

## THErapy WITH ANTIOXIDANTS

*Summary of a lecture by Dr. Hiroko Kozawa held in the international Indian Centre in New Delhi on 21 May 1996.*

Over the past years the western, materialistically-oriented civilization has spread all over the world. As a result our nutrients have become polluted with agricultural chemicals that are bought and sold as ordinary goods. The number of deaths from cancer and chronic diseases continues to rise year after year due to the following factors

1. Increased ultraviolet radiation as a result of the destruction of the ozone layer.
2. Increased heavy metal pollution of air, soil and water.
3. Changes in eating habits (sugar consumption, chemical additives in foodstuffs)
4. Chemically-polluted agricultural products, alcoholic beverages, chemical drugs, etc. These can lead to oxidization processes in the body and to disease.

For anti-oxidization therapy I would especially recommend the consumption of whole rice (brown rice), vegetables and seaweed, which have an antioxidant effect, supplemented by the consumption of EM-X for the cure and prevention of disease and to maintain good health.

It is remarkable that whole rice has a much stronger antioxidant effect in comparison with white rice or other grains.

The rice germ, especially, contains many antioxidant substances, and the outer layer of the rice consists of fibres that are important in the diet. Consumption of such fibres with their effect on the diet causes useful micro-organisms to multiply in the intestine, slowing down the development of harmful germs. These fibres bind with radioactive substances, heavy metals, chemical substances and cholesterol and isolate them. This type of fibre ballast substances regulates bowel movement and limits contact of carcinogenic substances with the mucous membrane of the intestine. Vegetables also contain many antioxidants and vitamins.

Certainly when comparing the content of organically-grown vegetables with that of chemically-grown vegetables, we can establish that the former contain more vitamins and minerals and hence more antioxidants.

Sugar consumption, chemically polluted agricultural products, refined carbohydrates, alcoholic beverages and chemical drugs all stimulate oxidization in the body. Because these foodstuffs have also already undergone an oxidization process (basically they are dead) before consumption, this oxidization can cause disease and premature ageing.

The free radicals (i.e. active oxygen) that develop in the body cause fats to oxidize, proteins to degenerate, enzymes to become inactive and nucleic acids to disintegrate. These are the changes that cause disease and premature ageing.

The EM-X used in my therapy is an enzyme-type antioxidant that develops with the aid of effective micro-organisms. The way it functions is that it slows down the development of tumour cells in the body or destroys them; this occurs as a result of the increased susceptibility of these tumour cells to natural killer cells. It increases the degree of immunity, i.e. the defence power of the natural killer cells. On the other hand it is not a chemical drug and has no side effects, not even when taken for a lifetime.

Therefore, in the first place EM-X is capable of preventing and curing disease because it isolates the free radicals in the body. As a result, EM-X can speed up the healing process of almost all diseases,

such as cancer, AIDS, diabetes, blood flow problems in the brain, Arrhythmia, Angina Pectoris, heart infarcts, Morbus Crohn, Colitis, stomach ulcers, diseases of the liver, eczema, Neurodermatitis, allergies, rheumatoid arthritis, connective tissue disorders, asthma, cataracts etc.

When EM-X isolates the free radicals and renders them harmless, there is no accumulation of toxic, i.e. oxidized, substances in the body. It should be remarked that chemical drugs have side effects because they cause oxidization processes. EM-X has no side effects.

When first taking EM-X (at the start of the therapy) some patients may experience symptoms such as fever, shivering, chemical pains and skin disorders that should be seen as a first reaction to the disappearance of the free radicals or activated oxygen.

These symptoms are not side effects such as arise in the case of chemical drugs. They are a brief flare-up and a phenomenon of the excretion of toxic substances from the body. They are temporary in nature, are necessary to cure the disease and must be accepted as such.

For example, a common cold is a process whereby the toxin (oxidized substance) that has accumulated in the body will be removed from the body.

The removal of these toxic substances takes place in the form of mucous, causing us to cough and sneeze; perspiration in the case of a fever and sickness and diarrhoea in the case of disorders of the digestive tract.

Allopathic medicines however, block this excretory function of the body; in fact, taking chemical substances even promotes the accumulation of toxic substances in the body. In the case of a cold, antipyretics are prescribed for fever, anti-diarrhoeic remedies for diarrhoea, cough medicine for coughs. In the case of cancer, anti-carcinogenic chemicals and radioactive ray treatment are used. But all of these methods enhance the oxidization processes in the body and make a person even more susceptible to fever.

The blocking effect of allopathic remedies in respect of the excretory function is for instance very clear in the case of nasal dermatitis, asthma and so on, where steroid hormones are taken. As soon as you stop taking the steroid hormones (cortisones) the body immediately starts to emit large quantities of toxin that have accumulated.

This process reveals itself in asphyxiation attacks in the case of asthma and a rash all over the body in the case of nasal dermatitis. In allopathic medicine this process is represented as a reversal phenomenon, but it would be more accurate to view it as a disease caused by the doctor's treatment. The allopathic therapy hides and veils the symptoms by application of chemical drugs such as steroid hormones, and the body behaves as if it has been cured. But this is not a true cure. If someone really wishes to heal, they should consume only foodstuffs with an antioxidant effect, such as whole rice, organically-grown vegetables and seaweed, that promote the excretion of toxic substances.

This is where EM-X takes effect. You can be restored to full health by taking EM-X. However, false or different treatment phases with present-day foodstuffs are still causing the mortality rate to increase, for example for cancer which is top of the list for causes of death in Japan.

The chemical substances and radioactive radiation can destroy the cancer cells, but because of their strong susceptibility to oxidization they can oxidize every other cell in the body. As a result, not only are cancer cells destroyed, but in all probability the cells that are susceptible to cancer will be affected and a new tumour will develop.

With the exception of those races living in extremely cold climates (Laps, Eskimos) human beings can remain healthy by feeding on organically grown (chemical-free) vegetables. The world can be freed of environmental pollution and no one would be threatened with starvation any longer.

If you look at it this way, there is only one way for humanity and all living creatures on earth to remain healthy.

For anyone truly wishing to cure his disease thoroughly, a total reversal is required, not only materially but also in our way of thinking, our way of life, and our spiritual attitude.