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The Food Enzymes
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**for Health &
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Howell**

Some enzyme
researchers and live-
food teachers like Ann
Wigmore believe that
enzyme preservation is
the secret to longevity.
One way to preserve
the body's store of
enzymes is to eat living
or raw foods because
foods in their natural
state are loaded with
digestive and other
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the body. It only takes
moisture and heat to
activate them.

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especially activated
when cells sense large
amounts of amino
acids (the building
blocks of protein) or
protein. A protein-
restricted diet, without
malnutrition, can have

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the same...

Revised And

**TOR: an enzyme that
could hold the
secret to longevity
and ...**

A diet that is 75% or more made up of raw fruits and vegetables is in fact a low enzyme diet, compared to a diet made up of lots of high enzyme foods like raw milk, kefir, and so on, as well as just cooked or raw vegetables. The book

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also says that the enzymes in enzyme capsules are far stronger than food enzymes.

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or chemical systems,
within our cells...

Enlarged
**22 Best Foods for
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Enzyme Inhibitors in
Seeds, Cereals and
Nuts The seeds of all
plants also contain
abundant enzymes, but
these are inhibited by
"enzyme inhibitors"
until temperature and
moisture are right for
germination. In this

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way seeds may last for
years in the soil
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A diet that is 75% or more made up of raw fruits and vegetables is in fact a low enzyme

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diet, compared to a diet made up of lots of high enzyme foods like raw milk, kefir, and so on, as well as just cooked or raw vegetables. The book also says that the enzymes in enzyme capsules are far stronger than food enzymes.

**The Food Enzymes
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