

Digestive Enzymes

May Help You to Feel Better..

- by Mrs. Esther Farley

Preface by Arthur R. Davis, Jr. M.D.:

In this day of hype for nutritional supplements, little is heard about enzymes. As this article points out, it is very worth one's while to learn about these and use them to enhance health and healing. In my practice, I have been using these for many years and found them to be a wonderful adjunct to healthy eating.

As you read this, ask yourself, "How could these help me?" Remember, however, that everyone's body is different. If you try them and don't feel good, stop them. Another bit of wisdom, start small and build up – take just a pill (capsule) or two and then more if they are needed. As always, listen to your body! Enjoy this article for better health and happiness.

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Do you know the story on Enzymes? Where there are no enzymes, there is no life. Enzymes are catalysts, composed of long chains of amino acids. Co-enzymes, which come from essential vitamins and minerals, are needed for enzymes to function effectually. Enzymes change food to usable form and are produced in the mouth, the stomach, the pancreas, the liver and the intestinal tract.

Most of us are born with properly working organs that produce the correct number of digestive enzymes for our bodies to function properly. They are compounds containing vitamins that need to be stimulated by minerals to carry on the work of the cells. The main three categories of enzymes are:

- **metabolic enzymes work in blood and organs**
- **metabolic digestive enzymes work with the digestive organs**
- **and food enzymes, found in all raw food like fresh fruits, veggies and herbs, aid the digestive process.**

There are less than 20 digestive enzymes. They are necessary before proteins can be converted to amino acids, or starches and complex sugars converted to simple sugars and fats to fatty acids and glycerol.

Adelle Davis explains, in her book "Let's Get Well", that a large number of nutritional deficiencies can prevent the correct use of enzymes so that foods are not digested nor absorbed efficiently creating bacteria and tremendous amounts of gas. Food will also stay in the stomach and colon longer and cause problems.

Tonita d'Raye, in her book called "Food Enzymes", says that such digestive complaints as heartburn, gas, bloating and belching can be early signs of enzyme deficiency. Others include headaches, stomach aches, diarrhea, constipation, chronic fatigue, yeast infections and nutritional deficiencies. These maladies

happen so often we consider them normal and doctors treat such problems with Tagament, Zantac and Prilosec. Drugs such as these treat the symptoms, but not the problem itself!

According to Dr. Edward Howell, in his book called Enzyme Nutrition, when we eat incorrect food our body uses too much of its enzyme bank account trying to digest it so there's not much left over for basic life functions.

Conditions that can deplete enzymes in food are cooking (heating above 118 degrees), drugs/medicines, alcohol, fluoride, free radicals, and canning. If we do not add enzymes at this point we end up with fatigue, stuffy nose, asthma, sneezing from allergies, blocked sinuses, or skin rashes. Reaction to undigested food has been implicated as the cause of over 90% of allergies.

Anyone can become enzyme deficient at any age if diet and lifestyle choices are poor. Nutrient loss also comes from pasteurization, sterilization, radiation, freezing and microwaving. They either cause food enzymes to be inactive or alter their structure. Typically a newborn baby will have 100 times more enzymes in the bloodstream than an elderly person.

The specific enzymes needed are protease to digest proteins, amylase to digest complex carbohydrates, maltase and sucrase to digest complex and simple sugars, lactase to digest milk solids, lipase to digest fats and cellulase to digest fiber. When we add whole food digestive enzymes, we aren't adding something new and foreign to our system we are simply replacing something that has been artificially removed by food processing.

I had been suffering from bad migraine headaches. Once I found information on digestive enzymes in Adelle Davis's book and started taking them with each meal, I stopped suffering from the migraine headaches. Within a half hour to an hour after eating some food that bothered me, my face would begin to feel flushed. This warned me to take a digestive enzyme and forego the headache. What a blessing!

She reminds us when any digestive disturbance prevents an adequate diet from being eaten, enzyme tablets with bile should be taken— the number depending on the amount of gas formed. Start with one a day to slowly begin to cleanse toxins from the body. Starting anything new should begin slowly and build it up to the suggested dosage of maybe 3 or 4 at the beginning of each meal and 1 or 2 between meals are needed at first to guarantee some absorption. As soon as no digestive disturbances are noticeable, the number may be gradually decreased.

Tonita d'Raye wrote that one can rejuvenate, reinvigorate and revitalize our body with digestive enzymes. They are responsible for building, detoxifying and healing, plus regulating many other biochemical functions taking place every day in the body. This includes breathing, growing, smelling, tasting, stimulating nerves, defending the body against disease, regulating hormones, plus building organs, glands and tissues.

European studies have proven enzymes can be taken over long periods of time, at relatively high dosage, with no harmful side effects. The only precaution, after many studies, are to pregnant women and nursing mothers because of

absorption by the baby? And caution for hemophiliacs, as enzymes could further inactivate blood coagulants and cause bleeding. Therefore, one is advised not to take them immediately before or right after surgery. And patients on blood thinners should consult their doctor before taking enzymes. They also could enhance the effects of prescribed medicines so it's a good idea to check with one's doctor about this.

Mrs. Farley says that she, her husband and their son have all benefited from the use of digestive enzymes. Mrs. Farley lives in Ohio and sent us this article to share with her friends in Perris.

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