

Your GARDEN Is a GOLDMINE of ENZYMES!

Marlenea La Shomb

Those of us who anticipate the coming of spring can't wait to get into the garden. But for those who would rather NOT get dirt under their fingernails, or who have the impression that gardening is an expensive hobby and not worth it, please read on.

The secret to digestion and health is in eating organic, fresh-picked, garden-ripened produce. (This includes spouts grown from kitchen gardens.) Today, the digestion of our food is largely ignored or taken for granted. Books on nutrition describe the process of digestion, but most of us don't attempt to unravel the dark secrets of poor digestion. Billion-dollar profits are reaped annually on drugs to relieve gas, bloating, heartburn, and other symptoms of indigestion. Those drugs give temporary relief, at best, but do nothing to improve one's ability to properly digest food.

Simply stated, the secret is that each raw, uncooked fruit, vegetable, and egg contains enzymes that digest the food in which it is contained. The problem is that these enzymes are destroyed during cooking at heats above 118° F, in canning, and in conventional methods of food processing, where they purposely destroy the enzymes for a longer shelf-life—a practice that began in the early 1900s.

In 1940, only 20% of the food consumed in this country was processed. Today, it is closer to 85%. Man-made foods do not contain ANY live enzymes! We consume the elements of our own destruction with excess intake of sugar, man-made fats, loss of bulk-fiber, a lack of vitamins and minerals, and the pollution of chemical additives, preservatives and pesticides, which have never been demonstrated to be safe.

Throughout time, in nature, there has been a dance between living organisms and their environments. That same harmony is required between the nutritional needs of the body and the foods that we eat, the lack of which is now a major source of most chronic, degenerative diseases. We have lost our dance with Mother Nature!

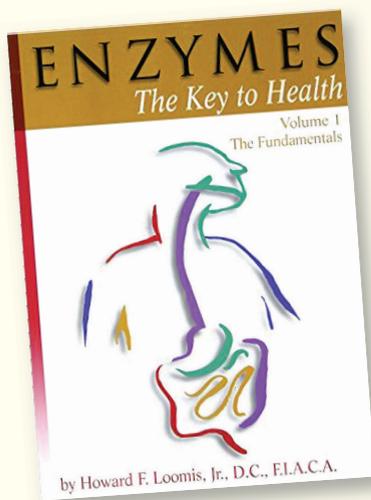
WHAT IS AN ENZYME? It is a biocatalyst— something that makes something else work in the body, or work faster. For life to manifest as we know it, enzymes

are essential to speed up reactions in the body. There are some 3,000 enzymes, with a resulting 7,000 enzymatic reactions, going on daily in our bodies. The Greek root of the word is: *EN-*, meaning "in," and *-ZYME*, meaning "to leaven." The Greeks were referring to the definition of "leaven" as in: "to permeate and modify or transform something for the better." For example, an apple is bruised when it hits the ground. Enzymes contained in the apple then proceed to digest it.

When enzymes in food have been destroyed, your body must assume the entire burden of digesting that food. Research is gradually demonstrating that the organs that produce our digestive enzymes, like the pancreas, will enlarge when they have to produce all of their own enzymes needed to digest the Standard American Diet (SAD). Mother Nature intended that predigestion would occur, as in the bruised apple, by the enzymes taken in with the food, reducing the body's burden to make all its own enzymes. This process begins with chewing and in the salivary glands. 45% percent of natural complex carbs are predigested in the cutting and chewing process, in the first 15–20 minutes after ingestion, while the stomach acid is raising its pH.

Enzymes run virtually all of the biochemical processes of living things. So swing your partnership with Mother Nature! Get in the garden this year—and/or patronize your local farmer's markets—to enjoy the health benefits of garden-ripened, organic, fresh, raw produce! To learn more about enzymes, read ***Enzymes: The Key to Health***, by Howard F. Loomis, Jr., D.C.

Another tip? Consume probiotic, fermented foods and beverages daily, like sauerkraut, kefirs and kombucha, to enhance digestion and gut health, and improve mood! ■



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