

## **THE NUTRITIONAL APPROACH KNOWN AS THE "FOOD ENZYME CONCEPT"**

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The book *Enzyme Nutrition*, by Dr. Edward Howell, is a classic in the field of nutritional theory. Its roots are in the fields of economics, and a myriad of other ancillary fields. It is a work whose importance can only be appreciated by the great 'dietary experiment' of unprecedented proportions. Never in the history of humankind has there been the food supply as is currently happening. The book *Enzyme Nutrition* tells why the manipulation of food is a sound rationale for seeking and implementing alternatives to the current difficult situation.

Howell's book is as much a narrative of developments in the field of nutritional research over the last century as it is a position. It is also a highly readable book that addresses issues of food from the perspective of function. It states that the human body is a product of millennia using raw foods in their most natural state. Its functions are required to live. Only living foods are able to provide the life force we must have to perform our daily tasks. We are replacing our own species. Howell demonstrates clearly that these functions are in jeopardy due to the

Living enzymes are a third part of the food triad that has been systematically destroyed by a marketing strategy ahead of those it serves. Freezing, cooking, irradiating, addition of chemicals, and a thousand other methods have been used to feed America's population to feed the other 98%. The age-old problem of stabilizing foodstuffs for transport and storage has been necessary to handle the living portion of food to facilitate its movement over long distances. This has been necessary to handle the handling, marketing and storage. An entire marketing strategy has successfully anchored this process. The price we pay for the luxury of not tilling the soil, however, may be greater than we understand.

Dr. Howell presents information that lets each reader assess the veracity of his claim, builds a confidence to exert more control over his food supply, and suggests how such efforts may result in improved health. The current health care system is a disaster. Dependence on foreign energy to operate our agri-businesses is great. Health care protections, and regulations related to foodstuffs and additives are extremely questionable. Enzyme approach health and nutrition from a more objective viewpoint in order to make individual decisions.

Dr. Edward Howell spent over 50 years of his life researching food enzymes and how they affect the body, including all of his extensive research. The book *Enzyme Nutrition* is the abridged version of his original work.

Ann Wigmore was a contemporary of Dr. Howell and a student of his work. She researched his work on raw foods during her lifetime. She came to the conclusion that in the United States it is hard if not impossible to grow organic foods without chemical fertilizers and pesticides. She developed a diet that incorporated a small amount of organic foods (which were expensive) with easy to grow wheatgrass (as a mainstay), sunflower greens, and buckwheat greens, fenugreek and others. She opened an institute in Boston and grew all her wheatgrass and sprouted it. She showed how to grow and implement this diet and in turning around the disease process. The foods in her diet were raw.

In simple terms, enzymes contain the vitamin, the mineral and in Howell's words "The enzyme complex is the vital energy factor." Only foods that are not cooked contain this vital energy factor—i.e. raw fruits and vegetables.

Steve Meyerowitz in his book *Wheatgrass, Nature's Finest Medicine*, says that "Grass contains hundreds of phytochemicals, anti-oxidants, cellular RNA and DNA all in concentrated form."