

## **Enzyme nutrition**

Enzyme nutrition is the art and science of using nutrition to maintain homeostasis and health in the body. It works with the body's innate intelligence to bring the body to optimal health using whole foods that contain protein, carbohydrates, fats, vitamins, minerals, and enzymes, rather than trying to manipulate it by using chemical compounds that produce side effects.

Food enzymes are a natural and important component in our food supply, yet they are systematically removed to extend shelf-life. While shelf-life is necessary in our modern society, enzymes must be replaced, just as vitamins and minerals are. For example, when milk is pasteurized it depletes the vitamin A and D content as well as enzymes. The vitamins are added back in, but the enzymes are not. Enzymes are the construction workers of the body. Protein, carbohydrates, fats, vitamins, and minerals are simply the building materials.

Every body is biochemically unique. Optimal health can only be attained when each person is viewed that way. Individuals cannot and should not be categorized or labeled to fit into a particular pharmaceutical paradigm. What is good for the general public is not necessarily good for the individual. Before recommendations are made for an individual, specific biochemical and mechanical needs must be objectively ascertained and not subjectively surmised.

We use proven and time-honored standards to nutritionally support the body. We recognize that the best sources of nutrients are not concentrated chemical compounds but whole foods with contents that act synergistically when properly digested and assimilated.