



Got Enzymes?

You may not have heard of enzymes before but they are extremely important to our bodies and in fact, without them we could not live.

What are Enzymes?

Enzymes are chemical substances that speed up biochemical reactions in our cells. Specifically, they act as catalysts to facilitate the digestion, absorption and transportation of nutrients in the body as well as the elimination of waste. Without these catalysts we would die, as the biochemical reactions are not fast enough on their own to support life.

Where do Enzymes Come From?

About half the enzymes we need come from our pancreas, which secretes them into our digestive system. We are dependant on our diet as our other source of enzymes. Raw foods are the primary dietary source of enzymes. When we don't eat enough raw foods we are overtaxing our pancreas as it must make up for what our diet lacks.

Tips to Increase Your Enzymes and Digestive Health

- The more natural unprocessed foods you can eat the better.
- Drink more water (enzymes are hydrophilic molecules which means they are only activated in water).
- Consider adding supplemental enzymes to your diet (Nutrition, 2007).



Sources:

Nutrition by Natalie (2007). Digestive Enzymes, Nutrition and Your Health. [www.YouTube.com](http://www.youtube.com/watch?v=uSkLR50Ce7g). Available at: <http://www.youtube.com/watch?v=uSkLR50Ce7g>

Nutrition by Natalie (2007). EDUCATION / Q & A / Interesting Facts. www.NutritionbyNatalie.com. Available at: <http://www.nutritionbynatalie.com/education.htm>

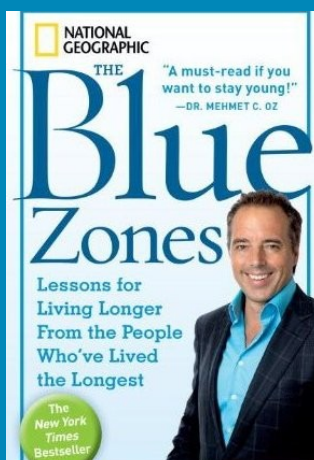
Buettner, Dan (2008). The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest. Washington, D.C. National Geographic.

Healthy Transformations Book of the Month:

The Blue Zones by Dan Buettner

"Dan Buettner has traveled the world to meet the planet's longest-lived people, and learned nine powerful yet simple lessons that could put you on the path to longer life. Where did he find them? In the Blue Zones." (Buettner, 2008)

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