

THE INTERNATIONAL HEALTH BESTSELLER — 2 MILLION SOLD

THE ENZYME FACTOR 2

**Reverse Aging
Stop Alzheimer's
Prevent Diabetes
Improve Your Sex Life**



HIROMI SHINYA, MD

*Retired Chief of Surgical Endoscopy, Beth Israel Medical Center
Retired Professor of Surgery, Albert Einstein College of Medicine*

Hiromi Shinya

Enzyme Factor 2



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In The Enzyme Factor 2 Dr Hiromi Shinya again turns his visionary genius to the energy of enzymes to cure and restore. In Enzyme Element 2 Dr Shinya tells how exactly to reverse again, stop Alzheimers, and stop diabetes. He provides compelling evidence for ways to get yourself a healthy center and youthful body. He explains how exactly to rejuvenate your sex existence naturally.



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HOW EXACTLY TO Keep Your Colon Clean Once again, we have a health book compiled by a gentleman in his 80's who's still enjoying excellent wellness. I think this is where we'd all like to become at his age group: free from disease, healthy and happy, and going after our goals and ambitions. In addition to a vegetarian diet, the doctor recommends drinking a few glasses of water first thing each morning on an empty abdomen, for cleansing. To make this author's advice even more compelling, he is a gastroenterologist who provides examined the colons of thousands of people and compared their wellness with their diet plans. Having read nearly a hundred wellness books in my life, I found plenty of new insight in *The Enzyme Element*. For example, Dr. (Not for the faint, but if you're not grossed out, his video clips of the insides of colons have become compelling to eat ideal). Thoroughly rational, and offers plenty of medical encounter to back it up. He makes the argument that disease begins in the colon, and does a fairly good job of explaining why. He also repeatedly stresses the significance of eating foods which are "alive," foods that contain natural enzymes (fruit and veggies). Although I believe his emphasis on whole grains may be a bit very much (he recommends 50-60% of our diet should be whole grains and in the end, I've under no circumstances seen a chimp eat grain), I agree with his suggestion of keeping meat to only 15% of the dietary plan. And by meats, he means white fish and seafood. He's a big fan of fruit, though, so I simply replaced the grains with fruit. I came across it rather surprising that a gastroenterologist was unacquainted with the hyperlink between grain dietary fiber and digestive disorders. Some reviewers had a issue with that, because for a lot of, something that is not scientifically proven cannot probably be true. This is a good topic to possess a healthy life. Still, I found a substantial amount of good advice right here. In my opinion, this is foolish thinking. Did gravity not exist until Isaac Newton wrote down the equation? Dr. Shinya suspects that there is an enzyme pool in the body from which it can draw or even create the enzymes it needs for any function. I could already speak to the benefits of Kangen drinking water as I have already been consuming it daily almost 2 yrs now and have hardly ever felt better! If this conjecture is apparently the case, to anyone who has been learning the subject for a lot more than fifty years, we have to be ready to listen.! A few of Einstein's conjectures weren't proven before 1990's. Highly intelligent people can see the truth before science validates it in writing. I own Kangen water .I'm not sure the book has an appropriate title, though. Got through the audio version in 2 times. He does not discuss specific enzymes. He just says get as many enzymes from raw entire foods as possible and let the body do the others. Don't clog up your intestines with an excessive amount of meat and dairy. I hope this review helped you select whether this book will interest you. The dietary plan plan is practical and it will certainly maintain your colon clean. Maintaining your colon clean will help you live into your eighties as the author has done. He also suggests sometimes having an early on dinner and past due breakfast, giving yourself a 16 hour fast, as a good way to give the body a little cleansing fast. You can find more tips for remaining healthy; Eat a complete foods, mainly vegetarian diet. More evidence to support plant based diet While there is much in the way of theory and conjecture in this reserve, it IS coming from a most reputable source. The truth that Dr.! I've had two colonoscopies, no one ever asked the initial word about my diet. I discovered of Dr. Simple, easy to follow, and do-able practices. Shinya says that he offers used a colonoscope to study the intestines of chimps and found minimal difference between their digestive system and those of human beings. As a GI nurse, I was captivated by them. Based on his observations, Dr.. Rather than taking advice from fairly young people who feel pretty good while consuming carcasses all day and having no idea what lies ahead in their next forty years, it makes more sense to check out the ideas of the elderly who continue to enjoy good health. He drinks Kangen drinking water, but I haven't produced that leap yet. I missed anything controversial right here, but I did find a lot of insight and sensible information. I can do that. Strongly suggested. he states he hasn't experienced a medical condition since he was 19 years old, so again-I'm all ears. I take the research funded by pharmaceutical businesses with a large grain of salt; I'm interested in

hearing what healthy people living very long lives are carrying out. That is a book by way of a true pioneer and authority about them, who has led a long and productive life and is still going strong physically and mentally. I am grateful he's sharing his understanding to all folks who can't see him for an office check out. Amazing and troubling details inside the cover of this book. Essentially the most informative book regarding health and fitness I've ever read. Not merely are many health benefits regarding diet exposed but also a substantial history of patients email address details are mentioned. My goal is to implement many if not absolutely all dietary recommendations provided. Simply by using digestive enzymes and eating foodstuffs rich in enzymes, we are able to make our bodies' jobs easier. I am 58 looking to many more healthy years, God willing. These books changed my life! Shinya's intelligent perspective are well worth the price of this publication. Shinya recommends a plant based diet, shuns dairy, and believes homogenized milk is normally a toxic compound (I don't believe I'm overstating his opinion).. These books changed my life ! Very interesting. Unorthodox, but extremely persuasive exposure of "Modern Medicine". Shinya, the doctor who initial did colonoscopies and did 370,000+ in the last 40 years, takes comprehensive dietary histories on his individuals and correlates those dietary behaviors with physical findings in the colon--that's something I wish to hear more about.! This is apparently an extremely profound book by way of a very experienced, though unorthodox doctor. His resume is certainly superb; Kangen water is life Amazing information! (He is far better known in Japan). The only real striking difference he found was that chimps, who are 98% vegetarian, possess clean and healthy colons while human being colons are clogged with meat, dairy, and their damaging effects such as for example diverticuli, polyps, and inflamed arteries. his proven fact that Western medicine provides taken a bad convert by focussing on dealing with diseases , rather than keeping people healthy is profound. If our medical procedures are so excellent, how come we all have been obtaining SICKER? Who cares if it hasn't been proven however? Shinya helped me connect the dots between what I have experienced in my life time and where I need to go next to keep on a way to better living. Have already been thinking a lot more about reducing meat and this gives even more evidence and inspiration to eat more plant based. This is a very useful topic to get a healthy life. Everyone should spending some time to read this book. Much of what I read in this reserve were the author's very own suspicions and conjectures. Everyone should spend time to read this book. I hope that everyone has good heath. I cannot believe this is just some kind of scam. Four Stars I am right now drinking more water because of this book! A mindset changer! Dr. Great product Great product Must read - simple and straight to the point Very helpful and insightful. I own Kangen water machine and corrected critical medical issues that I got - thank you ! Shinya from colonoscopy video clips that popped up in youtube with some GI subject I was looking at. I highly recommend checking this reserve out. If you are looking for a lot of deep talk about all the a large number of individual enzymes and what they do in the body, you'll have to look elsewhere. Five Stars Important information that must be understood by everyones health



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