

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 372nd Newsletter, I want to give us a chance to consider Enzymes and the effects they can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

THE LIFE FORCE OF ENZYMES, and their Secret POWER to Massively HEAL so many ACHES, Pains and serious ILLNESSES... is a Total BLIND SPOT for many of US!!!

Most of Us, relate to the word ENZYMES as only a DIGESTIVE chemical of some sort ... a VERY VERY BIG MISTAKE. In this Newsletter, if you gift yourself the GIFT, you will discover the HIDDEN POWER of ENZYMES. You will discover that they have everything to do with a TON of the every day aches and pains and all sorts of ILLNESSES.

Literally, Enzymes have everything to do with our WELLNESS overall and in a massive way. I invite you to learn what you DONT KNOW, and that you don't even suspect, that will MAKE A ENORMOUS DIFFERENCE for you and the people that you love!!!

Do you or someone you care about suffer from bloating, constipation, dull skin, fatigue, headaches, indigestion, insomnia, allergies joint pain, frequent colds or weight gain? Perhaps you or those in your

life have even more serious conditions such as heart problems, immune depressed conditions or cancer. Read on because even if you do not deal with any of these now, the chances are that sometime in your life you will face into health conditions for you or someone you love and the beginnings of those conditions could be happening now and you don't even know it.

This weeks Newsletter will point you to important elements in our bodies that are at the source of many physical, mental and emotional conditions ... enzymes! You may have heard about enzymes – it may just conjure up images of digestion or perhaps you actually take some kind of digestive enzymes. But did you know that there are an estimated 50,000 in our bodies, performing over 7000 reactions, each with a different function? As a matter of fact enzymes combined with co-enzymes form nearly 10,000 various chemicals in the human body. That means if our enzymes are not balanced there is a health condition being created!

In this Newsletter we are going to go beyond the obvious and give you the real facts about enzymes, what they are, what they control in our bodies, how deficiencies impact us and how to balance your enzymes completely naturally.

Enzymes are proteins that are required for every single chemical action that takes place in your body. The protein part is the exterior shell but enzymes are the bioelectric part that increases our electromagnetic frequency. Enzymes run each of your cells (all one hundred trillion of them), organs, bones, muscles, and tis-

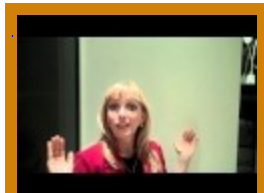


CAROLINA ARAMBURO

sues. Your DNA/RNA, digestive system, immune system, bloodstream, liver, kidneys, spleen, pancreas and etheric body, as well as your ability to see, think, feel and breathe, all depend on enzymes.

They govern every metabolic function including your stamina and your energy level. Without them the vitamins, minerals, nutrients and hormones in your body will not work properly. A single enzyme can cause one trillion reactions in one second and still not use up its individual substance.

Out of the 50,000 estimated enzymes in our bodies science has still only identified the functions of approximately 3000 of them. Digestive enzymes, which are the main kind that many of us are more familiar with, only account for 24 of the identified ones. Digestive enzymes break down every particle of food we eat so that they can be released and absorbed. Most of them work in our small intestine but a few of them are also found in our stomach and our mouth. (Cont. on next page)



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Dr. Edward Howell, whom many consider the father of food enzyme research in the twentieth century and author of *Enzyme Nutrition, The Food Enzyme Concept*, points out that *enzymes are not simple chemical catalysts, but have this vital life force that initiates biochemical interactions.* Ann Wigmore, the mother of the raw-foods movement in America, said, "*enzyme preservation is the secret to health.*" Howell taught two key concepts:

1. Enzymes are living, **biochemical** factors that activate and carry out all the biological processes in the body, such as digestion, nerve impulses, the detoxification process, the functioning of RNA/DNA, repairing and healing the body, and even thinking; and
2. The capacity of an organism to make enzymes is **exhaustible** meaning that a high demand for digestive enzymes **depletes** your body's production of metabolic enzymes, which every cell in your body needs in order to function. Therefore, on the biological level, how we utilize and replenish our enzyme resources will be a measure of our **overall health and longevity**.

Humans consuming an **enzyme-less** diet use vast quantities of their enzyme potential from pancreatic secretions and other digestive organs, perhaps resulting in **shortened lifespan**, illness, and lowered resistance to all types of **stress** (physical, mental and emotional), which leads to illness and disease.

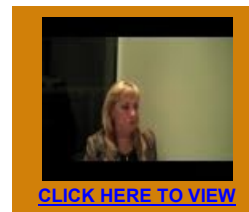
Due the condition of our planet including the **depletion of our soil**, the massive amount of chemicals in our foods, cooking our food and irradiating our food enzymes can no longer be used in their full potential in even a **seemingly** balanced average diet. This means our bodies must produce more on it's own. We are suffering from **enlarged organs** as they stress

themselves to try to manufacture the enzymes we need from the limited amount of enzymes we now take in. Add to that the fact that over **60% of the population** has some type of digestive disorder and **imbalanced acidic pH levels** and this creates a lack of optimal digestive function. This is both cause by an enzyme deficiency and creates a bigger enzyme inadequacy. You can quickly see these very enzymes that are so critical to us are **not sufficient** for our health and longevity with a basic Standard American Diet.

It is a sad fact that **90 percent** of the food Americans alone buy is processed food. Diets heavy in food that is cooked (Heating your food above **105 degrees F** renders most enzymes inactive), fried, processed, pasteurized, irritated, microwaved or contains sugar, chemicals or hormones (i.e.. dairy products, meat) along with environmental chemicals and the overuse of **pharmaceutical drugs** such as antibiotics, deplete your body's ability to make enzymes.

Here is a list of some of the actual **importance functions** of Enzymes:

- They increase our general **energy** level and vitality plus transfer and store energy
- They aid in detoxifying the body by carrying away toxic wastes
- They are catalysts that make digestion and all metabolic processes work, getting nutrients to our cells
- They are living proteins that direct the **life-force** into our basic biochemical and metabolic process
- They repair our **DNA/RNA**
- Manages overgrowth of foreign bacteria, fungus, etc.
- They make active **hormones**
- They balance and enhance many aspects of our **immune** system by decreasing and minimizing the immune-mediated inflammation of joints and increasing white blood cell efficiency



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

- They prevent blood clots and almost all **vascular disease**, clean the blood and prevent vascular disease from progressing
- They have **anti-inflammatory** and analgesic effect and so decrease pain
- They break down fats and seem to increase the healthy high-density lipids and decrease and regulate cholesterol and triglyceride levels
- They absorb **oxygen**
- They fighting infections and heal wounds
- Reduce fibrosis and scar conditions
- They **slow the aging process**

Enzymes are generally classified into three categories:

- **Metabolic/Systemic enzymes** exist throughout the body in organs, bones, blood and within the cells themselves. They are responsible for the growth of **new cells** and the maintenance of body tissue. They build various tissues, transfer compounds from one molecule to another, oxidize things, (Cont. on next page)

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reduce things, etc. They also **destroy foreign proteins**, which include viruses, bacteria, yeasts, other parasites, abnormal cells such as cancer cells and excessive antibodies that the body is producing such as in cases of autoimmune diseases.

- **Food enzymes** are present in raw and naturally **fermented** foods, making them easily digestible. High temperatures destroy these enzymes, which is why cooked foods do not contain them.
- **Digestive enzymes**, which we produce ourselves, help our gastrointestinal tracts to breakdown food and to handle **difficult-to-digest** substances. They help the body break down fiber (cellulase), protein (protease), carbohydrates (amylase), and fats (lipase). This category includes enzymes made by the pancreas, in saliva, stomach, and intestinal cells.

When you don't have enough enzymes to **adequately** digest your food, several things happen:

- You become deficient in **proteins, carbohydrates, and /or fats** depending on which enzymes you are missing
- You then crave the missing nutrient
- By eating excessive amounts of the nutrient you can't digest, it can build up in your **colon** and become **toxic**.
- You absorb large chunks of proteins (instead of breaking them down to their component **amino acids**). Your **immune** system then has to treat them as outside invaders and use up its energy digesting those foods that make it into your bloodstream. This can **exhaust** your immune system while contributing to food sensitivities. If you check you may find that your temperature goes up around 40 minutes after eating as your immune system has to make up for a weak digestive system

- Your body **works poorly** because of the nutritional deficiencies. You feel poorly and have digestive disturbances.

There are several **primary digestive enzymes**, each designed to help break down different types of food:

- **Protease**: Digesting protein
- **Amylase**: Digesting carbohydrates
- **Pepsin**: Digests proteins down into polypeptides and amino acids.
- **Lipase**: Digesting fats
- **Cellulase**: Breaking down fiber
- **Maltase**: Converting complex sugars from grains into glucose
- **Lactase**: Digesting milk sugar (lactose) in dairy products
- **Phytase**: Helps with overall digestion, especially in producing the B vitamins
- **Sucrase**: Digesting most sugars
- **Lactase**: This one breaks lactose (milk sugar) down into glucose and galactose.
- **Maltase**: Responsible for taking the complex sugar found in malt and grain products and changing it into glucose.
- **Trypsin and Chymotrypsin**: These two pancreatic enzymes break down proteins

It's hard to count just how many health problems and symptoms can be **caused** by a deficiency of digestive enzymes. Some of the possible **symptoms** include: Bloating, Constipation, Diarrhea, Dull skin, Fatigue, Hair loss, Hair thinning, Headaches, Indigestion, Insomnia, Joint pain, Mood swings, **Weight gain**, Rashes, Weak nails, Acne, **Allergies**, Arthritis, Chronic Fatigue, Depression, Hay Fever, Heart Problems, Hypoglycemia, PMS, Psoriasis, Sinus Infections and the Common Cold.

A deficiency of each particular enzyme can **manifest** different

types of symptoms such as:

- **Amylase Deficiency**: Skin Rashes, Hypoglycemia and Mood Swings, Depression and Fatigue, Allergies and Sinus Issues, PMS and Hot Flashes, Poor Circulation Causing Cold Hands and Feet, Neck and Shoulder Aches, Inflammation in the Body
- **Protease Deficiency**: Weakness in the Back, Fungal Irritations, Constipation
- **Lipase Deficiency**: Acne, Gall Bladder Stress and Gallstones, Hay Fever, Aching Feet, Arthritis, Bladder Problems, Cystitis and Prostate Problems, Prostate Cancer, Psoriasis, Urinary Weakness, Constipation, Diarrhea, Heart Problems
- **Combination Deficiency**: Chronic Allergies, Common colds, Diverticulitis, Irritable Bowel, Chronic Fatigue, Sinus Infection, Immune Depressed Conditions, Liver congestion/Damage, Pancreas Enlargement/Damage, Cancer

Enzymes and **enzymatic therapy** have been shown to be useful in the following situations: Cancer, Heart Disease, Digestion support, Fibrocystic breast disease, Food allergies, Hardening of the arteries (atherosclerosis), Hepatitis C, Herpes zoster (shingles), Inflammation, Sports injuries and trauma, Pancreatic insufficiency, **Multiple sclerosis**, Rheumatoid arthritis and other forms of Arthritis, Sinusitis, Asthma, Bronchitis, Autoimmune disorders, **Chronic Obstructive Pulmonary Disease**, Celiac disease, Crohn's disease, Pancreatitis, (Cont. on next page)

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Irritable Bowel Syndrome, Inflammatory Bowel Disease, Ulcerative Colitis, Congenital Adrenal Hyperplasia and Gaucher's Disease.

So how do we **increase** the enzymes in our body and protect from depleting them? One of the best answers is through eating **raw 100% live organic vegetables and fruits**, which are abundant in enzymes. The other way is to supplement with enzymes made from 100% Vegan, Organic Enzymes.

Supplementation is needed in addition to eating raw food because of 2 reasons:

1. The majority of us don't consume the massive proportion, **quality** and amount needed of PURE RAW LIVING activated foods ... we would need to literally be on a pure **1010% Hippocrates Health Institute** raw vegan diet every day.
2. The majority of us do not have, even as young as **10 years old**, an intestinal tract that is healthy enough to be able to take advantage of the enzymes that we eat even if we do eat healthy raw foods. Living in modern cities, with WiFi, stress, chemicals in the air, water, food, etc. has our intestines **not functioning** properly starting at a very early age.

Thus the majority of us need ADDED ENZYMES in the form of SUPPLEMENTS. As a matter of fact, **99% of us, 99% of the time**, need added enzymes as supplements. We also need more and more enzyme supplements the more we eat food that is **enzyme-less**, non-LIVING, non-RAW FOODS. For me this means that if I eat a Hippocrates Health Institute Salad I may need about 5 of my enzyme tablets, however, if I eat a mostly raw meal at even a very good Vegan restaurant I need **40 to 50 tablets**.

Also we need to make sure that

we attend to our **stress** as that is a major way that enzymes get depleted in our bodies since it lowers our **immune system** and our enzymes are needed to attend to that lowered immune function. We will go into more details in our next article about what foods to eat for optimal enzyme consumption and production.

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

The following Research Links will allow you to delve deeper into understanding about enzymes:

- <http://thyroid.about.com/library/news/blenzymes.htm> - The Power of Enzymes
- http://altmedicine.about.com/od/herbsupplementguide/a/Digestive-Enzymes.htm?utm_term=food%20enzymes%20digestion&utm_content=p1-main-5-ti-tile&utm_medium=sem&utm_source=google&utm_campaign=adid-b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb_ocode-12479&ad=semD&an=google_s&am=broad&q=food%20enzymes%20digestion&dqi=&o=12479&l=sem&qsrc=999&askid=b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb - The Benefits of Digestive Enzymes
- http://nutrition.about.com/od/nutrition-study-guide/f/What-Do-Digestive-Enzymes-Do-To-Food.htm?utm_term=food%20enzymes%20digestion&utm_content=p1-main-3-ti-tile&utm_medium=sem&utm_source=google&utm_campaign=adid-b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb_ocode-12479&ad=semD&an=google_s&am=broad&q=food%20enzymes%20digestion&dqi=&o=12479&l=sem&qsrc=999&askid=b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb - What Digestive Enzymes Do to Food

[20digestion&utm_content=p1-main-3-ti-tile&utm_medium=sem&utm_source=google&utm_campaign=adid-b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb_ocode-12479&ad=semD&an=google_s&am=broad&q=food%20enzymes%20digestion&dqi=&o=12479&l=sem&qsrc=999&askid=b32929ff-1f58-4c19-aab8-1e3bf33456f0-0-ab_gsb](http://www.globalhealingcenter.com/natural-health/difference-systemic-enzymes-digestive-enzymes/) - What Digestive Enzymes Do to Food

<http://articles.mercola.com/sites/articles/archive/2011/08/21/enzymes-special-report.aspx> - The Type of Food that Will Slow Nearly EVERY Inflammatory Disease...

<http://renegadehealth.com/blog/2012/04/10/digestive-enzymes-vs-pancreatic-enzymes> - Digestive Enzymes vs. Pancreatic Enzymes — What to Use for What : Exclusive Renegade Health Article

<http://www.globalhealingcenter.com/natural-health/difference-systemic-enzymes-digestive-enzymes/> - The Difference Between Systemic Enzymes and Digestive Enzymes

<http://drsircus.com/medicine/enzyme-therapy-for-cancer-and-digestive-diseases/> - Enzyme Therapy for Cancer & Digestive Diseases

<http://www.hippocrateshealthlifestyle.com/2853/digestive-enzymes-systemic-enzymes-important/> - Digestive Enzymes & Systemic Enzymes – Important?

<http://theglowdetoxdiet.com/enzymes/> - Enzymes

<http://www.thelivingcentre.com/cms/body/enzymes-the-fountain-of-vibrant-life> - Enzymes: The Fountain of Vibrant Life

<http://treeoflifecenterus.com/enzymes-a-secret-of-health-and-longevity/> - Enzymes: A secret of Health and Longevity

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- <http://www.holistichehelp.net/blog/digestive-enzymes-effectiveness-and-benefits/> - Digestive Enzymes – Effectiveness and Benefits
- <http://www.organiclifestylemagazine.com/systemic-enzymes> - Systemic Enzymes
- http://www.naturalnews.com/028285_enzymes_scars.html - Enzymes and Scars
- http://www.naturalnews.com/048004_enzymes_digestion_food_sources.html - Importance of Digestive Enzymes and Benefits of Enzyme Supplements
- <http://www.breathing.com/articles/enzymes.htm> - Enzymes
- <http://growyouthful.com/remedy/enzymes-digestive.php> - Digestive enzymes
- <http://doctormurray.com/healing-power-of-proteolytic-enzymes/> - Healing Power of Proteolytic Enzymes
- http://www.naturalnews.com/034899_proteolytic-enzymes_metabolism_digestion.html - Proteolytic enzymes: A miracle cure the medical monopoly is keeping from you
- <http://blog.naturalhealthyconcepts.com/2013/09/16/how-proteolytic-enzymes-work/> - How do Proteolytic Enzymes Work?
- <http://www.enzymestuff.com/discussionenergy.htm> - Biological Energy, Digestive Enzymes, and Metabolic Enzymes
- <http://www.livestrong.com/article/325010-list-of-diseases-caused-by-lack-of-enzymes/> - Diseases Caused by Lack of Enzymes
- <http://www.enzymestuff.com/enzymefunction.htm> - Enzyme Function
- <http://www.simple-remedies.com/health-tips-3/list-of-digestive-enzymes-and-their-functions.html> - List of Digestive Enzymes and Their Functions: Digestive Enzyme Roles
- <http://www.buzzle.com/articles/list-of-digestive-enzymes.html> - List of Digestive Enzymes
- <http://www.experience-essential-oils.com/types-of-enzymes.html> - Types of Enzymes - What is an Enzyme?
- <http://blog.renewlife.com/10-cool-facts-about-enzymes/> - 10 Cool Facts about Enzymes
- <http://www.disabled-world.com/medical/supplements/enzymes/> - Enzymes: Facts & Information
- <http://www.enzyme-facts.com/> - Enzyme Facts
- <http://www.dummies.com/how-to/content/how-do-enzymes-work-in-the-human-body.html> - How Do Enzymes Work in the Human Body?
- <http://science.howstuffworks.com/life/cellular-microscopic/cell2.htm> - How Cells Work
- <http://in5d.com/10-foods-that-detox-the-body/> - 10 Foods That Detox The Body
- <http://greenyourspirit.com/tag/enzymes/> - ENZYMES! The Most Important Element to Vibrant Health
- <http://vitalitymagazine.com/article/enzymes/> - Enzymes
- http://www.healthy.net/Health/Essay/Enzymes_and_Digestive_Health/653 - Enzymes and Digestive Health
- <http://thehealthcoach1.com/?p=4552> - Life Cannot Exist Without Enzymes
- <http://www.self.com/flash/beauty-blog/2012/02/are-enzymes-good-for-skin/> - What Do Enzymes Do For Your Skin?
- <http://www.thehealthyskinblog.org/enzymes-for-skin-care/> - Enzymes for Skin Care
- <http://bodyecology.com/articles/pancreatin-digestive-enzymes-cancer-fighting-benefits.php> - Digestive Enzymes Aren't Just for Digestion! Find Out the Powerful Cancer Fighting Benefits of Taking Pancreatic Enzymes
- <http://www.fountainofhealth.com/enzyme.php> - Enzymes: A Simple Way To Improve Your Health
- <http://whole9life.com/2012/09/digestive-enzymes-101/> - Everything You Ever Wanted to Know about Digestive Enzymes
- <http://www.enzymeessentials.com/HTML/faq.html> - FAQs about Digestive Enzymes
- <http://bodyecology.com/articles/2-signs-of-enzyme-deficiency-that-you-can%E2%80%99t-miss> - 2 Signs of Enzyme Deficiency That You Can't Miss!
- <http://www.livestrong.com/article/263078-symptoms-of-lack-of-digestive-enzymes/> - Symptoms of Lack of Digestive Enzymes
- <http://enzymes.pureenergyrx.com/enzyme-deficiency.html> - Symptoms of Enzyme Deficiencies
- <http://www.puristat.com/bloating/digestive-enzymes.aspx> - Digestive Enzymes: When Eating Well Isn't Enough
- http://www.needs.com/product/NDNL-1201-02/a_Digestive_Enzymes - Is a Lack of Enzymes Causing You to Suffer from Food Intolerances?
- <http://www.lifeextension.com/protocols/gastrointestinal/digestive-disorders/page-04> - Digestive Disorders
- <http://www.healthynewage.com/symptoms/> - Holistic Health Solutions for Enzyme Deficiency – Common Symptoms of Enzyme Deficiencies
- <http://nutritiongang.com/digestive-enzyme-deficiency/> - Common Symptoms of Digestive Enzyme Deficiency
- <http://wholehealthchicago.com/2009/05/12/digestive-enzymes/> - Digestive Enzymes
- <http://drsircus.com/medicine/enzyme-therapy-for-cancer-and-digestive-diseases/> - Enzyme Therapy for Cancer & Digestive Diseases
- <http://whole9life.com/2012/09/digestive-enzymes-101/> - Everything You Ever Wanted to Know about Digestive Enzymes

To RESOLVE our ENZYME DEPLETION CONDITION we need to START by EATING ENZYME ABUNDANT FOOD!

What are some of the **solutions** to prevent enzyme depletion? First and foremost it is important to eat as raw a possible. When foods are exposed to temperatures above **118 degrees**, they start to rapidly break down. The very best way to get enzymes into your body is by consuming at least **75 percent** of your foods raw.

Once enzymes are exposed to heat, they are no longer able to provide the function for which they were **designed**. Cooked foods contribute to chronic illness, because their enzyme content is damaged and thus requires us to make our own enzymes to **process** the food.

The digestion of cooked food also uses valuable **metabolic enzymes** in order to help digest your food. Digestion of cooked food demands much more energy than the digestion of raw food. In general, raw food is so much more easily digested that it passes through the digestive tract in **1/2 to 1/3** of the time it takes for cooked food.

Eating **enzyme-dead** foods places a burden on your **pancreas** and other organs and overworks them, which eventually exhausts these organs. Many people gradually impair their pancreas and progressively lose the ability to digest their food after a **lifetime** of ingesting processed foods.

Recommended ways to help **eliminate** enzyme deficiency:

- Eat plenty of **fresh raw** fruits and vegetables to maximize your enzyme intake.
- Include **fermented** foods and drinks in your diet so you can build a healthy inner ecosystem to help you digest your food and assimilate the nutrients. Sauerkraut and Kimchi are excellent sources of live enzymes.
- **Try the Food Combining:** Pair non-starchy vegetables and ocean vegetables with protein. Non-starchy vegetables and ocean vegetables do not require a strong alkaline nor a strong

acidic condition to digest properly.

- **Try the 80/20 Rule:** Leave a little room in the stomach (about 20%) for digestive enzymes to do their job.
- **Drink 100% filtered living water alone:** Because water can dilute your digestive enzymes, drink room-temperature water *between* meals not with meals.
- **Drink ginger tea** after meals or before bed: Research has found that ginger root has the ability to stimulate brush border enzymes and increase the activity of pancreatic enzymes.
- **Chew your food well.** This will help to break down your food so that your enzymes can do their job more effectively.
- Eat your meals **slowly**. This will allow your food to proceed along your digestive tract in an orderly and continuous fashion.
- Take time to **relax** after you eat so that your body will have the energy to start the digestive process.
- Eat **smaller more frequent** meals during the day to help your digestion, and to promote better metabolism of proteins, carbohydrates and fat.
- Do not eat a heavy meal within **three hours** of bedtime.
- **Don't chew gum.** Chewing gum fools your body into believing it is digesting something, so it pumps out digestive enzymes unnecessarily. Why waste those precious resources?

While all raw foods contain enzymes, the most **powerful** enzyme-rich foods are those that are **sprouted** (seeds and legumes). Sprouting increases the enzyme content in these foods tremendously. Besides sprouts, other enzyme-rich foods include:

- **Fruit:** Avocado, Banana, Bilberries, Cantaloupe, Dates, Figs, Grapes, Guava, Kiwi, Mango, Melons, Papaya, Pineapple and Saw palmetto berries
- **Vegetables, Grains, and Herbs:** Aloe vera, Barley grass, Cucumbers, Garlic (raw), Ginger root, Olive oil, Olives, Onions (raw), Pau d'arco, Sprouted grains, Sprouts

(According to Howell, sprouts contain the most enzymes when they are 1/2" long.), Wheat germ (raw) and Wheatgrass juice

- **Nuts and Seeds:** Coconut (but not coconut oil), Flaxseed, Germinated tree nuts, Unrefined oils, Pumpkin seeds, almonds, hazelnuts, hemp seeds, pecans and walnuts
- **Sea Vegetables and Algae:** Chlorella, Kelp (raw) and Spirulina
- **Mushrooms:** Maitake, Reishi and Shiitake

Not **overeating** raw foods is another way to conserve enzymes. It is different from an obsessive under eating, which can result in a **physical and mental** deprivation syndrome. Researchers have also shown that not overeating increases longevity.

Pumpkin seeds, almonds, hazelnuts, hemp seeds, pecans, walnuts and a host of other nuts and seeds are **full of enzymes** while in their raw, natural forms. However, once you toast, roast, pasteurize, fry or boil them, their enzymes are **completely** destroyed.

Please note that nuts and seeds are coated with **enzyme inhibitors**. In order to destroy those inhibitors you should soak them before eating them. By **soaking nuts and seeds**, you awaken their life force, which will cause these inhibitors to break down.

Anyone eating **cooked**, microwaved, or irradiated food should take food enzyme supplements to compensate for the lost and **destroyed** naturally occurring food enzymes that were previously in the food. This approach is still not the same as eating the food in its active, live state. Even if a person eats **100% live food**, if they still have imbalances in their health, they would do well to take enzyme supplements.

In addition to eating live foods and not overeating, the use of **live plant based enzyme supplementation** is another way to build up enzyme reserve. (Cont. on next page)

To RESOLVE our ENZYME DEPLETION CONDITION we need to START by EATING ENZYME ABUNDANT FOOD! (Cont.)

First, know that there are digestive enzymes as well as **systemic** enzymes, which are supplemental enzymes that support immune system health and anti-inflammation.

There are many enzyme supplements available for purchase, so please make sure that you purchase **high quality**, all natural, **100% vegan** and 100% organic supplements. Find one that gives the enzymatic strength not just the weight on the label. Note that, in general, there can be as much as a **21-day adjustment** period before all of benefits of enzyme supplementation may become apparent. Digestive enzymes should be taken WITH a meal. It is suggested that you take these enzyme supplements no more than **10 minutes** before you eat.

Some cautions to take with enzyme supplements are to **stop** taking them if a rash, sore throat or red eyes develop, as it could be an allergic reaction. Also, make sure you see your health care provider if **severe** stomach or intestinal distress occurs. People with diabetes, pregnant women and women who are breast-feeding should **consult** their healthcare providers before taking any enzymes.

The following Research Links will allow you to find out more details

about natural solutions to enzyme depletion and maintenance:

- <http://www.livestrong.com/article/495005-plant-sources-vs-animal-sources-for-digestive-enzymes/> - Plant Sources Vs. Animal Sources for Digestive Enzymes
- <http://www.livestrong.com/article/26805-list-high-enzyme-foods/> - List of High-Enzyme Foods
- <http://www.livestrong.com/article/320914-fruits-vegetables-high-in-enzymes/> - Fruits & Vegetables High in Enzymes
- <https://dorotrapp.com/2014/08/14/why-you-should-eat-raw-foods-the-role-of-enzymes/> - Why you should eat raw foods – the role of enzymes
- <http://rawjuiceguru.com/our-raw-juice/?v=7516fd43adaa> - Healing Ingredients
- <http://www.cheap-health-revolution.com/brian-clement-how-to-stop-aging.html> - Dr. Brian Clement: How to Stop Aging
- <http://bodyecology.com/articles/raw-vegetables-gas-bloating.php> - How to Eat Your Vegetables Raw (With NO Gas or Bloating!)
- <http://www.healingdaily.com/detoxification-diet/enzymes.htm> - Raw foods and enzymes
- <http://www.living-foods.com/>

articles/rawvscooked.html - Enzymes: The Difference Between Raw and Cooked Foods

- http://www.livingfoodsinsitute.com/resources_articles_1.php - Enzymes and Living Food
- <http://healthyeating.sfgate.com/raw-nuts-seeds-high-enzymes-1213.html> - Raw Nuts & Seeds High in Enzymes
- <http://www.getting-started-with-healthy-eating.com/enzymes-in-food.html> - Enzymes In Food: High-Enzyme Foods
- <http://www.drnrivana.com/digestive-enzyme-benefits-natural-enzymes-found-in-food/> - Digestive Enzyme Benefits – Natural Enzymes Found in Food
- http://www.naturalnews.com/048004_enzymes_digestion_food_sources.html - 4 enzyme rich foods that can dramatically improve digestion
- <http://www.wholefoodsmagazine.com/supplements/features/enzymes-completing-puzzle-proper-health> - Enzymes: Completing the Puzzle of Proper Health
- <http://www.enzymestuff.com/enzymebook2.htm> - Enzymes for Digestive Health and Nutritional Wealth

ENZYMES have a big IMPACT on Our PHYSICAL, Mental, EMOTIONAL and Spiritual BALANCE ... beyond what we dare to Imagine...

Enzymes are depleted when we are **stressed**. As a matter of fact this is the most common reason for digestive enzyme problems. Our body has two modes: **sympathetic** “fight or flight,” and parasympathetic “rest and digest.” When we’re in “fight or flight” mode, digestive is given a **very low priority**, which means digestive function (including digestive enzyme output) is dialed down. Chronic stress= constant “fight of flight” mode = **impaired** digestive enzyme output.

This is part of a **vicious cycle** as enzyme depletion is one of the nu-

tritional causes of physical, mental, emotional and spiritual imbalances. Anxiousness, panic attacks, **depression**, insomnia, mood swings that can progress to a bipolar disorder, a tendency towards irritable, aggressive or violent behavior, chronic fatigue and **autoimmune syndrome**, mood, cognitive functions and lack of clarity have all been associated with enzyme depletion.

Enzymes have also proven to be key in **neurological disorders** since they repair the digestive tract and many neurological disorders begin with gastrointestinal issues. Add to that

the fact that without proper enzymes we cannot digest and absorb **vitamins and minerals** which lead to deficiencies such as magnesium deficiencies which are connected to ADD, ADHD, anxiety, autism, depression and Crohn’s disease just to name a few.

A diet high in digestive and systemic enzymes can **support relief** from anxiety, obsessive compulsion and even hyperactivity. There is also evidence (Cont. on next page)

ENZYMES have a big IMPACT on Our PHYSICAL, Mental, EMOTIONAL and Spiritual BALANCE ... beyond what we dare to Imagine... (Cont.)

that enzymes may have a positive effect on symptoms of Asperger's syndrome and autism as well as a wide range of other **psychological** and neurological conditions. This is because the neurological system is connected to the immune system and **gastrointestinal** system.

On the physical level enzymes have the ability to **overcome** digestive lethargy and on the spiritual level enzymes have the ability to overcome **spiritual** lethargy. The amounts of enzymes in our bodies are in direct correlation to our **vitality**. Enzymes are literally filed with Prana (life force). Brian Clement of the Hippocrates Health Institute said about enzymes, "... we talked about the body being electric, and needing **life-force**. This is ultimately where we get the life-force from in the food."

According to Tyla Gabriel, ND is a board certified naturopath and author of *The Gospel of Sophia*, "... instead of "lifting" us to our good health and **spiritual potential** where we can take conscious control of our organ and systems functions,

freeing our lower chakras and giving us the capacity to work with our **higher chakras** and spiritual development, our enzyme/less foods are **enslaving** us to bodies that are not functioning optimally and which cannot provide a reciprocal stream of spiritual nourishment for higher **consciousness**."

The following Research Links will allow you to discover more about the mental, emotional and spiritual impact of enzymes:

- <http://www.alternativementalhealth.com/the-effects-of-enzymes-on-mental-health-by-lita-lee-ph-d/> - The Effects of Enzymes On Mental Health by Lita Lee, Ph.D.
- <http://www.enzyme-facts.com/enzymes-and-depression.html> - Enzymes and Depression
- <http://www.news-medical.net/news/20140122/Scientists-identify-specific-enzyme-essential-for-brain-development.aspx> - Scientists identify specific enzyme essential for brain development
- <http://theconversation.com/anxious-mice-reveal-enzymes-role-in-regulating-emotion-17118> - Anxious mice reveal enzyme's role in regulating emotion

www.asianscientist.com/2013/08/in-the-lab/enzyme-regulating-human-emotion-mood-uncovered-2013/ - Enzyme Regulating Human Emotion Mood Uncovered

- <http://www.ooolaboolah.com/blog/how-your-diet-can-help-you-attract-and-create-beauty-in-your-life-its-all-about-enzymes/> - How Your Diet Can Help You Attract and Create Beauty In Your Life. It's All About Enzymes.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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