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What Are Enzymes?

Enzymes are involved in every process of the body. It is enzymes that digest all our food. In the blood, they take prepared digested food, and build it into muscles, nerves, blood and glands. Enzymes work in our immune system to attack waste materials. As we become enzyme deficient, we age faster. The more we store up our enzyme reserve, the healthier we will be.

Our bodies require metabolic enzymes, plant enzymes, and digestive enzymes. Plant enzyme deficiency predominantly from cooked foods may result in general inflammation, pancreatic hypertrophy (enlargement), a toxic colon and allergies. Because of inflammation, conditions such as bronchitis, sinusitis, cystitis, rhinitis, and arthritis may occur and may be accompanied by fever, redness, swelling and pain. **Plant Enzyme** Therapy can increase the absorption of nutrients and reduce the demand on the pancreas as well as reduce the inflammation overload.

Metabolic Enzymes have been called the energy, spark and the vitality of life of life. They catalyze and regulate every biochemical reaction that occurs within the human body, making them essential to cellular function and health. They either speed up or slow down the reactions within the cells, for detoxification and energy production. They enable us to see, feel, move and think. Every organ, tissue and all 100 trillion cells in the body depend on the reaction of metabolic enzymes and their energy factor. Without these metabolic enzymes, cellular life would not be possible. Digestive enzymes are secreted along the digestive track to break down into nutrients and waste. Most of the digestive enzymes are produced by the pancreas. The liver, gallbladder and small intestine, stomach, and colon also play an important role in production of these enzymes. Digestive enzymes allow the nutrients found in foods we consume to be absorbed into the blood stream and the waste to be discarded. Human digestive enzymes include lipase protease, amylase, ptyalin, pepsin and trypsin.

The pancreas is a gland that has two different functions: First and most importantly, it produces enzymes used for digestion, and second it produces insulin that regulates sugar metabolism. The more our foods lack enzymes, the more the pancreas must produce the. If we introduce our digestive system to only overcooked, un-chewed food chunks, the pancreas must work overtime to create the needed enzymes to assimilate this dead food. Eventually, the pancreas can fail to produce the required enzymes as well as the needed insulin. When this happens, we become one sick puppy struggling with blood sugar problems, inflammation, toxic problems and digestive problems. All because we failed to chew healthy, raw, natural foods.

Often People struggle to get major results for their health, while taking many supplemental nutrients because they do not have the foundational enzymes to allow their supplement to work.

Dr. Salar uses energetic, herbal, homeopathic, and nutritional modalities I his practice in his practice. We use nutritional and herbal supplementation and diet plants, to provide the basic building materials needed to renew the body.