

Enzymes:

Enzymes turn the food we eat into energy and unlock this energy for use in the body. There are three categories of enzymes: metabolic, digestive and plant.

Metabolic enzymes repair cells and tissues and are involved in the healing process, are needed for every chemical reaction that takes place in the human body. (Noru enzyme supplements taken between meals, when there isn't food to digest, function as metabolic enzymes -absorbed directly into the body to repair and heal).

Digestive enzymes assimilate our food and nutrients. Human digestive enzymes are stronger than any of the body's other enzymes, and are more concentrated than any other enzyme found in nature. A very good thing, since our processed, overcooked, nutrient-poor diets demand a great deal of enzymatic works.

Plant enzymes start food digestion and enhance our own digestive enzymes. All foods in their natural states contain the enzymes required to digest them. All food, whether plant or animal, has its own enzymes that serve them in life. Humans cannot independently assimilate food -our bodies must have the help of the food itself. Only whole food enzymes give your body what it needs to work properly. The best plant enzyme sources for humans are bananas, mangos, sprouts, papayas, avocados and pineapples.

Enzymes digest our food and convert it into substances that fortify our muscles, nerves and glands. Enzymes assist your kidneys, lungs, liver, skin and colon in their important eliminative tasks; they move your muscles, stimulate your nerves, make your heart beat, keep you breathing and even cause us to think!

Some uses for enzymes in your body include: purify blood; strengthen the immune system; break down fats; lower cholesterol; bacteria balance in the intestinal tract; enhance mental capacity; cleanse the colon; enhance sleep; shed excess weight and fat; and, improve aging skin.



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Healthy Heart Plus can help you improve your health