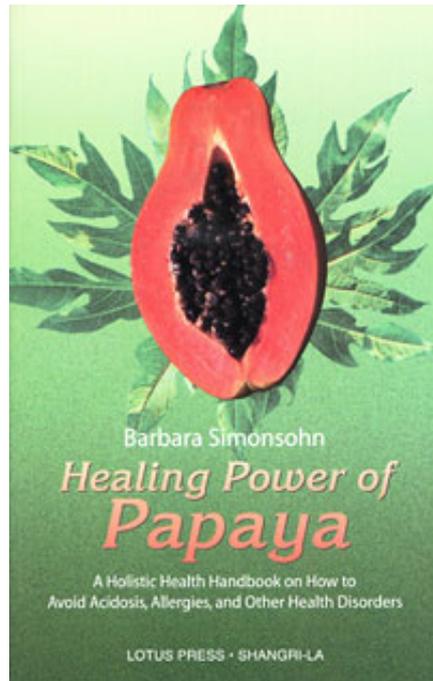


Barbara Simonsohn Healing Power of Papaya

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Enzymes— The Magic Potion for Joy, Healthy Beauty, and Youth

Life isn't possible without enzymes. Enzymes are active ingredients vitally necessary for plants, animals and human beings. All life processes are an ordered and integrated sequence of enzymatic reactions. Enzymes are called "biocatalysts," which means that they activate and facilitate life processes such as respiration, cell division, and digestion. In these processes, each enzyme has a very special task and may become active up to 36 million times within one minute. Every process that is "activated" by an enzyme in the body occurs on an average of one million times more frequently than processes without them.

The word enzyme comes from the Greek: *Zume*—which means "yeast." In 1897, Eduard Buschner discovered the first enzyme in beer yeast; he called it "Zymase" and later received the Nobel Prize for this discovery. Since then, about 4,000 enzymes have been studied more closely. However, scientists assume that there are about 40,000 enzymes involved in all life processes on earth.

Every unheated plant or animal food is full of the enzymes required for complete digestion, such as those for breaking down plant fibers. These enzymes are destroyed when cooked, inhibiting the digestion of fat and protein. By eating denatured "fast foods," preserved foods, and instant meals, we subject ourselves to the danger of using up our own body enzyme reserves too early.

Dr. Edward Howell has noted the importance of a sufficient enzyme supply. He believes that each of us is given a limited supply of bodily enzyme energy when we are born. He compares this energy supply to that of a new battery, since it must last a lifetime: The more quickly we use up our enzyme supply, the shorter our lives will be. He points out that much of our enzyme energy is wasted haphazardly throughout our lives since the habit of cooking our food and eating it processed with chemicals—as well as the use of alcohol, drugs, and

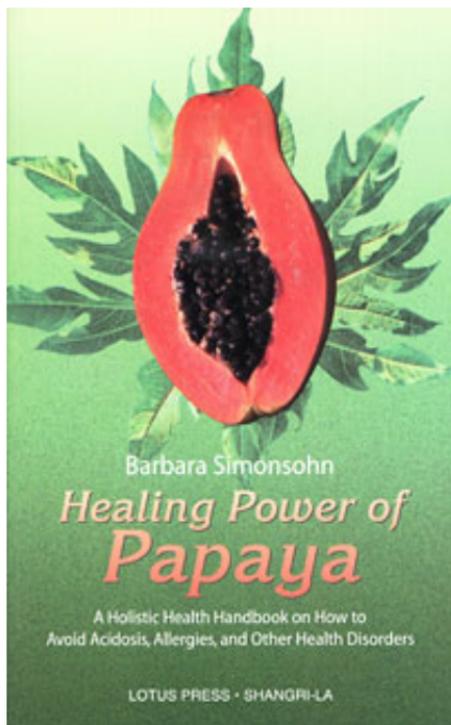
junk food—all draw upon huge amounts of enzymes from our limited supply.³⁰

If you nourish yourself without enzymes, you force your body to steal from its reserves in order to maintain enough pancreatic fluid and digestive juices. This results in a shortening of life, diseases, and reduced resistance to stress. When raw foods are eaten, the body's reserves remain available for combating illness. Dr. Edward Howell points out that among all the creatures on our planet, only human beings and their pets nourish themselves so that they are deficient in enzymes, vitamins, and minerals.³¹

Wild animals are not overweight; they do not suffer from cancer and rarely from other diseases. He designates the human race as "half sick". To spare the pancreas, which secretes the pancreatic fluid rich in enzymes, he particularly recommends raw fruits and vegetables: In order to obtain enough enzymes from our nutrition, we must eat food without heating it since heating food to more than 122 degrees Fahrenheit destroys valuable enzymes. Our largely enzyme-free food also no longer contains even the "building blocks" from which the body could produce its own enzymes.

Vitamins, minerals, and trace elements serve as so-called coenzymes, or enzyme helpers. Our absorption of an adequate amount of coenzymes is also endangered by the depletion of the soil and our modern nutrition with its abundant low-nutrient fast-food but too few raw foods. Consequently, there is not only a widespread lack of magnesium and selenium, but also of iron and Vitamin C. Smoking, medications, alcohol, environmental toxins, and continuous stress rob our bodies of their vital substances and choke off the activity of enzymes.

As we get older, the body's own enzyme production is reduced: for example, that of the pancreas is reduced by about 60 percent. This means that digestive disorders develop and the immune system is weakened. At the age of 40 at the latest, most people suffer from enzyme deficiency.



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