

Question:



What natural modifier helps lighten your load and acts as a catalyst for specific reactions?

Give Up? – It's your body's natural food enzymes!!

Enzymes are involved in every process of the body. We could not live without them! Since 1968, fifteen hundred different enzymes have been identified. These microscopic modifiers act upon other substances and alter them, yet remain unchanged themselves.

Enzymes are recognized by name – each ends with “asa” and in most cases, the name reveals the function. (It might help to remember a little Latin): Protease acts upon protein, lipase acts upon lipids (fats), cellulase acts upon cellulose (vegetable fibre), and amylase acts upon starches (amylum in Latin). These are the four categories of food groups.

It is important that we preserve the body's enzyme level in order to ensure maintenance of health. Enzymes are involved in every metabolic process: the Immune system, the bloodstream, the liver, kidney, spleen, and pancreas as well as in the function of our eyes, brain, and lungs.

In order to make sure the systemic effects of enzymes are achieved, active enzyme molecules must be readily available in the small intestine.

At birth, we are given enzyme reserves so for good health over many years, it is wise to be cautious with that reserve.

There are two ways to help preserve the body's enzyme levels:

1. Eat Raw Food

Living foods from planet earth are raw foods.

Enzymes in food are destroyed when cooking temperatures exceed 129 degrees F. This includes cooked, boiled, stewed, micro waved, pre-cooked then frozen, fried, baked, steamed, processed or refined. Baking bread kills enzymes. Processing pasteurized milk and milk products destroys enzymes. Canned juices may have vitamins and minerals but the heating process destroys enzymes. In our “hurry up” lifestyle of convenience, many foods are enzyme deficient which in turn creates an imbalance in organs thus opening the door for dis-ease.

Mother Nature placed enzymes in food to aid our digestive process. If “she” did not, we would quickly use up our birth reserves. Independent scientific studies have shown that enzyme reserves decrease with age. The more enzyme deficient cooked foods we eat, the quicker the reserve is depleted.

2. Enzyme Supplements

If there is an enzyme deficiency in the body, symptoms may include irritable bowel, allergies or joint and muscle pain after exercise.

Every day, enzymes are involved in an astounding number of metabolic processes such as breathing, growing, digesting, producing energy, conducting nerve impulses, clotting blood, recovering after exercise and helping to balance complex processing functions within the immune system.

For many people, it is difficult to eat a diet of raw foods; therefore, taking a natural enzyme supplement before meals helps to provide an adequate amount of enzymes available to cellular tissues.

Spring time is a wonderful time to eat fresh, local, raw foods. Greens and sprouts are packed with nutritious enzymes as well as minerals. Choose from beet greens, collards, dandelion greens, kale, parsley, swiss chard, turnip greens and as well as enzyme packed sprouts from alfalfa and broccoli seeds.

When choosing a digestive enzyme product, it is important to have the proper enzyme formula necessary to reach the appropriate target. At our clinic, Wellness Natural Health Centre, we offer a variety of natural digestive enzymes that relate to any enzyme deficiency a person may have due to a particular health challenge.