Metabolic, Digestive, and Food Enzymes

A cooked or heated grain will fail to sprout. Heat destroys enzymes. Enzymes emit a particular radiation (life energy) immeasurable by conventional means. But Kirlian's electro-magnetic photography proves the existence of the energy in question. Therefore, enzymes are protein carriers containing a factor of "life energy". Since they are exhaustible, special attention to enzyme nutrition is called for.

Humanity has created hundreds of ailments through its living habits. But our fellow wild animals are almost disease proof (not including the animal that feeds on the garbage we consume). We can also learn to consume raw unprocessed food, too, such as fresh vegetables, fruits and sprouted seeds.

Enzymes can be categorized in three classes: Metabolic, Digestive, and Food Enzymes. The first runs our body taking fat, proteins, and carbohydrates and continuously repairs our body. A shortage of metabolic enzymes could jeopardize our health. Experiments were performed at Washington University on dogs equipped with tubes that drain all of the pancreatic juice enzymes out of their body. The animals were fed the usual food and water -- All dogs participating in this experiment died within a week -- a serious indication of the importance of natural enzymes.

Digestive enzymes help the digestive process to assimilate proteins, carbohydrates and fat. Only 80 enzymes were identified in 1930, in 1970 science counted over 1300 enzymes. By now, over four thousand have been found - and counting. It is clear that if we do not get enzymes with our daily food to aid our digestion, our body's digestive enzymes will carry the complete load, depleting the limited resources of enzymes. Enzymes have a vital activity factor that is exhaustible! Our capacity to make enzymes is limited. If we would, under laboratory conditions, mix all of the components of a seed, the various chemical reactions needed to start LIFE fail to occur without enzymes. Enzymes are biological rather than chemical.

If we get external digestive enzymes from our food, as they appear in nature, more metabolic enzyme is freed to prevent disease and maintain health. All processed food has been heated by one or more means and its natural enzymes were destroyed. Since heat destroys enzymes, eating raw foods is the answer.

Seeds and grains have enzyme inhibitors. They protect the active enzymes by keeping them dormant. When the seed meets favorable conditions for germination, enzymes neutralize the inhibitors. When people eat seeds, the pancreas secretes more enzymes than required in order to first neutralize the inhibitors, according to Dr. Edward Howell in his book "Enzyme Nutrition." Therefore even raw nuts, seeds, and grains have limitations.

It appears that the safest answer is to sprout all your intake of seeds and grains. In this process the inhibitors are neutralized and life process commences with enzymes that are alive and active.

There are more reasons why sprouts are the ideal life food. In addition to their nutritional advantages, the following sterling attributes make them an excellent addition to your present diet. Sprouts are pure, natural, and organic and therefore toxin-free.

Sprouts are also economical; one ounce of seeds may supply you with more than a pound of fresh vitamins. Sprouts are very low in fat. One cup of sprouts has only 20-70 calories (depending on the variety you use). Since sprouts produce a single sugar, it supplies quick energy. Sprouts provide essential fatty acids but no cholesterol. Some sprouts are excellent detoxifiers and provide a perfect weight-loss food. When eaten raw, their proteins, minerals and vitamins are preserved, as well as the Chlorophyll in its miniature leaves.

Sprouts are not only a culinary decoration -- they are real life food!

Source: http://www.kitchengarden.co.za