



Everything You Need to Know About Enzymes: A Simple Guide to Using Enzymes to Treat Everything from Digestive Problems and Allergies to Migraines and Arthritis

Tom Bohager

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We all know that better health doesn't come from one magical, cure-all pill. But what you should know is that it can come from readily available, over-the-counter enzyme supplements. Tom Bohager's *Everything You Need to Know About Enzymes* offers simple, natural methods for improving your health dramatically without dramatic changes in lifestyle. Bohager's quick course explains how to use enzymes for general good health and to treat specific ailments. As health care costs in the United States soar, more and more people are interested in improving their health through safe, affordable, noninvasive, nonprescription remedies. Enzymes in particular are gaining popularity because of their proven effectiveness and ease of use. For readers interested in improving digestion, strengthening the immune system, restoring energy levels, slowing the aging process, or treating common maladies, *Everything You Need to Know About Enzymes* is the quick, easy-action guide to optimal health.

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