Your body needs plenty of energy to run all the “systems” it takes to keep you healthy. To get that energy, you body needs to digest the food you eat and convert it into nutrients. This is where enzymes play a crucial role. Let’s take a closer look.

What are enzymes?

Edward Howell, MD, sums up the role of enzymes very well: “Enzymes are substances that make life possible. No vitamin, mineral or hormones can do any work without enzymes. They are the manual workers that build the body from proteins, carbohydrates, and fats. The body may have the raw building materials, but without the workers, it cannot begin.”

Produced naturally within the body, enzymes are composed of amino acids and are secreted by your body not just for getting nutrients into your cells. They also affect energy production, slow the aging process, dissolve blood clots, and fight infections. In fact, enzymes assist in all chemical reactions taking place in the body, including the regeneration of cells and tissues, the elimination of waste products and toxins, and they support our immune system.

Digestive enzymes are specialized proteins, each designed to break apart a specific type of molecule in your food. You have:

- Lipases – to break down fat.
- Amylases – to break down large carbohydrate chains.
- Protease (called proteolysis enzymes) to break down protein.

When enzymes are in balance, digestion is normal and the body gets the nutrients – and energy – it needs to keep your health in balance.

What happens when enzymes are out of balance?

Problems occur, however, when enzymes become depleted for one reason or another. This interferes with normal digestion and triggers a cycle of occasional bloating, gas, indigestion, and other minor digestive issues.

Unfortunately, in many people today, digestive enzymes are indeed depleted. After age 45-50, most people experience a progressive weakening of digestion. We may begin to notice that we can’t tolerate certain foods the way we once did. If you also notice a reduction in stamina, most likely you are running low on energy because your body is running low on enzymes.

If your enzymes are depleted for a sustained period of time, you could begin to experience far more than occasional digestive discomfort. Even eating a super-healthy diet won’t be of benefit because if an enzyme deficiency is keeping your stomach and intestines from working efficiently, those super-healthy nutrients can’t be broken down and converted into the energy your body needs.

How big a problem is this? Huge! Almost 30% of adults regularly report experiencing stomach discomfort, flatulence, bloating, or irregular bowel movements. Digestive problems cost Americans $50 billion each year in direct medical and pharmaceutical costs and absence from work.

What’s causing enzyme depletion?

Start by taking a look at the kind of food you eat. Over 90% of the food Americans buy is highly processed. Diets heavy in cooked, processed, and sugary foods, combined with overuse of pharmaceutical drugs such as antibiotics, deplete your body’s ability to make enzymes.

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Another problem is that heating food above 116° F renders most enzymes inactive. Heating also activates the breakdown of complex carbohydrates to simple sugars more rapidly, thus raising the food’s glycemic index.

The way we eat can also reduce the effectiveness of enzymes. The stomach was never intended to perform the functions assigned to the teeth. Only a small percentage of gulped food can be reduced to an absorbable consistency. The remainder is deposited in the bowels, where it packs and arrests the muscular reaction of the intestinal tract. The bowels become overloaded, the individual feels tired, irritable and the bowels grow sluggish and inactive.

Can restoring enzymes have an impact on diabetes?

How do these factors affect our health? In his book, There is a Cure for Diabetes, Gabriel Cousens, M.D. says that his “clinical experience over some thirty-five years has been that a raw-food, low-fat diet with the use of food enzymes and supplemental digestive enzymes has been very effective in the treatment of adult Type-2 diabetes.”

He also notes that in diabetes, there is some suggestion that the external excretion of the pancreas becomes deficient in enzymes, and that oral administration of enzymes has been shown to have a beneficial effect.

How can we maintain healthy levels of enzymes?

- **Eat raw foods.** They are enzyme-rich, and consuming them decreases the burden for your body burden to produce its own enzymes.

- **Chew your food.** There are powerful reasons to take your time chewing your food. When food hits your mouth, it stimulates salvia production. Saliva contains its own digestive

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enzymes, so the longer you chew, the more time enzymes have to work while your food is still in your mouth. By chewing each bite of food until liquefied, you mix it with digestion enzymes, which are especially important for the proper digestion of complex carbohydrates.

• Don’t chew gum! Every time you put a stick of gum in your mouth and start to chew, your brain thinks you’re eating food. So, it signals your stomach, pancreas, and other digestive organs to get ready for the digestive process. This fools your pancreas into manufacturing a batch of digestive enzymes your brain thinks you’ll need. Your pancreas gets exhausted from over-production. Soon the digestive enzymes won’t be able to produce the enzymes when you actually require them.

• Take digestive enzyme supplements. This will support your body in keeping enzymes at optimal levels without having to produce 100% of those enzymes on its own. By building up depleted levels of amylase, lipase and proteases and requiring your body to spend less time producing them, supplements help free up more energy for digesting foods.

Bottom line, digestive enzyme supplements just may be one of the best insurance policies you can give your body so you can enjoy a long and healthy life. I recommend you take high-quality digestive enzymes about 20-minutes before your meal. Look for combinations that have high Protease, Lipase, Amylase units with added lactase and bromelain.

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<th>July 2012 Recipes</th>
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### Raw Tomato Soup
2 cups of vine-ripe tomatoes
1 stalk celery
1 inch stem of fresh oregano leaves
1 garlic or chive spike
1 fresh basil leaf

Place the ingredients into a high-speed blender. Blend until all ingredients are thoroughly pulverized.

### Strawberry – Mango Pudding
7 mangoes, peeled and pitted
1 avocado
4 pounds strawberries

Blend all the ingredients together in a food processor until smooth and creamy.

### High- Fiber Salad
2 teaspoons olive or flaxseed oil
2 tablespoons vinegar
¼ teaspoon of sea salt
¼ teaspoon of pepper
½ head romaine lettuce, washed and dried
1 tomato, chopped
¼ cup chopped green onions
1 cup cooked garbanzo beans
¼ cup freshly ground flaxseed

Mix the oil, vinegar, and seasonings together and set aside. Tear the lettuce into bite-size pieces, then add the remaining vegetables and beans. Toss with the dressing, sprinkle on the flaxseed, and serve on dinner plates.
One in Three US Adults Has High Blood Pressure

There is no one identifiable cause of high blood pressure. It appears to be a combination of factors like stress, alcohol, smoking, excess weight and lack of physical activity that have come together to produce this problem.

**There are some steps you might want to consider**

**Get exercise:** A regular, effective exercise program consisting of aerobics and strength training can reduce your insulin levels. It’s important that before you start you check with your doctor. He or she may be able to suggest a personalized exercise regimen.

Types of aerobic exercise may include brisk walking, swimming, slow jogging, bicycling, or any other exercise that moves the body through space at a rate that permits a sustained elevated pulse rate.

Set a goal, such as getting your blood sugar into the normal range, cutting back or eliminating medications, losing weight, reducing your risk of heart disease and other diabetic complications, and just feeling better.

Julian Whitaker, M.D. from the Whitaker Wellness Institute recommends that Type 2 diabetics with a primary goal of weight loss, should do their most prolonged exercise in the morning before eating.

**Before eating is the optimal time for burning fat.**

**Avoid foods that boost your insulin levels:** If you have high blood pressure, high cholesterol, or obesity, you want to avoid foods like:

- Breads
- Pasta
- Rice
- Cereal
- Potatoes

**Foods worth looking into:** Here is a fantastic way to increase the medicinal value of your food and manage your blood pressure at the same time.

- **Garlic:** In a pilot study made at Clinical Research Center of New Orleans on whether garlic could lower blood pressure, nine patients with severe hypertension were given a garlic preparation containing 1.3 % allicin. Sitting blood pressure fell with a significant decrease in diastolic blood pressure only 5 to 14 hours after the dose.

- **Cinnamon:** The center for Applied Health Science in Ohio conducted a study of 22 subjects, half of which were given 250mg of water soluble cinnamon daily while the other half were given placebos. It was discovered that those who drank cinnamon had a 13 to 23 percent increase in antioxidants connected with lowering blood sugar levels.

- **Onions:** Contain quercetin, antioxidants found to prevent heart disease and stroke.

- **Olives:** Oil made from olives has been found to reduce blood pressure.

- **Oregano:** This herb contains the compound carvaacrol, which has been proven to be effective against blood pressure.

- **Hawthorn:** One study done in Reading, UK on 79 Type 2 diabetic patients revealed that patients taking hawthorn for 16-weeks showed a reduction in their mean diastolic pressure.

- **Cardamom:** In one study published in the Indian Journal of Biochemistry and Biophysics, were able to demonstrate that blood pressure was effectively reduced. It also improved antioxidant status while breaking down blood clots without significantly altering blood lipids and fibrinogen levels.

Some of the main causes of hypertension include lifestyle factors over which you have total control, and which directly affect your insulin levels.

This means choosing to live in a way that promotes life and well-being. Using spices and herbs like those listed above, is an excellent way to boost your body’s health and to control your blood pressure.
**Excellent Remedies:**

**Vinegar May Help Fight Diabetes**

Carol S. Johnson, PhD, professor of nutrition, Arizona State University East, Mesa

In a recent study, healthy patients and patients with a prediabetic condition known as insulin resistance consumed either a vinegar drink (1/8 cup of vinegar, diluted with ¼ cup of water and sweetened with saccharine) or a placebo drink before a high-carbohydrate meal.

The vinegar treatment improved insulin sensitivity by up to 40% in both healthy and insulin resistant patients.

**Theory:** Vinegar inhibits the breakdown of carbohydrates, thereby decreasing the blood glucose spikes that occur in people with diabetes.

Talk to your doctor about drinking diluted vinegar before meals.

**Diabetes Alert**

John F. Amos, OD, chairman, department of optometry, School of Optometry, University of Alabama at Birmingham.

Annual eye exams are essential for all diabetics. See an eye doctor right away if you experience any vision changes, including blurred, fluctuating or double vision.

**Diabetic’s Foot Ulcer Danger**

Lawrence O Kollenberg, DPM, a podiatrist in private practice in Hot Springs, AR.

Diabetic foot ulcers that fail to heal sometimes necessitate the amputation of the toes, foot or even the entire lower leg.

**Treatment:** Dressings containing freeze-dried bovine collagen help heal both infected and noninfected ulcers, helping to save the limb. In one study, all 24 diabetic foot ulcers treated with the collagen treatment healed within five months.

**Also helpful:** Don’t walk barefoot… don’t wear tight shoes… wash your feet every day with a mild, nondrying cleanser… and see a podiatrist on a regular basis.

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