

Enzymes for Young and Beautiful Skin: Part I

Look better than ever

Dr. Cutler is the bestselling author of four books, an internationally recognized teacher, public speaker, and media spokesperson. She has both a chiropractic degree and a medical degree, specializing in enzyme therapy for chronic disease and conditions that have perplexed the traditional medical establishment. In 1998 Dr. Cutler established the BioSET(tm) Institute and it is here where she focuses on the treatment of allergy-related conditions such as overweight and obesity, digestive disorders, immune dysfunction, and many other types of chronic illness.

Have you ever wondered why some people have a lovely, well-balanced complexion that seems ageless, while others struggle with dry, oily, or prematurely aging skin? You might have thought the answer lay in their genetic makeup or in some magical combination of skin products.

Regardless of good genes or expensive cosmetics, the bottom line is that beautiful skin must start from within. Taking enzymes to promote good digestion, hormonal balance, and detoxification is the key to radiant, healthy skin.

Enzymes: Nature's Miracle Workers

Enzymes are organic catalysts that play a vital role in protecting, repairing, and maintaining your skin's natural vibrancy and tone. There are millions of enzymes in the body, and your skin is loaded with them. Some act as antioxidants that defend the skin against damage by free radicals. Others help your skin exfoliate. Still others help keep the collagen - the structural protein that gives skin its smoothness, elasticity, and strength — healthy.

Skin enzymes can't do their job alone. In order to nourish the skin and maintain healthy connective tissue, they need the help of digestive enzymes, metabolic enzymes, and enzymes that occur naturally in the foods you eat. For example, without sufficient digestive enzymes the body can't extract beta-carotene from foods and convert it to vitamin A, an essential skin nutrient. Enzymes also help to minimize free radical damage, enhance detoxification, and preserve the proper balance of healthy bacteria in the gut. These activities are the cornerstones of radiant health and radiant skin.

Let's take a look at some skin problems and how enzymes can help.

A Radical View of Skin Aging

Free radicals are destructive, unstable molecules that steal electrons from healthy molecules and disrupt cell function. Over time, this cellular damage can accelerate aging and rob skin of its elasticity, leading to wrinkles, sagging, discoloration, and dryness. Environmental factors such as industrial waste, pesticides and herbicides, and air pollution all contribute to our free radical burden. The body does its best to keep up with the increased demand for antioxidant enzymes, but if production drops off - because of poor nutrition, toxic overload, illness, or simple exhaustion - free radicals have free rein to continue their cellular assault.

Digestive Enzymes: The Solution to Free Radicals

Short of moving into a purified bubble, we can't escape from everything that generates free radicals. We can, however, minimize free radical damage by choosing to eat wholesome, organic foods and take digestive enzymes. Good digestion is crucial to providing the body with the raw materials it needs to protect and repair skin from free radical damage. I suggest that all my clients take a full-spectrum, vegetarian digestive enzyme with all of their meals.

Digestive Enzymes: The Fountain of Youth

Digestive enzymes will also help your skin glow with ageless radiance. While everyone should eat plenty of fruits, vegetables, and wholesome foods, even the healthiest diet in the world won't improve your skin's appearance if your body can't utilize these nutrients.

Unfortunately, the body's ability to produce digestive enzymes diminishes over time. Without enzyme supplementation, neither the body nor the skin receives adequate nourishment. Many of the changes that we attribute to aging are actually by-products of enzyme deficiency and the collagen loss it causes.

We spend huge amounts of money on products and procedures to restore the skin's appearance, but the real secret to having fabulous skin is optimal digestion and nutrient absorption. By supporting both processes, enzymes help repair and rejuvenate skin from the inside out.

Toxins Take Their Toll

However, the effectiveness of this process depends on the amount of toxins present. Your body does not have an infinite capacity to cope with toxins, so it may not be able to make enough of the appropriate enzymes to handle an increased toxic load. For example, the liver is one of the main sources of detoxifying enzymes and is able to neutralize the toxins in alcohol. But if a person drinks excessively, the task of detoxification will eventually become too much for the liver.

A Healthy Gut Equals Healthy Skin

The colon is also critical to this enzymatic detoxification process. Poor colon function affects the skin and is a common cause of acne and discoloration. As with virtually every other organ, a healthy colon depends on proper digestion. The complete breakdown of the foods you eat reduces the amount of undigested food particles that can pass through the colon wall to trigger a toxic reaction. Efficient digestion greatly lightens the toxic load on the body in general — and the colon in particular.

I can almost always identify someone who is using enzyme supplements because the person's skin has a certain color, clarity, and vitality. When the body is properly digesting foods and absorbing nutrients, the skin just naturally radiates health and beauty.