



SOY OLIGOSACCHARIDE AND HEALTH

THE COMPANION VOLUME OF
INTESTINAL REVOLUTION

WRITTEN BY: TOMOTARI MITSUOKA (JAPAN)





HIGHLIGHTS:



A WAY OF MAKING YOU YOUNGER BY 10 YEARS WITH EASE

TRY TO BE AN "INTESTINAL BEAUTY" AND YOUR COMPLEXION WILL BE AS DELICATE AS AN INFANT'S

SOY OLIGOSACCHARIDE: THE GLAD TIDINGS FOR SUBHEALTHY PEOPLE

THE SECRET OF LONGEVITY: AN OLD PERSON WITH A YOUNG INTESTINAL ENVIRONMENT OR A YOUNG PERSON WITH AN OLD INTESTINAL ENVIRONMENT

WITHOUT GOOD HEALTH, MONEY, POWER, CAREER, FAMILY, ALL THAT YOU HAVE STRIVED FOR WOULD RETURN TO ZERO!



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THE COMPANION VOLUME OF
INTESTINAL REVOLUTION

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PREFACE

For some time, the "rich man's disease" has been a topic of interest among people.

With the development of economy and the progress of society, people's lives have become increasingly easy and comfortable. However, when we are heartily enjoying our life, cardiovascular and cerebrovascular diseases, diabetes, cancers and other lethal diseases are silently approaching us and drawing nearer and nearer. "Without good health, money, power, career, family and all that you have strived for would return to zero!" How is it possible that such an inference is unable to awaken us!

While we are all scared of the "rich man's diseases", the intestinal diseases, the "root of all diseases", are, however, often overlooked.

Though eating is important, discharging is equally important, and in fact even more important. Eating well is not necessarily good as the "rich man's disease" may possibly follow. Discharging smoothly may be counted as being truly good as it can make the intestines comfortable and give people healthy and beautiful complexion and prolong life. Failure of smooth movements will certainly affect our health, and even endanger our life.

In all our life, there exist in the intestines about 100 varieties of beneficial and harmful bacteria, amounting to 100 billion in number. It can be said that people are unable to live without bacteria.

People enjoying good health and long life benefit from the dominant position that bifidobacteria occupy among the flora in the intestines. As the most important beneficial bacteria in the intestines of the human body, bifidobacteria can effectively inhibit the multiplication of harmful bacteria, strengthen the human body's immunity and prevent cancers and various "rich man's diseases". Bifidobacteria are thus named the "guards of the intestines".

To increase the number of bifidobacteria, we have to often take in soy oligosaccharide as it is the food of bifidobacteria and the source of vitality for the bifidobacteria to live and multiply in the intestines. Containing rich vitamins and minerals, soy oligosaccharide has the miraculous effect of strengthening immunity, reducing cholesterol, detoxification, and lowering blood pressure.

Mr. Tomotari Mitsuoka, honorary professor of Tokyo University of Japan and chairman of the World Society for Microecology, is a world-known academic authority. The books of [*Intestinal Revolution*] and [*Soy Oligosaccharide*] written by him once saw a sensational sale of over 5 million volumes in Japan, waging a campaign for "intestinal revolution" and soy oligosaccharide in the 1990s of the 20th century. The Ministry of Wealth, Labor and Welfare of Japan recommended

Japanese citizens each to take 10g of soy oligosaccharide everyday.

[*Soy Oligosaccharide and Health, the companion volume of intestinal revolution*] is the English version of the [*Soy Oligosaccharide*] written by Mr. Tomotari Mitsuoka. As the companion volume of [*Intestinal Revolution*] and the fully updated version of [*Soy Oligosaccharide*], this book, with explicit explanations in simple terms, is easy to understand, and excellent both in illustration and language with numerous charts and personified illustrations. On top of that, it brings us great delight and rich knowledge.

Depicting, with vivid language, the way of keeping the tree of life green and the path of preserving happiness and good health, this book is oriented towards the popularization of health care knowledge, which can benefit the broad masses, men and women, old and young. It is also a golden key to the secrets of the intestines. After reading this book, you will not only firmly believe that to live a hundred years is no dream to people, but also take the advice to become "an intestinal beauty" by way of eating wisely + keeping fit rather than trying to lose weight at the expense of longevity.

Good health and beauty start from inside the intestines. This is the world-shaking famous remark given in this book.

People who yearn for good health and beauty, and those who are suffering from intestinal diseases, let's take up the soy oligosaccharide, the weapon of modern science, to take part in the "intestinal revolution".

The translator

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