium bifidum-** 3.0 billion CFU (Colony Forming Units).

These bacteria live predominately in the large intestine and will consume old fecal matter, produce important B vitamins, lower the pH (more acidic) in the colon, protect and support the liver and stop the formation of cancer-causing agents. pH range 4-7.

**Bifidobacterium breve-** 5.2 billion CFU. Same functions as bifidum.

**Bifidobacterium infantis-** 7.2 billion CFU. Same functions as bifidum.

**Bifidobacterium longum-** 1.2 billion CFU. Same functions as bifidum.

**Lactobacillus acidophilus-** 7.2 Billion CFU (Colony Forming Units).

These friendly flora live mainly in the small intestine and will produce B-complex vitamins, digest milk sugars (lactose), produce enzymes that will digest foods, create natural acids and antibiotics (lactic acid, acidolin, acidophilin, lactocidin, bacteriocin), reduce yeast infections, reduce

cholesterol levels, help lessen yeasts such as Candida and prevent bad breath. pH range 4-7.

**Lactobacillus brevis-** 900 million CFU. Same functions as acidophilus.

**Lactobacillus bulgaricus-** 900 million CFU. Same functions as acidophilus.

**Lactobacillus casei-** 900 million CFU. It is stable in acid and bile. It produces an antimicrobial substance that inhibits pathogens like C. difficile diarrhea in a pH of 4-7.

**Lactobacillus helveticus-** 300 million CFU. Same functions as acidophilus.

**Lactobacillus lactis-** 300 million CFU. Same functions as acidophilus.

**Lactobacillus plantarum-** 900 million CFU. Originally found in foods such as sauerkraut and sourdough. Works in the small intestine and eliminates dozens of harmful pathogens such as E. coli in a pH range 4-7.

**Lactobacillus rhamnosus-** 900 million CFU. These bacteria are very powerful immune stimulators and will boost the immune system's effectiveness by up to 300% in killing off foreign invaders. They inhibit uropathogenic bacteria and thereby help prevent recurrent urinary tract infections. pH range of 4-7.

**Lactobacillus salivarius-** 300 million CFU. Dramatically increases energy levels by breaking down proteins and its byproducts and making nutrients more available. Its effectiveness against pathogenic microorganisms is so powerful that symptoms of food poisoning have been relieved within 30-60 minutes after ingestion in a pH of 4-7

**Streptococcus thermophilus-** 900 million CFU. It produces lactase enzymes, and lowers oxidation/reduction potential in the intestine in a pH range 4-7.

### **Other Recommendations**

- Eat more raw, organic enzyme-rich foods. This will greatly assist the intestinal tract in facilitating proper absorption and elimination of the some 50,000 tons of food that will pass through it during an average life span.
- Eat more fiber like ground, organic flaxseed meal. Put in juice or a shake.

## **Part 2**

### **Nightly Essense ~ Systemic Enzyme Overview**

*"Do not look back in anger or forward in fear but around in awareness."  
Emerson*

In order to receive the maximum benefits of enzymes they should also be taken on an empty stomach (between meals, bed time, etc.). Some of the

benefits include:

- Increased circulation and energy levels
- Boosting the immune system (white blood cells- WBC)
  - Decreasing food and airborne allergies
  - Removal of Circulating Immune Complexes (CIC)
- Revitalization of major organs (liver, kidneys, colon, heart)
  - Reduction of inflammation or swelling
- Speeds up recovery time from sickness or injuries

Let's explain this in a little more detail. When we eat cooked, processed foods over long periods of time, proteins and fats are only partially digested when they are absorbed into the bloodstream.

Once in the bloodstream, specific white blood cells recognize them as foreign invaders and produce antibodies. These are referred to as Circulating Immune Complexes (CIC). Normally our white blood cells (WBC's) are able to engulf and break them down enzymatically.

Because of the excessive amounts of CIC's the body is unable to dispose of it fast enough, so it stores them. These may end up as plaque attached to the inside of the arteries, uric acid crystals in the joints or as allergic reactions in the tissues or lungs.

What happens is that the most important part of our immune systems (white blood cells) are pulled away from their job of protecting us from real pathogens and used for the digestion of our meals.

This was conclusively proven by studies conducted by Dr. Keutchakoff in 1930. He showed that there was a dramatic increase in white blood cells after eating a cooked food meal while there was no substantial increase in white blood cells after a raw food meal.

Another interesting study showed that taking proteolytic (protease) enzymes on an empty stomach actually increased white blood cell activity between 700 and 1,300 percent.

This also explains why the body's temperature will rise slightly during an infection or injury to approximately 104 degrees. Enzymes do their absolute best work at these temperatures. This is why the body produces more white blood cells which contain the highest concentration of enzymes in order to get the job accomplished in the shortest period of time.

Taking aspirin or a similar product actually impedes this process by bringing the temperature down and prolonging the healing time. Enzymes are the workforce in the body. Give them the support they need and they will serve you without fail.

**Nightly Essense ~ Systemic Enzyme Recommendations**

*"The years teach much which the days never know."  
Emerson*

All of the following ingredients are found in the Nightly Essense product.

**Protease- (*Aspergillus oryzae*)** 200,000 HUT units. Activates white blood cells from 700-1,300%, breaks down uric acid crystals, supports the liver and reduces spicules, separates red blood cells (protein linkage, rouleau, erythrocyte aggregation).

**Papain- (*Carica papaya*)** 80 MCU. Used extensively for allergies, infections and inflammation. Treats chronic diarrhea and celiac disease.  
**Bromelain- (*Ananas comosus*)** 400 GDU. Fights inflammation, reduces swelling, speeds recovery, improves respiratory conditions, fights cardiovascular problems, bolsters the immune system and can help extend life.

**Nattokinase- (*Bacillus subtilis*)** 2,000 FU. Used in the prevention and treatment of the following: angina pectoris, cardiac arrest, stroke, high blood pressure, hypertension, diabetes from pancreatic dysfunction, arterial embolism, varicose veins.

**SeaProse S- (*Aspergillus melleus*)** 20,000 U. Brings relief for respiratory problems such as bronchitis, pulmonary tuberculosis, pulmonary emphysema, bronchiolitis and bronchial asthma. Anti-inflammatory and anti-cold properties.

**Mineral blend- (ionic)** 15mg per capsule. More than 75% of all enzymes require the presence of ion activators to express their full catalytic effect.

**Rutin- (*Sophora japonica*)** 100mg. A powerful antioxidant. It demonstrates a direct anti-inflammatory effect.