

# Enzyme Deficiency

## 酶缺乏

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### Lack of enzymes in cooked and processed food can strain the human body!

According to researchers, the enzymes discovered in raw food digest up to 75 percent of the food themselves without the assistance of extra enzymes. As our body's digestive enzymes have helped in the digestive process, we do not utilise as many of the body's own enzymes. Therefore, the digestive process can be initiated during the significant 30 to 60 minutes after eating, before the body's enzymes can be produced and before stomach acids are secreted.

Whenever food is cooked or processed with heat or when milk is pasteurised, every enzyme is lost. Even the finest sources of enzymes, raw fruits and vegetables, may have decreased enzymatic level due to long storage, and pesticides and toxins in the water supply and ground. Diminished enzyme levels in food signify that the pancreas needs to supply greater levels of these enzymes. Simultaneously, the body will utilise enzymes which can be used elsewhere in the immune system for digestion purposes; hence decreases immune function. Likewise, as we age, our body's power to create enzymes will also decrease.

The consequences of enzyme insufficiency made by utilising cooked and refined foods, environmental components and the aging process may include:

- The delay in digestion during the crucial 30 to 50 minutes after eating.
- Partial breakdown of food allowing for undigested food to get in the colon where bacteria can feed on them, leading to toxicity, flatulence and bloating.
- Crucial nutrients are not released and cannot be assimilated by the body.
- Digestive stress and damaged immune function.

## Supplementation

### Enzymes deficiency can be corrected by taking enzymes supplement

You can make up for enzyme insufficiency by increasing the quantity of raw food in the diet and include enzyme supplements with meals containing cooked or refined food. Numerous sources recommended diets that contain 50% or more raw food. For many of us, raw food is a crucial part of the diet but only measures 50% or less. This makes supplementation with a full range of effective digestive enzymes taken with meals, crucial to the effective and complete digestion and assimilation of food. For maximum efficacy and effectiveness, an enzyme supplement needs to be properly formulated, potent and pure without any fillers.

### Supreme quality plant-based enzymes that are active in broad pH range

A good digestive formula will contain a mixture of enzymes to address every group of food consumed and is not animal-based. Animal-based enzymes carry certain risk factors, besides having a much narrower pH range. They are designed by nature to work in a particular range of acidity found in the animal source's system. Vegetable enzymes are more effective in a wider pH range and both the stomach and the intestines can tolerate them better and longer. A broad based enzyme supplement will not only enable digestion but also reduce stress on the pancreas by reducing its demand to create enzymes and also the immune system by releasing enzymes for different functions.

### 缺乏酶的食物和加工食品可导致身体劳损!

根据调查, 在不需要其它酶的帮助下, 生的食物中含有的酶可自行消化75%的食物。我们体内的消化酶有助于消化过程, 不需使用人体自身的酶。因此, 消化过程会在进食后的30到60分钟, 身体的酶生产前及胃酸分泌前开始。

经过烹煮或加工的食物, 抑或牛奶经过巴氏法灭菌后, 所有的酶都已经消失了。甚至是酶中最出色的来源, 新鲜的水果和蔬菜, 都会由于周边环境, 如长期储存及农药和水源中的毒素等影响下, 令酶的成分减少。减少了酶的食物, 胰脏就必须提供更高水平的酶。同时, 身体会使用用来运作免疫系统帮助消化的酶, 从而降低了免疫功能。同样的, 随着年龄的增长, 我们身体能制造酶的能力也会逐渐减少。

食用精制食品、环境指数以及老化过程导致酶指数不足的后果包括:

- 进食后, 关键的30至50分钟的消化过程会被延迟。
- 部分还没被消化的食物会进入结肠, 成为细菌的饲料, 会导致的毒性、胀气和腹胀。
- 重要的营养成分释放不出来, 不能被人体吸收。
- 消化压力和免疫功能受损。

## 补充

### 酶缺乏症可通过服用酶补充剂来纠正

您可以在饮食习惯中增加摄取生机食品, 以及包括在熟食或精制食品中补充酶的不足。许多资料都推荐在饮食中须含有50%甚至更多的生机食品。对于我们来说, 生机食品是饮食中的关键部分, 可惜我们吃进肚子里的, 估计不过50%或甚至更少。因此, 在食物中获得全方位的消化酶补充是极为重要的, 对有效及完整的消化及养分的吸收有益。为了取得最大效果和效益, 酶的辅助品是必须有良好的配方、有效及纯净(不附加任添加成分)。

### 高品质的植物性酶活跃于广泛的pH值

一个好的消化酶配方须含有酶的混合物及不属于动物源性, 以帮助所有食物组的消化。动物源性的酶带着一定的风险因素, 也会令pH值窄化。它们是在动物源性系统中的特定酸度内“工作”。蔬菜酶则拥有更广泛的pH值, 同时肠胃可以更长时间及更好地适应它们。一个有效的酶辅助食品能为不同的身体功能释放酶, 不仅可促进消化, 还可降低可制造酶的胰脏的压力, 以及舒缓免疫系统的压力。



**The n.zimes PA Plus™ from NewLife™ aids in proper digestion of food. It breaks down food and unlocks the nutrients in it, allowing full absorption of nutrients by the body.**

**Enzyme supplement can assist body's digestive processes and support proper functioning of immune system when taken with meals**

Supplements should be consumed during or within half an hour before or after meals and can be sprinkled into water taken with the meals. However, sprinkling of enzyme on cooked food is not advisable as it is affected by heat which can break down the food immediately! Almost everyone can benefit from supplementation with enzymes.

People with digestive problems may prefer to consume digestive enzymes with every meal while others might just prefer to utilise enzymes to improve their assimilation and usage of nutrients with cooked meals. Naturally, the benefits will vary, depending on the person's diet and overall health. Those with intestinal problems should discover a gradual decrease in symptoms. Individuals in good health can expect to notice less bloating after meals, reduced flatulence, raised energy, quicker bowel movement and more regular bowel habits.

**It's not merely "You are what you eat" but "You are what you digest and absorb"!**

Given the healthiest and most nutritious diet, your body is unable to get the goodness from your diet if your stomach and intestines aren't working properly. The efficiency of your stomach and small intestines in extracting and utilising nutrients is dependent on the availability of catalysts – enzymes that do wonders on your digestive health.

**免疫系统正常运作**

辅助食品应在饭前或饭后半小时内服用，或放进水里也可。然而，在熟食中洒入酶是不建议的，因为加热过程已经快速地把食物完全分解！几乎所有的人，都能在酶辅助食品中获得好处。

有消化问题的人，建议在每一餐的饮食中摄取消化酶，有些人则会在吃熟食后使用酶来提高养分的吸收。其实，效果会有所不同，这取决于各人的饮食习惯及整体健康。对于那些肠道有问题的人，应该会发现到症状逐渐减少。健康不错的他们，会在饭后比较少出现肠胃气胀、体力提升、定时如厕及更常上厕所。

**这不仅仅是“人如其食”，而是“人如其消化及吸收率”！**

即使有最健康及最有营养的饮食，如果您的肠胃不能好好“运作”，身体还是无法吸收这些营养的。肠胃提取和利用营养物质的效率，取决于催化剂的可用性——酶可以在您的消化健康上创造奇迹。

**n.zimes PA Plus™ testimony  
胰酶(植物)添加素见证**

I used to have indigestion, stomach bloating and heartburn after meals. My condition worsened whenever I consumed fried and greasy food. However, since taking n.zimes PA Plus™ before every meal, I can feel the improvement in my digestive health. Now gassy stomach, burping and flatulence after meals are things of the past. I can also feel a positive surge in my energy levels. This has enabled me to stay alert and fresh throughout the day.

我曾经有过在饭后消化不良，肚子胀及灼热的经验。每当我食用油炸和油腻食物后，我的情况会更严重。然而，当我每次饮食前服用胰酶(植物)添加素后，我便能感觉到我的消化系统有着明显的改善。现在胃气囊，饭后打嗝和胀气都成过去的事了。我也感觉到我的能量水平有着积极的激增。这使我在一整天中精神更集中及感觉良好。

**Miss Ann, Kuala Lumpur  
安小姐, 吉隆坡**

**Give yourself a natural enzyme boost with n.zimes PA Plus™ today, especially if you are one of those who**

- Eat cooked food most of the time
- Are under stress
- Have frequent headaches, stiff neck and shoulders, joint pains and muscles aches
- Get tired easily
- Have poor immune system
- Have poor appetite
- Suffer from indigestion and digestive discomfort
- Have high cholesterol or other chronic diseases
- Suffer from food allergies
- Have skin problems like acne, eczema, etc.

**The uniqueness of n.zimes PA Plus™**

- Plant-based and free from any animal related transmitted diseases such as BSE (Mad Cow Disease)
- Vegetarian formula
- Contains microbial enzymes that are active in the pH range of 2.5 to 10.0
- Contains proprietary blend called n.zimes PA Plus™ which is Pancreatin Alternative. It is designed to work over a broad range of pH 3.5 to 8.5; being active in both the acidic environment of the stomach and the alkaline environment of the small intestines. Therefore, n.zimes PA Plus™ starts digesting food in the stomach and continues the process as the food enters the small intestines, ensuring complete digestion of the food
- Contains a complete spectrum of enzymes for digesting wide range of foods such as proteolytic enzymes, carbohydrate enzymes, lactase, lipase and fiber-hydrolyzing enzymes

**对于“心灵食物”的字眼并不能掉以轻心。研究显今天，就给自己一个天然的酵素——胰酶(植物)添加素吧，尤其是那些**

- 常吃熟食的人
- 压力
- 经常头痛、颈部和肩膀僵硬、关节疼痛及肌肉酸痛
- 容易疲倦
- 免疫系统不好
- 食欲不振
- 消化不良和消化道不适
- 有高胆固醇或其他慢性疾病
- 食物过敏
- 有如痤疮、湿疹等皮肤问题

**胰酶(植物)添加素的独特之处**

- 它是草本补品，和动物相关的传染病如疯牛症没有关联
- 素食配方
- 含有介于2.5至10.0pH值的活跃酵素
- 含有胰酶(植物)添加素的专有混合物——胰液素代替体。它被用在介于3.5至8.5pH值的范围内；可活跃于酸性的胃及碱性的小肠中。因此，胰酶(植物)添加素会开始消化胃里的食物，以及消化进入小肠的食物，以确保食物被完全消化。
- 含有消化各种食物所需的完整酵素系列，如蛋白分解酵素、碳水化合物分解酵素、乳糖分解酵素、脂肪分解酵素和纤维氧化还原酵素。