

## Enzymes and Food Intolerances

Some people don't have enough digestive enzymes, which can be caused by genetics, stress, a diet high in processed foods, and aging. There is some evidence that taking digestive enzyme supplements can help with food intolerances and mild, non-life-threatening food allergies.

### What are digestive enzymes?

Digestive enzymes have the ability to speed up the digestive processes that break down the foods you eat so you can properly absorb the nutrients. There are different types of enzymes, which break down specific substances. For instance, proteases (or proteolytic enzymes) break down proteins.

### How do I use an enzyme for my food intolerance?

According to Dr. Tom Bohager, author of *Everything You Need to Know about Enzymes*, it's recommended that you

1. Narrow down what food is causing the most trouble. This can be determined by a qualified medical practitioner, lab testing, and also by keeping a food diary.
2. Start off with an enzyme supplement that is high in the type of enzyme that will break down the food that's causing the most trouble for you.

### Gluten-Free Digestive Enzyme Supplements

The following companies offer gluten-free digestive enzyme supplements:

American Health  
<http://Amercanhealthus.com>

Garden of Life  
<http://Oceans3.com>

Country Life  
<http://Country-life.com>

Renew Life Formulas  
<http://Renewlife.com>

Enzymedica  
<http://Enzymedica.com>

Pioneer Nutritional Formulas  
<http://Pioneernutritional.com>

#### Resources:

"Digest This: Enzymes Can Help Your Food Intolerance." *Living Without*: August/September 2010.  
Food Reactions: Food Intolerance <http://www.foodreactions.org/intolerance/index.html>

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide**

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