

Bio-Normalizer HANDBOOK



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Why people become sick ?

The following are considered to be the main reasons :

★ Extraneous Material

- Foreign substance entering the body.
- Pathogenic microbe (virus, bacteria) etc.
- Chemical material (drugs and food additives) etc.

★ Over production of free radicals in the body.

Free radicals or reactive oxygen species are mostly the focus of interest of numerous scientific studies. Several reactive oxygen species (ROS) are continuously produced as by-products of metabolism. These are extremely important substances in the body, for they act as weapons when phagocytes such as macrophage or neutrophil processed the foreign substances. However, they attack normal cells once they become overabundant and become the cause of diseases.

Free radicals become overabundant when the body or mind is under to extraordinary stress, or when exposed to excess ultra-violet rays or electromagnetic waves. Since, free radicals are

known to be related to all diseases and also to the process of aging, it is wise to give attention on these reactive oxygen species.



Although there are many kinds of free radicals, the following attract the most attention in relation with diseases.

◆ Superoxide radical (O_2^-)

Superoxide radicals are indispensable to the body for these are used as weapons by phagocytes in breaking down foreign substances that invade the body; these are disassembled by enzyme Super Oxide Dismutase (SOD) within the body and converted into hydrogen peroxide.

◆ Hydroxyl radical (HO)

These are produced by metal ions such as iron reacting to hydrogen peroxide. These are highly reactive and cause mutation in cells by directly damaging the chain in genes (DNA).

◆ Nitric oxide (NO)

Nitric oxides expand the blood vessels; prevent blood from clotting, move the intestines to carry food inside the body. Insufficiency or overabundance will both result in diseases. The fact that these are contained in great amounts in **vehicle exhaust** and **cigarette smoke** is a big concern.



The characteristics of Bio-Normalizer



Bio-Normalizer was developed by Academician James Akira Osato, Ph.D. in 1969. It is made from tropical plants such as papaya and fermented and matured by modern biotechnological process. No chemical processes such as purification or extraction are conducted. No activation agents or additives are added. It is a

highly natural nutraceutical; a food or plant-derived product that is safe and nontoxic. A functional food product with scientifically proven ingredients to maintain health and prevent disease.

Bio-Normalizer is truly safe for human consumption proven by different Health Organizations

◆ Acute toxicity testing

Himedaka fish were allowed to swim in 0.1 % solution (1 liter of water mixed with 1 gram of Bio-Normalizer). This test exhibited zero death rate after a lapse of 96 hours.

◆ LD50 (lethal dose 50%)

LD50 is a dose of chemical which kills 50% of an animal sample population. The LD50 of Bio-Normalizer administered orally is 34.135±1.377 grams per kilogram of body weight. Approximately 1,707 grams for person with 50 kg body weight. (Reference: LD50 of salt is about 500 grams, LD50 of soy sauce is about 1,000 cc for person weighing 50 kg.)

◆ Quantitative analysis of heavy metals and harmful compounds

The result of chemical analysis revealed undetectable amount of toxic heavy metals and harmful compounds.

◆ Serological test for healthy human

Long range intake of Bio-Normalizer showed no significant changes in the liver functions (SGOT, SGPT) indicating that Bio-Normalizer does no harm to the liver of healthy people.



More than 140 scientific papers has been clarified in different countries. The following efficiency is proven academically.

◆ Bacteriostasis action

Hinders harmful bacterial growth under the natural condition.

◆ Metal ion chelation property

Detoxifies the body of accumulated lead or platinum component in cisplatin as anti-cancer and is excreted in urine or sweat.

◆ Free radical regulation properties

Removes 5% of superoxide radicals
Removes 95% of hydroxyl radicals
Induces and adjusts SOD and catalase activities
Induces nitric oxide synthesis in the body

◆ Immuno-modulating property

Activates macrophages inhibition of neutrophils
Activates the natural killer cells which attack cancer cells
Increases the production of γ -interferon in the presence of viruses inside the body

◆ Anti-aging action

Enhances the activation of superoxide dismutase (SOD) and suppresses oxidation of lipids.

Bio-Normalizer has two mechanisms of action: one against foreign substance and free radicals which are the causes of diseases; and the other, towards the immune system (the body's natural healing power). Furthermore, Bio-Normalizer has properties that only natural products are blessed with: Priority Management; a naturally cause-oriented way of healing by judging and setting priorities according to the needs of the body and purposely design; inducing the necessary secretions in the right amount, time and place.

The basic dose

Bio-Normalizer is a natural health food product, so it is safe to consume in any way. However, to maximize the benefit of Bio-Normalizer, you need to follow several basic pointers. This will result in an economical way of intake.

- ★ Take before bedtime on an empty stomach.

! Two hours after meal.
30 minutes after taking water.

- ★ Put under your tongue and mix with saliva then swallow gradually.

! Do not take Bio-Normalizer together with fluids or foods.

- ★ Starting dose

Body Weight	No. of Sachets
Less than 30 kgs.	1/2 sachet
30 kgs. Or more.	1 - 2 sachets

- ★ To improve your metabolism.
Maintain about 1.5 - 2 liters of water intake daily.

How to determine the appropriate dose

Start with the basic dose regardless of the kind or degree of the symptom. Observe closely the changes in the condition of your body and determine the amount of your dose for the day.

The appropriate dose is when you feel the following:

- ★ A good and sound sleep
Fine feeling upon waking.
The symptoms on the checklist is relieved.
 - Feel rested
 - Feel pleasantly refreshed
- ★ Symptoms relieved
Sign and symptoms of illness are reduced.
- ★ A feeling of well-being.
Light feeling
Able to spend a day with a pleasant feeling (relaxation)



Other changes in condition commonly observed

- Gain appetite
- Good urine output and normal non constipated/diarrheic stools
- Less fatigue, increased energy and vitality
- The body feels warm, increase in perspiration, feel thirst and the metabolism getting better
- Complexion improvement
- Improved immune system
- No feeling of intoxication or hangover



Cautions while taking Bio-Normalizer

In order to recover your health, observe daily improvements:

★ Avoid substance that will contradict the Biopathy

Unnecessary chemical, incompatible and substance with no scientific proof

- Pharmaceutical products, herbal medicine
- Vitamins, calcium or other food supplements
- Semi-fermented tea
- Artificially treated water, sports drinks
- Food additives and synthetic seasoning
- Health equipment using electromagnetic waves



★ Retaining body strength

When you take Bio-Normalizer, feeling of lightness and increased physical activity is observed.

Maintain full rest to recover physical strength, too much activity may worsen illness.

Lifestyle-related diseases (chronic diseases)

In order to cast off lifestyle-related diseases (chronic diseases), the lifestyle habits must be reformed.

Try to avoid stress that are causing or aggravating the disease.

- Get quality sleep • Pay close attention to your dietary habits
- Drink moderately Try to avoid physical, mental stress
- Avoid smoking as much as possible

When to stop intake

One may stop Bio-Normalizer intake when general improvement of condition are observed such as:

★ Bowel movement

- Easy defecation
- Adequate volume
- No foul smell
- Half floating



★ Skin condition

- Healthy complexion
- smooth texture
- Skin becomes water impermeable (water drips down fast during bathing)



★ Hair and nail conditions

- Healthy shine and gloss
- Faster growth

★ Reduce and stabilized the symptoms (please refer to the check list)

Improvements in symptoms like continuous feeling of well-being, laboratory parameters became normal and stabilized per individual standards (the normal range of test values vary upon the individual)



If the unpleasant symptoms reoccur in the process of decreasing the dose, resume the amount you were taking when your conditions were improved and observe the progress.

Rare Reactions

Although rare reactions may happen unexpectedly, we advise people taking Bio-Normalizer to observe the following:

★ Example of rare reactions

General symptoms	1. Pain 2. Rashes and itchiness 3. Fatigue and Sleepiness
Specific symptoms	1. Stomach upset / pain 2. Diarrhea / loose bowel movement 3. Sinus, headache and dizziness 4. Ocular hyperemia or red eye 5. Arrhythmia or heart palpitation 6. Hypogastric pain, menstrual changes in some woman
Laboratory exams	Increase in blood pressure, blood sugar level, uric acid serum potassium level.

The Herxheimer Reaction is an immune system reaction to the toxins (endotoxins) that are released when large amounts of pathogens are being killed off, and the body does not eliminate the toxins quickly enough.

Particular Dose

1) Semi-bombing dose

Take 4 sachets immediately and followed by 4 sachets after 15 - 20 minutes, the same dose may be repeated as needed.

2) Bombing dose

Take 4 sachets every 40 minutes repeat 4 times. (preferably on an empty stomach). Get absolute rest after intake. If no improvement is observed, repeat the same dose the next day or with a higher dose. If any improvement or change is observed, return to maintenance dose.



It is not necessary to repeat this dose on a daily basis.

3) Chemotherapy/Radiotherapy

When the patient decides to undergo chemotherapy and/or radiotherapy, the recommended dose for Bio-Normalizer should be as follows:

Take Bio-Normalizer 3 or 4 days before the scheduled treatment. Those who take Bio-Normalizer for the first time shall start with 1 sachet and increase up to 4 sachets.

If the rare reaction happened, reduce intake and continue the maintenance dose.

Stop the intake of Bio-Normalizer during the chemotherapy period.

As soon as the patient has finished receiving the treatment modality, immediately restart Bio-Normalizer intake. The dose will be adjusted based on the extent of side effects.

If there are no or little side effects, continue with the dose taken before the modality and according to the condition, reduce to the maintenance dose.

If the side effects are extreme, take a high dose (more than 5 sachets), or administer the bombing dose if discomfort continues.

If the side effects are ameliorated, reduce intake and continue the maintenance dose.



Bio-Normalizer Wet Compress is an effective treatment for skin radiation damage.

Bio-Normalizer in Compress, Nebulizer and Topical Solution

Bio-Normalizer is also effective if applied topically

★ Preparation of Bio-Normalizer Solution

The basic solution is diluted 1,000 times

This is done by dissolving 1/6 sachet (0.5g) Bio-Normalizer with 500 ml of water



Solution should be used within the day of preparation. Effectiveness of concentration varies from person to person. One has to find his or her own effective dose.



0.5g with 500 ml of water

★ How to use

Spray / Application / Fomentation

● Skin

Sunburn / Burn / Pimples

Atopic (skin Allergy) dermatitis

Insect sting / Athlete's foot / Cuts

● Internal injury

Bruise / Sprain / Swelling / Internal hemorrhage

● Hair



For severe burns, put several pieces of gauze on the affected part and spray it from above. Do not allow gauze pads to become dry, repeat spray if necessary. Gauze should not be removed forcibly, wait until it falls off naturally.



When lesion is bleeding or is filled with pus apply BN directly on affected area

Trachea / Bronchus Nebulization

- Nose
- Throat
- Trachea, bronchus
- Lung



Drops

- Eye
- Ear



The solution can be used as face lotion



For the Eye drops and Nebulization use non chlorinated water.

Counseling

Counseling based on the Biopathy Theory is offered by Biopathy Society International to help individuals obtain Quality of Life.

★ Preparations before counseling

Review the necessary precautions and observed the basic dose of Bio-Normalizer to be taken. The full effect of Bio-Normalizer might not be obtained unless the basic dose and the precautions are followed.

★ Application for counseling

If there are no perceived effects even if basic dose and precautions are followed one may apply for counseling.

For those with immunologic disease, counseling is recommended before starting intake of Bio-Normalizer.

- Fill in the necessary information in the Bio-Normalizer questionnaire and fax or e-mail it to the address below.



**Counseling usually takes time, correct information can help minimized the processed procedure. The items required on the Biopathy questionnaire are help obtain correct information in minimum time.
Try to give detailed information as possible.**

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