

## Nakamachi Garden Clinic

Even though many people think of fasting as a painful process, our fasting treatment aids people in fighting off chronic diseases by normalizing the body functions.

Our fasting treatment is based on Dr. Yamada is working the Kyorin Preventive Medicine Research Center.

Since we allow our patients to consume a sufficient amount of vitamins and minerals along with an enzyme-free juice made from fermented vegetables, it is very different from the “fasting” that people are familiar with.

There are 10 characteristics to fasting.

- ① It stimulates body metabolism and removes subcutaneous fat to create an ideal fat composition in our body.
- ② It removes accumulated chemicals and toxic substances in the fat cells.
- ③ It removes toxic fecal materials and cleans the intestine.
- ④ It recovers damaged and weakened cells.
- ⑤ It provides rest to the gastrointestinal system in order to improve intestinal functions.
- ⑥ It removes excessive cholesterol within the blood to clean the blood.
- ⑦ It removes waste materials covering the tongue to improve taste.
- ⑧ Lung cells are recovered to provide fresh oxygen to the body.
- ⑨ White blood cell's activity is promoted to alleviate chronic diseases and allergies.

## Try out our easy three-day fasting treatment

If a beginner starts the fasting process, we recommend him/her to try it out for three days.

- ① Drink 200~400cc of good quality water on the first morning
  - Good quality water stimulates the metabolism
- ② Home-made juice (carrot, spinach, cabbage, banana, tofu, lemon extract) three times a day as a meal
 

Then, good quality water is adequate for the rest of the process. 1.5 liters of water per day is enough. Refrain from drinking artificially flavored drinks and caffeine. Smoking and drinking is strictly prohibited. Eat a piece of watermelon and melon each day if solid food is needed. Refrain from strenuous exercise.

  - 3 juices/ day, 550kcal. For five days
- ③ Maintenance period: Eat porridge as the first meal and refrain from meat and fatty food for three days. Drink good quality water.
  - Eat as little solid food as possible. Consume vegetable and fruits rich in vitamins and minerals.

This alone will make your body clean and fresh. When people are asked to fast, they all think it will be a very difficult process. Surprisingly, people will not feel hungry but will feel better after the first day.

Many who visited Dr. Yamada. Singer Migawa Kenichi lost 5kg of weight in three days of the fasting treatment. In addition to improving the immune system, the skin tone was improved, as was constipation.

Even though three-day fasting is very effective, it is best to perform it once every three or six months. In addition, it is good to drink juice during the morning and eat normal meals for the rest of the day. Since partial fasting may also be effective, this can be applied in everyday lives.

The fasting treatment is based on a three-day schedule.

However, since a preparation and maintenance period is necessary before and after the treatment, a total of 9 days are needed to complete the entire cycle. Even though many people fail to perform the maintenance period, it is extremely important to go through the maintenance period in order for the treatment to be completely effective.

### Healthy cells are switched on to live in harsh environments

The research center at the University of Southern California performed research into the effects of fasting.

They injected mice with a high dose anti-cancer treatment and subjected them to 48 hour and 60 hour of Fasts respectively to compare the results.

The results showed that the mouse that did not go through fasting process suffered from motor disabilities to other various anti-cancer drug side effects. On the other hand, the mouse that went through the fasting process for 48 hours did not suffer from these side effects.

The mouse that went through 60 hour of fasting, in comparison the mouse that did not go through the fasting process died on the

## 7 amazing effects of fasting!

### 1. Improved toxic excretion function!

Mercury, lead, dioxins, and other toxic materials are excreted from the body's system.



### 2. Improved natural immunity!

Enzymes are converted into digestive enzymes to repair the damaged cells..

### 3. Improved intestinal functions!

By allowing the gastrointestinal system to rest for a while, it improves the intestinal function.



### 4. Diet

An active metabolism aided by vitamins and minerals from juice will promote fat combustion.

### 5. Whitening effect

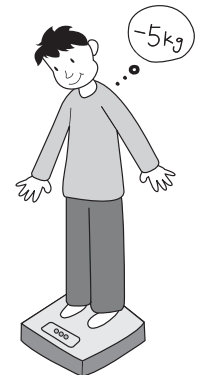
The skin metabolism is improved to improve the skin quality.

### 6. Purified blood

Excessive Cholesterol is removed from the blood to purify the blood.

### 7. Sensitive taste buds

The fasting process allows people to improve their sense of taste.



From *The Book Read by People Who Do Not Want to Get Sick*

fifth day, whereas the mouse that went through the 60 hour of fasting process lived beyond the fifth day of anti-cancer drug administration. In addition, the weight loss that occurred during the fasting process was regained after the therapy and no other side effects were evident.

The result showed that normal cells go into a “shield mode” that protects the cells from severe starvation and stress.

Therefore, the fasting process only kills cancer cells and not normal cells.

### **Nine hospitals acknowledged the effects of the fasting treatment**

The Kyushu University Allergy Research Center uses a program of 10 days of complete fasting and 5-days of maintenance as their fasting therapy. They have commented on the therapy as the following notes:

“At our allergy research center, we have utilized fasting therapy along with other treatment modalities to treat asthma. We have deduced that the therapy improves the patient’s condition. The fasting therapy puts the body in a severe state of stress by not providing any nutrition.”

Our body is always looking for a balanced state where homeostasis is maintained. Therefore, our body will shift gears when it goes into a fasting state in order for the body to survive. One of the changes that the body makes results in the increased secretion of steroid hormones. It is known to be very effective for asthma and atopic dermatitis.

Not only that, but fasting therapy brings about a lot of changes in the body: It strengthens the body and enhances ability to maintain homeostasis as a therapeutic effect.

It is the basis of natural immunity!

As you can see, fasting showed promising results in treating asthma and atopic dermatitis.

### **The brain’s central nervous system improves during fasting**

The following mechanisms occur during the fasting process in terms of metabolism:

- ① The blood glucose level drops because it is used as an energy source.
- ② Glycogen stored in the liver and muscle cells is broken down as a glucose.
- ③ Fatty acids in the body are converted to ketones for energy.

It has been reported that the increase in ketones is related to the increase in alpha brain waves. It also has been reported that blood ketone levels and alpha brain waves have a direct relationship during the fasting treatment process.

This was published by Dr. Takuchi from Tohoku University in his report on the effects of fasting treatments in 1984.

In addition, Dr. Yazushi from Sapporo Meiwa Hospital performed a test that measures the excitement of the brain’s limbic system. His research showed that the fasting treatment inhibits the excitement of the brain’s limbic system.

Therefore, the fasting process clears out the brain and lets the alpha waves become dominant.

The effects of fasting can be summarized as the following:

### **1. Trans-fatty acid on the cells may be removed by the fasting treatment**

Food products like margarine, shortening and cooking oil contain a high concentration of trans-fatty acid, one of the major players in cardiovascular diseases.

Even though a small amount is included in natural substances, it is less than 1% of the entire calorie recommendation by the World Health Organization(WHO).

It would not be a problem if we all had a balanced diet all the time. However, as people dine out increasingly more, there is a greater chance of consuming excess more trans-fatty acids.

When people consume trans-fatty acids, they start to accumulate these to the and surround the cells.

Cells need the ability to interact with minerals and enzymes which function as links between the cells for various physiological activities.

However, when cells are completely surrounded by trans-fatty acids, enzymes cannot link with minerals. It has been reported that the increase in ketones will compromise the cells' physiological activities.

In addition, toxic metals bind with trans-fatty acids and are not easily excreted from the body. When these patients go through the fasting process, their metabolism will be activated to excrete

these oils from the body system. By excreting excessive and toxic oils from the body, physiological functions will be restored.

### **2. It strengthens immunity**

Allowing the organs to rest during the fasting period will improve the immune system. The gastrointestinal system works actively to metabolize the proteins, carbohydrates and fats that we consume each day. Since fatty meals are a serious burden to these organs, the fasting treatment will allow these organs to rest. The organs can then regenerate to their normal tissue and become more active.

When less energy is spent on digestion during the fasting process, white blood cells will be activated to inhibit the growth of the tumor. These changes will occur during the fasting process.

People who tend to over-eat and drink will experience significant changes.

A lot of energy is required to digest food. However, if there is no food to digest, this energy will be utilized for other functions, especially the metabolism and immune systems.

When the metabolism functions are improved, defective cells will be replaced with fresh new cells.

When the immune system is improved, it will defend the body from intruders and attack the cancer cells. It will become extremely beneficial in the treatment of chronic diseases.

Fasting is used as a standard treatment in some US hospitals due to its significant effects.

### **3. Normalize detoxification functions**

The major organ that excretes alcohol, drugs, food additives and heavy metals is the liver. Fatty meals and processed food products increases the burden on the liver. When the liver is in a severely burdened state, its detoxification functions are weakened and toxic substances will start to accumulate within the body.

If we perform fasting during this process, the burden on the liver will be relieved in order for it to recover its normal detoxification functions.

The accumulation of chemicals, heavy metals and drugs in our body that interferes with our normal metabolism. The neurological system and endocrinological system are easily compromised, causing seizures, allergies, diabetes and autonomic nervous system dysfunctions.

These toxic substances tend to be accumulated within the fat cells. The trans-fatty acids that surround the cells become one of the major site where toxic materials accumulate.

When fat cells are digested due to the fasting process, the excretion of toxic substances will be promoted.

### **4. Improvement in the symptoms caused by bad eating habits**

Most of the chronic diseases are a result of poor eating habits. The excessive intake of high fat meals is one of the common factors that all chronic disease patients share.

This results in various symptoms. The blood becomes viscous and very vulnerable to coagulation. In addition, weight increases

because of constipation and ineffective digestive functions.

Other everyday life functions are also compromised by poor eating habits. Even though it is difficult to call them diseases, people are often in poor condition as a result of their eating habits.

There are endless cases where fasting therapy was beneficial to many of our patients. Let me introduce you to just few cases where the effects were significant.

## **Effects of fasting proven by the Health Institute**

### **Purifies blood**

Fatty meals and a lack of minerals cause a sharp increase in blood cholesterol levels in many people.

As a result, these people suffer from brain damage and cardiovascular diseases. Fasting therapy reduces cholesterol and eases the blood flow.

### **Removes remnant fecal matter in the intestines**

A lot of waste materials can be accumulated within the colon. Fatty meals, a lack of vegetables and excessive stress cause the intestine to accumulate harmful waste in our bodies. Such an accumulation increases the risk of colon cancer and irritable bowel diseases. During our fasting therapy, which included proper hydration constipation is improved and the colon is cleansed naturally. Consuming vegetable-rich meals each day even after the fasting therapy, helps maintain intestinal health at the maximum level.

**Maintains weight**

Fasting is not a simple diet process. It is a treatment course that reduces the weight in a healthy way by removing toxic substances from the body.

It is not difficult to maintain weight without compromising the metabolic process by examining the quantity and quality of the meals. Since fat and toxic materials are harmful to the body, we must find a way to lose weight in a healthy way. If we remove all of the excessive fat from the body by the fasting therapy, the metabolism level will be increased to maintain our body at a healthy weight.

**Resets the sense organs**

People begin to experience a keen sense of taste after the fasting therapy. They will also realize that all of their five senses improve after the treatment. Most of the patients who have been through the fasting therapy said that their eye sight was significantly improved as well. We believe that such effects are achieved by resetting the sensory organs in our body.

**It normalizes the respiratory function**

Our lungs are living in a severe environment where air pollution is extremely poor. By going through the fasting process, our lung functions will be normalized to provide fresh oxygen throughout our bodies to improve the body's basic physiological functions.

**Explanation****Status of the three standard treatment options**

This chapter will talk about the status of the three standard treatment options. Some books that discuss traditional treatment methods are of the opinion that the three standard treatments will result in absolute failure.

However, some patients are risking their lives because they are not being treated with modern medicine. It is extremely important to provide the best integrative medicine; that one combines both modern and traditional treatment options.

**‘Surgery’ – taking all possible measures is very important**

Surgical techniques have improved significantly over the years. In the case of breast cancer previously, the removal of the entire breast was the basic surgery technique. It involved the extended removal of the pectoralis muscle and all of the neighboring lymph nodes. However, the current method evaluates the metastasis into the lymph nodes before removing them.

If the cancer has not metastasized into the lymph nodes, a local excision is made on the breast and combine it with radiation. Its treatment results are the same as a total mastectomy.

However, when a patient refuses to go through surgery at an early stage, the cancer may metastasize into the entire body before they visit the hospital again. Some breast cancer patients suffer from skin metastasis because of a delay in surgery.

Even though it would be impossible to remove all of the cancer

cells by surgery, it is effective in reducing the size of the tumor. Radiation and chemotherapy are most effective when there are fewer cancer cells to address. Therefore, it is very important to take all possible measures during the treatment of cancer.

Some women refrain from going through surgery due to the fear of **loosing their breast**. However, since the field of plastic surgery has improved significantly, many breast cancer patients are having breast reconstructions with fantastic results. In addition, much research is being done in various fields to relieve pain in cancer patients.

However, the most important part has to do with the fact that surgery is not the final treatment for cancer. It is after the surgery that the real fight begins. I have witnessed a lot of patients who had recurrent breast cancer after the surgery because they thought their disease was cured.

The surgical removal of cancer cells is limited to the visible range. In other words, surgery does not cure cancer at a cellular level. Therefore, it is important to go through additional cancer treatment immediately following surgery.

By examining the breast cancer tissue, we can decide which anti-cancer drugs or hormone therapies are effective. Since treatment modalities are based on the patient's condition, we are able to perform customized treatments for breast cancer patients.

**“Chemotherapy”–Even the new drugs only have a 30% efficacy**

Doctors perform chemotherapy before and after the surgery.

With the exception of early-stage cancers, it is safe to say that

there are still a lot of cancer cells left at a cellular level after the surgery. There is a possibility of metastasis into other organs through the blood vessels.

However, anti-cancer drugs cannot destroy all of the cancer cells. Even though the effects are maximized when there are less cancer cells within the body, the effects are only temporary and the cancer cells start to build resistance against the anti-cancer treatments after a while. When cancer cells genetically mutate into a resistant strain, we can use another anti-cancer drug to destroy those cancer cells.

However, the effects will be diminished after several cycles of treatment. Even though many new drugs are being launched into the market, their efficacy is only approximately 30%.

In other words, the other 70% are not benefiting from these chemotherapies.

If we increase the dosage of a single anti-cancer drug, its side effects will increase as well. Current anti-cancer treatment focuses on the patient's quality of life. There is much research being done on using various anti-cancer treatments in order to reduce side effects.

However, as mentioned before, there are limits to the effects of anti-cancer treatments. If we keep on using them without any hope of therapeutic effects, it will only compromise the patient's quality of life.

**Do not keep on using ineffective chemotherapies**

It is extremely important to have the courage to terminate



ineffective cancer treatments. There are some centers that use small doses of anti-cancer drugs to inhibit cancer growth.

By combining them with immune reinforcement therapies, half or 10% of the normal dosages may be used to minimize the side effects while achieving the same therapeutic effects.

We also administer half or 20% of the normal anti-cancer drugs and combine them with various immune reinforcement therapies like thermotherapy. We had an experience with a patient who had been given one month to live, who lived healthily for another 6 months.

Normally, most hospitals do not listen to patients who wish to use smaller doses of anti-cancer drugs. Doctors say that small doses are ineffective.

However, from our experience, smaller doses have fewer side effects while having a therapeutic effect in lengthening the lifespan.

There is a treatment approach called “cancer dormant therapy” which does not aim to destroy all of the cancer cells.

Rather, it aims to create a symbiosis between the cancer cells and the host. This treatment approach may be effective for people who are afraid of the side effects of anti-cancer drugs.

The therapeutic effects of small dose anti-cancer drugs are yet to be found. However, from our point of view, smaller doses of anti-cancer drugs activate the immune system that is suppressed by higher doses of anti-cancer drugs. We believe that the synergistic effect between low-dose chemotherapy and improved immune functions is instrumental in the great treatment results

with low-dose chemotherapy.

In other words, it is important to use low-dose chemotherapy along with immune reinforcement treatments.

Currently, there is a new trend in the cancer treatment field called “molecular target cell therapy”. It is becoming a major trend in the treatment of cancer in the modern era.

### **We must always check on monoclonal antibody drugs and angiogenesis inhibitors**

Angiogenesis inhibitors are another new trend in the treatment of cancer. Even though these two drugs may be categorized into the same category, there are some differences.

Targeted cell therapy is like a customized drug that is used on certain genetic traits of the patients.

It attacks cancer genes and proteins made from specific cancer genes to target only the cancer cells and not the normal cells.

Angiogenesis inhibitors inhibit the synthesis of new blood vessels in large tumor masses. In order for cancer cells to grow, they need to be supplied with a sufficient amount of oxygen. The tumor creates new blood vessels around its tissues to provide nutrition.

Some anti-cancer drugs have synergistic effects with angiogenesis inhibitors. However, even these drugs do not disable the blood vessels that already exist within the tumor mass. In other words, “angiogenesis inhibitors” may suppress the further growth of cancer cells. Therefore, its effects will be maximized when it is combined with other anti-cancer drugs.



Angiogenesis inhibitors and target cell therapies do not share the same function. However, some angiogenesis inhibitors are made as the monoclonal antibodies.

The Vascular endothelial growth factor (VEGF), is a major factor that signals the growth of new vessels.

Many drugs targeting this factor are being launched onto the market. There is a drug called Avastin that specifically inhibits the growth of new blood vessels. However, since its effects are limited to those with certain genes, it is extremely important to perform a genetic test before starting the treatment.

There are a lot of new anti-cancer drugs currently on the market. Although some people may feel as though they might die as a result of the cancer treatments, some cancer treatments are extremely effective. Therefore, it is extremely important to learn more about anti-cancer drugs so that you do risk your chance of a cure because you refuse treatment with anti-cancer drugs.

However, other than leukemia, there are no cancers that can be completely cured only by chemotherapy. It is extremely important for doctors to realize this fact. The differences between doctors who know the limits of chemotherapy and those who do not are very substantial.

#### **“Radiation” – the cyber knife that minimizes side effects**

The radiation used in radiation treatments uses the same rays used in x-ray radiology. In addition, bayron radiation is also being implemented in treatment plans. When cells are exposed to radiation, DNA is destroyed and further replication is inhibited.

Even though normal cells are affected during the process, various technological improvements are being made to minimize the side effects.

Radiation treatments are improving rapidly as the devices improve as a result of technological advancements. Now, radiation therapy is localized on certain parts of the tissue, so it is possible to minimize the side effects on the normal cells.

The gamma knife and cyber knife combines computer and CT images to treat the tumor mass from 30~1200 **different** directions. It prevents unnecessary damage to the normal cells while localizing the therapeutic effects on the cancer cells. With the exception of the brain, cyber knife treatments for lung, liver, and prostate cancers are being covered by health insurance. By combining radiation and chemotherapy, we can achieve the same results as surgery. This will open a new door for patients with inoperable cancer.

## Postscript

### **We should stop increasing the number of ‘cancer refugees’.**

Even though the limits of the three standard treatments were pointed out long ago, there are no methods with which to evaluate the effects of other alternative treatment options. I strongly believe that this has determined why there is an increasing number of ‘cancer refugees’ in our society.

We have numerous patients who refuse to go through surgery or any type of Western medicine intervention. Often it is too late for any interventions, by the time they come to us, desperate for help.

In addition, there are a lot of patients who have a low quality of life due to repeated chemotherapy.

In any case, we always think that it would have been most benefit had they visited our clinic sooner. “Cancer” cannot be conquered by a head-on approach. We need to fight like a guerilla and use various tactics instead of relying on a single approach. By combining some of the effective treatment options, we can take the fight into overtime and extend the lifespan.

Cancer patients are normally stubborn and choose to go with easy treatment methods even though we put a lot of efforts in explaining other various options. Unless patients are determined, it is almost impossible for them to win in the fight against cancer.

### **Hot gemstone therapy can be performed at home**

We have discussed thermotherapy as the fourth medicine, as it

reinforces the immune system.

We have also introduced our hot gemstone therapy used at our clinic as a thermotherapy. Our hot gemstone therapy can be performed at home, as well. Not only does it heat up local tumor masses, it is also able to heat up the entire body to increase the normal body temperature. Even though hot gemstone therapy is known to be beneficial in the treatment of rheumatism, neurotic pain, and depression, we have only discussed its effects on cancer in this book.

The effects of thermotherapy are based on the fact that cancer cells are vulnerable to heat. In addition, applied heat repairs mitochondrial functions to produce cyclic AMP that induces cancer cell apoptosis.

Despite the fact that other therapeutic effects have been proven by research, we have only discussed the results proven by clinical trials in this book.

Even though there were some cases where tumor masses shrank following thermotherapy alone, its effects are maximized when combined with other treatment options.

We also know that when we combine thermotherapy with radiation and chemotherapy, it shows synergistic effects and allows us to reduce the chemotherapy doses. We strongly recommend this approach to many cancer patients having difficulties choosing their treatment plans.

### **Chemotherapy only has a 15% effective cure rate**

New anti-cancer drugs are being launched into the market each

year. However, if their effective cure rate is 30%, a lot of doctors think it is extremely effective. Normally, the effective cure rate of many anti-cancer drugs is only around 15%. Therefore, it is important for us to think that the three standard treatment options are only a “temporary measure” in the treatment of cancer.

This is when integrative medicine comes into play...

It is extremely important for patients to strongly believe that they can win in their fight with cancer. It is important for them to not give up and search for various treatment plans.

For example, there was a patient at our clinic who decided to stop chemotherapy based on his own decision after experiencing some improvements from our integrated treatment plan. However, when he visited our clinic after a couple of years, it was too late for us to do anything for him.

It is important for patients to realize that a single poor decision can lead to failure in the treatment of cancer. There are some end-stage cancer patients who are not really aware of the severity of their diseases. That is why there are some patients who lose the chance to even fight with their disease.

It is well-known that a fight with cancer is like a “fight without manners.”

We also have introduced Dr. Yamada’s theory on the eating habits that hinder cancer cell growth. We strongly recommend you review his theory on eating style modifications as one of your treatment options.

### **We can live along with cancer**

Sadly, there is no “perfect cure” for cancer in modern

medicine. However, there is a way to live along with cancer.

If a person with a month left to live is able to live for an additional three to six months, that person would have lived a symbiotic life with the cancer cells in order to have lengthened their lifespan.

There is a patient at our clinic who was diagnosed with lung cancer 10 years ago. His CT images show a tumor in both lung fields, but he is still living an independent life at this time.

Even though he is still concerned about his tumor markers, it is quite amazing that he has maintained his quality of life until this day. We suggest that he not pay attention to the images and lab results. He has successfully completed the goals of our treatment plan.

The following concepts should be kept in mind during the fight with cancer.

Cancer is a long-term disease. In order to prevent cancer and live a symbiosis life with cancer, it is important to improve your lifestyle.

Continue the treatment process because cancer cells replicate without any limitations.

Cancer is caused by immunodeficiency. This is extremely important in preventing cancer as well.

Heating the body and limiting the use of anti-cancer drugs is very important. Patients need a treatment approach that focuses on immunity reinforcements.

**Fight cancer by reinforcing the immune system and not by relying solely on the three standard treatment options**

Normally, lung cancer, gastric cancer, and breast cancer are considered to be local lesions in Western medicine. However, since cancer is a disease of the entire body, the treatment plan should be focused on improving the entire body's immune system instead of simply treating the local lesions.

There is a need for doctors to change their concepts in the treatment of cancer.

Even though the Ministry of Health says that it is focusing on improving the treatment of cancer, many new drug certifications are being delayed.

It is important to introduce integrative medicine into the treatment of cancer instead of relying solely on the three standard treatment methods. In order for integrative medicine to be prevalent in the field of medicine, its effects have to be proven by large clinical trials.

I have referenced a lot of researchers and publications in the course of writing this book and I would like to take this opportunity to show my gratitude to all of those people.

I hope that the phrase 'cancer refugees' will no longer be used in the future.

Nobuhiro Yoshimizu

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## Author Profile



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Nobuhiro Yoshimizu

- 3/1968 – Graduated from Toho University, joined Tokyo University Neurosurgery Department
- 1973 – Studied in the Mayo Clinic
- 1974 – Neurosurgery professor at Jiji University School of Medicine
- 1981 – Vice-Chief of the Neurosurgery Department at Taisan Tashinaga Hospita
- 1992 – Head of Neurosurgery Center at Yokohama Integrated Hospital

Advisor at the Yokohama Integrated Hospital in 2006, and Vice-Chief at the Yokohama Cyberknife Center, which has the world's most Cyberknife cases. Head of the Nakamachi Garden Clinic.

Established a medical plan that combines thermotherapy with physical and immune reinforcement therapy. Specialty in Neurosurgery and Emergency Medicine. A member of the Japan Oncology Association.

