



Dr. Shinya's menu for good health

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"A good dietary health" is the most important factor for you to enjoy a long and healthy life. Good dietary health keeps one's stomach and intestine clean and prevents the body from decreasing the so called "Miracle Enzymes".

Good Eating Habits

Good eating habits are essential for a healthy life.

This means maintaining "The Miracle Enzymes" and keeping the intestines clean. Let's review your eating habits; What, When, and How do you eat? Do you understand and control your dietary life?

Dr. Shinya recommends dividing food intake to 90% fruits and vegetables and 10% protein.

The points for good eating are:

1. Eat unpurified grains or cereals.
2. Eat more vegetables.
3. More seafood, less meat.
4. Eat raw foods.
5. Do not eat oxidized foods.
6. Eat fermented foods.
7. Avoid milk and milk products.
8. Take Vitamins and Minerals
9. Be disciplined with the food you eat. Remember, you are what you eat!

Good Water

Water is essential for your health.

Drinking "good water" such as mineral water; especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline PH. (Kangen Water)

Optimal quantity is about 2 -3 cups about 1 hour before each meal.

Good Excretion

Start a daily habit to remove 'intestinal pollutants.' and to clean out your systems regularly.

Correct Exercise

Exercise is good for your health.

Walking (about 2.5 miles/day), swimming, tennis, golf, stretch, etc.

Rest / Sleep

Relax mentally and physically

Take enough time to sleep.

Being Stress-Free / Be Happy!

Positive thinking increases one's immunity.

Negative thinking decreases one's immunity.

Be good to yourself.

Contents :

- 1) Good Eating Habits
- 2) Good Water
- 3) Good Excretion
- 4) Correct Exercise
- 5) Rest/Sleep
- 6) Being Stress-Free