



The Enzyme Factor

By Hiromi Shinya MD

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In *The Enzyme Factor*, Dr. Hiromi Shinya presents his research, grounded in his 45 years of medical practice in the United States and Japan. This research supports the idea of a miracle enzyme out of which all the enzymes the body needs are produced. He suggests cancer and other diseases occur when this key enzyme is depleted and cannot properly do its job. In this book he clearly shows how what we eat affects that key. Dr. Shinya's science is clearly explained and easy to understand. The suggestions for diet and lifestyle based on this science are simple and easy to follow. Even those who think they know everything about how to eat right will be surprised when they discover what is really healthy.

This simple health regime has led hundreds of his patients, many suffering from cancer and other life-threatening diseases, to perfect health.

Inside *The Enzyme Factor* you will discover:

- * How to look younger and delay aging
- * How to live strengthen your body's natural defenses.
- * How to become a healthy 100 year old
- * Misconceptions with many dietary trends
- * What your intestinal traits can teach you about your health
- * Why drinking milk will cause osteoporosis
- * How your body will become oxidized if you eat oxidized foods
- * Why eating the meat of animals that have a higher body temperature than

humans pollutes the blood

* The inseparable relationship between the human body and the land

* How love activates the immune system

This is a new, important and affordable approach to health care in America by the world's leading gastroenterologist, and inventor of colonoscopic surgery, who has spent his life in empirical research on the subject of human digestion. If we follow Dr. Shinya's health prescription we will lose weight, be fit, save money and enjoy a long and healthy life.

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Editorial Review

From Publishers Weekly

A bestseller in Shinya's native Japan, where it was published in 2005, this title introduces his theory of a "source enzyme" to American readers. Shinya came to New York in 1963 as a medical resident and later pioneered the use of a colonoscope to remove polyps from the colon without abdominal incisions. Now a professor of surgery at Albert Einstein College of Medicine and head of the Endoscopic Center of Beth Israel Hospital in New York, he runs private clinics in New York and Japan. Here, he identifies a precursor enzyme that the body converts to specific types of enzymes as they are needed to support, maintain or repair the body and its functions. Shinya broadly discusses how enzymes work and are exhausted by poor lifestyle habits, medications, environmental pollution, electromagnetic waves and daily stress, and provides simple directives for holistically accessing the power of enzymes, including supplements. Myriad observations from his years of practice include that humans should not eat meat from animals with a higher body temperature than their own; the strength of Americans' digestive systems contributes to illness and obesity; drinking pasteurized milk from cows is lethal to the body; and anticancer drugs do not cure cancer. The real message of Shinya's book is that lifestyle is essential to health. To help readers develop one in tune with nature, he describes his own ascetic daily routine. While some readers may find Shinya's ideas unusual, others may welcome his unorthodox approach.

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About the Author

A resident of New York City, Dr. Hiromi Shinya leads the gastroenterologist world with new medical findings and techniques. He is 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 is also Vice Chairman of the Japanese Medical Association in the USA.

Long on the forefront of new medical knowledge Dr. Shinya is credited with pioneering colonoscopic surgery without the need for incision. This technique is named the Shinya technique for his contribution.

Users Review

From reader reviews:

Eileen Smith:

Why? Because this The Enzyme Factor is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the guide store hurriedly.

Fred Swett:

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