

Naturezymes Whole Body Recovery System (Purezymes)

Health Recovery **Preparation** Program

How to proceed (intestine management program) 1-5 Days

Breakfast	N1	1/2 of the meal you would normally consume	N2
	2 packets		2 packets before meal
	For five days during the preparatory period, eat half of the original meal you would normally consume to reduce hunger when taking enzymes. Try to break the habit of eating snacks throughout the day. N1 can be mixed into 500ml of lukewarm water-consume 30 minutes before meals and often consume little by little 1 hour after meals. You can have N2 15 minutes before breakfast and dinner.		
Lunch	N1	1/2 of the meal you would normally consume	N2
	None		None
	For five days during the preparatory period, eat half of the original meal you would normally consume to reduce hunger when taking enzymes. Try to break the habit of eating snacks throughout the day. N2 is not taken before lunch.		
Dinner	N1	1/2 of the meal you would normally consume	N2
	2 packets		2 packets before meal
	For five days during the preparatory period, eat half of the original meal you would normally consume to reduce hunger when taking enzymes. Try to break the habit of eating snacks throughout the day. N1 can be mixed into 500ml of lukewarm water-consume 30 minutes before meals and often consume little by little 1 hour after meals. You can have N2 15 minutes before breakfast and dinner.		

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Health Recovery **Step1**

Procedure (intestine management program) 1–10 Days

Breakfast	N1	N3, N4, N5, N6, N7, N8, N9	N2
	2 packets	2 packets each (N5-1packet)	2 packets before meal
Between	Consume only 1 plate of fresh vegetables (carrots, celery, broccoli, cabbage, cucumber, lettuce, cabbage, green pepper, tomatoes, etc.). The elderly and the underweight have a more difficult time breaking down raw vegetables, so those individuals can consume softer vegetables (mushrooms, avocados, squash, seaweed, etc.).		
Lunch	N1	N3, N4, N5, N6, N7, N8, N9	N2
	2 packets	2 packets each (N5-1packet)	2 packets before meal
Between	Consume only 1 plate of fresh vegetables (carrots, celery, broccoli, cabbage, cucumber, lettuce, cabbage, green pepper, tomatoes, etc.). The elderly and the underweight have a more difficult time breaking down raw vegetables, so those individuals can consume softer vegetables (mushrooms, avocados, squash, seaweed, etc.).		
Dinner	N1	N3, N4, N5, N6, N7, N8, N9	N2
	2 packets	2 packets each (N5-1packet)	2 packets before meal

1. Fermentation N1: Consume 1 packet in 500ml-1000ml of warm water a day.
2. It is most effective that when you wake up in the morning, you refrain from drinking water. Instead, start the morning off with movement and light exercise. It is recommended to eat after 30 minutes-1 hour.
3. The amount of N1 you must consume per day is your weight (KG equivalent) * 30CC. (60KG * 30CC = 1800ML)
4. N4 should be taken just before bedtime in the evening.
This will help you get a good night's sleep.
5. The Health Recovery Diary will help you record your daily habits through maintenance. This diary will help you keep on track through motivation as you check-off daily tasks and witness changes in your body.
6. For N2, take 2 packets on an empty stomach in the morning and evening.
You can steep N1 in 400ml of water.
Make sure there is no trace of N2 left in your throat to avoid choking hazards.
For children and those who are sensitive to seaweed smells, place the packets of N2 in the water steeped with N1 for about two minutes and drink contents with a straw for better consumption.

7. **While taking enzymes, it is recommended not to drink too much water, but just enough.**

N5 should be soaked in water for about 3 minutes. You can then consume it with a spoon like porridge.

N3 can be served warm like coffee. 2 packets of N5 can be mixed with N1 water.

If you are sensitive to taste, you can consume N5 + N3 together and swallow all enzymes individually.

8. If you are currently overweight, overworked, active individuals, need snacks to maintain, or get hungry easily, you may take 2 N5 packets with your meals instead of 1 to alleviate hunger. Alternatively, you can consume 1 packet and consume another packet if you feel that you are getting hungry.

9. When your body is having a reaction within the predicted expectations, it is recommended to have a foot bath, half body bath, or do a simple exercise that raises the temperature of the body by 1 degree. If you do not have time, you may do a simple stretch in place.

10. **It is important that you are asleep within the hours of 10PM-2AM.** It is during these hours that our brains are at the most restful state. Homeostasis takes place during this time, as well as, immune recovery and when our metabolism is active.

Just before bedtime, take 2 packets of N4 to get a good night's sleep. If you are someone who have a lot of dreams or have difficulty sleeping, talk with your care director to increase your intake of N4

temporarily.

11. Try to stay positive throughout your day. Think positive thoughts, speak with bright and supportive individuals, and recall the happier moments of your day. Try laying down the stresses and/or burdens you have previously felt and stay optimistic.
12. Double your breathing and be mindful of your breathing (slowly breathe air through your nose and breathe out slowly). It is recommended to do this several times a day.
13. If you are on this program due to obesity, cover yourself before stepping outside in the sun.

The Crisis of Healing (Hering's Law)

This is because all the organs in the body work hard to remove waste products, and the cell tissues are rebuilt as the vitality is weak. In the process of healing our own disease, our body shows a phenomenon of body change in the process of normalization of the human body immune system.

It is called a 'crisis' because the health condition seems to be getting worse again as it did before. In the crisis of healing, the symptoms that appeared when the health condition was at its worst appear again. In the case of a disease crisis, many of the same symptoms appear, not as cell tissue is renewed and toxicant is removed as in the case of a healing crisis, but as the cell tissue is disintegrated and malfunctioned.

Another evidence of a crisis of healing is that we evaluate the bowels very well before and during that period. A healing crisis or a disease crisis, all often appear without notice. Generally, if you are in very good physical condition for a few days but suddenly a crisis appears, it is considered a healing crisis.

3 Steps of revitalizing Cell Tissue

Removal step, transitional step, reconstruction step

The healing crisis usually lasts for about three days. Initially it starts to feel a little uncomfortable, but soon gets worse. During this period, the prior symptoms can get worse. If the energy in the body is insufficient, the crisis can last for a week or two. If you are without energy and vitality, the healing crisis might not appear.

Hypersensitivity reaction – In the course of healing, when we do not achieve complete healing due to lack of energy, and supply healing energy in a roughly insufficient state, the chronic symptoms appear to get worse and develop in various forms of improved reaction. Hypersensitivity reaction is a natural phenomenon that is normalized when the broken parts of the system, as warning bell of the human body, are recovered at once, which is understood as the reaction of healing through activation of the sympathetic nerves.

Relaxation reaction – As the energy for recovery is concentrated in a certain area, we have no energy, and get a lot of sleep as the body slacks. It gets better when the sleep time is restored to some extent. It is understood as a reaction of healing through activation of the parasympathetic nerves.

Excretion Reaction – It is the symptom that wastes accumulated in the body, toxins, heavy metals, chemical additives and chemicals are decomposed, and discharged with skin, stool, and urine. When toxins leave body, you may feel skin rashes, itching, eye mucus, acne, eczema, diarrhea, etc., Afterward, the skin becomes clear.

Recovery reaction– Changes and shortages of feelings and emotions are phenomenon caused by temporary restriction of the

function of the internal organs for regeneration, partial concentration of water, and increased waste of blood.

The reaction of hypersensitivity, relaxation, excretion, and recovery is a reaction that occurs naturally in our body's recovery process.

* If you have a crisis of healing during the program, please accept that it is coming with a happy heart and feel confident, calm and positive mind in yourself through consultation with your program consultant.

Body Reacts to Healing Crisis

Improved reaction	Improved reaction content
Headache, deafening	Glucose deficiency causes dizziness, hunger, and whirl of the brain (3-7 days)
Breathing	Bad smell (odor), vomiting, disgusting smell can severely come from the body (3-7 days) - Signal of toxin discharge
Urine	Bloody urine, pungent and stinking odor, smell may come out (5 days to 20 days)
Constipation	<p>If the bowel is not properly cleared, it can lead to inflated feeling, bloated feeling, and deteriorated condition.</p> <p>Constipation is getting worse temporarily because it inflates as toxins ferment lactic acid bacteria by stagnant feces. In the end, causing massive abdominal pain, after a large amount of feces excretion, constipation and diarrhea disappear naturally.</p>
Sleepiness, drowsiness	It is tiring and weak - it is signal of detoxification, toxin emissions. Detoxification signal (3-7 days)
Fever	Temporarily a fever runs - It is the start reaction of our bodies of treatment and healing.
Edema	Kidney, and liver function can be deteriorated. (5 to 15 days, it can happen during blood cleanup)
Feces	Brown, black, bloody stool, stools may stink

Vomiting, nausea	Those who have a lot of meat diet may appear acidic constitution severely, and those who have gastritis, gastrointestinal disorders, gastric ulcer etc. such an improved reaction may appear, but do not worry.
Skin	Rash (blood purification reaction), peeling off skin, itching, sweat odor, bad odor, etc. (3 to 30 days)
Throbbing, numbness, gum bleeding, back pain	The self-decomposition process of our body, and the signal of toxin emission (5 days-10 days)
Ache	It can be very severe in the process of self-decomposition of our body, that is, the process of refreshing our body. Sick area: previously injured area, severely sick area, cellulite, etc. (7 days-20 days)
Hair Loss	Hair may lose (1-2 months) - Then a shiny hair appears
Menstruation	The person who stops menstruation or - does not have menstruation (for 20 to 40 days) may have menstruation again.
Liver qi rising	During the substitution period of enzymes, sudden human body cleansing function, that is, detoxification and excretion, are activating and the liver level may temporarily rise for about 15 to 20 days. - All tests in the hospital should be done after 40 days.

<p>Abdominal distension</p>	<p>Constipation patients are with intestinal lethargy, and if you do not evacuate the bowels for 3-5 days during the fasting period, please enjoy light mountain climbing, jogging, intestinal massage, and half bathing, foot bathing.</p>
<p>Diarrhea</p>	<p>It is normal for diarrhea to progress until intestinal decay and barriers are normalized. - the process of discarding toxins by themselves (restoration of homeostasis). In the process of healing diseased cells with healthy cells, stagnatated blood floats in the veins of the whole body, and the body collects water to discharge it and diarrhea.</p>
<p>Sick part of whole body</p>	<p>As signal action to release the harmful toxin, it naturally gets better as sick as it is The worse the pain is, the better it gets.</p>
<p>Gastrointestinal disease (Gastroptosis, gastric ulcer, gastric perforation)</p>	<p>As the diseased cells fall off, they become toxic and begin to release toxins into the stomach or intestines. It is instinctively vomiting to release the poison quickly, physiological self-protection action, do not worry.</p>
<p>Other improved reactions</p>	<p>The extent and location of the improved reaction proceeds differently for everyone and it is the process by which our bodies go on their own from the current sick area to the previously sick area. Always think calmly that something to have to come naturally came, and enjoy the improvement. If you have any questions, please consult with the director.</p>

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Health Recovery **Step2**

Procedure (Full Enzyme) 11일-20일

	N1	N3, N4, N5, N6, N7, N8, N9	N2
Breakfast	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	N2(2)
Lunch	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	None
Dinner	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	N2(2)

1. For N2, take 2 packets on an empty stomach in the morning and evening. You can steep N1 in 400ml of water.
2. If you have severe reactions, take more N4 and N5. Try to warm yourself by taking half body or foot baths. If you still do not have a good response, stop the process and consult with your care director. If you try eating a spoonful of honey, a spoonful of white rice, and/or a quarter of a regular meal, the reactions will cease.
3. As you use the Health Recovery Diary, check your body daily for weight, blood pressure, diabetes, improvement, and subsequent changes in your body. If you have any questions, please contact the hospital.

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Health Recovery **Step3**

Complete Enzyme Stage 21–30 days / Maintenance

	N1	N3, N4, N5, N6, N7, N8, N9	N2
Breakfast	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	N2(2)
Lunch	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	None
Breakfast	N1 (2)	N3(2), N4(2), N5(1), N6(2), N7(2), N8(2), N9(2)	N2(2)

1. Depending on the disease, the body's response to homeostasis, and the rate of recovery of immunity, the complete enzymatic stage can lead to stages 4, 5 and 6. Depending on how you manage after step 3, you will be able to continue your health. In addition, if you follow the 10 Commandments of Health and health rules, you will be able to maintain your youthful/current health.
2. It is effective to use acupuncture and Moxibustion Therapy together in the maintenance period.
3. All hospital tests, including blood tests, liver tests, and urine tests, are done during the maintenance phase to ensure accurate readings.
4. As you use the Health Recovery Diary, check your body daily for weight, blood pressure, diabetes, improvement, and subsequent changes in your body. If you have any questions, please contact the doctor.