

# La Enzima Prodigiosa / The Enzyme Factor: How to Live Long and Never Be Sick

De acuerdo con el doctor Hiromi Shinya -tu cuerpo esta diseñado para curarse a si mismo-; la dieta que el propone ha curado a miles de pacientes sin recaidas. Cualquier persona, con independencia de su predisposicion genetica, puede ayudar a su cuerpo a evitar enfermedades cardiacas, obesidad, fibromas, estrenimiento, sindrome de colon irritable, enfermedad de Crohn, apnea del sueno y enfermedades autoinmunes. La clave esta en el factor enzimatico. Las enzimas son proteinas complejas que permiten el desarrollo de todas las funciones celulares. En La enzima prodigiosa descubriras por que algunos alimentos considerados saludables como los lacteos son la causa de enfermedades cronicas. Tambien encontraras explicaciones detalladas sobre los procesos de destruccion enzimatica generados por el alcohol, el tabaco y las grasas trans. Al cambiar pequenos habitos hoy, tendras buena salud siempre. ENGLISH DESCRIPTION He changed the world with the Shinya Technique for removing polyps through an endoscopy instead of invasive major abdominal surgery. Now Dr. Shinya's discovery of the body's own "miracle" enzyme could once again revolutionize health care in America. Glowing, vital health is within your grasp, once you understand the key to life's code - the enzyme factor. This first English-language publication of Dr. Shinya's groundbreaking theory will convince the skeptical and add to the growing debate about the state of nutrition and health care. Dr. Shinya shows why."

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Hiromi Shinya

# La enzima prodigiosa

Una forma de vida  
sin enfermar



La dieta del futuro que evitará las enfermedades cardíacas, curará el cáncer, detendrá la diabetes tipo 2, combatirá la obesidad y prevendrá padecimientos crónicos degenerativos

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Hiroshi 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 ...

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