

PINEAPPLE:

Pineapple contains bromelain, a mixture of enzymes that can aid in protein digestion and help to reduce inflammation in the body. Bromelain has also been studied for its potential anti-cancer properties.



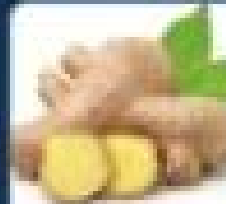
SPROUTED GRAINS:

Sprouted grains are high in enzymes, particularly amylase, and protease. These enzymes can aid digestion and make the nutrients in the grains more available to the body.



PAPAYA:

Papaya contains papain, another enzyme that can aid in protein digestion and has been studied for its anti-inflammatory properties.



GINGER:

Ginger contains several different enzymes that can aid digestion and help reduce inflammation in the body. It has been studied for its potential anti-cancer and anti-diabetic properties as well.



KIMCHI:

Kimchi is a fermented vegetable dish that contains a variety of enzymes, including amylase, protease, and lipase. These enzymes can aid in digestion and help to support the growth of beneficial gut bacteria.



AVOCADO:

Avocado contains the enzyme lipase, which can aid in the digestion of fats. It is also high in fiber and other nutrients that support overall health.



SAUERKRAUT:

Like kimchi, sauerkraut is a fermented vegetable dish containing enzymes and probiotics. It can aid in digestion and support a healthy gut microbiome.



RAW HONEY:

Raw honey contains a variety of enzymes, including amylase and invertase. These enzymes can aid in digestion and support a healthy gut microbiome. Raw honey also contains antioxidants and other nutrients that support overall health.



KEFIR:

Kefir is a fermented milk drink that contains a variety of enzymes and probiotics. It can aid in digestion and support the immune system.



NATTO:

Natto is a fermented soybean dish that contains the enzyme nattokinase. This enzyme has been studied for its potential benefits for heart health and blood clot prevention.

The Enzyme Diet Solution

Kathleen Armour



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