



The Power of Nutrition with Enzymes

By Humbart Smokey Santillo Nd

Designs for Wellness Press. Paperback. Condition: New. 144 pages. Dimensions: 9.1in. x 6.3in. x 0.5in. In *The Power of Nutrition with Enzymes*, Dr. Smokey Santillo explains everything from the functions of enzymes to their myriad benefits for optimal health and longevity. This is the most accurate, comprehensive guide available for the layperson and an excellent, practical guide for professionals. As one of the world's leading authorities on food enzymes, Dr. Santillo is uniquely qualified to write and teach about this highly important topic. In working with more than 30,000 patients as a naturopathic physician, he has witnessed first-hand the benefits of food enzymes, and the many maladies that occur in their absence. Dr. Santillo has scoured the literature to bring you the important, useful information: how to preserve your body's natural enzyme stores, how to get enzymes from the right foods, and how you'll benefit from adding them to your diet. We've all heard about vitamins and minerals, even phytochemicals—but we don't hear about enzymes much in the media. Dr. Santillo highlights the critical importance of these natural keys to unlocking energy and vitality for all people in modern society. Enzymes are a part of all metabolic processes, from the...



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