

# ENZYMES- The Missing Link in Nutrition



## WHAT ARE ENZYMES ? \_\_\_\_\_

**E**nzymes are the driving force that make virtually every chemical reaction occur in your body. Enzymes produce work, or energy in the body, vitamins and minerals do not. Vitamins and minerals, although important, are only Co-factors for enzymes. Enzymes are only found in living tissue cells, specifically from plants and fresh raw meats. **Plant enzymes are used primarily to treat enzymatic deficiencies.**

### There are 3 distinct types of enzymes:

- 1. Metabolic Enzymes** - this group of enzymes run daily activities of the body, they are not available for food digestion.
- 2. Digestive Enzymes** - this group is secreted by the body to digest food.
- 3. Food Enzymes** - this group is found only in raw foods. Cooking or freezing kills all enzymes.



Lucas Chiropractic Center, Inc.  
12413 So. Harlem Ave  
Palos Heights, IL 60463  
**708-361-5455**

**ENZYMES**, what do they do? \_\_\_\_\_

**E**nzymes help the body digest proteins, carbohydrates, (sugars), and fats. Enzymes exist in fresh vegetables to assist the body in its digestive process. The body, specifically the pancreas, being only 5.5 ounces on average, cannot produce enzymes in the quantities necessary to digest food properly. **Properly diagnosed and properly treated enzyme deficiencies restore health and vitality to the body.**

## THERE ARE DIFFERENT TYPES OF ENZYMES ? \_\_\_\_\_

**Y**es, there are 4 main types of food enzymes:

- **PROTEASES** - break down protein into individual amino acids. Primarily derived from meats, eggs, and beans.
- **AMYLASES** - break down carbohydrates into glucose. Primarily derived from potatoes, pasta, and candy.
- **LIPASES** - break down fats. Primarily found in olives and avocados. Raw foods high in lipase are not readily found in food supply.
- **CELLULASES** - break down fibers found in hard vegetables, like celery and carrots. Our bodies do not produce cellulase.



## I EAT WELL, WHY DO I NEED ENZYMES ? \_\_\_\_\_

**R**emember, enzymes are destroyed upon cooking or freezing. Eating steamed, boiled, roasted, broiled, fried, stewed, canned, pasteurized or microwaved foods destroy all enzyme content within these foods. Continually eating foods prepared in these manners cause the body to go into enzyme deficiency states.

## WHAT CAN I DO TO AVOID ENZYME RELATED HEALTH PROBLEMS? \_\_\_\_\_

**M**ost health authorities today including the National Cancer Institute recommend 5-6 servings of fresh fruits and vegetables per day. They recommend this because of the enzyme content. As you know the cost and preparation time to do this daily would be impossible for most people. Taking the proper enzyme for your particular deficiencies before you eat will ensure that you digest your food better. This approach is both time and cost effective.

## HOW DO I KNOW I HAVE ENZYME DEFICIENCY/? \_\_\_\_\_

Most people base their health off of:

**NO SYMPTOMS = I THINK I AM HEALTHY =  
I WILL DO NOTHING  
SYMPTOMS = SOMETHING IS WRONG =  
MAYBE I WILL DO SOMETHING**

This approach is deadly for many people because by the time symptoms develop a condition may have been progressing for years and decades. Receiving a proper examination for enzyme deficiencies is the only true way to know if you have enzymatic problems. **Common symptoms of enzyme deficiency include tiredness, constipation, diarrhea, gas, bloating, chronic intractable headaches, back problems, just to name a few.** If you already are displaying these symptoms, deficiencies are most likely progressing.



**ENZYMES: "The Spark of Life" --- Without them life would not exist!**

## THE PROPER EXAMINATION? \_\_\_\_\_

**T**he body is truly amazing. Your body can compensate for chronic enzyme deficiency states for years and even decades with little or no symptoms. If your blood stream does not have all it needs to function on the body will rip what it needs out of the tissues and make the blood appear normal.

**W**e have heard time and again from Patient's "my blood work is normal and all tests I have had are normal, why do I still feel so bad?"

**O**ur examination is three pronged.

**First** we collect information about your symptoms and your diet.

**Then** we ask that you perform a 24 hour urinalysis.

**Finally** we examine the body for muscle contraction related to enzymatic deficiencies.

Unfortunately most health practitioners are not trained using this system and the answers as to why you feel the way you do never get answered

## OK DR. LUCAS, DOES THIS MEAN I HAVE TO TAKE ENZYMES FOREVER? \_\_\_\_\_

**D**epending upon how out of balance your system is, the initial course of enzyme therapy can last weeks to as long as 18-24 months. After your body has returned to its optimum balance we recommend a multiple enzyme supplement be taken to maintain sufficient enzyme levels in the body.

**A**gain, this is the most time and cost effective approach to maintain your enzyme levels.