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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Enzyme Products for Digestion

By Chester Ku-Lea

Most raw food, like our bodies, is very perishable. When raw foods are exposed to temperatures above 116 degrees, they start to rapidly break down, just as our bodies would if we had a fever that high. One of the constituents of foods which can break down are enzymes. Enzymes help us digest our food. Enzymes are proteins though, and they have a very specific 3-dimensional structure in space. Once they are heated much above 118 degrees, this structure can change.

Once enzymes are exposed to heat, they are no longer able to provide the function for which they were designed. Cooked foods contribute to chronic illness, because their enzyme content is damaged and thus requires us to make our own enzymes to process the food. The digestion of cooked food uses valuable metabolic enzymes in order to help digest your food. Digestion of cooked food demands much more energy than the digestion of raw food. In general, raw food is much more easily digested that it passes through the digestive tract in 1/2 to 1/3 of the time it takes for cooked food.

Eating enzyme-dead foods places a burden on your pancreas and other organs and overworks them, which eventually exhausts these organs. Many people gradually impair their pancreas and progressively lose the ability to digest their food after a lifetime of ingesting processed foods.

Lack of digestive enzymes can be a factor in food allergies. Symptoms of digestive enzymes depletion are bloating, belching, gas, bowel disorders, abdominal cramping, heartburn and food allergies.

Digestive enzymes are proteins specially tailored to break down foods into nutrients that your body can then readily digest. The human body produces some 22 different digestive enzymes. Many more are found in the fruits, vegetables, meats, grains, and other foods.

When you eat a meal, digestive enzymes that are released from your salivary glands, stomach, and small intestine immediately get to work to speed up the digestive process. Each enzyme acts on a specific type of food.

Bromelain

Derived from the stems of pineapple, it is known for its healing and anti-inflammatory properties. This natural digestive enzyme may also be helpful as a diet aid. Pineapples have had a long tradition as a

Enzyme Products for Digestion

medicinal plant among the natives of South and Central America.

DGL (Deglycyrrhizinated Licorice Root)

A natural antacid, where the glycyrrhizinic acid component of the root has been removed. DGL may stimulate our bodies defense mechanisms resulting in improved quality of mucous, lengthening of intestinal cell life and enhanced microcirculation in the gastrointestinal lining.

Papaya

A tropical fruit containing active enzymes that help improve digestive and metabolic functions. Derived from the fruit, inner bark and stems, Papaya Enzymes contain a high concentration of papain, a protein–digesting enzyme that quickly metabolizes the protein in foods.

Chester is a health nutrition consultant and is the owner of

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of premium health nutrition and sports supplements.

Enzyme Solutions

By Melissa Gordon

Many health problems can be treated with Enzymes. Gas, lactose intolerance, food allergies, poor appetite, intestinal disturbances and autism are just a few of the conditions that respond dramatically to enzyme based therapies.

Enzyme Rich foods:

Organic or not, fresh or frozen:

Pineapple

Mango

Papaya

Fresh organic OR frozen:

All other fruits and vegetables except potatoes

* Note– Best if juiced because the pulp is hard to digest and depletes enzymes.

Goat's milk, full fat

Goats milk cheeses, full fat–no powdered milk

Yogurt

Sour cream (with active cultures)

Enzyme supplements; The quality of these varies greatly.

Enzyme Products for Digestion

–Isotonix® Digestive Enzyme Formula with Probiotics

Raw Grass–fed:

Meat—especially bone marrow/soup bones, heart and Liver.

yogurt

Cheeses

Milk

egg yolks

Goat's milk

Goat's cheese

*Note—Infection prevention is obtained easily by taking fresh garlic, hot chilies and yogurt with raw animal foods; garlic and chilies kill fungus, bacteria and parasites, yogurt bacteria serve as formidable competition against bad bacteria and fungus.

Wild game meats and eggs

Raw wild game (although this can be risky, it's less risky than eating raw meat from chain groceries)

Some of the worst foods for gas, autism and other enzyme linked illnesses are:

Fresh non–organic fruits and vegetables from your local grocery.

Regular milk from your local grocery store, especially reduced fat.

Regular cheese from your local grocery store— if it contains any powdered milk or fat reduced milk and most of them do.

Powdered milk products of any kind.

Unfresh, cooked soy/corn fed meats.

*Note—At least half the meat in most grocery stores falls under this category. Ground beef is the most risky because it decays faster and is more easily infected by bad bacteria. Also, nationally known investigative reporters tested meat and found it's common for grocery stores to repackage old meat with new dates, bleach and dye red old meats, etc.

Nuts

Beans

Egg whites

Mushrooms

*Note—these foods contain enzyme inhibitors

References & Resources:

–Isotonix® Digestive Enzyme Formula with Probiotics

–Organic Trade Association: nutritional analysis of regular produce and organic produce

–Weston A. Price Foundation

– National Database of Grass–fed Beef and Free–Range Poultry

– National Database of Organic Produce

Melissa is a health writer and researcher at <http://www.suppressedhealth.com>.



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