

OUR IMMUNITY AND OUR ENZYMES

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On my fiftieth birthday, my oldest son gave me a present: a book titled 'The Miracle of Enzyme', written by Hiromi Shinya. My son said that the book had changed his way of eating and it might change mine too. Really?

Looking back of my way of eating, I cannot deny that the book indeed had changed the way I eat. And I feel much healthier, whether it was because of the way I eat (the sequence, I mean) or the food item I selected or many other things (exercise, for instance).

According to the book, our body needs a lot of immunity. The stronger we have our immunity system, the healthier we are. Sure. It seems very logic. So, if we consume a balance food, our immunity gets stronger and our body is healthier. Right?

Well, maybe it only half right, according to the book. But why? The answer is: there might be some leaks in our immune system because the way we eat is not correct. Yes, we have to eat in the right way: select the right food item and eat on the right sequence!

Have we already consumed only good food? Healthy four, perfect five ('empat sehat, lima sempurna'), that is the rule we got from our mothers and our teachers since we were kids (even toddlers!). And what makes our meal perfect? The fifth elements is (or was?) milk.

Surprisingly among the first 'rules' in the book is: do not (and I repeat: do not) drink milk (cow's milk). Cow's milk is good only for calf, not for human baby. Many of us cannot tolerate lactose, a components in cow's milk. My son probably is one of them, although the degree of his intolerance is considerably low as his body did not have sign of any rejectness.

The basic of doctor Shinya's theory is simple: our body produces immune system to keep us healthy. If we eat wrong, our body has to neutralize the "wrongness". As a result, the production of immune system is neglected due to exhaustion. Following the logic of the book, my son's immune system had been drained for compensating his intolerance. So when he stopped drinking milk, his immune system was restored. He is now healthier, less having runny nose and less sneezing (He is now 28, by the way).

So, if we want to keep our immunity in high level - according to doctor Shinya - the secret is simple: eat the right food at the right sequence. As simple as that.

I changed my habit of drinking cow milk with soy "milk" (not exactly a milk, isn't it?) now, as I feel that milk is not the right drink for me. My eating order or sequence also has been changed: eat or drink sour food first, then my full meal to maximize the enzyme produced by my saliva and my stomach. Meaning that fruit need to be cosume first, followed by rice. It is a big NO to drink sour juice or pop soda after eating rice, as it would "confuse" our brain to produce the right enzyme for chemically beaking our food. Plain water is just perfect after our meal. It feels a bit odd at the first time, but now I get used to it.