



ENZYME RESEARCH GROUP

Enzymes & Diet

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Technically, everyone is on a diet of some kind. A 'diet' is whatever eating plan you follow. Even not eating can be a diet - a starvation diet! The 'best' diet can vary radically from person to person. Regardless of the food you eat, you need to digest it and absorb the nutrients the food contains. Anything not absorbed may sabotage your best efforts towards health.

Diets are often started either to lose weight or to eliminate a food that is causing problems. Reducing or removing a problematic food is one method. Taking enzymes is a different strategy that addresses the problem at the core. With enzymes, it is very common to find previously avoided foods are no longer a problem.

Consider an enzyme product targeting the same goal as your chosen diet. If you have trouble with fat, look for a product high in lipase. Lipase enzymes break down fats. If you eat reasonably but have some stubborn pounds, trying a high lipase product may help. If carbohydrates do you in, look for enzymes designed for carb digestion. If constipation and fiber is your focus, there are enzymes that whittle fruits and veggies down to size.

Other tips to keep extra pounds and indigestion under control are chewing your food thoroughly and rigorously watch portion sizes. Eating three smaller meals and three snacks a day helps control hunger, stabilizes blood sugar, and keeps metabolism up. Adding enzymes helps release more energy from your food for burning off calories and fighting fatigue.

If you are not seeing the desired results from your diet, a trial of digestive enzymes might just be the needed kick.