

# Health And Well-Being

## A Natural Way To Heal

(NAPSA)—There's good news, bad news and better news when it comes to finding a way to get natural relief from aches and pains.

The good news is that the human body contains certain systemic enzymes that work throughout the body to support the natural response to inflammation and overall joint health.

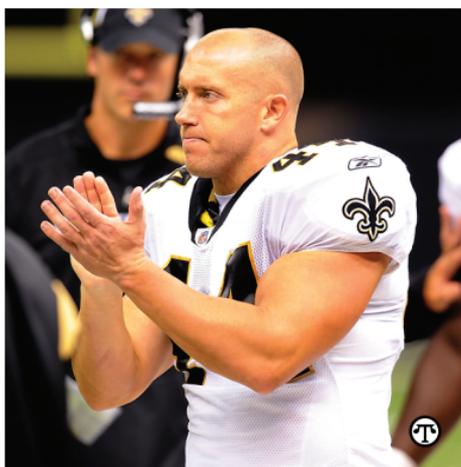
The bad news is that age and strain decrease the body's ability to produce enzymes.

The better news is that the same enzymes the body produces—known as systemic enzymes—to trigger metabolic processes are also found in plants and other animals. That means you can supplement your diet with these natural enzymes.

Delivering a broad spectrum of highly active enzymes along with antioxidants, one such supplement, Wobenzym N, works throughout the entire body, supporting its natural response to inflammation. The formulation has been successfully tested in six human clinical studies with 2,500 people of all ages. Researchers found it had a positive effect on healthy inflammatory response, joint health, pain management and immune system health.

### Road To Recovery

Athletes have long known that systemic enzymes are very effective for sports injuries and for helping the body cope with daily stresses. NFL veteran and New Orleans Saints fullback Heath Evans took the supplement to help his body's inflammation response and elevate the repair process.



**New Orleans Saints fullback Heath Evans found a natural way to recover from his injuries.**

After a few months, he was able to run farther and work out harder in the weight room. He also said he was able to feel a noticeable improvement in his joints.

“Wobenzym N played a huge role in my workout efforts,” he said. “I’m definitely a believer because I was able to overcome a lot of aches and pains, and I’m convinced systemic enzymes are great for inflammation. I’m also a fan of it because there are no side effects such as stomach irritation.”

More than 29 million people have taken the supplement since it was first popularized in Europe in the 1960s. Today, Wobenzym N is available from Garden of Life at independent health food store retailers nationwide as well as The Vitamin Shoppe, GNC, and Whole Foods.

You can learn more at [www.gardenoflife.com](http://www.gardenoflife.com) and (866) 465-0051.