



THE HEALING POWER OF ENZYMES

Chapter 15

To a Longer,
Healthier, More
Youthful Life

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To a Longer, Healthier, More Youthful Life

LONGEVITY POTENTIAL

Let's take a closer look at a healthy human cell and the chemicals that make it. The earth that we live on is built from ninety-four chemicals, and we have twenty-seven of those chemicals in every one of our cells. Between those twenty-seven chemicals and its twenty thousand enzymes, each cell creates over one hundred thousand different chemical actions every second of our lives. To do this, they require forty-five nutrients from the carbohydrates, fats, and proteins we consume. Tests conducted by Dr. Howell and his colleagues clearly demonstrate that aging and debilitated metabolic enzyme activities are synonymous. If our digestive tract and the immune system that resides in it are healthy, then we can properly feed our cells. Aging can be delayed.

Other very exciting research continues to shed new light on how our bodies rid themselves of damaged and aging cells. This offers renewed hope that someday we will be able to manipulate these processes in order to further delay aging. That's right, there is growing evidence, including a study from the *British Journal of Sports Medicine*, that shows maintaining fitness through middle age could delay biological aging by 12 years. Think about it. What is far more important to doctors than someone's chronological age is their physiological age. After all, we probably all know 50-year-olds who have the health of a 40-year-old, and unfortunately, vice versa. This particular study shows that exercise such as jogging and/or walking improves the body's oxygen consumption and its ability to generate energy. This in turn leads to the slowing and possible reversal of the inevitable decline of the body's functions. We can, for all intents and purposes, become biologically younger.

Here I want to emphasize my biggest positive impression on the aging process, and that is the supplementation of digestive enzymes and healthy bacteria

(probiotics) to maintain a healthy gut environment. Last but not least are supplemental systemic protease enzymes for balanced inflammation and proper circulation of our blood. Free radicals kill the cells and cause aging, but proteolytic and lipolytic enzymes rid the body of free radicals. Protease is the major one that creates glutathione in the cells and fights against aging.

FREE RADICALS AND AGING

What are free radicals? Why are they damaging to the human body? And how do enzymes along with other antioxidants help protect the body against free radical damage? With age comes increasing and sometimes cumulative exposure to both natural and synthetic environmental toxins, from heavy metals and pesticides to tobacco smoke and radiation — even life-giving oxygen can be harmful. Much of the damage from these exposures results from the generation of “free radicals.” These extremely reactive molecules or fragments of molecules have unpaired (“free”) electrons that in the normal course of metabolism are channeled into energy production. In some cells, they may be used to kill viruses and bacteria. However, because of their extremely high energy and inexorable search for another electron, they can also damage normal tissues if too many are produced or are not adequately controlled. The prematurely aged, wrinkled skin of smokers is caused by the free radical induced damage that smoking creates. In fact, smoking is probably the greatest source of voluntary exposure to free radicals.

In our blood stream, they will steal an electron from any atom, without discrimination. This creates another free radical, and another and another — soon, a good deal of damage is done and the body’s health really begins to falter. When we observe this using live blood under the microscope, we find the platelets clumped together, forming thrombocytes (blood clotting). When the body or artery is under attack, thrombocytes rush to the trouble spot and form clumps. This creates a blood flow problem. In addition, the body naturally makes a fiber-like protein found in the plasma as well. Then, the appropriate minerals are dispatched to the aggravated site. If calcium is sent, it reacts to the area under siege and forms its own type of plaque. This can result in various signs of aging, such as loss of memory, hearing, vision, and stamina. Oxidative stress also inactivates critical enzymes and other proteins.

Natural Protection: The body produces essential antioxidant defenses internally. Enzymes that control free radicals include superoxide dismutase, glutathione peroxidase, and catalase as well as other molecules such as cholesterol, steroid hormones, and sulfur-containing amino acids that neutralize free radicals. It is also possible to choose many nutrients in both foods and supplements that help fight free radicals. Most free radical protection involves eating a better diet, exercising,

maintaining a clean environment (both internally and externally), reducing stress, and taking enzyme supplements.

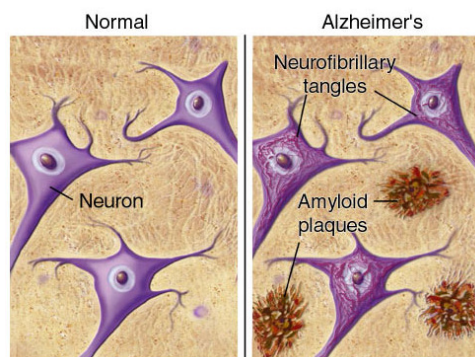
BIOLOGICALLY YOUNGER

I have also learned how important upper-body training is for both men and women. Simply adding some upper-body strength leads to increased muscle mass, improved bone density, and increased lung capacity, all of which are important to extending life. Do you have some other ideas? Forget for one second about simply looking younger — how do you think we can become biologically younger today?

There are ways to measure biological aging by measuring the ratio of your muscle to your fat with Body Composition Analysis (BCA). If you have healthy fluids and enough muscle for health compared to lower fat, you would show a rating that puts you in a younger category. This information plus your height and weight will give you a biological age which has nothing to do with your chronological age. The thrill of being an age of seventy but being given a biological age of fifty certainly helps you continue your healthy process.

IS THERE A DRUG TO LIVE LONGER? YES, IF YOU ARE A FAT MOUSE!

In modern medicine, aging is sometimes considered a disease just like any other. Researchers at the Mayo Clinic used a drug on a group genetically engineered, rapid-aging mice that targets only senescent cells (cells that lose power of division and growth) and forces them to self-destruct. Among mice who were treated throughout their lifetimes, researchers said they saw a remarkable delay in the development of cataracts, muscle wasting, and the type of fat loss that causes skin wrinkling in humans. Another group of mice was treated in older age after cataracts had already set in. The drug did not reverse the age-related changes that had already occurred, but it prevented further decline. The body normally clears out old cells, however that process becomes less efficient with age. Since people, unsurprisingly, want to live longer, healthier lives, the question becomes whether it is possible to delay aging. The answer is: **Kill all the sickly old cells!**



In the meantime, we already have some fascinating information about the role that enzymes play. When taken between meals to work in the blood stream, protease enzymes help remove excessive proteins from our system, and these can be the sickly old cells. We also discussed how the major cause of aging is cellular deterioration due to excess toxins in the body. This in turn reflects a weakened immune system from the destruction of free radicals causing a general contamination of the blood. In the previous chapter we learned about current studies on plant-based enzyme supplementation that causes the skin to look more youthful. I find it very interesting that nearly every problem or adverse condition hinges on virtually the same deficiencies.

I ask my elderly clients (which is funny since I myself am over 70 years old) to adopt an anti-aging stance, and then attack with gusto! It is simply not enough to eat well and exercise.

- Everyone has to add nutrients to his or her diet, preferably in the form of herbal and freeze-dried foods to provide nutrients from foods.
- Everyone has to get enough sleep, preferably around 8 hours.
- Everyone has to take time each day to meditate, pray, or spend time in a relaxed state, remembering to take deep breaths.
- Everyone has to eat those foods that are appropriate for his or her genetic biochemical type.
- Everyone has to take supplemental plant-based enzymes with meals to help digest food and between meals to help repair the system. Science tells us that proteases are first released to properly break down proteins, but we stop making metabolic digestive enzymes as we age.
- Those who faithfully remain on their plans tell me they have never felt better or more energized since they were kids. That is because, first and foremost, a good program of enzyme supplements helps your body get the most out of the foods you eat.
- By fortifying and revitalizing your organs and tissues, you achieve balanced health and anti-aging support.
- Supplemental plant-based digestive enzymes and supplemental plant-based systemic protease enzymes assist the body to heal itself.

WHY ENZYMES KEEP THE BODY FEELING YOUNGER

After reviewing results from a variety of tests on aging, Dr. Edward Howell, who began his study of enzymes in 1930, concluded: "Humans eating an enzyme-less diet use up a tremendous amount of their enzyme potential in lavish secretions

of the pancreas and other digestive organs. The result is a shortened life span (65 years or less as compared with 100 or more), illness, and lowered resistance to stresses of all types, psychological and environmental. By eating foods and supplementing cooked foods with enzyme capsules, we can stop abnormal and pathological aging processes." My favorite quotation from the work of Dr. Howell is: "If you take in enzyme reinforcements during the younger years, your enzymes at 80 years will be more like those at 40 years." Aging has a great deal to do with decreased enzyme reserves. Enzyme therapy slows down the aging process by building up the enzyme reserves and quenching free radicals.

Anytime we suffer from an acute or chronic illness, it is almost certain that enzyme depletion exists. Those with digestive disturbances, endocrine gland imbalances, blood sugar imbalances, diabetes, obesity, high cholesterol, high triglycerides, and stress-related problems will especially need supplemental enzymes. Supplemental proteolytic enzymes aid in helping your body with detoxifying — they free up more metabolic enzyme energy to enhance detoxification. If you have a very busy life, fly, or travel a great deal and cannot eat those foods common to the area where you live, your enzyme reserves are even more depleted.

DNA DETERIORATION AND AGING

Did you know that as we age our DNA deteriorates very quickly? In some individuals this means they can lose approximately 1,000 miles a day of their DNA. Don't panic — your DNA, if unwound, would stretch out to reach the sun (over 93,000,000 miles from earth and back) approximately 200 times. Thinking about this fact, I have a greater respect for God's greatest creation. But the deterioration of DNA reduces enzyme production, which can produce severe changes in our chemistry and lead to several diseases. This deterioration can be slowed by proper nutrition and enzyme supplementation for absorption of the forty-five required nutrients required by the cell along with exercise and good stress reduction in our lifestyles.

HOW LACK OF ENZYMES SPEEDS THE AGING PROCESS

Medicine has discovered little about how to retard the inexorable process of aging. Biologists do not even agree on its definition. We do know that cells tend to die off faster than they can be replaced. After the age of twenty-five, the body's water content and energy reserves noticeably begin to decline. Body efficiency decreases roughly by one percent per year. Tissues waste away, enzymes disappear, mutations damage the genes, and organs wear out one after another. Typically, in the body of an 80-year-old man, fifty million cells are dying each second, while perhaps only thirty million new ones replace them. His muscles have lost thirty percent of their former weight, his brain has shriveled by ten percent, and nerve trunks have shed twenty-five percent of their fibers. Each

breath takes in fifty percent less oxygen, each heartbeat pumps thirty-five percent less blood, the blood absorbs oxygen sixty percent more slowly, and the kidneys, loyal team members that they are, have sacrificed their efficiency by half to help other organs worse off than themselves.

That our bodies continue to function in spite of all this speaks wonders for this biological miracle of 100 organs, 200 bones, 600 muscles, and over one trillion cells! To carry on a detailed discussion of the way all these parts work would bewilder the reader and me. It is sufficient to know that none of these parts or processes can possibly work without enzymes. Enzymes are the energy and substance that makes life possible. They are a necessary component of every chemical action that takes place in the human body. The truth is we should eat for our cells — they will keep us healthy if they are healthy.

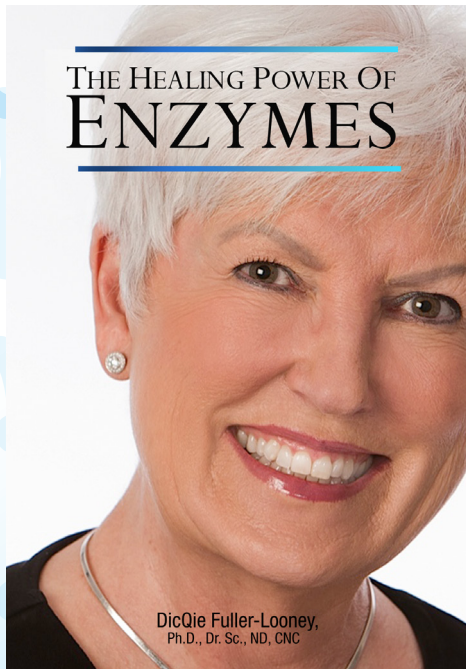
Invariably, any discussion about enzymes results in this question: “Do we lose our ability to produce enzymes because we age, or do we age because our ability to sustain production of enzymes decreases?” My thought is: “Who cares?” Let’s just replace them with supplemental plant-based enzymes. If we were to take too many, of which I certainly doubt, then they just help make more metabolic enzymes. That is because they are proteins, and proteins (amino acids) help the body produce metabolic enzymes.

TESTIMONIAL

“I am not sure how these enzyme supplements work, but I know what they do for me. I have been on them faithfully for 18 years, and I am not going to stop taking them. I am 72 years old and am not on any medication. I have regular checkups and all lab tests are normal. My energy is nonstop and I still work full-time. My life is good, and I credit it to these supplements DicQie has me on. In fact, when many of my friends comment on my health I tell them about the enzymes, however if they complain about their own health I send them to DicQie.”

NEWLY REVISED WITH 6
ADDITIONAL CHAPTERS!

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ENZYMES



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Dr. DicQie Fuller-Looney has enjoyed and been blessed by her 30-plus years as a clinician, educator, researcher, and author. She has earned two Ph.Ds, one in Health Science and the other in Dietetic Nutrition, and also holds a degree as Naturopathic doctor – Heilpraktiker from Germany Kneipp Heilpraktiker Akademie. Her passion in the last 35 years has been in the realm of Enzyme Therapy along with Biochemical Individualism and their use in bringing balance to the body whether involving our health, thoughts, or harmful beliefs.

*"How exciting! A Must Read For Everyone!!!
What a great educational tool for those
practitioners stuck on the simplicity of our
wonderful enzymes" - Rose Jacobson, CT*

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