

LIFE CANNOT EXIST WITHOUT ENZYMES

- Enzymes are needed for every chemical reaction that takes place in the body.
- Enzymes are catalysts. They make things work.
- Enzymes are connected to every working organ in our body and run our life's processes.
- Enzymes are needed by vitamins and minerals to accomplish their delivery within the body.
- Enzymes are required by all food to create an enzymatic action to be digested.
- Enzymes are destroyed by processing food or cooking food over 116 degrees.
- Enzymes can prevent partially digested proteins from putrefying, carbohydrates from fermenting and fats from turning rancid within your system.
- Enzymes from plant sources become active as soon as they enter the body. It takes moisture and heat to activate them.
- Enzymes from an animal source only work or are activated within the small intestine in an alkaline setting of 8.0 pH.

ARE ENZYMES IMPORTANT?

At about 115 degrees all enzymes are destroyed. Canned juices may have vitamins and minerals but the heating has made the enzymes inactive. Roasted breakfast cereals that we feed our children are devoid in enzymes. Food processing, refining, cooking and more recently the advent of micro-waving are detrimental processes that are causing dramatic changes in how we eat. Our food has been rendered enzyme-deficient and may be causing imbalances in our organs, acting as predisposing cause of disease. This causes unwanted stress on the body tissues decreasing the longevity of the body.

FOOD ENZYMES AID DIGESTION

- God has placed enzymes in food to aid in the digestion process instead of forcing the body's enzymes to do all of the work.
- We inherit an enzyme reserve at birth and this quantity can be decreased as we age by eating an enzyme-deficient diet.
- By eating most of our food cooked, our digestive system has to produce all of the enzymes, thus causing an enlargement of the digestive organs.
- To supply such enzymes, the body draws on its reserve from all organs and tissues, causing a metabolic deficit.
- If each of us would take in more exogenous enzymes, meaning those from outside sources, our enzyme reserve would not be depleted at such a rapid pace.
- A point of paramount importance is that a percentage of enzymes which are taken orally, or the ones already present in raw food, can be absorbed in the intestines and utilized in the body's metabolic processes helping to prevent enzyme depletion. **This is one of the most health-promoting measures that one could implement into your daily lifestyle.**

The body is not maintained by the food intake into the body but by what is digested in the body. Food is only fuel for the body. We must eat more than enzyme deficient food; we must eat lots of fresh fruits and vegetables for good health.

You can live for many years on a cooked diet but eventually this will cause enzyme exhaustion that lays the foundation for a weak immune system and ultimately it may lead to distress in the body.

You can readily see why enzymes are a very important supplement.