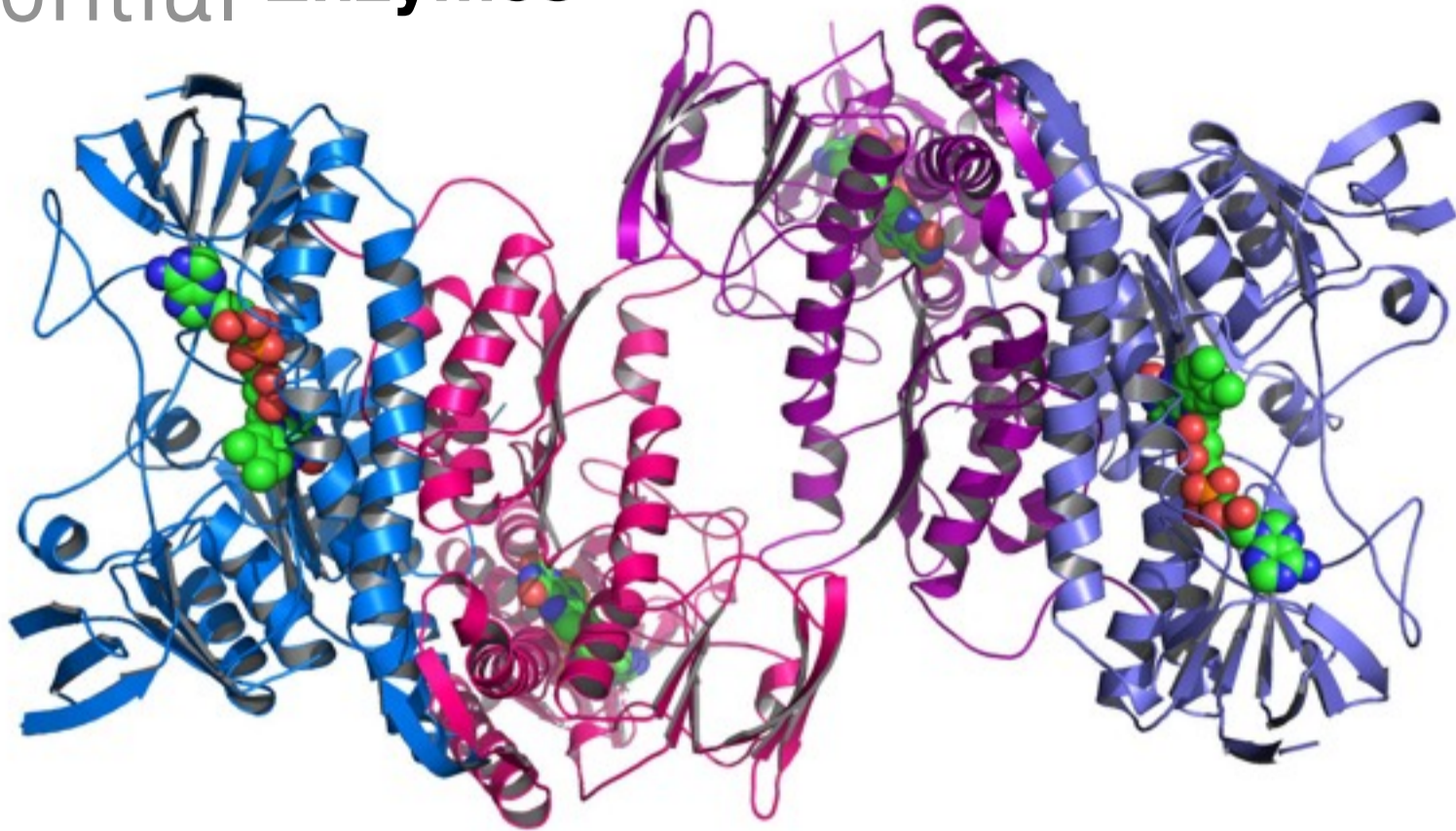


Essential Enzymes



If everything you're eating is not fresh, raw or juiced, you need extra enzymes to keep your immune system healthy.

In 1932, Dr. Edward Howell, physician and researcher, showed that food in its fresh, raw state, contains its own enzymes that digest raw food, making nutrients available to cells. Dr. Howell's research further revealed that a dramatic improvement in health and longevity is attained when food "self-digests", using its own naturally-occurring enzymes. This is only possible when food is eaten raw, since cooking destroys enzymes. The refining of food and various cooking methods, render the modern diet enzyme depleted. Consumption of an alkalizing diet lays the foundation for optimal digestive and metabolic enzyme activity. Juicing provides significant alkaline forming, enzyme rich nutrients. See previous article on pH.

In 1947, Dr. William Hanson developed a way to extract certain plant enzymes which, when added to a person's diet, had the unique ability to provide exactly the same digestive activity as food enzymes in the human digestive tract. There are literally millions of enzymes active in the human body. Enzymes stimulate your nervous system, make your heart beat, keep you breathing, digest your food and enable you to think. Enzymes are the catalyst that turns food into energy, allowing muscles to move and grow.

Your body gets enzymes from two sources; those it makes and those it ingests.



Nature has endowed all foods in their natural, uncooked form with the enzymes to digest protein, fiber, fat and carbohydrates. Enzymes allow every cell in your body to perform all the complex processes required to sustain life. Digestion in particular, the basis of immunity, relies on specific enzymes secreted by cells in the digestive tract and pancreas to release valuable nutrients from your food. Plant enzyme supplements help digestion of food in the stomach as well as in the small intestine, reducing the load on the pancreas and immune system.

THE FULL BURDEN OF DIGESTION FALLS ON YOUR OWN DIGESTIVE SYSTEM, WHEN ENZYMES ARE MISSING FROM YOUR FOOD.

In a perfect world, we would all be eating mostly raw food rich in enzymes for complete digestion. As we age, it becomes increasingly important to support digestion with enzyme supplements, particularly when it comes to cooked food.

Each time we eat cooked food, enzymes typically involved in immune response, are used to aid digestion, at the expense of our immune potential.

Decades of eating mostly cooked food exhausts our digestive and immune enzyme reserve by age 70 – 75. Over time, blood becomes sticky and builds up with impurities and foreign proteins. Our magnificent self-healing, self-regulating systems including

cardiovascular, renal, liver, brain, immune, lymph and digestion all benefit from blood that is charged with negative ions for best circulation and oxygen, particularly for the brain.

The plant-world provides us with Chlorophyll, the essential blood builder. Juicing is the way to get enough chlorophyll, minerals and real proteins (amino acids) that are alkaline forming, compared to animal protein, which leaves an acid residue.

An alkalizing diet is also more supportive for proper kidney and lymph function whereas animal product consumption stresses kidney and putrefies in the bowel –

“...try adding digestive enzymes.”



creating more acid. Now, if the meat, egg or fish was raw when consumed, then its own enzymes would facilitate self-

digestion. But most of us

barely eat enough salad, let alone raw nuts, raw seeds, raw vegetables, fruit and raw oils like flax and coconut. Okay, some of us eat sushi, but how many of us eat steak tatar? That's got raw egg, raw onion, raw cow, raw capers... Mmm... yummy!

Digestive enzyme supplements are capable of breaking down almost any meal including hard-to-digest foods like milk, cheese, broccoli and beans, into nutrients the body needs, without gas and bloating.

Milk and cheese can be extremely inflammatory and disruptive to the mucosal membrane including sinus, lung, digestive tract, bladder, prostate, in young and old.

The enzyme lactase is present in raw but not pasteurized (cooked) dairy that would otherwise minimize lactose problems.

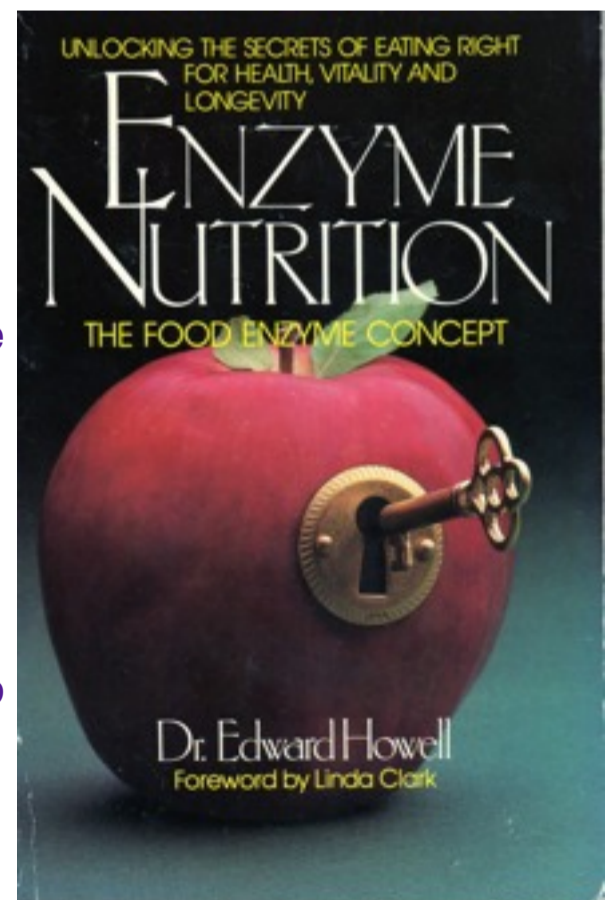
Regardless, I am not an advocate of dairy products as a preferred source of nutrients. Some individuals experience digestive difficulty because normally easily digested starchy foods such as rice, potatoes and pasta, are not completely broken down.

Maltase assists in the final breakdown of maltose, a disaccharide from carbohydrates. Other sometimes difficult to digest foods include grains, legumes and vegetables such as broccoli, cauliflower, cabbage. Adequate chewing often resolves discomfort.

Fermentation by intestinal bacteria on the sugars in these foods (raffinose, stachyose and verbascose) results in the production of gas. Alpha-galactosidase and invertase are two enzymes that break down these resistant sugars.

Vitamins and minerals must team up with enzymes to perform the body's basic functions. If you are not experiencing the benefits you expected from your dietary supplements, try adding digestive enzymes.

Caffeine, alcohol, colds, fever, pregnancy, stress, strenuous exercise and extreme weather conditions are just a few things that use up your enzymes daily. Adding nutritional enzymes to your diet enables you to bring this constant drain on your valuable enzyme supply under control.



Decline in pituitary gland function has been noted in both humans and animals with cooked food having effect on the entire endocrine system.



Another dysfunction correlated to enzyme deficiency is stubborn weight gain.

Cooked oils destroy lipase needed for essential fatty acid metabolism. Cholesterol, liver, gallbladder, cardiovascular, nerve, brain,

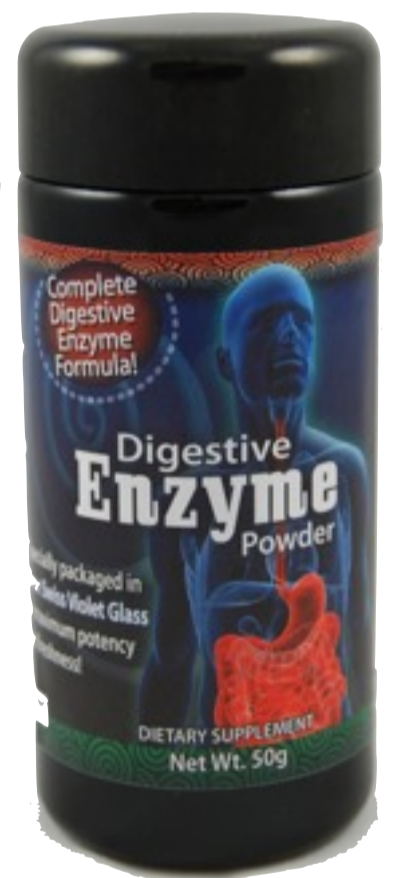
skin, energy, bone metabolism all depend on fats that are not damaged by heat. The membrane of every cell in the body is comprised of essential fatty acids plus water. Cooked oils weaken cell membranes that expose the nucleus and organelles where cell energy is produced.

In light of the vital role food enzymes play in maintaining optimal health, I use a pure digestive enzyme powder sprinkled on food for more efficient digestion, compared to swallowing a capsule. About 1/8th of a teaspoon is all that is needed to digest a typical meal.

Meat, dairy, cooked oil, microwaved food needs a little more.

immunologic's Digestive Enzyme Powder is complete, tasteless, odorless and free of fillers, flow-agents and other unnecessary excipients common in capsules and tablets.

The powder is more economical and it's packaged in Miron Swiss Violet Glass for maximum potency and freshness. Available at immunologic.net



Clive Buirski's diagnosis of cancer in 1985 set the stage for his diverse experience in clinical nutrition, supplement manufacturing and kinesiology. 27 years ago, Clive had radical surgery that included the removal of 80 lymph nodes along with an adrenal gland and testicle.

Since then, Clive has helped thousands of individuals improve the quality of their

health. Clive's experience in dietary supplement manufacturing and teaching of kinesiology to health care practitioners has enabled him to simplify and fine-tune the nutritional needs of the whole family.

Clive has a nutrition practice in Round Rock, TX and manufactures a line of whole food concentrates. Two key elements of Clive's practice is the use of earthing (grounding) devices and the Amethyst Biomat. Earthing and thermotherapy (Biomat), combined with immune specific nutrition, promotes unparalleled healing potential. <http://immunologic.net>