

Enzymes: A Natural Digestive Aid

What is an Enzyme? Enzymes are the protein molecules responsible for certain functions in the body such as food digestion, building bones and tissues, and aiding in detoxification. In his book "Food Enzymes", Dr. Humbart Santillo gives the analogy that proteins are the light bulb and enzymes are the electrical current which lights up bulbs.

The natural food we eat contains enzymes necessary for the above-mentioned functions in the body until cooked, microwaved or processed above 118 degrees. The heat kills the enzymes, which make sit very difficult for the body to maintain proper functions.

There are three basic enzymes: food, digestive and metabolic. Food enzymes are found in natural, unprocessed food sources and aid in digestion. For example, bit an apple and leave it on the counter. It turns brown and soft due to the working enzymes. The same process happens with meats and fats. The enzymes, amylases, cathepsin and lipase occur naturally in plants and animals.

The second type is digestive. The body, to aid the food enzymes in digestion produces these enzymes. The most common digestive enzymes are protease to break down proteins, amylase for carbohydrates, lipase for fats, and cellulase for fiber.

The third type of enzymes is metabolic which are responsible for rebuilding the body. Rejuvenating the body's organs, bones, hair and tissue is done by metabolic enzymes.

When food that is cooked, microwaved or processed (food with no live enzymes) are eaten, the body is forced to draw on its own supply of enzymes, metabolic and digestive. Eventually, we deplete our reserves, pulling from the immune system to aid digestion instead of rebuilding the body and fighting illness.

Many of today's food allergies stem from the lack of certain enzymes. Joint pain and gout come from undigested proteins, fats and minerals, which form uric acid crystals that in turn get caught in joint. Yeast, a fungal growth, can start with undigested foods in the blood stream and can be compounded by white flour and sugar. Extreme fatigue maybe caused by the inability to digest proteins and fats, which can cause poor circulation.

Just be taking enzymes with the meals we eat could replenish our already taxed or depleted enzyme accounts. Help your body rejuvenate with enzymes.