



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:

Angel Huitt:

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or maybe goal; it means that book has different type. Some people truly feel enjoy to spend their the perfect time to read a book. They can be reading whatever they have because their hobby is actually reading a book. How about the person who don't like examining a book? Sometime, person feel need book whenever they found difficult problem or even exercise. Well, probably you will want this The Enzyme Factor.

Matthew Wallace:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their

family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled The Enzyme Factor can be fine book to read. May be it may be best activity to you.

Frances Fortier:

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Enzyme Factor, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

Terry Klatt:

Are you kind of hectic person, only have 10 or even 15 minute in your morning to upgrading your mind skill or thinking skill also analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your limited time to read it because all of this time you only find reserve that need more time to be study. The Enzyme Factor can be your answer because it can be read by you actually who have those short free time problems.

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