Enzymes are the best-kept secret in health maintenance and in fighting disease. Very little is written about their wonderful benefits, yet they are so vital to our health that when enzyme levels fall and activity decreases, illness is not far away.

All living things—plants, animals, and humans—require enzymes to remain living. Enzymes are involved in every single body process. Without enzymes you couldn’t read this paper, think, breath, sit up in a chair, or digest your supper. Enzymes are the powerhouse of every single cell in our body. As long as your body can make enzymes you live. Your body’s ability to produce enzymes can be decreased by illness, injury, stress, or aging. When your body’s ability to produce sufficient enzymes decreases then you need to obtain them from an outside source.

Scientists have discovered over 3000 enzymes. Each one of them has a different job. Enzymes keep us alive and functioning physically and mentally, they slow down the aging process. Enzymes act as natural catalysts that cause a chemical change without themselves being affected. Most enzymes work by taking bonds apart. For example, in order to digest last night’s supper certain enzymes in the gastrointestinal tract break apart the protein, while another works on the carbohydrate and still others digest the fat in our meals. Enzymes are very specialized, usually working on only one kind of substrate and in a very specific way. Enzymes are made up of amino acids. There are six main groups of enzymes, each having different activities. The class of enzymes known as hydrolases aid in digestion; pepsin, lipase, protease, amylase, trypsin and ptyalin are some of the digestive enzymes.

We also have metabolic enzymes, which speed up the chemical reactions within the cells for detoxification and energy production. The liver, pancreas, gallbladder and other organs produce metabolic enzymes.

Enzymes must have help to perform their chemical reactions in the form of coenzymes and cofactors. Cofactors are substances that must be present for an enzyme to function. Zinc, magnesium, copper, and calcium are some cofactors. Coenzymes are organic substances that combine with inactive enzymes to form an active enzyme; the B vitamins and vitamin C act as coenzymes.

Enzymes are present in raw fruits and vegetables. These enzymes are responsible for food ripening and they also help us to digest the food we eat, greatly reducing the burden on our own digestive system. Prior to the industrial age people ate a more natural diet filled with fresh raw fruits and vegetables; a diet rich in enzymes. The modern diet is a much different story; most foods eaten are cooked, processed, genetically altered, pasteurized, baked, frozen or canned in order to increase shelf life. Any one of these events destroys the live enzymes that need to be present in food. Even when raw foods are eaten they have usually been grown with the aid of pesticides, shipped great distances and left to sit in store produce departments waiting to be purchased. After purchase they are often left in the refrigerator for days until it is a real stretch to use the word “fresh” in describing this produce. The time factor involved with the modern food chain destroys otherwise naturally occurring enzymes. When food enzymes are missing, our body is forced to produce all the enzymes necessary for digestion putting stress on the digestive system. The first clue that we are deficient in enzymes is digestive distress, experienced as heartburn, indigestion, gas, bloating and constipation. If you have been eating a healthy diet and taking supplements and you still don’t feel well this also is an indication for enzyme supplementation. To aid with digestion enzymes should be taken just before or with meals. For other therapeutic uses, enzymes should be taken between meals.

According to Sherry Rogers, M.D. enzyme supplementation can help with many acute and chronic diseases such as: skin rashes, allergies, cold hands and feet, mood swings, constipation, high blood pressure, gum disorders, hay fever, psoriasis, prostate problems, and chronic fatigue.

Gastrointestinal problems are among the top ten symptoms people visit a doctor for. If you are suffering from heartburn, gas, bloating, indigestion or constipation take one Super Pancreatin 650 (SP650) before meals. If you still experience problems increase to two capsules with each meal. Children can take Natural Enzymes for Children.

Roughly 90 percent of people having an Amino Acid Panel at the Pain & Stress Center show up with digestive insufficiency indicating the need for
supplementation of enzymes. We seldom think of children as having digestive problems, and yet with testing we find the majority are deficient. At the Pain & Stress Center we have observed including digestive enzymes along with any nutritional program improves the results of supplementation.

When we think of neurotransmitters we often think only of their function in the brain, however our gastrointestinal tract is rich with GABA receptors. It is because of that we can suffer “nervous” stomach. Opening a capsule of GABA, dissolving it in water, and drinking it 30 minutes before eating can have a positive effect on our stomach’s ability to relax and digest a meal.

Wobenzym N, a systemic oral enzyme formula is the best selling over-the-counter product in Germany, second only to aspirin. There have been over 50 clinical studies on Wobenzym N with consistently positive finding in cases of rheumatoid arthritis, osteo-arthritis, sprains and strains, enhanced blood viscosity, and reduction of C-reactive protein (a measure of the body’s overall inflammation). Wobenzym N is also highly recommended in the prevention of deep vein thrombosis—a condition of blood clots forming in a deep vein in the calves. This is always serious and often fatal affecting about one in 1,000 people. It is the fourth-leading cause of death in the United States. It is a common development during long airplane flights. If you are planning to travel for more than six hours seated, to reduce the risk start taking two to five tablets of Wobenzym N three times daily in between meals, two to four weeks before your flight.

Heart disease is the leading cause of death in America today. It affects not only men but one out of every two women is affected as well. It is known most heart attacks and strokes are due to blood clots. Blood clot formation is a long process; a protein called fibrin is involved which provides the balance necessary for blood to flow freely but not bleed uncontrollably. Over production or insufficient rate of breakdown of fibrin seems to be the culprit in life threatening occlusions originating with a blood clot.

Nattokinase, an enzyme that occurs naturally in the fermented soy-based cheese called natto, has been shown to break down excess fibrin in the blood, a major cause of heart disease. It also contains bromelain and papain, two enzymes known for their anti-inflammatory properties as well as rutin bioflavonoid to strengthen the overall integrity of blood vessels and connective tissues.

Bromelain is another enzyme that has been supplemented therapeutically to treat many disorders. As a digestive aid bromelain breaks down protein. In addition to its digestive action it has a long list of positive benefits that include fighting inflammation, which means it is helpful for almost any of the conditions ending in “itis” like sinusitis, or bronchitis. It improves respiratory conditions, helps with allergies by bolstering the immune system, and is helpful in treating oral infections. Bromelain is also used topically to treat skin conditions such as infections and burns and is an ingredient in many facial cleansers and exfoliants. A therapeutic dose of bromelain would be one tablet three times a day between meals.

Because enzymes need cofactors to work it is recommended to include the following supplements along with daily enzyme therapy:

- Brain Link — provides a complete multi-vitamin as well as all the amino acids, giving your body all the raw material for enzyme production. OR Super Balanced Neurotransmitter Complex (SBNC), along with T-L Vite instead of Brain Link, will help with address brain deficiencies.
- Mag Link — two in the morning and two in the evening.
- Ester C — a totally neutral ph vitamin C that does not upset the G.I. tract.
- Cal Mag Zinc — four at bedtime ensures adequate cofactors.
- SerraZyme — two capsules twice daily will help to rid the body of non-living tissue, blood clots, cysts and arterial plaque, allowing the body to begin to heal.

REFERENCES


This article is not intended to give medical advice or replace the services of a physician. It is for educational purposes only.
Copyright of MAARC Health Educator Reports is the property of M.M.R.C., Ltd. Co. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.