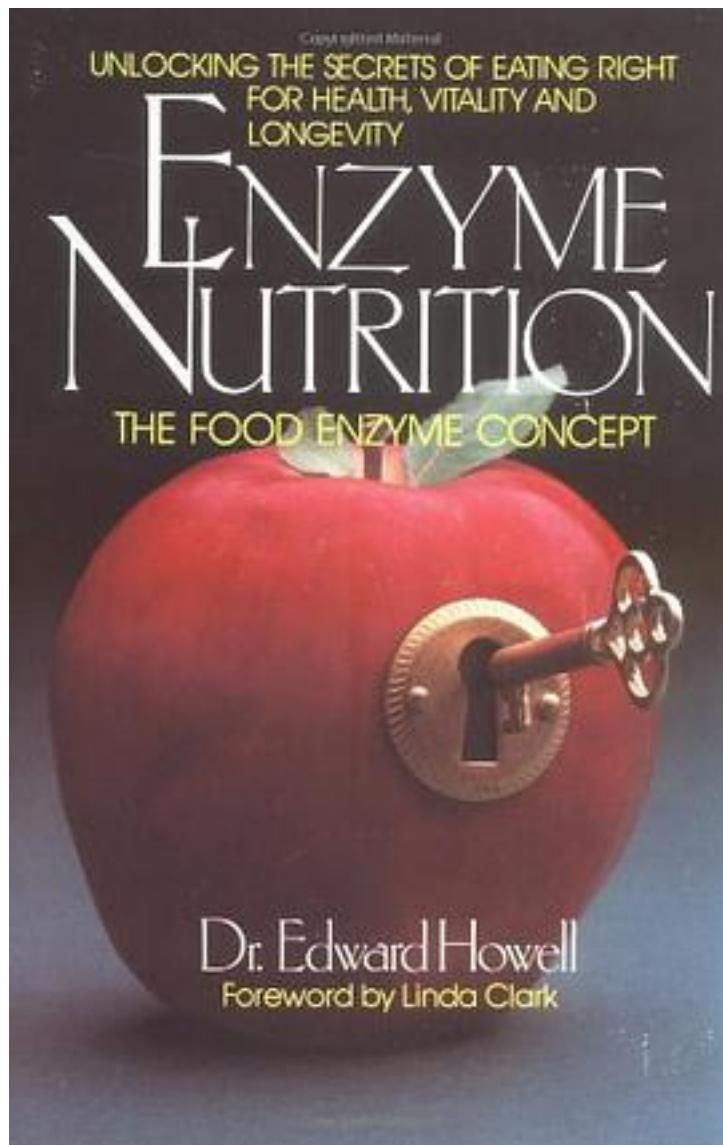


# Enzyme Nutrition



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著者:Howell, Edward

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Dr. Howell is often called the "father of food enzymes." During the '30's and '40's of this century, he did incredible research to prove that food enzymes were an essential nutrient, and that cooking and processing of foods destroy them, thereby creating dramatic changes in our ability to digest food and remain healthy. This is a classic in the field.

作者介绍:

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