

Psoriasis case: Male, Mid 50's
He was taking 3 sachets (12 tablets) at bedtime

I first stated developing psoriasis on my right forearm at the age of 24 and it has been a constant irritating companion over the subsequent 30 years.

Over that time I have tried many different emollients which are viewed as a crucial plan for many people with psoriasis. This included creams, ointments and moisturizers. None of them had any impact. Last year I spoke to a specialist who advocated a series of injections which cost $2000 a time, and needed to be administered as a course. Unfortunately out of my budget and with no guarantees of being successful I decided against pursuing that path and resigned myself to a life time with psoriasis. That was until I came across Fermented Green Papaya Enzyme (Bio Normalizer). I had actually started taking it for some other ailments, but 10 days in I was asked how my psoriasis was by a family member. I rolled up the sleeve of my shirt and could not believe what I saw. The psoriasis had completely gone! I was completely speechless, and incredulous that Fermented Green Papaya Enzyme (Bio Normalizer) could completely cure my psoriasis in such a short period of time. Here are a before and after photo to show you the difference.



【How to make a fermented green papaya water spray】

The ratio is **1/6 of a granule sachet** to 500 ml of water, or **1 tablet** to 500 ml of water.

*The amount does not have to be precise. You can crush a tablet.

The water used for the spray should be filtered, bottled, or boiled.

There are no artificial preservatives in Fermented Green Papaya Enzyme, so please make a new one every 2–3 days. In summer, we recommend keeping it in the fridge to avoid bacterial growth. If there is any leftover, you can drink it.

【How to use the spray for your skin】

Spray the water onto your skin and let it air dry. There are no limits to how often you can use this spray. You can apply it as many times as you like. The more you use it, the better the results you may see. We recommend using it at least twice a day. After using the spray, you can continue with your normal skincare routine.

【Use your empty sachets for your skin!】

If you have granule sachets, after taking them, you will have empty sachets. You can add a little water into the empty sachet, mix it with the remaining FGPE powder, and apply it to your skin. Please let it air dry and then follow your normal skincare routine.





Psoriasis case: Practitioner who is specialised in psoriasis, Female, 40's

She was taking 18 tablets at bedtime for 7 days and 3 sachets for 3 day.

She didn’t use the spray.



Psoriasis case: 37 yo, female, Japan



30. August. 2015



20. Jan. 2015

- Regarding the amount of Bio-Normalizer, during flare-ups I continued taking about 12g per day for around two weeks.
- Because even applying moisturising cream was painful (even natural oils did not help), I dissolved Bio-Normalizer in water to create a solution diluted 1,000 times and sprayed it onto the affected areas to manage the symptoms.
- I also tried adding Bio-Normalizer as a bath additive, together with mineral-rich rock salt, which is said to have high reducing power. I believe this combination was effective.
- The scalp in particular was severely affected, with psoriasis forming in the hair follicles. When I mixed rock salt and Bio-Normalizer and massaged it into the scalp, it subsided within about a week. I was surprised that the peeling skin stopped appearing continuously.
- I also stopped wearing synthetic fabrics and switched to 100% natural materials such as cotton and linen. As a result, the pain disappeared and my body’s feeling of coldness also improved.
- From lessons learned 17 years ago, I have been avoiding poor-quality fats such as trans fats in my daily life. I believe this may have contributed to a faster recovery this time.

*1 sachet contains 3 g of BN (FGPE)



Eczema case: 5 yo girl
Adviced to take 1-2 sachets at bedtime

There’s one month between the pictures uploaded. My 5 year old daughter developed an awful eczema/skin rash all over her neck, arms, back of legs and torso. I believe it was from having the flu and caused her gut microbiome to become disrupted. She had the rash for 3 ongoing months. We were working closely with a nutritional therapist who recommended this product. We started taking 1 sachet a night, within a week I started to see a difference. (We took this along side using natural creams and vitamins). Not only did I start to see her skin changing, but she had the best night sleeps! We love this product.



Cystic Acne case: female, late 20's, practitioner in aethetic
She was taking 12-18 tablets at bedtime

I came off BN for a month and I hugely regret it! I suffer with cystic acne and over the past 7 months had been taking BN, it took about 2-3 months to see improvements in my skin but the improvements I did see were life changing. After stopping BN for one month my skin has been the worst it’s been in 7 months. I’ve had 3 or 4 painful cysts that made my whole chin swell up! If you have cystic acne like me I highly recommend taking BN consistently. I work in a skin clinic so I have medical grade skincare as well as in clinic treatments but you really need to be treating the problem from the inside as well. The combination of BN and medical skincare are the absolute dream team but consistency is key! BN is the best supplement I’ve ever had not just for my skin but my gut health as well.



Acne case: femal, late 20's
She was taking 8 tablets at bedtime

I've been taking the powder, and within just 1 week, I've already noticed some differences:

1. Skin condition: The acne on my jaw (see picture) has noticeably improved and smoothed out.
2. Energy: I’ve been waking up feeling more energetic.
3. Gut health: My digestion feels stable and balanced.

What stands out the most is how quickly my skin has recovered.
I haven’t changed anything else in my routine, so I’m confident that this product made the difference.

Highly recommended!



Sever eczema & impetigo case: 3 yo boy
He was taking one sachet at bedtime

My sons age is 3, he had severe eczema and the skin condition was a severe form of impetigo. It took 2 weeks to clear the infection with the papaya. We had tried 2 rounds of antibiotics before but it kept coming back. Once we took the papaya it never came back. It was amazing. I have him on other supplements too but I must say the improvement really started to show once we put him on the papaya. I was trying to heal and seal his gut, with probiotic, multi vitamin, collagen in his juice in the morning, chicken stock. I have found that his immune system has strengthened too. As whenever he had a cold or cough, it would go straight on his chest and we would end up in a&e but now that doesn’t happened. We can manage it at home with a few puffs of his inhaler and that’s it.



Persistent dermatitis case: female, mid 20's, practitioner
She was taking one-2 sachets at bedtime

I struggled with persistent inflammatory dermatitis for six months. I tried everything, and nothing truly helped. It was frustrating, exhausting, and honestly disheartening at times. Eventually, I started working with a functional practitioner, and after specific testing, I was recommended this product. The change has been incredible. My skin completely cleared, and my latest health test results show reduced oxidative stress and profound positive shifts in my overall health. My inflammation has significantly improved, and I genuinely feel more vibrant, balanced, and alive than I have in years. I’m completely in love with papaya, and Saeko, the owner, is such an inspiring, deeply knowledgeable, and supportive professional. As a psychotherapist, I am deeply passionate about the gut-brain connection. I see it not just as theory, but as something profoundly real in how we function emotionally and physically. This is exactly why I recommend this product it to my clients, because when we support the gut, we support mood, clarity, regulation, and overall wellbeing in such a powerful way. The enzymes are truly transformative. I will continue and take it forever!

The benefits in BN
The conditions for BN

Any skin conditions
Menopose

Oxidative Stress

No Wrong Dosage!
2-3 sachets (8-12 tb)
18 tablets at bedtime

Gut Health

Liver Health

Heavy Metal Detox

IMPORTANT

Dose dependency in BN
The higher the dosage, the quicker and better the results in most cases.

Fermented Green Papaya Enzyme

since 1969