



# Food Enzymes for Health & Longevity: Revised and Enlarged

*Dr. Edward Howell*

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## **Food Enzymes for Health & Longevity: Revised and Enlarged** Dr. Edward Howell

With an expanded introduction by Viktoras Kulvinskas, this new, enlarged edition of the classic book contains over 400 references to scientific literature that contributed to the formulation of Dr. Howell's revolutionary "food enzyme concept." The second edition incorporated an interview of the author by Viktoras Kulvinskas.

There is also an extensive new foreword by Viktoras Kulvinskas that has been added to this revised 3rd edition, as well as a new research appendix at the end. The foreword adds a very substantial body of recent and updated research to support the food enzyme concept of Dr. Howell and underline the importance of food enzymes.

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