ENZYMES

the little extra that does so much.

Enzymes are energized protein molecules necessary to life.

Enzymes catalyze and regulate nearly all biochemical reactions that occur within the human body.

There are three primary groups of enzymes.

- Metabolic enzymes are those that catalyze various chemical reactions within cells throughout the body, such as detoxification and energy production.
- Digestive enzymes are secreted along the gastrointestinal tract to break down food, so the nutrients can be absorbed into the bloodstream.
- Food enzymes are naturally present in all raw foods, providing an exogenous, or outside, source of digestive enzymes when consumed.

Enzymes are involved in every life process in the body. They are an essential link to stamina, energy level, the ability to utilize vitamins, minerals, and other nutrients, as well as contributing to the immune system's ability to protect our health.

What happens to our body when we don't get enough Enzymes?

Lack of enzymes contributes to disease and chronic degenerative conditions. With assimilation impaired, absorption of putrefying matter can occur throughout the body. Thus, an unhealthy body lacks resistance to germs, which proliferate in this environment. Enzymes affect the length and quality of life by breaking down old cellular mucous and toxins, then expelling them from the organism. For example, chronic inflammation, where there is the presence of undisgested food substances (usually protein) at the site of an injury, indicates an incomplete digestion of food because of a deficiency of digestive enzymes in the body. This puts greater stress on the immune system, which is taxed to alleviate the condition. With the ingestion of supplemental enzymes, inflammation can be reduced while immune system activity is relieved. Enzymes also help preserve necessary oxygen in the body.

What is being done today to recognize the importance of Enzymes?

Enzyme therapy is now being used to treat a number of ailments, including allergies, obesity, pancreatic hypertrophy, ulcers, infections, candida, and chronic inflammation.

Enzymes are more heat sensitive than vitamins. Temperature above 114 degrees will destroy them. All raw foods contain enzymes. Cooked and processed foods are devoid of them. Adding food enzyme supplements with cooked and processed food greatly increases digestibility and assimilation. Enzyme needs also increase with aging.