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Enzymes make the world go

Enzymes are protein substances required for every chemical reaction in the body and are found in all living things. At least 5,000 enzymatic pathways are known. In humans, they fall into three categories — food enzymes, which are found only in raw food and start digestion with consumption; digestive enzymes, which are produced mainly in the pancreas and break down proteins (proteinase) fats (lipase) and carbohydrates (amylase); metabolic enzymes. These run the biological machinery necessary for our metabolism.

In the mid-1940s, "The Law of Adaptive Secretions of Digestive Enzymes" came into vogue. This indicated we only have a certain amount of the life force of digestive and metabolic enzymes. When these are exhausted, the end of life is close. German studies found that salivary enzymes in young adults were 30 times stronger than in older people. Animals who consume raw food have a pancreas one third as large as ours based on body weight. Thus, by eating cooked food which inactivates the enzymes, our pancreas must work harder and we run out of this life force sooner.

For centuries, humans unknowingly improved their enzyme potential by eating fermented foods. These were predigested by their own inherent enzyme. Examples are yogurt, kfefer, sauerkraut and some cheeses. Uncooked foods contain enzymes that correspond to its composition; lipase for fatty foods (nuts and dairy products), amylase for carbs (grains) and protease for

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protein (meats). Raw milk contains 35 separate enzymes, 90 percent of which are destroyed by pasteurization.

Should an individual take enzymes? My answer is a resounding YES!! I suggest plant enzymes compared to animal sources in that the animal enzymes operate only in the alkaline range, whereas the plant works in a wide range of pH. Plant enzymes start working in the stomach, which is naturally acid and continue in the small intestine, which initially is alkaline. The animal enzymes will only work in the small intestine. The more digested the food is in our stomach, the less work is required for the pancreas. Plant enzymes working in the stomach to digest 80 percent of the carbs, 50 percent of the proteins and 15 percent of the fats.

Other uses of enzymes is decreasing the inflammatory process in acute trauma (bromelain) and in preventing blood clots (nattokinase). These enzymes should be taken without food for best action. Enzymes should be considered at all ages when we are ill, but for sure routinely when we reach 50.