

# A Touch of Life Health And Wellness Program

## Enzymes and Health

Week 3

The Energy Institute of the Healing Arts Foundation ©  
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## ENZYMES for health and Well-being

Enzymes are a natural substance that carry out every chemical action and reaction in the body and are the primary functions of life, without enzymes there would be no existence. Science has identified more than 2,700 enzymes in the human body that play a vital role in the metabolic functions of cells, tissues, hormones, blood, body fluids, fats, carbohydrates, sugars, minerals and vitamins. They are the workaholics that maintain the body's homeostasis (the maintenance of relatively stable internal physiological conditions as body temperature or PH balance).

Enzymes are protein base molecules that perform specific jobs in the body, which includes digestion, absorption, and eliminations. They repair the body after trauma, detoxify the systems, and processes neurological and mental activities.

Enzymes assist the digestive tract in reducing food into small particles to be absorbed by the intestinal tract in order to nourish the blood, tissues, muscles, nerves, bones, and glands. Enzymes play a critical role in the aging process and determine whether the body is able to maintain health.

The National Enzyme Commission identifies enzymes by the elements they act upon and place "ease" at the end of their name. For instance, protease synthesizes protein, lipase break down fats; cellulase synthesizes cellulose, amylase breaks down starch and maltase digest sugar. Some enzymes do not carry ease in their name like trypsin and pepsin.

The consumption of raw and fermented foods (sauerkraut, miso, tofu, etc, which are pre-digestible) provide their own enzymes, which assist in the digestive process. Eating these, types of food replenish the body's enzyme and aids in the maintenance and well being of the body. When cooked foods are consumed, the body has to produce enough of its own enzymes to digest the food, which depletes the body's supply. During a meal of cooked food, you should take digestive enzymes to assist in the digestion of the food and replenish the body's level of enzymes.

Enzymes are sensitive to heat and light. Enzymes decompose at a temperature of 118 degrees Fahrenheit. Most foods are cooked at about 250 to 400 degrees Fahrenheit. Food manufactures process food well over 2,000 degrees Fahrenheit to reduce and/or eliminate the bacteria in food. At this point, there is no life given properties left in the food. All the nutrients and enzymes have been destroyed and the food is a burden on the body. This causes weight gain, bowel problems and other health disparities. In children it can impede their growth and development.

When you eat processed, overcooked, chemical laced foods, the body has to produce its own enzymes in order to digest the foods, which means, if you have a health situation the body has to decide whether it will digest the food or continue to heal the body. If the body continues to heal its self, the food will not be digested. It then goes

into the body and is stored as waste, contributing to obesity, overweight conditions, hypertension, diabetes and other health disparities.

On the other hand, when you eat processed food, the enzymes are “dead” with a minimal to no life giving properties. When frozen, prepackaged, cooked and canned foods are consumed, all of the nutrient have been eliminated because of the extreme amount of heat used in their processing, causes the food to become enzyme deficient and lack nutrients. This holds true also in foods that are laced with dyes, additives, preservative, pesticides and herbicides.

During dis-ease or exercise the need for enzymes is greater. If there is a deficiency the body tries to receive nutrients from wherever it can, leaving some areas of the body depleted. In the replenishing state, the body will shut itself down, resulting in fatigue; muscle cramps, and overall body weakness. This is when you may feel tired in the middle of the day or right after exercising.

Eating raw or partially cooked food provides the body with a greater amount of enzymes, which improves ones nutritional values. Raw fruits and vegetables contain an abundance of enzymes that promotes and assists the body in maintaining health and well being. The enzymes in fruits and vegetables increase the body’s chance of preventing and eliminating health conditions. Raw foods are also full of antioxidants, carotenes, phenols, carbohydrate, fats and sugars that work in harmony to increase health.

Digestion and absorption relies on enzymes to break down food into liquids to be absorbed in the body. This is why it is important to chew (masticate) your food well. When we do not masticate our food well and it is swallowed in large pieces or eaten in the wrong combination, the enzyme “amylolytic” found in the alkaline environment of the mouth is unable to digest starch and carbohydrates. When proteins are consumed, which is a group of amino acids; they need protease a “proteolytic” enzyme to digest them in the acid environment of the stomach. If there is an enzyme deficiency protein is unable to be digested. The protein moves into the small intestine where it putrefies and causes obstructions in the bowels. Without the absorption of protein, the body will have problems with growth and development.

Fats or lipids, which are triglycerides, phospholids, and sterols, need “lipolytic” enzymes to assist in the decomposition of its structure. In cases where fats are present but there is a lack of lipases to break down them down, they lodge in other areas of the body, such as in the blood as cholesterol, or in the adipose tissues as fat. An imbalance of lipolytic enzymes results in high cholesterol, weight gain, cardiovascular disease, and other health conditions.