



Enzymes

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What is an Enzyme?

- Enzymes are substances that make life possible.
- For every chemical reaction within the human body, enzymes are required.
- Without enzymes, no activity would take place at all.
- Vitamins, minerals and hormones would be unable to do any work without the aid of enzymes.



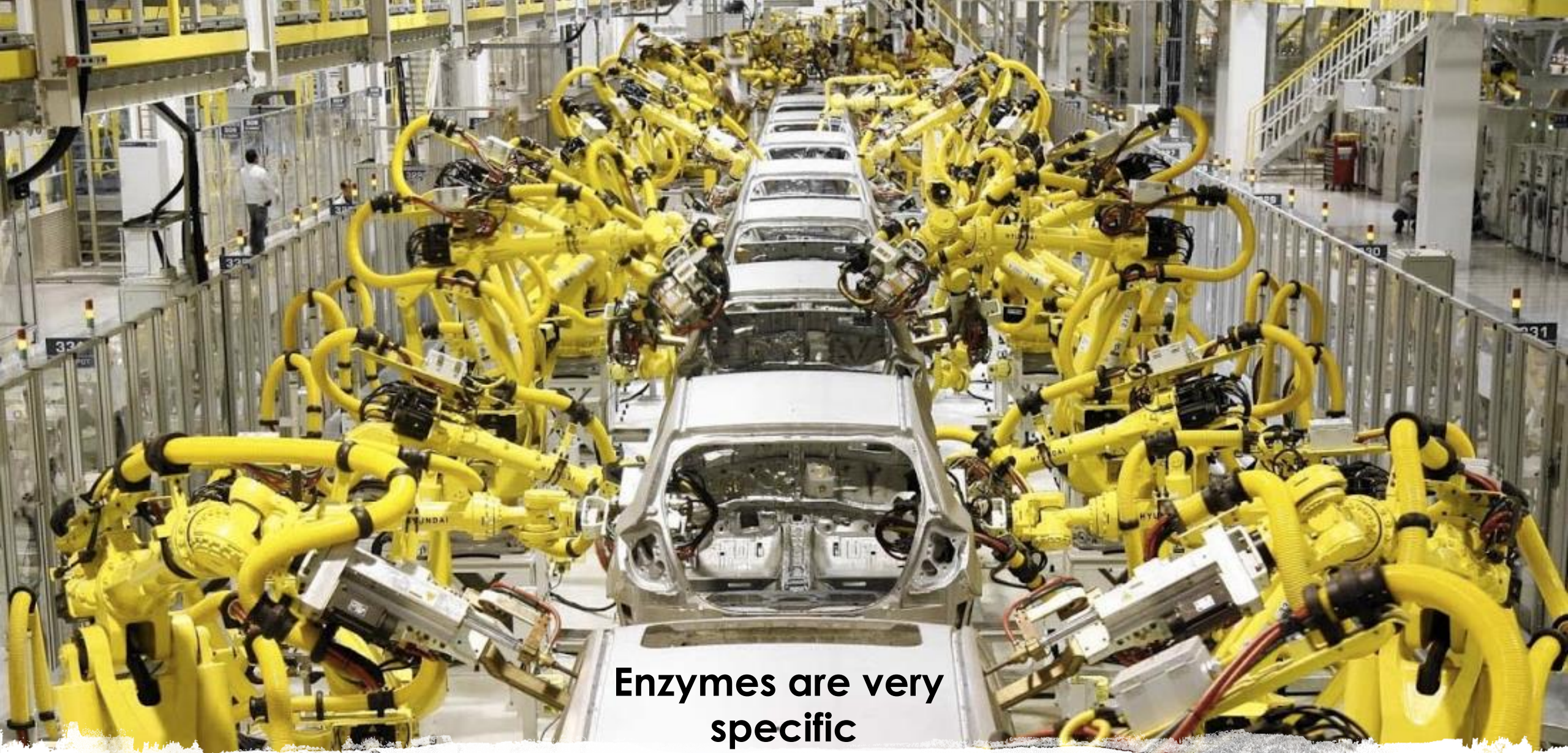
What Destroys Enzymes?

Although many wonderful things are now available in our modern age, not all is good.

These common processes destroy enzymes and are shown to be linked to enzyme depletion:

- Bovine growth hormone
- Cooking at high temperatures
- Excess intake of unsaturated and hydrogenated fats
- Fluoridated water
- Heavy metals
- Hybridization and genetic engineering
- Irradiated food
- Mercury amalgam dental fillings
- Microwaving
- Pasteurisation
- Radiation and electromagnetic fields
- Root canals





Enzymes are very specific

Imagine a car assembly line with the help of huge robots. Each robot can only perform one job – maybe attaching a door to a car. It's the same with enzymes... each enzyme can only perform one function and will repeat it over and over.

Each food comes packed with its own set of enzymes to digest that particular food.

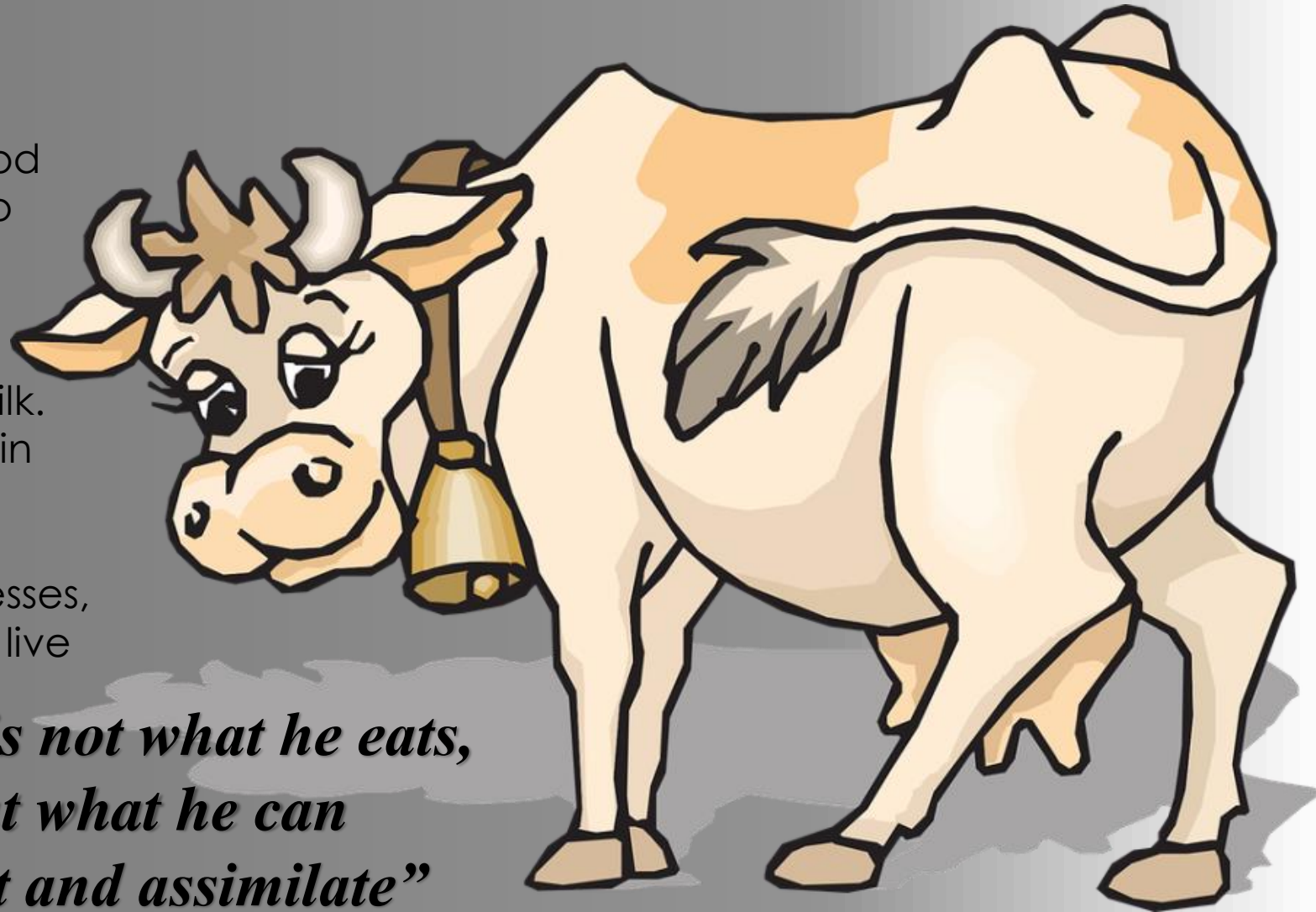
They are living molecules but once food has been cooked, the enzymes are no longer living.

Examples:

- Pasteurisation kills the enzymes in milk.
- Microwaving destroys the enzymes in foods.

Undigested food is behind a lot of illnesses, which are caused through the lack of live enzymes in our food.

*“Man is not what he eats,
but what he can
digest and assimilate”*



Health Conditions caused by Enzyme Deficiencies

Protease enzymes digest animal proteins

- Anxiety
- Appendicitis
- Bacterial and viral infections
- Bone problems
- Cancer
- Depressed immunity
- Kidney problems
- Water retention

Lipase enzymes digest fats

- Cardiovascular problems
- Chronic fatigue
- Diabetes
- Dizziness
- Hardening of the arteries
- High cholesterol
- Obesity
- Spastic colon

**Do you
relate to
any of
these?**

Amylase enzymes digest non-fibre carbohydrates

- Asthma
- Bronchitis
- Canker sores
- Emphysema
- Fungal infections
- Herpes
- Hives
- Liver or gall bladder disease
- Rashes

Cellulase enzymes digest fibres

- Acute food allergies
- Bloating
- Candidiasis (bowel and vaginal yeast infections)
- Facial pain or paralysis
- Gas



Eat Raw as much as you can

To aid your enzyme supply, try to eat a salad or side-salad with your meals.

Anything that is still raw will contain enzymes, but if everything you eat has been cooked, you'll soon start to experience problems with enzyme depletion.

- Raw fruit
- Raw salad vegetables
- Raw vegetables
- Raw honey
- Raw nuts etc. etc. etc.

I always recommend that you never put off going to see your health practitioner if you feel you have any condition that needs attention.

Meanwhile, it won't hurt for you to take a **broad spectrum digestive enzyme** supplement which you can find at your local health food store.

