

Enzymes

NUTRIENTS OF LIFE !

What's the Role of Enzymes?

Within each living organism, there are millions of enzymes which are necessary in all metabolic functions of the human body. The enzymes come from two sources:

1. Enzymes that the human body produces itself in order to digest and assimilate the food.
2. Enzymes already existing in the fresh and raw food we eat and that ensure these foods will be digested by the human body.

Raw food is an excellent source of enzymes. So, to digest it does not require that we use our "body's" enzymes. But since the north american food is one being processed, transformed and cooked, our taking of enzymes coming from food may be very limited because the transformation and cooking of food destroy all enzymes that it contains. This lack of enzymes leads the human body to produce his own substances to help the digestion process. Our "body's" enzymes must then work more intensely to facilitate the digestion and assimilation of nutrients that ensure our vitality.

Moreover, as we get older, our capacity to produce these enzymes within our body declines. When less numerous and less vigorous, these enzymes cannot do their work adequately. Nutrients are not completely assimilated by the human body and therefore it produces more waste. Because of this, many health problems may arise such as difficult digestion, flatulence, constipation, bad breath, migraines, allergies, fatigue, etc. When digestion is inefficient, foods can invade the bloodstream. White cells and antibodies then get to work to protect the human body, but at the same time, they produce toxic residues for the health: the free radicals. With time, the human body becomes a battlefield and the most obvious result of this is fatigue.

Is there a Solution to the Lack of Enzymes?

Without enzymes, each meal contributes to the degradation of our ability to regenerate our immune system. Would the solution be to eat only fresh and raw food? This is highly recommended and we bet on a certainty in eating fresh and raw food the more possible. However, if we consider all the other factors that affect the potential enzyme supply of our body: pollutants, too much sun, cigarette smoke, medication, antacids, tooth fillings, a fresh and raw nutrition would probably not suffice to prevent a decline of the enzyme supply within our digestive system to ensure a good health as we age. In order to cope with the difficulties of modern life and find a sufficient enzyme supply once more, we must bring to our daily menu a supplementary source of enzymes.

Natural Food Full of Enzymes

The vinegar mother is full of enzymes. Specifically when issued from wild fruits and flowers' wine, this living gelatinous mass which forms on the surface of the naturally fermented wine and changes it into vinegar is an excellent source of enzymes that help to cleanse the system, to promote a good digestion and tone up the immune system.

The vinegar mother has the aspect of a jam, but must be taken in small quantity, that is 1/3 of a teaspoonful on an empty stomach in the morning. It replaces the deficient food enzymes due to inadequate nutrition and plays the same role of fresh and raw food in the system. So, the human body does not have to multiply its efforts to absorb and digest foods as the vinegar mother's enzymes see to it and allow their assimilation. The system can then benefit from all the nutritional components ingested instead of wasting its energy trying to absorb them without success. Therefore, the result of this is a revival of energy and a better health.
