

# Enzyme Deficiency Test

**This test will help determine if you are prone to a specific enzyme deficiency and which product(s) will work best for you.**

(Please circle the appropriate letter in each section.)

**1. Which of the following best describes your body, especially when weight is gained? (choose one)**

- A) Gain weight evenly (may then hold in stomach).
- L) Carry weight in hips & thighs.
- P) Carry weight in upper body, especially the stomach.
- C) Remained similar since teens (slim & trim or heavy).

**2. In which category is your favorite food? (choose one)**

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets).
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

**3. Which foods give you problems? Do not circle if no foods bother you.**

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets).
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

**4. Please circle any past or present health issues. Circle the letter with the most issues chosen.**

- A) Allergies, Cold Hands and Feet, Depression, Fatigue, Headaches, Hemorrhoids, Low Blood Pressure, Neck and Shoulder Aches, PMS, Pancreatitis, Skin Eruptions, Sprue (Wheat Intolerance), Upset Stomach, Ulcer.

L) Aching Feet, Arthritis, Bladder Infection, Breast Lumps, Breast Tumors, Bypass Surgery, Cataracts, Cirrhosis, Cystitis, Eczema, Gallbladder Problems, Gallstones, Hay Fever, Hepatitis, High Cholesterol and Triglycerides, Hives, Jaundice, Prostate Problems, Psoriasis, Urinary Problems.

P) Alcohol Addiction, Arteriosclerosis, Back Problems, Candidiasis, Constipation, Ear Infections, Heart Disease, Herniated Disc, High Blood Pressure, Insomnia, Kidney Disease, Lower Back Ache, Loss of Hearing, Osteoporosis, Sciatica, Skin Problems.

C) Aching Knees, Chronic Allergies, Colds, Colitis, Crohn's Disease, Diarrhea to Constipation, Diverticulosis, Irritable Bowel, Milk Intolerance.

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Now review the letters you have circled. Two of any letter and one of another (most common) suggest you have a dominant enzyme deficiency (higher number) and a secondary enzyme deficiency (lower number).

Two pairs of two letters suggest you have two enzyme deficiencies.

Three or four of any one letter suggests you have a dominant enzyme deficiency.

A different letter in each section suggest you are a type C.

## **DOMINANT ENZYME DEFICIENCIES**

Type A (Amylase Deficiency)

Type L (Lipase Deficiency)

Type P (Protease Deficiency)

Type C (Combination Deficiency)

## Enzymes: The energy of life

We are all born with the ability to produce a finite number of enzymes during our lifetime. This ability varies in each of us and is dependant on our individual DNA. This enzyme making potential gives our body's organs the ability to produce either metabolic enzymes or digestive enzymes.

When we eat foods that have been cooked or processed, the requirements for digestive enzymes become a high priority. Our body's enzyme making machinery must work overtime and often still cannot meet the demands for all of the enzyme requirements in the body.

This capacity, which may be designated as the enzyme potential, is obviously fixed and limited. To assume otherwise would deny natural law.

Since digestion always takes precedence over nearly everything else, many body functions requiring metabolic enzymes are often shortchanged during these times. The result is a lower disease-fighting capability and general weakening of the body's ability to mend itself. As we used and abuse our enzyme potential we begin to lose energy, lose our ability to fight disease, and lose the ability for our body to remedy its own naturally occurring malfunctions. This loss may lead to disease.

Using supplemental enzymes to promote digestion reduces the need to produce digestive enzymes allowing our body to produce the metabolic enzymes needed to operate efficiently.

Enzyme Supplementation is now an accepted health care alternative because research has proven:

- *Enzyme supplements are not destroyed by stomach acid.*
- *Anyone who eats cooked or processed foods will benefit from enzyme supplementation to assist digestion.*
- *Vitamins and minerals require enzymes to be delivered to the cell.*
- *Enzymes may be taken between meals to assist the body with specific health issues.*

## What are Enzymes?

Enzymes are a delicate life like substance found in all living cells, whether animal or vegetable. Enzymes are energized protein molecules necessary for life. They catalyze and regulate all biochemical reactions that occur within the human body. **Enzymes turn the foods we eat into energy and unlock this energy for use in the body.** Their presence and strength can be determined by improved blood and immune systems functions. There are three types of enzymes. Our bodies naturally produce two types, **digestive** and **metabolic** enzymes as they are needed, while **food** enzymes can only be consumed orally.

*Enzymes are the accelerators of every single biochemical process.*

**Metabolic Enzymes** speed up the chemical reaction within the cells for detoxification and energy production. They enable us to see, hear, feel, move and think. Every organ, every tissue and the 100 trillion cells in our body depend upon the reaction of metabolic enzymes and their energy factors. Metabolic enzymes are produced by our cells, liver, pancreas, gallbladder and other organs.

**Digestive Enzymes** are secreted along the digestive tract to break down food into nutrients and waste. This allows nutrients to be absorbed into the blood stream and the waste to be discarded. Human digestive enzymes include ptyalin, pepsin, trypsin, lipase, protease, and amylase. The body does not make cellulase, an enzyme necessary for proper digestion of fiber, so it must be introduced through the raw foods we eat.

**Food Enzymes** are introduced to the body through the raw foods we eat and through consumption of supplemental enzyme fortifiers. Raw foods naturally contain enzymes providing a source of digestive enzymes when ingested. However, raw foods manifest only enough enzymes to digest that particular food, not enough to be stored in the body for later use. The cooking and processing of food destroys all of its enzymes. Since most of the foods we eat are cooked or processed in some way and since the raw foods we eat contain only enough enzymes to process that particular food, our bodies must produce the majority of the digestive enzymes we require. For these reasons it is recommended that we supplement our diet with enzymes.