

## Notes from the June 27<sup>th</sup> Lecture By Dr Hiromi Shinya

Hiromi Shinya M.D. is the Chief of Surgical Endoscopy at Beth Israel Medical center and Clinical professor of Surgery at Albert Einstein College of Medicine. He is a pioneer of the Colonoscopy and considered the leading Gastro-Enterologist in the world. He spends 6 months of the year in Japan and 6 months in New York.

So how would this icon of the medical world start this much anticipated lecture?

Well he surprised all of us!

He started the lecture by playing his harmonica. And with that we all knew that he was no ordinary doctor!

Two other ways in which he differs from the traditional medical doctor:

- 1) He does not like using pharmaceutical drugs. He suggests them only when absolutely necessary. In fact he used to test them on himself before prescribing them for his patients. He has since stopped this practice after taking a common medication prescribed for erectile dysfunction and thinking he was going to die.
- 2) **He views 90% of all disease as lifestyle related. He advocates lifestyle change, attacking the root cause of disease, as the main focus and therapy for his clients.**

Over the course of his 40 year career he has seen many changes in health in his home country of Japan. In 1960, there were only 400 cases of breast cancer and prostate cancer reported in the entire country. Although the Japanese are still considered the healthiest people on the planet their health started to change drastically after the introduction of milk into school lunches.

Japanese have 10-15 times more stomach cancer than Americans, He feels strongly that this is due to large consumption of tea and the tannic acid in it.

Americans have 10-15 times more colon cancer than the Japanese, primarily caused by diet.

If a person eats a diet high in meats, dairy products, cheese, yogurt, white rice and refined grains it causes the colon muscular layer to become very thick, creating spasms and actually shortens the colon. He says that a high fiber diet can actually make your colon up to 2 ft longer. He stated that a persons colon is a good indication of what is happening to your arteries also. As the colon goes, so do your arteries.

**We do not inherit disease from our parents, we inherit their dietary habits and all the health problems that come with it. Good habits will overcome bad genes.**

Shinya believes that there is a direct relationship between dietary practices and health problems. This is not a new idea, especially among Natural Health practitioners and enthusiasts. But is sure refreshing to here a Medical Doctor voice the same philosophy and have 40 years of evidence to stand on.

## **How has Dr Shinya arrived at his theory of health and diet? Direct physical evidence!**

As a gastro-intestinal specialist he has carried out over 370,000 colonoscopic procedures. In other words, he has inserted a camera into over a quarter million people's colon and filmed the results. What results? The results of their dietary practices!

For over 40 years Dr Shinya has carried out his colonoscopic procedures and gathered dietary data from his patients. He finds out what you eat and then looks at the results. Based on this physical evidence he has formulated his ideas on health and the diet for the future. A diet that will prevent heart disease, cure cancer and stop type 2 diabetes. It is pretty hard to argue with this type of evidence.

He showed a number of slides showing the interior lining of a patient's colon, the toxic accumulations, their health concerns and he shared the dietary data he got from that person.

**Shinya advocates what he thinks is the best diet based on his findings. He suggests a two-fold change for all of his clients:**

- 1) Eating a primarily vegan diet. Natural foods cure everything because the body reponds to nature.**
- 2) Drinking alkaline, anti-oxidant water, Kangen Water.**

**Here are Dr Shinya's diet suggestions:**

- 1) Eat 85-90% Plant Based Foods and Ocean Sea Vegetables ( Wakame, Nori etc)**
  - a. **50% whole grain, unrefined, organic grains, cereals and beans.** His staple food is a mixture of 5 grains (Brown Rice + millet, quinoa, amaranth, whole oats, buckwheat etc.
  - b. **30% Vegetables.** The more raw the better because of the enzyme factor.
  - c. **10-15% Fruits, seeds and nuts.**
- 2) 10-15% Animal based protein** – no more than 3-4 oz a day. Preferably fish. He said that he eats meat only a handful of times per year. Meats from animals that have a higher body temperature than that of humans should not be consumed because the fat solidifies on our body and causes a host of health problems.
  - Human body Temp – 98.6 F
  - Cow body temp. – 102-104 F
  - Bird body temp – 105-108 F

## **How did he arrive at these percentages?**

The answer is in your equipment! Your teeth.

You have three types of teeth and the ratio of these teeth is the reasoning to his diet and the results. Ratios: 5 molars (for chewing plant based foods) to 2 incisors (tearing plant based foods) to 1 Canine (tearing meats). 5:2:1 or 85% equipment for a plant based diet to 15% for a meat based diet.

## **His basic dietary routine morning noon and night is:**

One hour before a meal: 2-3 glasses of water

30 minutes before a meal: Fresh Fruit

Then the meal based on the above suggestions

### **The Two Worst Lifestyle Practices:**

- 1) **Smoking – Adds 20 years to your age**
- 2) **Alcohol Consumption**

### **The Two Worst Dietary Habits:**

#### **1) Consuming Meats**

- Daily consumption of beef will inevitably produce prostate problems and cancer.
- Vegetable proteins freeze cancer cells.
- Meat protein and especially casein (protein from milk) stimulate and fertilize cancer growth.

#### **2) Consuming Milk Products**

- Casein is worse than meat to stimulate and fertilize cancer growth.
- Milk cows are artificially inseminated to stimulate milk production. The increased hormones in milk cause breast cancer, as well as prostate and infertility problems.
- The only animal that drinks milk of another animal is the stupid human!
- Everyone is lactose intolerant!

### **Limit or Avoid:**

- Dairy Products, tea and coffee, sweets and sugars, nicotine, alcohol, chocolate, regular table salt.
- Refined Fats and oils – all oils are 100% oxidized fats loaded with free radicals. Get your fats and oil from natural unrefined sources – whole foods.

### **Other dietary recommendations:**

- Stop eating 4-5 hours before bedtime
- Chew every mouthful 30-50 times
- Eat fruit between meals
- Drink 2-3 cups of water 60-90 minutes before a meal
- Eat fruit 30 mins before a meal
- Eat fermented foods
- Enzyme supplements
- Be disciplined – You are what you eat!

### **Drink Kangen Water!**

It is the only water he mentions in his book. Dr Shinya has been recommending Kangen water for 10 years. You never know what you are buying when you buy a bottled water. You do not know the source and you have no idea of the contamination from the plastic. Poland Spring water was found to have formaldehyde in 50% of the bottles.

### **Why he recommends Kangen Water:**

- 1) It has strong reduction power. Capable of eliminating free radicals through anti-oxidation.
- 2) Free of substances harmful to the human body (Purified)
- 3) Has small water clusters ( Hydrating)
- 4) Contains appropriate balance of minerals, calcium, magnesium, potassium and sodium
- 5) It is alkaline to help keep your body at an optimum pH level

Drink minimum 6-10 cups of water per day  
Drink 1-3 cups upon rising in the morning  
Drink 2-3 cups 60 minutes before a meal

**The cause of all disease and aging: Lack of enzymes and water**

**Sufficient water intake improves the 5 Flows of the Body:**

- 1) Blood/Lymph Flow
- 2) Gastro-Intestinal Flow
- 3) Urinary Flow
- 4) Respiratory/Air Flow
- 5) Internal Energy (Chi) Flow

You will never die from over drinking water. If you drink large quantities of water, put a pinch of salt on your tongue and drink some more.

Dr Shinya says that if you start with his diet recommendations when you are 40-45 years of age that the condition of your colon can return to that of a baby. If you wait until you are 65-70 years old it is almost impossible. **When do you want to start change? How about Now!**

**How effective have his suggestions been for the health of his patients?**

He boasts a 0% reoccurrence of cancer in his patients that adopt his program. This is for patients with up to stage 3 cancers that have not metastasized. **0% reoccurrence!**

**Dr Shinya's 7 Keys for Good Health!**

- 1) A Good Diet
- 2) Good Water
- 3) Regular Elimination
- 4) Moderate Exercise
- 5) Adequate rest
- 6) Deep Breathing and Meditation
- 7) Joy and Love

**The Price of a Healthy Life is Much Cheaper than the Cost of Getting Sick!**

**Dr. Hiromi Shinya endorses Enagic and their machines as the best water ionizers in the world.**

If you have not read Dr. Hiromi Shinya's book "The Enzyme Factor" I highly recommend it.

**Be Well**

**Calen Meza**  
**323-547-3138**  
**[info@improveyourhealthwithwater.com](mailto:info@improveyourhealthwithwater.com)**

