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How to Slow Aging (and even reverse it)

Great Health on the Nutritarian Diet with Dr. Joel Fuhrman**Food Enzymes For Health Longevity**

A diet that is 75% or more made up of raw fruits and vegetables is in fact a low enzyme diet, compared to a diet made up of lots of high

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enzyme foods like raw milk, kefir, and so on, as well as just cooked or raw vegetables. The book also says that the enzymes in enzyme capsules are far stronger than food enzymes.

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Some enzyme researchers and live-food teachers like Ann Wigmore believe that enzyme preservation is the secret to longevity. One way to preserve the body's store of enzymes is to eat living or raw foods because foods in their natural state are loaded with digestive and other enzymes.

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The Foreword adds a very substantial body of recent and updated research to support the food enzyme concept of Dr. Howell and underline the importance of food enzymes. 1994-01-01 in Health & Fitness

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Our digestive organs produce some enzymes internally, however food enzymes are necessary for optimal health and must come from uncooked foods such as fresh fruits and vegetables, raw sprouted grains, unpasteurized dairy products, and food enzyme supplements.

Enzyme Nutrition: Unlocking the Secrets of Eating Right ...

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Enzymes make the digestion of food possible. Our digestive organs process some enzymes internally. However, food enzymes are necessary for optimal health and must come from uncooked foods such as fresh fruits and vegetables, raw sprouted grains, unpasteurized dairy products, and food enzyme supplements.

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