

Enzyme Nutrition: Your Key to Unlocking Better Health

When you first read the words “Enzyme Nutrition,” you might say to yourself, “What’s the big deal? I eat healthy foods. Why do I need Enzyme Nutrition?”

Here’s the answer:

What you eat is important, but it’s what happens to food *after* you eat it that’s even more important. If your body can’t absorb your food’s essential nutrients because of a compromised digestive system, you can eat the healthiest diet imaginable and still not receive adequate nutrition to keep your body healthy.

Enzyme Nutrition, then, is the process through which we can begin restoring a compromised digestive system. Before we go any further into a discussion of how Enzyme Nutrition works, though, let’s take a look at the function of digestion itself.

The Importance of Digestion

The digestive system plays two essential roles in our bodies:

1. It is responsible for ingesting, digesting, absorbing, transporting, utilizing, and eliminating food.
2. It houses the majority of the body’s immune system, serving as its defense against disease.

When the digestive system becomes compromised by stress, these critical functions can become impaired and a host of conditions can arise, including:

- Allergies (both food and environmental)
- Arthritis
- Asthma
- Bronchitis
- Constipation
- Diarrhea
- Fibromyalgia
- Gastro Intestinal Disorders (Crohn’s, Colitis, IBS)
- High blood pressure
- High cholesterol
- Headaches and migraines
- Sinus problems
- Skin problems such as psoriasis, eczema, and acne
- Stomach problems (gastritis, ulcers, acid reflux)
- Unresolved Muscular Skeletal Pain

All of these conditions can be difficult to recover from, especially when the body’s ability to heal has already been reduced by the compromised digestive system.

So why can’t the body heal? What is hindering its ability to return to homeostasis, the state of balance wherein all bodily functions are working in harmony? The answer lies in the body’s inability to absorb, assimilate and utilize the nutrients it needs from food as well as to eliminate all the waste associated with digestion. These tasks are critical for the normal healthy functioning of the body. Treatments such as chiropractic and acupuncture can provide temporary relief, but eventually the original symptoms

return. Why? Because the core of the body's healing powers—the digestive system—has been compromised, and until its proper function is restored, its ability to heal will be impaired.

Returning to Well-Being

Every person is affected differently by the intersection of age, gravity, stress, and genetics; each of these factors conspire to deplete our bodies of the vital nutrients we require, and each of us reacts in our own unique way to these situations. In addition, our bodies experience a wide range of stresses on a daily basis: emotional, biomechanical (such as an accident or repetitive sports injury), and biochemical (overexposure to pharmaceuticals, alcohol, or drugs). What happens to the body when it is constantly subjected to these stresses?

The answer, in every case, is that the body is depleted of vital nutrients. When the body doesn't have what it needs to heal, nourish and return to homeostasis, symptoms of underlying illness arise. You don't want to chase symptoms—you'll never catch them. You must treat the illness, not the symptom, and that can't happen without a proper understanding of the underlying situation.

And that's where Enzyme Nutrition comes in.

Enzyme Nutrition: The Value of Form and Function

Enzyme Nutrition provides a methodology to help understand what nutritional deficiencies the body is experiencing and how to address them. At its foundation, Enzyme Nutrition is about understanding the relationship between the form and function of the body. Improper function of the body's various systems such as digestion is reflected in very precise ways in the body's form. By analyzing and observing the body's form, we can learn how it is functioning, make the proper adjustments through enzyme supplementation, and empower the body to heal itself to restore health.

There are three steps in the process of assessing the body's function through its form:

1. A 24-hour urinalysis
2. 12-hour-fasting reflex exam
3. A "signs and symptoms" survey

The 24-hour urinalysis is a biochemical analysis that provides insight into the body's condition by noting what is (and is not) in the urine. If a substance does not appear in the urine, we know the body needs it and is retaining it. Conversely, if there are higher levels of substances than should be present in the urine (plus substances that shouldn't be there at all), we know the body is eliminating them. If we see undesirable substances in the urine, we know they are in the body, too. The urinalysis is a prognostic test rather than a diagnostic test, in that it can predict what diseases might occur if the situation remains untreated.

At a second appointment, the 12-hour-fasting reflex exam is performed. This thorough assessment measures 30 pressure points that help identify nutritional deficiencies. As each pressure point is manipulated, you are asked for a response. After all points are measured, a plant-based nutritional drink is administered. After you have digested the drink (roughly 45 minutes), the pressure points are retested to see which points duplicate the initial responses.

Lastly, a 10-page "signs and symptoms" survey is completed. The signs and symptoms survey gathers a wide range of information about your health, habits, and history. It starts with the basic information

like medical history and diet, then goes deeper with questions about your immune system and your ability to heal, your state of mind, and digestion.

These three tests, taken as a whole, provide a complete overview of the body's condition. At a follow-up appointment, we present a complete "statement of findings," explain the results, and suggest the appropriate Enzyme Therapy to address the conditions revealed. Depending on the condition, it can take from several weeks to several months of Enzyme Therapy to achieve resolution. Recommended enzymes can be obtained at local pharmacies; the Acupuncture Center of Ann Arbor does not sell enzyme supplements to assure we have only your health in mind.

The Science of Enzymes

With the importance of enzymes established, it is helpful to learn a little more about them. Enzymes are present in all living animal and plant cells. They are the primary motivators of all natural biochemical processes; their function is to catalyze chemical reactions within the cells so that all physiological processes can occur. Life literally cannot exist without enzymes because they are the essential components of every chemical reaction in the body.

When it comes to digestion, the human body makes approximately 22 digestive enzymes. Among them are protease (capable of breaking down protein), amylase (for breaking down carbohydrates), and lipase (for breaking down fats). When taken with food, they break down food according to their specific function; when taken on an empty stomach, however, enzymes can perform additional essential functions.

Protease taken on an empty stomach, for example, will affect any virus. It is especially effective in "killing off" herpes zoster, which is the cause of shingles. Amylase will break down histamines that are created as a result of an immune reaction, while lipase will break down lactic acid that results from overuse of muscles and is often the cause of muscle strain.

It's important to realize that discomforts in the body don't happen in a vacuum. For every symptom, there is a primary cause. Enzyme Nutrition provides the methodology to help us understand the intersection of age, gravity, stress, and genetics and how it affects the bodies in relation to life.

Take Command of Your Health

The goal of Enzyme Nutrition is to identify what enzymes the body is lacking and then supplement them to assist the body in healing, ultimately enabling it to return to homeostasis on its own. Unfortunately, many people rely on dietary supplements to aid in health and healing, but in most cases, those supplements pass through the body unabsorbed. Enzyme Nutrition gives your digestive system the assistance it needs to extract the nutrients required for both nourishment and healing.

Addressing digestive problems is the first step in restoring well-being. Eating a healthy diet is important, but even more important is what happens to your food after you eat it. That's where the value of Enzyme Nutrition can be realized.

Enzyme Nutrition can be an essential part of helping your body return to the path of healing and better health. When properly supported and nourished, the body can use its own powers to find renewed health and improved function. By restoring the missing nutritional components of healing, you can break the cycle of illness and enjoy true, vibrant health.

[Call to Schedule a Free Consultation & Evaluation](#)

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