

BEST PROTEOLYTIC ENZYMES FOOD SOURCES

Over time, the lack of important enzymes may result in age spots, allergies, declining eyesight, chronic fatigue syndrome, memory loss and chronic disease. By adding fresh, enzyme-rich fruits and vegetables to our diets and eating fermented foods, we can look and feel better while maintaining our health.

Raw and fermented foods are always naturally higher in enzymes. Fermenting certain foods also reduces any enzyme inhibitors that may be present, so these are wonderful additions to your diet:



Pineapple



Ginger



Papaya



Kiwi



Sauerkraut



Yogurt



Kefir



Miso soup

Source Of Enzymes

Marcel A. Müller



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