

ENZYMES

Excerpts from a Taped Presentation Given By Dr. Joel Robbins

A Medical Doctor with Undergraduate Work Majoring In Food Chemistry and Biochemistry

What is an enzyme? It is the most studied phenomena of the human body, but we have heard very little about these studies. The medical mind says that enzymes are chemicals in the body – they are not life. But they ARE life!

An enzyme is made of protein. It is a catalyst. A catalyst is something that helps something work more efficiently – like oil in an automobile engine. Oil doesn't run the engine, but it helps it run more efficiently. Enzymes help every metabolic function (chemical reaction) in the body that keeps us alive and healthy. Every body function is run by, helped by or supervised by a catalyst – or enzyme.

All vitamins are enzymes but not all enzymes are vitamins. You can buy vitamins (enzymes) in a bottle, but there are some enzymes you can't buy in a bottle.

Without enzymes there is no life – they are the basic “work-horse” of life. Man may one day figure out the life aspect of an enzyme, but man will never be able to reproduce the life in an enzyme. I believe this is the living quality God breathed into Adam when He created Adam. Man may begin to understand it, but never reproduce it.

There are over 100,000 different types of enzymes. Some enzymes are in storage in our bodies – others are made in the body the instant they are needed. There are two kinds of enzymes: food or plant enzymes, and metabolic or body enzymes. Food enzymes are used as the building blocks by the body to make metabolic enzymes. Metabolic or body enzymes are made by the body to run the heart, liver and other major organs – they are specific for our glands and body organs and cannot be found in a bottle or food. They have to be replaced daily for health, and are made in our body from live food enzymes. There is no outside source for metabolic or body enzymes.

Enzymes only come from raw sources of food such as: fruits, vegetables, grains, nuts, seeds, raw dairy, and raw meat (though we do not eat raw meat). It is the live enzymes in our food that helps us digest our food. Cooking food over 112 degrees Fahrenheit kills enzymes. Enzymes are not found in dead food such as: irradiated,

canned, pasteurized, cooked foods (above 112 F), or foods with chemicals added, or oxygenated food, such as when we take a bite out of an apple and leave it on the counter and it turns brown – oxygenation occurs and destroys the live enzymes.

Some functions can take place in our bodies without live enzymes, but in a very, very inefficient manner. Our body cannot make something out of nothing – it has to have a live, outside source to convert food enzymes to metabolic or body enzymes. It will take enzymes from an outside source and convert those to various unique brands of body or metabolic enzymes which run the body (like the heart, liver, kidney, etc.).

Disease or Enzymes - What if you ate food without enzymes in it? We would have dis-ease, because the body, without a full “bank account” of enzymes, is going to have to “cut back on expenses.” The body does not have enough enzymes or “money to pay all the bills.” So if we eat foods that do not have these enzymes, how does the body stay alive? Why is it that if we feed a calf its mother's milk that has been heated up to destroy any harmful germs, within one to six months the calf will be dead? Can you explain why a cooked bean will not sprout in the garden while a whole one will? And how can a baby who comes out of the mother's womb be fed formula (something that is enzymatically dead), yet grow?

When we are born we have acquired a bank account of enzymes in our body. When we take in partially inorganic food, our body has the capability of taking this dead food (inactive enzymes) and pulling live enzymes out of its own storage system to convert the dead food into live food – *but at tremendous cost*. Why? Because every day that this takes place, we are not putting live enzymes (metabolic enzymes) back into our bank account. We use enzymes just to stay alive that day. We used a lot of enzymes just to convert that dead food into live food, but we didn't say we are staying “healthy.”

What is going to happen if we keep doing this? When your enzyme bank account is running low, it is like having your income reduced. You still have a number of financial bills and obligations to pay but how do you cope and stay afloat

with less income? You begin to *reduce the payments*. Some things you will put off and some things you will just let go of. Somehow it has to balance out to stay solvent. It is the same for our body. If there are not enough enzymes coming in daily, the body begins to cut back on various metabolic functions – slowing them down and reducing their efficiency. Take, for example, the liver's ability to "clean house." If the liver does not get its fair share of enzymes, it says: "Well, sinus membranes, you are going to have to deal with this mucous waste product and kick it out yourself." So the mucous membranes become the "dumping ground," something they were never designed to do. So we have this mucous discharge and the bacteria just love that – there is now weakened tissue with toxic debris for them to feed on – so they move in.

America has one of the worst health problems in the world. We are not aware of that because we compare our health problems to other Americans who are just as sick as we are. We go to the doctor and he tells us: "for your age you are just fine." We are sluggish with stiff joints, are on many different kinds of medications, and have had many surgeries. Science tells us we are eating a well-balanced diet, but we are one of the sickest countries in the world. The World Medical Association and World Health Organization admits America is in the worst epidemic of chronic disease that mankind has ever known. We have cancer, diabetes, heart disease and arthritis in spite of tremendous advances in health sciences since the 1900's. We know so much about the body, but it seems like the smarter we get, the sicker we get.

Infection - Our traditional approach is: "These bacteria moved in and now I have an infection." No! You can pick up any medical textbook and find that two things have to be present for infection to take place: First, something must be *weakened by something other than a bug*. If that were not true we would all be dead. At any given moment we could culture anyone's throat in a room and find at least ten disease-producing bacteria, like strep, staph, tuberculosis, etc., so why don't we get these diseases? Fortunately, our throat is strong enough to resist them right now. Secondly, *there must be food for the bacteria or germs to feed on*. They are scavengers. Healthy tissue does not provide any food for bacteria to feed on; they feed on toxic waste. So we rush little Johnny off to the doctor who gives him some antibiotics and the symptoms disappear for a few days and then return. Why? Because the condition is still present to allow the bacteria to flourish, so we go back to the doctor and get more antibiotics.

If we do not feed the body live food enzymes to convert to metabolic enzymes it begins to slow down. We have less energy, joints become stiff, we develop chronic illnesses – and that is the same dis-ease we have associated with normal aging in this country. Our body was never designed to age like we see it doing today.

How do we deprive the body of live enzymes? First, we eat foods that are over cooked. Secondly, we eat foods that do not contain live enzymes. Which foods? Raw milk has enzymes, but pasteurized milk is "de-natured" or dead. If you apply heat above 112 degrees F, most enzymes are rendered inactive, denatured or dead. So the calf will die if fed pasteurized milk because it did not have enough enzymes reserved to convert that dead milk into life-giving metabolic enzymes; it burned out its bank account.

Dr. Pottenger's Cats - Dr. Pottenger was a medical doctor back in the 1940's. He wanted to know what cooked or processed foods would do to our bodies, so he conducted some research personally financed by himself so no one would tell him what results to come up with. The test was done on 800 to 900 cats divided into five different groups. Throughout the experiment, the first two test groups were fed live food and the third, fourth and fifth test groups were fed *processed* foods. What did Dr. Pottenger find?

- The first, second, third and fourth generation of cats in the first and second test group that were fed live food remained healthy, and reproduced offspring.
- In the second test group that were fed dead or processed foods, the first generation of cats were diseased at the end of their life.
- The second generation developed disease in mid-life.
- The third generation was born with disease and deformities. This generation could not conceive, and if they did, would spontaneously abort.
- The fourth generation was born dead with disease and deformity.

The cats died because they were fed refined, processed food. Their enzyme bank was depleted.

In our country today we find our children being born with "old folk's" diseases. This was unheard of during the 1900's when our diet was 75% unprocessed. Today it is the other way around. The average American will go 7 to 14 days without eating any raw fruits or vegetables. The average American spends \$1.74 on raw produce per week!

We now have children being born with arthritis, diabetes, hypoglycaemia, and cancer. Their enzyme bank is depleted. The number one killer of children under 10 years of age is cancer – a degenerative disease. With each generation the enzyme bank is less and less and it takes less wrongdoing for the disease to manifest itself. The body will rob your enzyme bank to digest "dead food" eaten during the day.

If we can live up to 70 years of age without replenishing our daily expenditure of enzymes, why bother to eat live, raw food? The issue is not how long we are going to live, but the *quality* of life that we have. The issue of aging and diseases has a lot to do with the lack of enzymes in our bodies. As the bank account is replenished daily, then we don't have to deal with disease.

The Value In Our Foods - The more we do to our food the less value it has left in it. For example, foods that are:

Raw	100% live enzymes present
Juiced	100 % live enzymes present
Dried	2-5% live enzyme loss
Frozen	3-30% live enzyme loss
Steamed	15-60% live enzyme loss
Cooked	40-100% live enzyme loss
Canned	100% live enzyme loss
Microwaved	100% live enzyme loss
Pasteurized Milk	100% live enzyme loss

Microwaving changes the molecular structure in our food. Microwaves bombard our food causing the molecules to vibrate and friction or heat results. The vibration causes enzymes to split away from the molecules they are attached to. Live food has a carbon molecule attached. When food is microwaved, the carbon molecule is broken off so it becomes dead food and a free radical in our system. (Baby food should not be heated in a microwave.)

Vitamin/Mineral Supplements - The acid/alkaline balance in our body is the most significant phenomena of human physiology. Our body uses minerals with the live enzymes attached to carry out our metabolic processes, but only what the body can use. These minerals and vitamins must be organic, coming through the plant kingdom.

Every day we use minerals in two ways: First, to replace the structure of our body. Secondly, minerals are used in various metabolic processes and have to be replaced from an *outside* source. If we don't have them coming in from an outside source, what happens? We begin to borrow from ourselves. The cells of the body give up their alkaline (organic) minerals. Our blood always remains balanced at 7.4 pH. 7 is neutral, acid is minus 7 and alkaline is 7 plus. If our blood drops below 7.4, we will die – our red blood cells stick together and we will die from acidosis. The way our body keeps the 7.4 balance is through the alkaline minerals we eat. When food is processed, the minerals become acidic. Our body runs slightly alkaline and we should always be replacing the minerals and vitamins.

The body will never go acidic – it will always remain at 7.4. How? It will *borrow* from the muscles, ligaments, and bones, and pull metabolic enzymes out of our tissue. These are the least vital tissues we need for survival. That is why as we get older our muscles start to sag and stiffen, the skin loses tone, and we develop osteoporosis.

Weight Problems - There are two types of calories: calories that come from live food with enzymes intact, or calories from dead, processed food with denatured enzymes. When we eat calories, our body's job is to convert these calories into energy. If there are dead enzymes attached, then our body has to go looking for live enzymes from its own tissue. It will borrow enough enzymes to convert these calories for survival and convert the rest to fat. If you reduce your calories and still eat a lot of dead food, you will *not* lose fat – you will lose muscle tissue.

Cholesterol - If you cook fat, the enzymes are destroyed, and so the body will store the fat inside our arteries – this is the best it can do with it. Americans have reduced their cholesterol intake 75% since the 1940's and yet we have the most cholesterol related problems per capita in the world. Cooked meats, pasteurized dairy, heated foods, most oils and margarine are all heated and are dead foods. We should use live oils that have been cold pressed. Raw nuts and avocados lower cholesterol.

Vitamin And Mineral Deficiencies - Once we heat food we destroy the enzymes that help us use minerals and vitamins. There are very few companies that understand the concept of live food and live enzymes. The FDA allows companies to put "*natural*" on any label as long as that vitamin has come out of the earth. The word "*natural*" has nothing to do with how live it is - it has to do with its *source*. So you can do whatever you want to it and still call it natural as long as it came out of the earth. Most companies will not process their vitamins under 120 degrees F since it will cost more and take more time and effort. It is important to know how they are processed. If you take isolated vitamin and mineral supplements, you will feel wonderful at first. Do you know why? Because they are very stimulating. If you drink a cup of coffee every three or four hours you will feel the same way. The body treats these isolates as a foreign substance – way out of proportion for our body balance – it is not live. Vitamin C is just one part ascorbic acid. The government allows companies to equate vitamin C with ascorbic acid – but it is only one part of the vitamin C complex. There are *nine organic parts* to the vitamin C complex and ascorbic acid is the outer part which keeps oxygen from destroying the real part of vitamin C. The body needs all parts to absorb the C complex.

Ninety percent of ascorbic acid is made from sulphuric acid and corn syrup mixed together, but it is *enzymatically DEAD*. Our body treats it as a foreign substance. Ask a big vitamin eater if they felt better when they first started

taking vitamins. They will say, "Oh yes, tremendous." So then if they satisfied their deficiencies, they should be able to reduce the amounts they take. They usually tell you they have changed their brand name and increased the amount to continue feeling as good as they did last year.

Free Radical Pathology - We must eat live food because there is no other way to get live enzymes into our body to stop free radical pathology. If we put chemicals, x-rays, polluted water, preservatives, dead food and medications into our body, free radicals are produced. That means they are missing an electron. To balance themselves, they will steal an electron from a healthy cell to replace the one that is missing thus damaging the cell. So the robbed cell tries to grab a molecule from another cell to keep doing that and our body begins to wind down. This is called "free radical pathology." In a normal, healthy situation our body would be eating live, raw foods and our metabolism, even though this was the case, would be making free radicals. In a proper diet containing live enzymes in it, there would be enough resources in our body to kill the free radicals. Those enzymes that kill the free radicals are called *antioxidants*. Not only is our food usually void of enzymes, it also is full of chemicals and preservatives that will create even more free radicals. Medical science has figured out that every degenerative disease, such as cancer, diabetes, and arthritis, has free radical pathology at the root. There is only one way to stop it and that is...Live Enzymes.

End Of Tape Session By Dr. Joel Robbins

Sunrider - The Solution

- The Sunrider foods are created from a multi-million dollar process that Dr. Chen (owner of Sunrider) created to treat, extract, formulate and concentrate herbal foods while keeping the herbs in their whole food state.
 - Sunrider foods provide the body with live organic whole food enzymes.
 - They are alkaline.
 - Can be eaten by anyone, including infants, every day.
 - Help move people from an acidic, enzyme-lacking diet to an alkaline, enzyme-rich diet by helping with cravings and addictions.
 - The Sunrider foods are uniquely formulated and based on 5,000 years of research by the Chinese. They learned the distinct difference between food, medicinal, and poisonous herbs, and in order to nourish, balance and cleanse the body properly they chose to use food herbs. Their research is clearly documented in several manuscripts, some of which Dr. Chen owns. The Sunrider foods do not focus on disease, but rather create an environment where wellness can flourish. The foods provide the raw materials our body needs so it can regenerate and rebuild itself.
- Sunrider products are made of food grade herbs only - not medicinal. They contain no preservatives, chemicals, pesticides, food coloring, artificial flavouring or added sweeteners and are not irradiated. They are also wheat and dairy free.
 - They are balanced. All the nutrients are synergistically intact and in their whole food form. Unlike isolated proteins, isolated vitamins and mineral supplements, Sunrider foods are totally assimilated by the body.
 - When eaten, Sunrider foods do not conflict with other foods or any medications.

This article is not intended to diagnose or prescribe treatment. If you have a health condition, consult a physician.