



## **“Enzyme Drink Habit” for Beautiful Skin, Constipation and Recovery from Exhaustion**

Why are enzyme drinks useful in health and beauty? I will explain here about enzyme drinks that can work as a supplement for everyday use and as nutritional intake during fasting. ?

## Enzyme Drinks: Very Popular Among Women with High Health and Beauty Sensitivity



Enzyme drinks have been popular recently on Internet shopping sites and health food shops. There are no doubt many reading this who have caught sight of these drinks.

However, are you aware of why these enzyme drinks are good for your body? I would like to explain to you about the virtues of enzyme drinks as a registered dietician.

# Natural Enzymes: Help with Digestion



As the name suggests, enzyme drinks contain enzymes. These enzymes are food enzymes contained in raw vegetable and fruit ingredients. The enzymes contained in natural vegetables and fruits help to digest what you eat.

Usually, what we eat is broken down finely (digested) by the digestive enzymes in our bodies. However, supplementing enzymes from outside allows them to shoulder some of the work of these digestive enzymes. This saves the digestive enzymes in our bodies.

# Energy Used in Digestion Can Be Passed onto Metabolic Activities



The thing that is good about saving the digestive enzymes in our bodies is that the energy expended on digestion is passed on as power to metabolic activities.

Metabolic activities are responsible, for example, for the rebirth of our skin (metabolism), excretion of waste products (e.g. fatigue substances), and our immune strength by protecting our bodies from pathogenic bacteria of colds and similar. In other words, this leads to beautiful skin, recovery from exhaustion and maintenance of health.

# For Nutritional Supply When Fasting



Incidentally, you may have heard of using enzyme drinks for fasting. In fact, enzyme drinks are also ideal for fasting.

The reason for this is that enzyme drinks are fermented drinks, so they finely break down nutrients. The nutrients contained in extracts obtained from vegetables and fruits are still in large grains. However, these turn into fine grains through fermentation, so there is no need to digest them when they enter your body.

This makes it possible to achieve the purpose of fasting in terms of resting your gastrointestinal tract. At the same time, you can take in the necessary nutrients while you are fasting.

# Ideal to Drink in the Morning and Before Meals



I recommend drinking enzyme drinks in the morning and before meals.

First, if you eat a full meal when your body has just woken up in the morning, your gastrointestinal tract will still not yet be fully awake, and so your body will be burdened. However, if you drink an enzyme drink, it will break down the nutrients. This means you will be able to get nutrients without placing a burden on your body.

In addition, drinking an enzyme drink before a meal will help with digesting what you have eaten afterward. Drinking an enzyme drink before you have a meal is an extremely good habit.

# Begin a Habit of Drinking Enzyme Drinks Now



I have now told you about the virtues of enzyme drinks with this. There are many with a sweet and easy-to-drink taste in liquid form. Therefore, there is also the advantage it is simple and easy to continue – unlike with tablet supplements. Why don't you try incorporating enzyme drinks into your daily life?

This is an article provided by the ONGANE JAPAN Co., Ltd. that sells ONAKA NAMA KOUSO.

## 「ONAKA NAMA KOUSO」

ONAKA NAMA KOUSO supplements the enzymes in your body with the aim of making you an intestinal beauty.

Enzymes of 75 types of fermented seasonal vegetables and fruits provide support to relieve the constipation and stomach tightness that causes a collapse in your intestinal balance.

The ingredients come from Okayama Prefecture – the “Sunny Country”

– where the weather is the most stable and where there are the most sunny days in Japan. Please taste the delicious vegetables and fruits made from fertile soil. We harvest these vegetables and fruits in their respective seasons. We then separate each ingredient and extract the extract with brown sugar produced in Okinawa Prefecture. Finally, we naturally ferment them slowly over a period of three years.

This is a product that boasts of commitment for its nutritional value



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