

Got That “Middle-Aged” Feeling? Enzymes May Be The Answer!

Could it be that old “middle-aged” feeling of slowing down could be related to enzyme deficiencies? Perhaps!

Enzymes govern every metabolic function in your body. Without them, most chemical reactions in cells would be too slow, creating wide-ranging effects such as diminished energy, stamina, immune system function, hormone production, and absorption of basic vitamins and nutrients.

Alas, enzyme production decreases with age, and the typical American diet of over-processed foods does not favor enzyme production. Even bad habits like standing while eating or eating on the run can deplete your enzyme supplies by straining digestion.

The effects of dwindling enzymes in your body can range from mild digestive trouble to severe organ damage.

Enzymes are proteins made up of amino acids. There are over 5,000 known enzymes, with three categories including: metabolic, digestive and food.

Metabolic enzymes play a role in processes ranging from breathing to maintenance of your immune system. They build and repair cells in the blood, tissues, and organs and also help neutralize and prepare for elimination of poisons and carcinogens.

Digestive enzymes are manufactured by the pancreas and are responsible for breaking down partially-di-

gested food from large food molecules into smaller units, which can be absorbed into your body’s cells.

Food enzymes are found in raw foods and act to initiate digestion in the mouth and stomach. The process of cooking food destroys naturally-occurring enzymes, so your body must produce its own supply of digestive enzymes. When “enzyme-less” food is the norm, your pancreas must work overtime to deliver enzymes required for proper digestion.

Given modern diets, many studies are building the case for enzyme supplementation, which has been shown to improve digestion, nutrient absorption, immune health, and even reduce inflammation.

The three primary digestive enzymes are protease,

amylase, and lipase, for processing proteins, carbohydrates, and fats respectively. Products with these enzymes are typically marketed as “pancreatic enzymes,” whether they are made from porcine (animal) or plant-based (vegetarian) sources.

And, because enzymes are highly sensitive—to moisture, temperature, pH, etc.—it is best to activate them the old-fashioned way—with a meal.

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