

ENZYMES

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Enzymes break down our food and are part of the digestive process. Without these enzymes our bodies would not be able to take the vitamins and minerals out of the food. Also without the enzymes we would not be able to use the fats, proteins or carbohydrates as a source of fuel. We find enzymes in all food. Unfortunately when we cook our food it destroys all of the enzymes. Fortunately we also produce enzymes for digesting food.

Our bodies also have to produce enzymes for thousands of other biological functions. To be more specific if we stop producing enzymes we will no longer have the biological functions required to support our bodies and our lives will end. All animals are born with a certain amount of enzyme potential. That means your body has the ability to produce a limited amount of enzymes in your lifetime. This is called the Food Enzyme Potential.

Law of Adaptive Secretions of Digestive Enzymes holds that our bodies will only produce the enzymes needed for digestion. If we consume foods that have digestive enzymes our bodies will not produce digestive enzymes. If we eat foods in which enzymes have been destroyed our bodies will then secrete the enzymes necessary for digestion.

Food Enzyme Concept shows a new way to look at disease. When we eat foods rich with enzymes this allows our bodies to use our enzyme potential to take care of our other biological needs. When we use up on a daily basis a large portion of our enzymatic secretions on digestion, we take this energy from the hundreds of metabolic activities required to keep our organs and tissues functioning. Taking such a large portion of our enzyme potential on a daily basis leaves us deficient to produce needed enzymes to fight disease.

We should be eating at least a 75% raw diet. I do not know many people able to manage this feat. Do your best and at least have fresh fruit and green salad every day. When you do eat cooked, pasteurized or processed foods make sure and take a digestive enzyme supplement with the meal. Make sure it has the enzymes in it to digest proteins, carbohydrates and fats.

Give the same supplement to your dogs as they have the same digestive enzymes as humans. Most of the research was done on dogs because of this fact. And our dogs suffer the same rate of disease we humans do because they also eat dog food that has been cooked.

If you found any of this interesting I encourage you to read the book Enzyme Nutrition by Dr. Edward Howell. It's an easy read and not at all expensive.