

Digestive System Basics

When your food is poorly digested, you absorb nutrients that aren't fully broken down or usable. Which causes many problems.

Because your immune system will **attack** and defend your body against **partially digested foods** that get into the bloodstream. The immune system doesn't recognize it as food. It sees a toxic invader, and destroys the food. When this happens you don't get the benefit of that food, and you **weaken your immune system** by using it in a role it shouldn't be involved in.

In other words, you are using the immune system and metabolic enzymes daily to clean the bloodstream of undigested food particles, instead of having their full strength used to protect and repair your body.

According to the father of enzyme research, Dr. Edward Howell, the digestive system is designed to break down approximately **half** of the food we eat.

Dr. Howell was one of America's pioneering enzyme researchers and in his classic book "**Enzyme Nutrition**" he explains how the digestive system is designed to work. Before fire was discovered, man and animals alike could only eat **raw** food, like raw meat, plants or fruits and vegetables.

He explained how raw foods have a 40/60 ratio of enzymes. Which means a raw food like an apple has live food enzymes within the apple which break down and digest 40 to 60 percent of that apple.

This leaves the remaining 40 to 60% of the apple to be broken down by the digestive system.

Raw foods are enzymatically alive which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. Since cooking destroys enzymes, **cooked and processed** foods are enzymatically dead which means there are **no** live enzymes within that food to help with digestion.

These dead foods place a lot of **stress** on the digestive system, the pancreas, the immune system and thus, your whole body.

Before genetic engineering and irradiation, our raw foods had the proper **40/60** ratio. But today many raw foods are genetically altered or they have been irradiated for longer shelf life, killing the enzymes in the food. Which means that even the raw food we eat today, if it isn't organic, could be in a **20/80** ratio or worse...

On top of this, we are already asking the human body to break down **100%** of the cooked and processed foods and supplements we eat, and now, possibly 80% or more of the raw foods we eat.

This stresses your body, every single day!

The digestive process works like this:

First, you chew your food, and it mixes with the saliva in the mouth. The saliva has an enzyme called **amylase** which starts the **predigestion** of carbohydrates. The more you chew, the better.

Then, the food is swallowed and goes down the esophagus into the upper portion of the stomach. The food stays there for about **45 to 60** minutes to **predigest**. It will only be able to predigest if you are eating foods containing live enzymes because the body does **not** supply any enzymes at this stage of digestion.

Then, the food goes into the lower part of the stomach where trypsin, pepsin and hydrochloric acid break it down further. Next, the food moves into the small intestines where the pancreas delivers digestive enzymes to complete the digestion process.

Next, the nutrients pass through the intestinal wall and into the blood stream where **metabolic enzymes** utilize these nutrients in all parts of the body and in every living cell.

Ways To Improve Your Digestion

The first way is in the pre digestive stage, which lasts approximately 45 to 60 minutes in the upper part of the stomach. Dr. Howell calls this the enzyme stomach because this is where the live enzymes within a raw food start pre digestion of that food.

You can improve your digestion ability substantially by adding a digestive enzyme to break down the food as it sits in the upper stomach.

This is very important because it will help to conserve your body's enzyme supply.

Lack of digestive enzymes affects the pancreas. Remember the digestive system is designed to break down approximately half of the food. When we eat cooked and processed foods, we're asking the digestive system to break down **100%** of the food we've eaten. This means every time we eat these foods, the pancreas must produce **twice** as many enzymes as it is meant to and so it is working double time. Doing this year after year puts a tremendous strain on the pancreas. And eventually stresses our immune system and reduces our metabolic enzyme supply.

Autopsies have been done on people that eat mostly cooked and processed foods. The results show the pancreas is dangerously enlarged, poorly functioning and quite often on the verge of breaking down.

When your enzyme supplies runs low, you become ill. There are three ways to conserve your enzyme supply so that it doesn't run low.

Eating organically grown raw food is one way.

The second way is to take digestive enzymes every time you eat.

The third way is to take digestive enzymes on an empty stomach.

Another way of saying this is...

The faster your enzyme supply depletes, the faster you age and the more likely you will get disease. On the other hand, when you conserve and even increase your enzyme supplies, you increase the odds you'll live longer and healthier.

Dr. Howell believed that the underlying cause of almost all degenerative disease is the depletion of the enzyme supply caused by eating mainly cooked foods.

Dr. Howell said, "**We know that decreased enzyme levels are found in a number of chronic ailments, such as allergies, skin disease and even serious diseases like diabetes and other severe diseases.**" Thus, if your enzyme supply is low, you'll have problems. But, if your enzyme supply is high, you'll be less likely to have these issues.

Some problems show up in the long term while others show up in the short term. The cold and flu season is a very good example of problems showing up in the short term. During the months of November, December and January more colds and flu are reported than the other nine months **combined**. We have many holidays... Halloween, Thanksgiving, Christmas and New Years.

During this time most of us eat a tremendous amount of cooked and processed foods, additional sweets, alcohol, pies, cakes which puts an extra burden on your body because your

white blood cells must clean up more undigested food in the bloodstream. **This is caused by the increased consumption of cooked and processed food which lowers the effectiveness of the immune system so we catch a cold or get the flu.**

Fat And Enzymes

Fat, in its raw form, is the best source of pure energy. But, when fat is cooked or processed, it no longer has the 40/60 ratio and quite often gets stored in the body... and is a reason why many people are overweight.

Dr. Howell's research has also shown that a diet of cooked foods causes rapid, premature death in mice. In fact, rats on a cooked and processed food diet live about **two** years. While the rats that eat raw food live about **three** years. The rats eating raw food live 50% longer. Dr. Howell also noted that the brain weight of rats eating cooked food went down and their body weight went up.

Another study took two groups of hogs. The first group ate cooked potatoes and gained weight rapidly. While the second group ate raw potatoes and didn't get fat. Dr. Howell believed, based on his work in a sanitarium, that "It is impossible to get people fat on raw foods... regardless of the caloric intake."

At the Michael Reese Hospital in Chicago, experiments were done on two groups of people. The first group were individuals 21 to 31 years old. The second group were 69 to 100 years old. They found the younger people had **30 times more amylase** in their saliva than the older people. This is why, when we're young, we can handle a diet of bread, pasta, pastries and cooked foods without much problem. But this type of diet can cause rapid aging and depletion of our enzyme supplies.

Eskimos ate only raw fat and raw meat before they adopted our cooked diet. Because there were live enzymes within these foods, they lived a long and healthy life. Now that they are eating packaged, processed sugary foods, they have one of the highest rates of diabetes in the nation.

In the colon, undigested proteins putrefy, undigested carbohydrates ferment and undigested fats turn rancid. This causes toxicity. These toxins can seep through the intestinal wall and get into the blood stream, which can lead to even more health problems.

When you eat cooked and processed foods, the pituitary, thyroid and pancreas all must donate enzymes to help digest that food. This slows your body's metabolism and weight will probably be gained.

Obese people have very low levels of lipase in their body and lipase is the enzyme necessary for breaking down fat. When digestion is bad, the body craves more energy and some people eat and eat to try to satisfy that hunger. The food they're eating isn't being fully broken down and digested and the nutrients within the food aren't being released and delivered to the cells to satisfy the hunger.

If fat is not properly digested, it can cause many cardiovascular problems among other things.

I hope you're starting to understand that the human body must have its food and supplements in their correct forms so that every one of the trillions of cells in the human body can benefit from those nutrients.

What we can do to turn this totally negative situation into a positive one is to start taking an exceptional digestive enzyme with our food and even between meals.

What you accomplish by taking digestive enzymes is this: You make absolutely sure the nutrients are fully broken down into the **smallest** possible size so that every cell in the human body can benefit. You also **relieve the burden on the digestive system and free up the immune system and metabolic enzymes** so they can protect and repair the human body.

Until you do this, taking a step toward better health is very hard to do because the human body totally depends on fully digested foods to function properly.

Cooked Food Increases Numbers Of White Blood Cells

This fact would indicate that the immune system is trying to get rid of incompletely digested food.

According to Dr. Paul Kautchakoff, the major cause of leukocytosis (a raised white blood cell count) is eating cooked foods. Dr. Kautchakoff divided his findings into four classifications.

1st - Eating Raw foods produced **no** increase in the white blood cell count.

2nd - Eating commonly cooked food **caused** leukocytosis.

3rd - Pressure cooked food caused even **greater** leukocytosis.

4th - Man-made, processed and refined foods, such as carbonated beverages, alcohol, vinegar, white sugar, flour and other foods, caused **severe** leukocytosis... and listen to this... eating cooked, smoked and salted meats brought on **violent leukocytosis** consistent with ingesting **poison**.

Every single day our body reacts this severely to cooked and processed foods and we abuse our body's protective repair systems by getting them involved in digestion.

You can take all the immune enhancers or immune boosters you want but how much can they possibly help? Until this problem is corrected by supplementing with a good digestive enzyme product, the process will continue and wear down the body.

Taking Digestive Enzymes Between Meals

Looking at live blood samples under a **dark field microscope**, you can actually see what's going on inside the blood. Here are some of the unhealthy conditions seen even in people who think they're healthy:

Red blood cells sticking together (which can be caused by very sticky undigested proteins). This condition can lead to poor circulation, migraine headaches and chronic fatigue.

Cholesterol and uric acid crystals (which can lead to arthritis or gout).

Plaque, caused by undigested fats and undigested proteins, which can lead to arteriosclerosis.