



## Enzymes & Enzyme Therapy : How to Jump-Start Your Way to Lifelong Good Health

*Anthony Cichoke, Abram Hoffer MD, Anthony J. Cichoke DC*

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Enzymes--living substances that regulate health--work with certain minerals in our bodies to form an antioxidant system that fights corrosive free radicals. This fully updated second edition explains how to make the most of this amazing natural partnership to speed recovery from injury and lessen the effects of back pain, multiple sclerosis, viruses, and fatigue.



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