



# FIVE PILLARS of HEALTH



## Nutrition

*Eating healthy is just the first step. STEP 2 means getting the most nutrition from your food for a whole new world of health! Now you can transform the way you eat — and the way you live — with the simple addition of Transformation's digestive enzymes and probiotics.*

Biting into a nice, juicy orange is a healthy thing to do. Vitamin C. Dietary Fiber. And, according to the saying, a natural doctor repellent. But if your digestive enzyme levels are imbalanced, your body isn't able to properly absorb all the nutrients in that orange. Basically, you're getting only a fraction of its natural goodness. Transformation's digestive enzymes and probiotics are the next step toward a digestive health transformation.\*

Digestive enzymes are what help us digest food and break it down into vitamins, minerals, amino acids, and fatty acids. Enzymes then play another vital role by escorting these nutrients to our various cells and tissues.

Our carefully selected program of digestive enzymes helps your body properly digest food to extract and absorb all the nutrients, clear away the waste and allow the body to better manage its resources so you can achieve optimal health.\*

Transformation begins with better balance. As in everything in life, maintaining a healthy balance is key. Today, dozens of factors including aging, the environment, poor diet, and even your body type can contribute to imbalance in your body's systems. You can restore that balance by supplementing a healthy diet and lifestyle with enzymes.\*

Good health is linked directly to a healthy, balanced digestive system. Transformation's digestive enzymes and probiotics work with your body's own chemistry to balance enzyme levels and allows it to absorb and digest properly. Nourishing and restoring that balance starts with STEP 2.

Transform yourself! Our enzyme therapy solutions are specially formulated to target deficiencies in each of the eleven systems, restore enzymatic levels and swing the balance back in your favor.\*

Ask your doctor which of our formulas is right for you.

