

Why enzymes are essential to a healthy immune system

Digestive System Basics

When your food is poorly digested, you absorb nutrients that aren't fully broken down or usable. This causes problems because your immune system will attack and defend your body against partially digested foods that get into the bloodstream. The immune system doesn't recognize it as food. It sees a toxic invader, and destroys the food. When this happens you don't get the benefit of that food, and you weaken your immune system by using it in a role it shouldn't be involved in.

In other words, you are using the immune system and metabolic enzymes daily to clean the bloodstream of undigested food particles, instead of having their full strength used to protect and repair your body.

According to the father of enzyme research, Dr. Edward Howell, the digestive system is designed to break down approximately half of the food we eat. Dr. Howell was one of America's pioneering enzyme researchers. Before fire was discovered, man and animals alike could only eat raw food, like raw meat, plants or fruits and vegetables. He explained how raw foods have a 40/60 ratio of enzymes. For example, raw food, like an apple, has live food enzymes within the apple which break down and digest 40 to 60 percent of that apple. This leaves the remaining 40 to 60% of the apple to be broken down by the digestive system.

Raw foods are enzymatically alive which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. Cooked and processed foods are enzymatically dead which means there are no live enzymes within that food to help digestion. These dead foods stress the digestive system, the pancreas, the immune system, and your whole body.

Before genetic engineering and irradiation, our raw foods had the proper 40/60 ratio. But today many raw foods are genetically altered or they have been irradiated for longer shelf life, killing the enzymes in the food. Which means that even the raw food we eat today could be in a 20/80 ratio or worse. On top of this, we are already asking the human body to break down 100% of the cooked and processed foods and supplements we eat, and now, possibly 80% or more of the raw foods we eat. This stresses your body, every single day!

The digestive process works like this:

- First, you chew your food, and it mixes with the saliva in the mouth. The saliva has an enzyme called amylase which starts the predigestion of carbohydrates. The more you chew, the better.
- Then, the food is swallowed and goes down the esophagus into the upper portion of the stomach. The food stays here for about 45 to 60 minutes to predigest. That is, it will predigest if you are eating foods containing live enzymes because the body does not supply any enzymes at this stage of digestion.
- Then the food goes into the lower part of the stomach where trypsin, pepsin and hydrochloric acid break it down further. Next, the food moves into the small intestines where the pancreas produces digestive enzymes to complete digestion.
- Then the nutrients pass through the intestinal wall and into the blood stream where metabolic enzymes utilize these nutrients in all parts of the body and in every living cell.

Ways To Improve Your Digestion

The first way is in the predigestive stage, which lasts approximately 45 to 60 minutes in the upper part of the stomach. Dr. Howell calls this the enzyme stomach because this is where the live enzymes within a raw food start predigestion of that food. You can improve your digestion by adding a digestive enzyme to break down the food as it sits in the upper stomach. It can then predigest completely, which improves the entire digestive process, and your health.

This is very important because this helps conserve your body's enzyme supply.

Lack of digestive enzymes affects the pancreas. Remember the digestive system is designed to break down approximately half of the food. When we eat cooked and processed foods, we're asking the digestive system to break down 100% of the food we've eaten. This means every time we eat these foods, the pancreas must produce twice as many enzymes and the pancreas is working double time. Doing this year after year puts a tremendous strain on the pancreas. And eventually stresses our immune system and reduces our metabolic enzyme supply.

Autopsies have been done on people that eat mostly cooked and processed foods. The results show the pancreas is dangerously enlarged, poorly functioning and quite often on the verge of breaking down. When your enzyme supplies runs low, you die. There are three ways to conserve your enzyme supply so that it doesn't run low. Eating organically grown raw food is one way. The second way is to take digestive enzymes every time you eat, and the third way is to take digestive enzymes on an empty stomach. Dr. Howell said, "If we don't replenish our enzyme supply, we run the risk of ill health."

Another way of saying this...

The faster your enzyme supply depletes, the faster you age and the more likely you will get disease. On the other hand, when you conserve and even increase your enzyme supplies, you increase the odds you'll live longer and healthier.

Dr. Howell believes the underlying cause of almost all degenerative diseases is the depletion of the enzyme supply caused by eating cooked foods; which ends up causing premature aging and early death. Dr. Howell said, "We know that decreased enzyme levels are found in a number of chronic ailments, such as allergies, skin disease and even serious diseases like diabetes and other severe diseases." If your enzyme supply is low, you'll have problems. But, if your enzyme supply is high, you'll be healthy.

Some problems show up in the long term while others show up in the short term. The cold and flu season is a very good example of problems showing up in the short term. During the months of November, December and January more colds and flues are reported than the other nine months combined. We have many holidays... Halloween, Thanksgiving, Christmas and New Years.

During this time most of us eat a tremendous amount of cooked and processed foods, additional sweets, drinks, pies, cakes. All of these puts a burden on your body because your white blood cells must clean up more undigested food in the bloodstream. This is caused by the increased consumption of cooked and processed food, which lowers the effectiveness of the immune system so we catch a cold or get the flu.

Yeast Free / Anti-Candida Diet

List of Foods to Avoid Entirely

- Sugar– It is best to eliminate all forms of refined sugar, as it feeds the yeast and encourages its growth. These foods include: white sugar, brown sugar, honey, maple syrup, corn syrup, maple sugar, molasses, date sugar, turbinado, raw sugar, demerrara, amisake, rice syrup, sorghum.

Read labels carefully. The hidden sugars to watch for include: sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, polysaccharides.

- Fruit– Fruit contain natural sugars that support the growth of yeast. The following foods should be eliminated. These include: Baker’s yeast, Brewer’s yeast, Engevita, Tortula, and any other nutritional yeast. Baked goods raised with yeast such as breads, rolls, crackers, bagels, pastries, and muffins should also be eliminated.
- Foods Containing Gluten– These include wheat, barley, and rye and includes products made with these ingredients such as wheat bread, rye bread, and pasta.
- Vinegar– Vinegar is made with a yeast culture. Foods that contain vinegar include: white vinegar, red wine vinegar, apple cider vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, Worcestershire sauce, steak sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, chili sauce.
- Mushrooms– Mushrooms are fungi. Eliminate all mushrooms.
- Peanuts, Peanut Butter, and Pistachios– Peanuts, peanut butter and pistachios often have high mold contamination and should be eliminated.
- Alcohol– Alcoholic beverages provide sugar that feeds the yeast and stresses other organs such as the liver. Eliminate all forms of alcohol, including red wine, white wine, beer, whiskey, brandy, gin, scotch, any fermented liquor, vodka, rum, and all liqueurs.
- Coffee, Black Tea, Cider, Root Beer– Coffee and black tea create an extra burden for the body’s stress-coping mechanisms. Regular coffee, instant coffee, decaffeinated coffee, and all types of black tea (including “fruit flavored” black tea) should be eliminated.

Cider, root beer, and other fermented beverages should be eliminated. Healthy alternatives include: water, vegetable broth, fresh vegetable juice, herbal teas.

- Aged, Moldy and Processed Cheeses– Roquefort and other aged, moldy or blue cheeses should be eliminated. Also eliminate processed cheese such as cheese slices, Velveeta, Cheez Whiz, cream cheese, cheese snacks, and Kraft dinner.
- Processed, Dried, Smoked, and Pickled Meats– These include products such as smoked salmon, pickled herring, sausages, bacon, hot dogs, pastrami, bologna, sandwich meats,

salami, corned beef, pickled tongue, and kielbasa. These products are processed and many contain unhealthy nitrates and nitrites, so they are not recommended for use at any time.

- Packaged, Processed, and Refined Foods– Canned, bottled, packaged, boxed, and other processed foods usually contain yeast, refined sugar, refined flour, chemicals, preservatives, and coloring. They are not recommended at any time.

Other Foods to Avoid Strictly for the first 2 weeks:

Avocados	Banana Squash	Beets	Breads of any kind
Caffeine	Carbonated Drinks	Carrot juice	Cooked carrots
Fried Foods	Granola	Legumes	Margarine
Noodles/Pasta	Pepper	Potatoes	Pork
Spices (except onion and garlic)		Sweet Potatoes	Tomatoes

List of Foods to Limit:

- Dairy Products– Candida is thought to impair the body's ability to digest fat, so dairy products may have to be restricted. How much dairy one consumes may also depend on individual reactions to cow's milk and cow's milk products such as cheese, yogurt, buttermilk, and butter.

People often temporarily eliminate the following dairy foods from the diet:

Cow's milk, including whole, skim, 2%, dry powdered milk

Most cheeses. Cheeses lower in lactose may be tolerated, such as Monterey Jack, sharp white cheddar, swiss, mozzarella, Colby, provolone, and dry curd cottage cheese.

Organic skim yogurt made with live bacteria may be beneficial for some people because of the beneficial bacteria it contains.

Preferred Food List:

Beef	Butter	Chicken	Cottage Cheese (low fat only)
Eggs	Fish	Fish oils	Lamb
Olive Oil	Soy Protein Powders		Tofu
Turkey	Yogurt (plain only)		

- All above ground vegetables (with the exception of those listed on the Foods to Avoid). Some examples of good choices are: broccoli, asparagus, string beans, snow peas, brussel sprouts, head/romaine/butter lettuce, spinach, zucchini, summer squash, yellow wax beans, etc. . . . lightly steamed or stir fry at a low temperature with a bit of olive oil.

Spices: cayenne celery seed cinnamon dill dry mustard sea salt
 garlic marjoram Parsley Patch brands Mrs. Dash
 sweet options: stevia or xylitol

** Drink Water!! (half your weight, in ounces, per day – 150 lbs = 75 oz.) add a slice of lemon

Acid - Alkaline Food Chart

ALKALINE FRUITS
(All capitals indicates slightly acid)
Apples and Cider
Apricots
Avocados
Bananas (speckled only)
Berries (all)
Breadfruit
Caatus
Cantaloupe
Carob (pod only)
Cherimoyas
CRANBERRIES
Cherries
Citron
Currants
Dates
Figs
Grapes
Grapefruit
Guavas
Kumquats
Lemons (ripe)
Limes
Loquats
Mangoes
Melons (all)
Nectarines
Olives (sundried)
Oranges
Papayas
Passion Fruit
Peaches
Pears
Persimmons
Pineapple (fresh, if ripe)
PLUMS
Pomegranates
Pomelos
PRUNES & JUICE
Quince
Raisins
Sapotes
Tamarind
Tangerines
Tomatoes

ACID FRUITS
All preserved or jellied
canned; sugared
dried, sulphured
glazed fruits
Raw, with sugar
Bananas (if green tip)
Cranberries
Olives (pickled green)

ALKALINE VEGETABLES
VEGE-BROTH
Artichokes
Asparagus (ripe)
Bamboo Shoots
Beans, green, lima, string sprouts
Beets & tops
Broccoli
Cabbage (red & white)
Carrots
Celery (entire)
Caulliflower
Chard
Chayotes
Chicory
Chives
Collards
Cowslip
Cucumber
Dandelion Greens
Dill
Dock (green)
Dulse (sea lettuce)
Eggplant
Endive
Escarole
Garlic
Horseradish (fresh)
Jerusalem Artichoke
Kaie
Kohlrabi
Leek
Legumes (except peanuts & lentils)
Lettuce and Romaine
MUSHROOMS (most varieties)
Okra
Onions
Oyster Plant
Parsley
Parsnips
Peppers (red or green)
Potatoes (all varieties)
Pumpkin
Radish
Rhubarb
Rutabaga
Salsify
Sorrel
SOY BEANS
Soy Bean Extract
Spinach
Squash
Taro (baked)
Turnips & tops
Water Chestnut
Watercress

ACID VEGETABLES
Artichokes
Asparagus tips (white)
Beans (all dried)
Brussel Sprouts
Garbanzos
Lentils

ALKALINE DAIRY
Acidophilus
Buttermilk
Koumiss
Milk (raw - human, cow, goat)
Whey
Yoghurt

ACID DAIRY
Butter
Cheese (all)
Cottage Cheese
Cream
Custards
Ice Cream
Milk (boiled, cooked, pasteurized, malted, dried, canned)

ALKALINE FLESH FOODS
None (blod and bone only are alkaline forming)

ACID FLESH FOODS
All meat
Beef
Fish
Fowl
Gelatin
Gravies
Shellfish

ALKALINE CEREALS
Corn (green - 1st 24 hours)
ACID CEREALS
All flour products
Buckwheat
Barley
Breads (all kinds)
Cakes
Corn (commeal, corn flakes, starch & hominy)
Crackers (all)
Doughnuts
Dumplings
Grapenuts
Noodles
Oatmeal
Pasta
Pies & pastry
Rice
Rye-Krisp

ALKALINE MISCELLANEOUS
Agar
Alfalfa products
Coffee Substitutes
Ginger (dried, unsweetened)
Honey
Kelp
Teas (all - unsweetened)
Yeast cakes

ACID MISCELLANEOUS
All alcoholic beverages
Candy & confectionary
Cocoa & chocolate
Coca-Cola
Coffee
Condiments (curry, pepper, salt, spices, etc.)
Dressings & thick sauces
Drugs & aspirin
Eggs (especially whites)
Ginger (preserved)
Jams & Jellies
Flavorings
Marmalades
Mayonnaise
Preservatives (Benzoate, Sulphur, Vinegar, Salt, Brine, Smoke)
Sago
Sodawater
Tapioca (starch)
Tobacco
Vinegar
Lack of Sleep
Overwork
Worry

ALKALINE NUTS
Almonds
Chesnuts (roasted)
Coconut (fresh)

ACID NUTS
All nuts (moreso if roasted)
Coconut (dried)
Peanuts

NEUTRAL
Sugar (refined)
Oils (olive, com, cotton seed peanut, soy, sesame, etc)
Fats (lard & other greases)

