



Enzymes for Digestive Health and Nutritional Wealth: The Practical Guide for Digestive Enzymes

Karen DeFelice

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Enzyme therapy is one of the fastest emerging successful alternatives for digestive health. Reports of significant improvements in health, immune function, pain reduction, even moods, mental clarity, food and chemical tolerances, and gastrointestinal issues emerge daily. Drawing on long-standing scientific research and trials by a wide range of families, Karen DeFelice deals comprehensively with all the information on digestive enzymes that those new to enzymes need: how enzymes work, why the many benefits, what to expect, practical tested advice on selecting and introducing the right kind of enzymes, and how this can be combined with other approaches, therapies, and lifestyles.

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