

## THE NECESSARY ROLE OF ENZYMES

*By Dr. Cathy*

### What are Enzymes?

Enzymes are specialized proteins that act as catalysts for virtually all necessary chemical reactions that take place within the body. Like all catalysts, enzymes are unchanged by the reactions they promote, and will initiate many reactions until they are degraded (usually by another enzyme). Millions of chemical reactions are taking place in your body every second of your life and this is essential in creating health. Enzymes become degraded due to poor eating choices and poor aging.

Digestive enzymes act as catalysts in the breaking down and assimilation of our foods. Enzymes are found naturally in foods until those foods have been cooked, frozen, juiced, processed or altered in any way. Today more than ever we are seeing the effects of aging well or aging poorly.

Our lifestyle is the major contributor to stimulating our genetic predispositions. Understanding this, we would help ourselves by taking a look at our eating patterns and re-evaluate what we eat and why.

Using enzyme supplements can benefit a healthy person to reduce the breakdown of these enzymes and to promote healthy collagen tissue (muscles, tendons, ligaments, skin and organ tissues).

A proper nourishing diet is necessary to continue to bring in new enzymes through the food we eat. If we aren't eating properly, and many of us choose to only eat the foods we like, unfortunately this leads to imbalances within the digestive zone of our bodies and will eventually create an environment for illness. What we eat, we call "diet," what our bodies need is nourishment through proper nutrition.

Allowing our likes and dislikes to govern our appetites might help us to understand why there is so much dis-ease and obesity in our society today. Many people have no true understanding of proper nourishment and don't know why eating patterns may not serve them. Our diet should be full of variety and choices so that we aren't eating the same types of foods over and over again, particularly processed foods made with refined ingredients.

This time of year we can all be challenged with unhealthy food choices. I recommend for most of my patients a regime of detoxification and balanced meals to reduce the build up of toxins that create inflammation.

Eliminative foods are best when the body is toxic and needs assistance in creating balance. **The INNERKLEAN DIET - IKD** is what I use, and I recommend detoxing at a minimum every 3 months. **We will begin the IKD January 19, 2010.** Please join us and commit to your renewal for 2010. Let us help you to understand how your body works and how you can work with it.

### The INNERKLEAN DIET consists of:

Raw unprocessed, uncooked fruits, vegetables and small amounts of whole grains. These foods contain the healthiest enzymes to replenish our bodies as we grow and change through the natural phases of life.

The Raw foods diets are successful in re-creating healthy digestion, assimilation and elimination and assist the body's natural rhythm of metabolism primarily due to the intake of healthy strong enzymes. This is the way our ancestors ate and is the natural way of eating based on years of development in our digestion. It's not what we eat but what our body can assimilate and use.



***If you have any of the following symptoms you are a candidate for including digestive enzymes or proteolytic enzymes into your supplementation:*** Joint inflammation (Arthritis), Cardiovascular problems, IBS, Digestive disorders, Fibromyalgia, Food allergies, constipation, frequent colds or Acid reflux, headaches, back pain, neck pain, bladder dysfunction.

### **The role enzymes play for you**

1. Digestive enzymes enhance the bioavailability of the nutrients in the food we eat.
2. They break down nutrients from food into chemical substances fine enough to pass through the lining of the digestive tract.

Poorly digestive foods in the GI tract become toxic:

Carbs – ferment  
Fats – turn rancid  
Proteins – putrify

If Proteins are not completely broken down due to inadequate enzymes, and absorbed into the blood stream, they can be identified as an antigen to the human body. The body will launch an immune response against this partially broken down protein causing inflammation, i.e. contributing cause of joint inflammation (Arthritis), Cardiovascular problems, IBS, Digestive disorders, Fibromyalgia, Food allergies, constipation, frequent colds or flus, acid reflux, headaches, back pain, neck pain, bladder dysfunction.

### **Enzyme Function**

After the enzymes break down nutrients into bio-available substances these nutrients can enter the bloodstream and be utilized by the cells.

### **Enzymes**

- Burn fats and release energy
- Feed cells and increase mental clarity
- Organs operate more efficiently
- Decrease food allergies
- Increase Immune System function
- Reduce Inflammation
- Promote Detoxification

### **Digestive Enzymes**

- Improve Immune system
- Decrease recovery time from muscle breakdown
- Speed up tissue repair
- Reduce allergic reactions
- Help with the elimination of bodily waste
- Help control inflammation

This month we are launching some great supplements that you will want to know about. January is the month of renewal and we are introducing several healing principles (IKD) and health restoring supplements:

- 1. Original Medicine's Multi-Digestive Enzymes** ~ support normal digestion of food for gastrointestinal health, regularity and normal bowel function.
- 2. Metagenic's EC Matrixx** ~ our "wobenzyme" product
- 3. Numedica's Fiber Factors** ~ a must for digestive and elimination disorders!
- 4. Neuroscience Daxitrol** ~ reduces cravings that can induce inflammation.
- 5. Neuroscience Avipaxin** ~ decreases inflammation.
- 6. Oceans 3 Healthy Hormones and Better Brain Fish Oils** ~ high in anti-oxidants that scavenge free radicals and support anti-aging.

