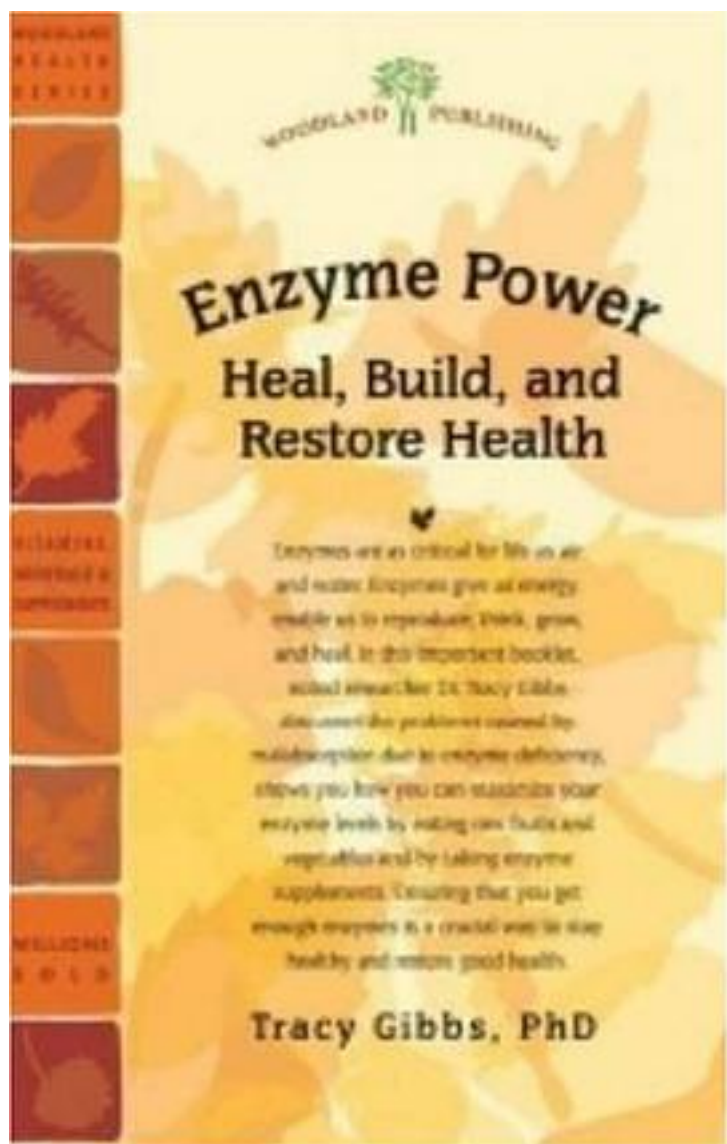


Enzyme Power



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Enzymes are as critical for life as the air we breathe and the water we drink. Enzymes give us energy, enable us to reproduce, think, grow, and heal. In this important booklet, noted researcher Dr. Tracy Gibbs describes the various types of enzymes and how they perform their critical functions in the body. He also discusses the problems caused by malabsorption due to enzyme deficiency and shows you how you can maximise your enzyme intake by eating raw fruits and vegetables and by taking enzyme supplements. Ensuring that you get enough enzymes is a crucial way to maintain optimal health.

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