YOUR ENZYME POTENTIAL

This capacity, which may be designated as the enzyme potential, is obviously fixed and limited. To assume otherwise would deny natural law.

Dr. Edward Howell Enzyme Nutrition

We are all born with the ability to produce a finite number of enzymes during our lifetime. Studies dating from the 1940's prove that this ability varies in each of us and is dependent on our individual DNA. This enzyme-making potential gives our body's organs the ability to produce either metabolic enzymes or digestive enzymes.

When we eat a meal, the requirements for digestive enzymes become a high priority. Our body's enzyme-making machinery must work overtime and often still can not meet the demand for all of the enzyme requirements the body may have. Since digestion always takes precedence over nearly everything else, many body functions requiring metabolic enzymes are often shortchanged during these times. The result is a lower disease-fighting capability and a general weakening of the body's ability to mend itself. Because, over the years, we use up so much of our enzyme potential making the digestive enzymes necessary to digest our food, as we age we begin to run short; our ability to keep up with the digestive enzyme requirements begins to suffer. This deficiency leads to malabsorption and poor nutrition, plus the many digestive problems suffered by the elderly. Undigested foods collect in the colon.

Poorly digested protein putrifies, fats turn rancid and carbohydrates ferment. These undigested food particles leak back into the bloodstream from the colon and create further toxicity. As we use up and abuse our enzyme potential, we begin to loose energy, lose our ability to fight disease, and lose the ability for our body to remedy its own naturally occurring malfunctions. This loss may lead to disease and eventually death.

This enzyme potential concept clearly supports the case for supplemental plant enzymes. If the body can get the necessary extra digestive enzymes its needs to complete the digestive process without overstressing the body's enzyme-making potential, then a metabolic enzyme shortage will not occur and our body will be in a much more favorable position to fight biologic and genetic malfunctions and diseases as they occur.

Using too much of our enzyme potential to produce digestive enzymes limits our ability to produce metabolic enzymes making us susceptible to disease and aging.

Using supplemental enzymes to promote digestion reduces our need to produce digestive enzymes allowing our body to produce the metabolic enzymes needed to operate efficiently.