

# ENZYMES - MIRACLE WORKERS

***Your True Natural Health Editor has been taking a brand of digestive enzymes for some years now. Recently, while inviting the proprietor to place an advertisement in this magazine, the editor was impressed by his story and invited him to submit it for publication. Here it is, written by proprietor and naturopath, Robert McIlroy.***

Twenty years ago in my mid 50's, I was suffering from sub-standard health which seemed to relate directly to my inability to digest any foods thoroughly. I suffered poor sleep, blood-sugar irregularities, pains and aches – complaints which are common for people in that age group. I visited orthodox doctors, medical specialists, nutritionists, etc, and was told, "There is nothing wrong with you, it's all in your head. Suggest you reduce your stress levels."

I decided to drop all my world travels and the business I had owned for fifteen years to study naturopathy. After intense study for four years, I was able to commence a practice from which I've only just retired in the last twelve months. This adventure has been most rewarding. Mixing with other practitioners, along with a great deal of research, I was diagnosed as having severe gluten intolerance. Avoiding all gluten relieved many of my health problems, but much damage had been done to my gut from eating for decades wholegrain breads and cereals all smothered with wheat-germ.

Seventeen years ago, I met with an American doctor who was visiting Australia and who had changed his allegiance from orthodox medicine to complementary medicine. He introduced me to fungal-derived enzymes and my health improved literally overnight! Since then I have been taking these enzymes daily with each meal, as well as one or two capsules on retiring at night (to improve sleep).

So that I could provide patients with a good mix of enzymes, I decided to set up my own brand of enzyme supplements, 'Lifestyle Enzymes', the capsules being manufactured in the USA. There are former patients living in my area who have become friends over the past ten to fifteen years and have taken these enzymes daily. These days, their overall health and wellbeing in comparison to that of their peers is remarkable.

Two most important things that have had a major influence on my ability to help patients coming to me for advice are: firstly, to introduce them to digestive enzymes and, secondly, to advise them to eliminate various foods/substances from their diet, as these were having an enormous impact on how they felt. I'm a great believer in the book, *Eat Right 4 Your Type* – particularly the 'foods to avoid' list!

When I had health troubles all those years ago, I tried Betaine hydrochloride (hydrochloric acid), and from time to time I would suffer burning and reflux. After a week or two the pains in my hands, arms and neck would worsen, and I realised my blood was becoming too acidic. I also tried Pancreatin produced from pig pancreas, which seemed to help a bit, but there was still a missing link.

We now know that animal-derived enzymes have no digestive activity in the stomach as their pH range is limited, when compared to fungal enzymes. Furthermore, there is no enzyme from animal sources that can break down the fibre in our plant foods. Also we need to take enormous amounts of lipase from animal-sourced enzymes to be able to break down fats – which I've always had problems digesting. The fungal-derived enzyme formulas containing *protease*, *amylase*, *lipase*, and *cellulase* cover all the major components in our everyday diets. One of our general digestive formulas also contains *tilactase* to help digest dairy foods.

During the past seventeen years out of the twenty years I have been in practice, I have provided consultations for many thousands of patients of all ages. I am able to say categorically that 85% of my patients were enzyme deficient, some needing supplementation for a few months, with the majority needing it for the rest of their lives.

A word of warning for those of you who are highly sensitive to many foods and other substances and who have sub-standard health – if you decide to give enzyme supplements a try, you must be cautious and start enzyme therapy slowly. Do not take large doses to commence with, otherwise you will begin breaking down poorly digested foods from your gut wall that have built up over many years, and these toxins will be re-introduced too quickly into your circulation. You may then experience unpleasant feelings for a few days or a few weeks, depending on your level of health. This is actually a form of detoxification.

We avoid using plant-derived enzymes, such as papain (from pawpaw) and bromelain (from pineapple), in our digestive formulas because a number of people are intolerant/allergic to pineapple and others have intolerance to salicylates. In any case, neither of these is very efficient in breaking down proteins in food, because our research indicates that these two plant-derived enzymes are not activated until the body temperature is raised several degrees.

I have found from experience that there is much to gain by supplementing with a high quality fungal-derived enzyme formula for every member of the family, or whenever anyone is distressed from overeating, or feels tired after meals, or has consumed liquids with a meal.

My suggestion is to try a 100% food enzyme supplement for 30 days and see how much better you feel. The supplement is best taken with the first few mouthfuls of food.

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