

Hiromi Shinya The Enzyme Factor

From the author of the self-published sensation *Your Body's Many Cries for Water* comes an all new book expanding on the healing powers of water. Asthma, allergies, arthritis, hypertension, depression, headaches, diabetes, obesity, and MS. These are just some of the conditions and diseases that are caused by persistent dehydration. But there is a miracle solution that is readily available, all natural, and free: water. In *WATER: FOR HEALTH, FOR HEALING, FOR LIFE*, Dr. F. Batmanghelidj reveals how easy it is to obtain optimum health by drinking more water and supports his claims with over 20 years of clinical and scientific research. Thirsty readers will discover what they never knew, that water can actually: Prevent and reverse aging Cure asthma in a few days, naturally and forever Eliminate pains, including heartburn, back pain, and migraine headaches And much, much more.

Diabetes has become an epidemic in the United States with an estimated 17 million people diagnosed with the disease and millions more at risk. With attention focused on blood sugar and insulin levels, however, the underlying cause of all the devastation - excess acidity of the body - has been overlooked. A nationally known microbiologist and nutritionist changes all that with this diet and lifestyle plan designed specifically for people with type 1 or Type 2 diabetes. The only definitive resource on enzyme therapy by the nation's leading expert, a pioneering medical doctor who has used enzymes to treat allergies, asthma, fatigue, chronic pain, and many other ailments—with astonishing success! Welcome to the next frontier in healing where natural substances known as enzymes will transform how we view—and combat—disease. Unlike conventional medications, which only mask symptoms, enzyme supplements work at the cellular level to repair and prevent the damage that's responsible for a host of health problems. And they're safe, with no known side effects. *MicroMiracles* is the definitive resource on enzyme therapy. Here you'll find everything you need to assess your enzyme status and incorporate enzyme supplements into your self-care regimen. Experience their amazing therapeutic benefits for yourself! Eliminate food cravings—and unwanted pounds Replenish energy stores Stimulate immune function Protect against heart disease, cancer, and diabetes Fight inflammation Slow the aging process In *MicroMiracles*, you'll also discover how undiagnosed food intolerances may leave you feeling less than your best—and how enzymes support optimum digestion and restore balance to all of your body's systems. Your payoff is radiant health.

Prominent Japanese-American gastroenterologist Hiromi Shinya shows you how to boost your innate immunity in this follow-up to his bestseller, *The Enzyme Factor*. Here Dr. Shinya shows how cells protect and cleanse themselves and how the trillions of bacteria that live inside us can be turned to our benefit. He clearly explains the workings of our body's rejuvenating enzymes within cells and reveals simple techniques you can use to enhance this revitalizing power, including:

The Enzyme Factor 2 Reverse Aging, Stop Alzheimers, Prevent Diabetes, Improve Your Sex Life Millichap Books

This 220 book contains 180 pages of letters from the readers who have experienced radical improvement in their health after increasing their daily water intake. They are telling stories of how you can benefit from this natural water cure and not to subject yourself to the invasive and toxic drug treatment.

With an expanded introduction by Viktoras Kulvinskis, 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 Kulvinskis. There is also an extensive new foreword by Viktoras Kulvinskis 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.

Why is eating food in its natural state, unprocessed and unrefined, so vital to the maintenance of good health? What is lacking in our modern diet that makes us so susceptible to degenerative disease? What natural elements in food may play a key role in unlocking the secrets of life extension? These fascinating questions, and many more, are answered in *Enzyme Nutrition*. Written by one of America's pioneering biochemists and nutrition researchers, Dr. Edward Howell, *Enzyme Nutrition* presents the most vital nutritional discovery since that of vitamins and minerals—food enzymes. Our digestive organs produce some enzymes internally, however food enzymes are necessary for optimal health and must come from uncooked foods such as fresh fruits and vegetables, raw sprouted grains, unpasteurized dairy products, and food enzyme supplements. *Enzyme Nutrition* represents more than fifty years of research and experimentation by Dr. Howell. He shows us how to conserve our enzymes and maintain internal balance. As the body regains its strength and vigor, its capacity to maintain its normal weight, fight disease, and heal itself is enhanced.

Dr. Shinya again changes our view of what is possible in his groundbreaking new book, *The Rejuvenation Enzyme*. Here Dr. Shinya turns his visionary genius to solving the problem of aging cells. His conclusions will amaze you with their simplicity and insight as he shows you how you can create your own rejuvenation plan using techniques such as the Little Fast, detox massage, coffee enema and Kangen water. In *The Rejuvenation Enzyme* you will learn: How rejuvenation enzymes transform zombie cells into healthy cells. How you can restore energy by clearing ôgarbageö from your cells Why purple food improves your memory How drinking Kangen Water supports you health and energy Why turmeric may prevent AlzheimerÆs Disease Dr. Hiromi Shinya, medical pioneer and inventor, developed the now standard technique of non-invasive colonoscopic surgery. In his more than 50 years of practice he was a professor of surgery at Albert Einstein College of Medicine and Head of the Endoscopic Center of Beth Israel Hospital in New York as well as an adviser for Maeda Hospital and Hanzomon Gastrointestinal Clinic in Japan. He was also vice-chairman of the Japanese Medical Association in the USA. Book jacket.

With the advent of Flint, Michigan, public health crisis, lead poisoning has become a front-page news story. What can you do to protect yourself from contaminants, lead, prescriptions that enter our water? Is your tap water as clean as you think? How much toxicity is entering your body and what can you do about it? Discover the healing benefits of "alkaline ionized water". Drink clean mineral rich water. Eliminating lead should be a national priority to protect our kids! Our bodies are contaminated by what we eat, what we drink, and what we breathe. There is something simple and effective to make profound changes in your health. The Japanese call it "Kangen Water." It starts out as ordinary tap water, and is transformed through ionization a process known as "electrolysis." It becomes water that is super hydrating, loaded with anti-oxidants and becomes water that detoxifies our bodies. It is safe for kids and adults; Ionized alkaline water can be used for so much more, skin issues, bug bites, psoriasis, eczema, and acid reflux to name a few. Read on about diabetes, dental health, and pregnancy, and open your eyes to "The Healing Power of Kangen Water."

Let's start with simple math. How many excess pounds do you need to shed to achieve

your ideal, healthy weight-10, 30, 100? Whatever your answer, multiply it by two. You now have the Maximum number of days it will take you to reach your goal, if you follow... Despite what you may believe, weight loss is not about fat grams, cholesterol, carbs, or calories. It's all about acid. According to Dr. Robert Young, renowned microbiologist and nutritionist, reaching your ideal weight is simply a matter of maintaining the delicate pH balance of the blood. In this latest entry in the successful pH Miracle series, Dr. Young and his wife, chef Shelley Redford Young, offer a simple 7-step lifestyle program to balance your body chemistry, change your shape, and slim down to your ideal body weight-naturally and permanently. Best of all, you'll be able to eliminate unnecessary fat cells forever. From the science behind the plan to the dietary do's and don'ts (along with recipes), a detailed exercise plan, and dozens of dramatic real-life before-and-after photos, this program lays the groundwork for long-term success. Discover: * How drinking the right water can help you lose weight * Why you should ignore the fat phobes and keep plenty of healthy oils in your diet * Which common foods make your body more alkaline-and which ones make it more acidic * How exercise can actually make you fat-unless you do it the right way * The benefits of having your blood analyzed at the microscopic level * How you can build lean muscle and maintain healthy bones without loading up on proteins and dairy ... and much more!

Council Oak introduced Dr. Shinya's work to the English-speaking world with its translation of The Enzyme Factor. Now, Council Oak is publishing Dr. Shinya's first original English-language book, The Microbe Factor in paperback after its success in cloth. In this follow-up to his bestseller Enzyme Factor, Dr. Shinya shows how bacteria work to produce enzymes and are thus key to keeping you healthy. He questions the currently popular approach of fighting disease with more and more pharmaceuticals and explains why his "Shinya Biozyme" programme for natural health works inside cells to cleanse and energize the body. Hiromi Shinya, MD, is one of the world's leading gastroenterologists whose book The Enzyme Factor has sold millions of copies in the United States, Japan and other countries. He pioneered the "Shinya Technique," the now-standard procedure for the removal of polyps from the colon without invasive surgery. Over a career of 40 years Dr. Shinya has treated thousands of patients. It has been his routine to get diet and nutrition histories from his patients and, by comparing this with the evidence of their colonoscopies, has developed a set of lifestyle and diet suggestions that will enable us to live a vital, healthy life into a good old age.

"Finally a diet-lifestyle that links the secret of real beauty with naturally delicious foods!" —Frédéric Fekkai Natalia Rose, a leading nutritionist and authority on cleansing diets, reveals a gentle and uniquely effective 28-day detox plan designed specifically for adult women. Detox 4 Women offers a revolutionary, foolproof, four-week transformation plan that allows women to eat what other detox plans do not, including cooked foods, some meats and cheese, butter, and chocolate. The author of The Raw Food Detox Diet takes health and weight loss one step further with Detox 4 Women Describes a variety of ailments and medical conditions, and lists and current treatments that feature enzymes, vitamins, and minerals

"Dr. Shinya explains why your health is not about ever more powerful pharmaceutical intervention. It is about working with the miracle of the body you have been given. He shows in detail how a few simple lifestyle changes can awaken your body's innate power to renew itself at the cellular level"--

This eBook provides you with a more natural way to reduce your blood pressure within a month's time. What you do today and in the next 30 days will make a remarkable difference on how quickly your blood pressure returns to normal. Another thing that makes this eBook different from others is that it can help you prevent Hypertension without using anti hypertensive medication. With drugs and medications out of the picture, we envision a long-term Natural Cure that effectively combines diet and exercise while eliminating vice and stress. Professionally written by someone with a personal experience overcoming High Blood Pressure, our content can be very self-empowering! It equips you with more knowledge, not only on the Symptoms, Causes, and Risk Factors which accompany High Blood Pressure, but also on Lifestyle Measures that help prevent it. This eBook to change your life, it will change your outlook as you learn to give more importance to prevention, management, and control. An essential guide for cancer patients and caregivers about what to eat, when and why. - Can our diet have an impact on the prevention of cancer? - What kind of foods should we eat if we are undergoing surgery, chemotherapy or radiation? - What kind of foods should we cut out to avoid and recover from cancer? In *Cancer, Your Body and Your Diet*, Dr Arati Bhatia breaks down the latest research, and uses her own clinical and personal experiences to answer these, among other, pressing questions about cancer. She explains the hows and whys of the cancer cell cycle, what to do after being diagnosed with cancer, and the crucial role that food plays in the prevention and treatment of all types of cancers. The author, a medical doctor, is herself a cancer survivor and later, was her husband's primary caregiver in his own fight against cancer. Drawing on these experiences, she takes readers through every stage, from diagnosis to therapy (chemo, surgery or radiation) to palliative care, with a focus on the quality of a cancer patient's life. She applies her considerable medical training and experience to advise cancer patients, their relatives and caregivers, as well as the general health-conscious public who want to avoid cancer. Practical, informative and complete with diet advice and eating schedules, this is an accessible and immensely useful handbook for fighting against cancer and leading a healthier, fuller life.

En *El Factor de la enzima 2* Dr Hiromi Shinya nuevo vuelve su genio visionario al poder de las enzimas para curar y restaurar. Él proporciona evidencia convincente de la manera de obtener un corazón sano y joven cuerpo. En *Enzyme Factor 2* Dr. Shinya dice cómo revertir de nuevo, dejar de Alzheimer, y prevenir la diabetes. Él explica cómo rejuvenecer su vida sexual de forma natural.

We all know that better health doesn't come from one magical, cure-all pill. But what you should know is that it can come from readily available, over-the-counter enzyme supplements. Tom Bohager's 'Everything You Need to Know About Enzymes' offers simple, natural methods for improving your health dramatically without dramatic changes in lifestyle. Bohager's quick course explains how to use enzymes for general good health and to treat specific ailments. As health care costs in the United States soar, more and more people are interested in improving their health through safe, affordable, noninvasive, nonprescription remedies. Enzymes in particular are gaining popularity because of their proven effectiveness and ease of use. For readers interested in improving digestion, strengthening the immune system, restoring energy levels, slowing the aging process, or treating common maladies, 'Everything You Need to Know About Enzymes' is the quick, easy-action guide to optimal health.

"Learn about the curative powers of water for a healthy and long life Water is one of the essential ingredients necessary to sustain life. It is a precious resource whose presence and benefits are often taken for granted. The stress and strain of modern living has prompted people all over the world to turn to alternative methods of healing. Foremost among these methods is the use of water as a curative. Water helps to rid the body of toxic material and restore the balance of the system. This book focuses on water-based therapies that can be used to treat various ailments. It offers invaluable guidelines for the management of major and minor diseases, and the promotion and maintenance of good health. "

Protocols for health using ionized water

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"Life is an expression of our mind." Kazuo Inamori The international bestseller A Compass to Fulfillment is a spiritual business guide particularly relevant to our present day and age. Kazuo Inamori, founder of Kyocera and KDDI, weaves together his Buddhist faith and personal experience to create a life/business philosophy based on the simplest but most profound of human concepts: do the right thing, always. Inamori credits his and his companies' extraordinary success to the daily practice of this timeless truth. In A Compass to Fulfillment, the author helps you develop your own personal philosophy for success by: Recognizing your deepest desires and using them to create a better reality Informing all decisions with simple truths and principles Elevating your mind and practicing humility Living your life steered by an attitude of selfless service Controlling the trajectory of your life by accepting the "will of the universe" A Compass to Fulfillment is about strategic thinking, but not in the sense of business and management technicalities. It is about, first, understanding yourself, and then using that knowledge to get to the point you want to be— in your career, in your business, and in your life.

Dr. Pinkus' "Pressure Point Therapy" is the complete do-it-yourself manual, to show you how to find and treat painful Pressure Points. This is the technique that Dr. Pinkus has used with Olympic athletes, members of the NFL, NBA and Major League Baseball. Pressure Point is now a show on Public Television, being aired across the US. In this book, Dr. Pinkus has color charts showing where Pressure Points are for various conditions, including* Back Pain* Sciatic and Hip Pain* Knee Pain* Sinus Problems* Neck Pain* Carpal Tunnel and Hand Pain* Hormones* And Much More There is a chapter on what Dr. Pinkus calls "The Wellness Scale", where the reader can gauge their own health. The book is easy to read and apply!

Reviews the role of enzymes in health and disease, with emphasis on their importance in maintaining our health, disease prevention and their uses in medicine.

We're all well aware that nutritionally, tap water leaves a lot to be desired. In today's

day and age, it's become the need of the hour to make every drop of water count. And that's why Ionized Water has become an imperative choice. The benefits are many and far exceed the physical and physiological realm. In this book, Sudesh Malik, illustrates years's worth of research and findings on Ionized Water - from improving immunity, aiding ailments, healing wounds to ensuring a holistic well-being. Through every chapter you will learn what sets Ionized Water apart from regular water, why its structural difference makes it a better choice, how to ionize your water and which type of Ionized Water is suited for a specific task. Welcome to the world of Ionized Water, welcome to a healthier life.

Now expanded and updated—the #1 New York Times bestselling book in which one of America's most brilliant doctors shares his famous program for improving and protecting your health *Eight Weeks to Optimum Health* lays out Dr. Andrew Weil's famous week-by-week, step-by-step plan that will keep your body's natural healing system in peak working order. It covers diet, exercise, lifestyle, stress, and environment—all aspects of daily living that affect health and well-being. This revised edition includes the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list of information and supplies. Inside you will learn how to • develop eating habits for greater health and well-being • start an effective exercise program based on walking and stretching • work with breathing patterns to decrease stress and improve energy • solve sleeping problems • eliminate toxins from your diet • minimize environmental hazards in your daily life Plus—programs tailored to the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer. “If there is a heaven, sixtysomething Weil is headed there, but if he practices what he preaches, probably not for some time yet.” – London Times “Dr. Andrew Weil is an extraordinary phenomenon.” –The Washington Post

The more the science has advanced the further away have we moved from nature. Thanks to our artificial existence, even to quench a natural urge like thirst, we imbibe synthetic substances such as colas and caffeine-loaded drinks. Having starved our body of nature's most precious liquid, water, we are beset with multiple ailments like headaches, arthritis, asthma, urinary problems, general debility, blood pressure and the like. Very often missing the root cause of the problem, we rush to doctors - only to have antibiotics pumped into us that offer short-term relief while turning into long-term nightmares. This book shows how drinking just 12 to 14 glasses of water per day (for the average person) cures many ailments, including chronic ones.

Part biography, part health education, part social commentary, this 132-page paperback explores the candid, controversial life and unconventional pathology skills of noted healer and nutritionist Dr. Sebi. Written in interview style and published on the 20th anniversary of Dr. Sebi's acquittal by the New York Supreme Court, *Seven Days in Usha Village: A Conversation with Dr. Sebi*, exposes readers to the healer's updated views on health and nutrition as he speaks from his native home Honduras, Central America. Beverly Oliver, the book's editor, tape recorded the seven-day interview in November 2005. She chose excerpts that shed light on Dr. Sebi's 25-year relationship with community activists, political leaders and celebrities, including Michael Jackson and the late hip hop singer Lisa "Left Eye" Lopes. The book also includes Dr. Sebi's

relentless appeals to Black Americans specifically, and more broadly the general public, to change generations of harmful food consumption. The book's glossary contains chemical and botanical definitions as well as descriptions of historical figures in music, education, health, religion, and philosophy.

"This book tells how to measure the voltages of each organ, how to insert new electrons and how to figure out why voltage dropped in the first place."--p.[4] of cover. A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

The Batchography book is a boon for system administrators, build engineers, programers and home users alike. It takes you on a journey of re-discovery of the lost art of Batch files programming. Whether you are an experienced user or new to the language, you will be surprised by the clarity and the abundance of the material presented in this book. With more than 140 scripting recipes, you will learn about things that you never thought were possible to achieve using the Batch files scripting language.

- Proves that the majority of cases of stroke, heart attack, and hypertension can easily be prevented by maintaining the proper ratio of potassium to sodium in the diet. • Updated with scientific evidence from a recent Finnish study showing a 60 percent decline in deaths attributed to strokes and heart attacks. • Provides a comprehensive program for balancing body chemistry at the cellular level. High blood pressure is entirely preventable, without reliance on synthetic drugs. Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension and the high incidence of strokes and heart attacks associated with it. Dr. Moore updates this edition with a new preface reporting on the latest scientific research in support of his program. The most striking results come from Finland, where for several decades sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks. Extrapolated to America, the Finnish statistics would mean 360,000 strokes prevented and 96,000 lives saved every year. Dr. Moore makes it clear that high blood pressure is only one symptom of an entire systemic imbalance. He outlines a safe, effective program that focuses on nutrition, weight loss, and exercise to bring the entire body chemistry into balance. For those currently taking blood pressure medications, he includes a chapter on working with your physician to ensure that any reduction in hypertension drugs can be effected gradually and safely. 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. Minor corrections and modifications have been made for greater clarity, and a new glossary of scientific terms has been incorporated to facilitate understanding of the contents. Included in the book is an interview by Viktoras Kulvinskis with Dr. Edward Howell. An extensive new foreword by Viktoras Kulvinskis has been added to this

revised and enlarged 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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