

Foods Rich in Enzymes

"Without enzymes, no activity at all would take place. Neither vitamins, minerals, or hormones can do any work — without enzymes."

Dr. Edward Howell



Fruit

Avocado
Banana
Bilberries
Cantaloupe
Dates
Figs
Grapes
Guava
Kiwi
Mangos
Melons
Papaya
Pineapple

Cultured Foods

Cheese
Kefir
Yogurt
Sauerkraut (raw)
Kimchee (raw)
Pickled vegetables (raw)

Vegetables, Grains & Herbs

Aloe Vera
Barley grass
Cucumbers
Garlic (raw)
Ginger root
Cold-pressed Olive oil
Olives
Onions (raw)
Pau d'arco
Sprouted grains
Sprouts (According to Howell, sprouts contain the most enzymes when they are 1/2" long.)
Wheat germ (raw)
Wheatgrass juice

Nuts and Seeds

Coconut [but not coconut oil]
Flaxseed
Germinated tree nuts
Unrefined oils

Mushrooms

Maitake
Reishi
Shitake

Animal Products

Bee pollen
Honey (raw)
Royal jelly
Butter (raw & unpasteurized)
Milk (raw & unpasteurized)

Sea Vegetables and Algae

Chlorella
Kelp (raw)
Spirulina



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