

April 22, 2021

Dear Gluten Free Friends,

I just finished a book from the Public library.

Food Enzymes for Health and Longevity by Dr. Edward Howell

This book was listed in the references in the book, Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride MD.

gaps.me

I had read another one of Dr. Howell's books titled, Enzyme Nutrition, and wanted more information about enzymes, so I read this book.

The book had wonderful scientific information about enzymes in raw foods and about the enzymes the body produces. The book emphasizes the need to eat raw foods for health. At the very end of the book in an interview writing, Dr. Howell encourages 75% of a diet would benefit regarding enzymes to take in raw foods and keep cooked foods to 25%. In the 3 books by Dr. Natasha Campbell-McBride practical ways are applied about this research about enzymes.

According to Dr. Howell cooked foods lose all their beneficial enzymes, so it is important to take in raw foods in order to have good health.

The book includes a summary section that tells the main ideas in the book in just a few pages.