

God's Natural Healing Way Ministries, Inc.

August 2011 Newsletter



Digestive Enzymes: The Missing Link

“Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin, or hormone can do any work without enzymes. They are the manual workers that build our body from proteins, carbohydrates, and fats’ just as construction workers build our homes. You may have all the raw materials with which to build, but without the workers (enzymes) you cannot even begin. (*Enzyme Nutrition-The Food Enzyme Concept by Dr. Edward Howell, M.D., Avery Publishing 1985*).

It is a fairly undeniable

fact in this day and age that our plant soil is severely damaged. In addition to that it is also rela-



tively well-known that cattle, pigs & chickens have questionable diets and environments. Basically, the end result is that we are not getting the enzymes that we need.

What that means to us is that even when we make sure that we eat our Recommended Daily Allowance (RDA) of fruit, vegetables, proteins and fat that we are not receiving enough enzymes for our digestive system to work properly. . Luckily , there are many enzyme supplements that are designed to keep our digestive systems on the right track. This newsletter will discuss enzymes, their sources and types and if you are a candidate for using one of the many enzyme supplements.

Marie Tillman Edging Toward Naturopathic Doctorate

Since the untimely passing of Dr. Larry Tillman in 2009, Marie has forged ahead with their dreams of providing natural health solutions for their many devoted patients. It has

been a long, arduous transition for Marie, but her devotion to God, Larry and natural health has kept her pushing through the very tough times.

Marie has recently returned from an 8-day seminar in Indianapolis in which she received her Certified Natural Health Professional certification. FULL STORY on Page 4



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Going Green Tips

- Save gallons of water by taking short showers & turning the faucet off while brushing your pearly whites!
- Take your Tupperware to the nearest recycling center or Goodwill. Reuse glass containers to store leftovers. You will be doing something for the environment and your fridge will look like it's had a facelift!



“Neither vitamins, minerals, or hormones can do any work without enzymes.”



Types of Enzymes

According to Dr. Edward Howell, an enzyme research pioneer, there are three different types of enzymes:

- **Food Enzymes**-Found in natural unprocessed food sources. Food enzymes are essential for the proper digestion of food. These enzymes are contained in all raw foods. Since raw foods contain only enough enzymes to digest that particular food, there are not enough enzymes present to support the digestion of other foods.
- **Digestive Enzymes**-These enzymes are made in the body for the digestion of food. They are secreted along the digestive tract to break food down into nutrients and waste. This process allows nutrients to be absorbed into the circulatory system and the waste to be discarded.
- **Metabolic Enzymes**-These enzymes are made in the body to run the biochemical reactions occurring in the body. These include all the processes involved in breathing, thinking, talking, moving, behavior, organs, tissues, cells, and the endocrine and immune systems.

Enzyme Sources

- **Plant Enzymes**-Derived from a variety of plants, these enzymes are effective within a broad pH range. Papain (derived from papaya), Bromelain (from pineapple), Ficin (from the fig tree) exhibit predominantly proteolytic activity, but also the Amylolytic enzymes of cereals, soybean lipoxygenase, and specialized enzymes from citrus fruits also fall into this category.
- **Animal Enzymes**-Derived from animal glands, this category includes pancreatin, trypsin, chymotrypsin, lipase, rennet and pepsin which support the organs and glands of the body that are responsible for secreting digestive enzymes.

* The enzymatic activities of these enzymes are actively limited to a very narrow pH range, very specific in action, and may have a delayed effect. They work well as an anti-inflammatory, aid in the relief of stress on the pancreas and the liver, but are poor digesters of fats, proteins and carbohydrates.

* Pancreatic enzymes, such as pancreatin, are animal based enzymes obtained from pigs & cattle active only in a n alkaline pH environment of 7.2 to 9.0. Pancreatin works only in the upper part of the small intestine to digest carbohydrates and proteins.

* Unable to work in the acidic environment of the stomach, pancreatic enzymes are unable to help predigest food.

* Pancreatic enzymes do not spare the body of the necessity to provide all of the enzymes required for the digestion of food. If the body needs digestive assistance in the breakdown of foods, glandular enzymes are not the answer.

- **Microbial Enzymes**-These fungal and bacterial enzymes are derived from microorganisms through a process of fermentation. Each has been tested for effectiveness and safety in humans and those that show promise are researched and provided for human use. Enzymes, amylases, diastases, etc., begin working immediately in a broad pH range and will digest all of the food groups.

Digestive Enzymes with Specific Food Types

Specific enzymes work on specific foods. A list of the major types include:

- Amylase-Breaks down carbohydrates, starches & sugars. Prevalent in potatoes, fruits, vegetables and many snack foods.
- Lipase-Breaks down lipids (fats) found in butter, milk, cheese, meat, dietary fats & oils.
- Protease-Breaks down protein found in meats, nuts, milk & cheese.
- Lactase-Breaks down lactose (dairy sugar). Used for lactose intolerance.
- Cellulose-Breaks down cellulose, a plant food fiber considered a carbohydrate, into glucose found in fruits & vegetables.
- Invertase-Breaks down carbohydrates, especially sucrose (table sugar) to glucose and fructose.
- Sucrase-Digests complex sugars & starches (carbohydrates), specifically sucrose & maltose.
- Maltase-Digests carbohydrates, maltose, grain sugars & starch into fructose & glucose; breaks simple & complex sugars.
- Glucoamylase-Breaks down the ends of large carbohydrates (starches), releasing maltose & glucose. Helps to prevent discomfort caused by legumes & soy-based products.
- Xylanase-Hydrolyzes xylan sugars, indigestible components of plant fibers & grains, such as corn.
- Pepsin-AN acidic protease that breaks down proteins during digestion; requires a strongly acidic environment such as that present in the stomach; digests large protein molecules into smaller protein molecules (smaller polypeptides) & is therefore a protease-an enzyme that breaks down protein.
- Pancreatin-An animal-derived enzyme; breaks down protein & fats.

Keep in mind that there are many more enzyme supplements on the market to cover each specific need. Be sure to explore your specific enzyme needs with Marie.

Probiotics

Probiotics, or “friendly” bacteria, help support proper functioning of the gastrointestinal system. Hundreds of different strains of live microorganisms, both beneficial and pathogenic, populate or pass through the intestinal tract every day of our life. In a healthy digestive system, these bacteria are able to co-

exist in a balanced state. Probiotics, meaning “for life,” are beneficial and “friendly” live bacteria that are normal inhabitants of the intestinal tract.

Probiotics may help improve and maintain immune function, help the respiratory and gastrointestinal tract, help with inhibition of pathogenic

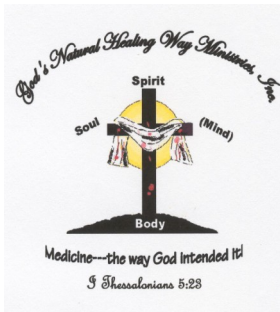
bacteria, promote colon function, help alleviate food, chemical and environmental sensitivities, optimize tolerance of dairy products, help maintain healthy cholesterol levels, promote healthy skin, aid in the nutrient absorption process, help mineral absorption and metabolism and much, much more!



“Enzymes are sparks of life!”



Probiotics are for everyone!



Summer's Bounty

As we are in the hottest part of the summer, it's time to remember the wide array of seasonal fresh fruits and vegetables that are in abundance during this time of year. As those of us from the South know, there is nothing better than a sliced, fresh tomato as an accompaniment to any meal. Or, for something different try canning your own tomato juice. Visit

<http://www.pickyourown.org/canningtomatojuice.htm> for a simple and great recipe. Squeeze 2 fresh lemons and add minced red onion to mashed avocados for a light, healthy summer guacamole.

Enjoy a picnic before the summer is over. Instead of plain sandwiches or burgers, use seasonal beans, lettuce, chopped onions, sour cream, shredded cheddar cheese and homemade salsa (http://simplyrecipes.com/recipes/fresh_tomato_salsa/) to make delicious burritos that the whole family will enjoy. Don't forget the chilled watermelon!



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tillmanlm@charter.net

*God's Natural
Healing Way
website coming
soon!*



Medicine the Way God Intended It!

Marie's Journey

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Working side-by-side with Larry for many years taught Marie much more than Natural Health basics. I'm sure you all remember Marie being present during visits to the office; often adding her sage advice. She is very well-versed in most Natural Health areas, but has decided to take her education to a higher level.

From July 16-23, Marie studied Nutrition, Body Systems, Iridology, Body Work and experienced a 2-day Practicum.

The Nutrition class enhanced her knowledge of

vitamins, minerals, carbohydrates, proteins & fats.

Her Body Systems course emphasized the practical aspects of maintaining homeostasis in the body to include the organs, tissue, glands & body structures. Her further understanding of how each system works gives more insight on potential problems and specific causes of those symptoms.

The Iridology portion emphasized that every part of the body is physically linked to the eye by the nervous system. This

makes it very easy to "see" potential issues long before they may be manifested by undesirable symptoms.

Structural imbalance can have significant influence on overall health. Through demonstration, the Body Work portion focused on enhancing the proper relationship between body function and structure.

Be sure to call Marie to congratulate her on her latest milestone. Schedule your next appointment so that Marie can put her education to work for your good health!



Please remember to pray for me as I continue to fulfill the lifelong dreams that Larry and I shared. It is still a struggle for me as Larry was a driving force, as you all know. "I can do all things through Christ because he gives me strength." Philippians 4:13

Marie Tillman