

Summary

During the postwar time, scientists thought that carbohydrate, protein and fat are the three nutritive substances in dietetics which are necessary to live. However, carbohydrate alone is not enough for proper metabolism. They then added vitamin and mineral to make up five nutritive substances. But then again, minerals were not digested. So, they added an overlooked substance, food fiber as the sixth nutritive substance.

These six nutritive substances are very important. However, other than the vitamins and minerals, there was one very important thing to keep life alive. It is the enzyme.

Enzymes are essential to sustain life. It work together co-operating with vitamins and minerals and act as a catalyst to accelerate chemical reaction because most chemical reactions in biological cells would occur too slowly. Enzymes don't only act as a catalyst. When the body has an abundance of enzymes, it can protect itself and repair the damage from almost all degenerative disease disorders! Without enzymes, we age more quickly, get disease earlier in life, and acquire physical impairments and mental retardation as our bodies degenerate. Neither a human being nor an animal can live without enzymatic function. As it were the leading part of the life activities and it is the source. Now we are learning of enzymes in the fruit processing and liquification.