

## More People With Negative Thinking Have Sticky Saliva

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Having been observing thousands of people with sticky mouth, here, I have found the same characteristics that apply to most of them. That is 99% of the people whose mouth are sticky tend to think pessimistically.

When the mouth becomes sticky not only from a temporary tension but all the time, it is the workings of the sympathetic nerves. And When the condition of anxiety continues, the workings of the parasympathetic function get suppressed and will prevent the thin saliva from secreting.

When I ask patients about the condition of their body, they would say these things as they sigh, "When my shoulder and back hurt like this, it depresses me because it makes me think that someday I will not be able to walk." or, "I'm worried that I won't be able to get well because my stomach feels heavy and I cannot eat much." They all answer with negative thinking, worrying about their body condition more than necessary.

However, it is a good thing to think about how your body condition is because when you do, you are able to notice the slight changes right away and respond to it. If you're feeling a bit under the weather, you should not endure it. Make your situation be known right away because this is a good chance of early detection.

So that is why, if you are dwelling on the bad, painful, and strenuous conditions and saying to yourself, 'What am I going to do if it gets worse?', you are making the curable condition into incurable one. These kinds of people tend to have an endless anxiety about other things too besides their body, and they keep worrying about things more and more in a bad way. And, their mouth gets stickier and stickier.

The sticky saliva gets accumulated in the mouth and it becomes difficult to drop into the stomach. Then, the food that you ate won't be digested and this will make your body condition bad, which makes you feel gloomier, and the bad cycle goes around. Our heart and our body are intimately connected. The saying, "Disease begins in the mind." is true.

If you want to be healthy and lively as long as you can, after you've finished all that you needed to do, you should take your time to sleep or switch your mind and spend some time with the things you enjoy. These things are important to preserve your saliva in a good condition.

When the parasympathetic nerves are activated, we can calm down and relax and think positively, and as a result, you will have thin saliva.

## Green and Yellow Vegetables Are Good for Making Your Body Not Oxidized

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It is said that we need to eat vegetables because they are good for our body but do you know why vegetables are good for our body? How are you confirming your conclusion?

First of all, because vegetables have dietary fiber, it helps clean the intestine. Another reason why vegetables are good for the body is because the colorful red/yellow vegetables and green/yellow vegetables that have absorbed abundance of ultraviolet ray have antioxidant called polyphenol.

It is not much known but there is another highly antioxidant substance that is in the vegetables besides polyphenol. It is organic germanium. However, the inorganic germanium that is used in things like bracelets does not have the same effect because it is not organic substance that was birth out of nature's life activities.

Listing the vegetables that have high content of organic germanium, there is ginseng and Chinese wolfberry fruit that are used in the Chinese herbal medicine. And among the things that we normally put in our mouth, there's garlic and aloe. (There's abundance of Krantz aloe and aloe vera inhabit in Japan. The secret of the excellent efficacy of aloe vera is in the gel of the mesophyll, a jelly substance called mucopolysaccharide. This substance called mucopolysaccharide is proven to strengthening the immune functions, and for anti-cancer effect.) Organic germanium is present in all vegetables. The reason for that is because organic germanium is actually a vital substance for the growth of plants itself.

When organic germanium enters the body, it increases the oxygen transport amount in the blood, and since the oxygen will reach to every part of the body that way, it becomes harder for the incomplete combustion in our body to happen.

That also means that the reactive oxygen, which is the cause of all kinds of diseases becomes harder to appear. Additionally, the organic germanium will help us to discharge toxic substances, such as, PCB and mercury that shouldn't accumulate in the body by bonding to them. Furthermore, it activates the body cells overall and promotes the discharge of not only metals that isn't good for the body but other toxic matters such as abnormal cells and cancer cells.

At the foot of Pyrenees Mountain Range, which is the border between France and Spain, there is a well known sacred place called 'Spring of Lourdes', where millions of pilgrims come to visit for the 'miracle water' that works for various diseases.

In the recent years, the analysis was done to see what kind of substances are in the spring water of Lourdes. They have found that it has a large quantity of organic germanium in it. Dr. Kazuhiko Asai paid attention to this more than 40 years ago and hence had accomplished a great undertaking of 'Asai Organic Germanium' development.

Organic germanium works to heighten life force and lift up from the bottom to provide the oxygen that works greatly to give health to the whole body. Behind, the phrase that we often say to eat a lot vegetable, there was such a key hidden based on the scientific foundation.

Presently, there is a Japanese food boom in all over the world. But, do remember the McGovern Report that was published in 1977, which announced that the increase of cancer and heart diseases comes from the wrong dietary habits.

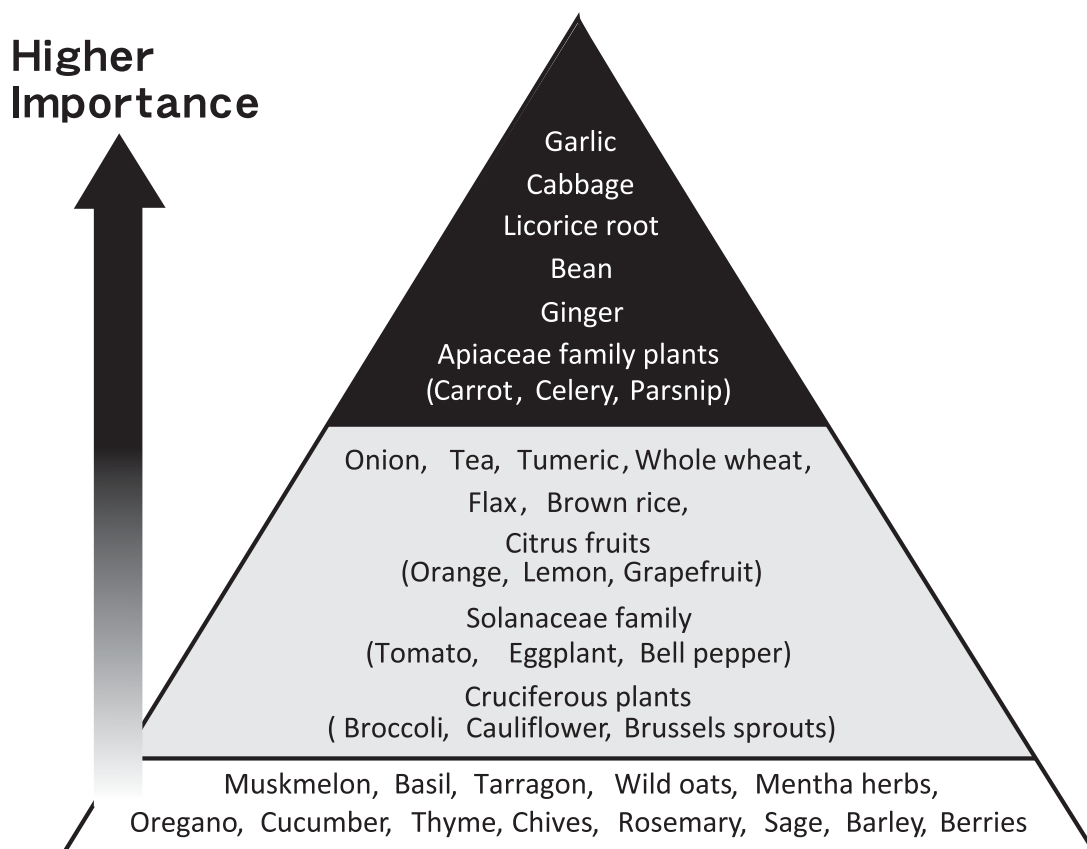


I have experimented the saliva measurements of before and after the consumption of each of the foods that are introduced in the graph: garlic, cabbage, ginger, soybeans, powdered green tea, lemon, orange, broccoli, melon and cucumber that are considered very important. The result of the human saliva oxidation and reduction potential average before the consumption of these food was at positive 55mV in the oxidation range, and after the consumption of these food the highest reduction level was at negative 60mV. All of the subjects' saliva effected to the side of reduction, and the largest reduction difference from the average value was 115mV.

\*[Graph 9] Anti-Cancer foods, United States National Cancer Institute

## Designer Foods Pyramid

Designer Foods Pyramid is divided into three levels based on the research reports and epidemiological examinations for cancer prevention. (Source: National Cancer Institute)



### Difference Between ORP of Human Saliva and ORP of Air; Whether the Reduction Takes Place Inside the Body or Not is Important

Recently, there was some information that was flooding on the Internet that was making people ambivalent about an aqueous solutions that showed the ORP of negative 100mV and negative 200mV and claiming that these solutions has strong reductive action.

What we have found in the applied research during the human saliva ORP clinical studies was that even the solution that was exposed to the air showed a negative mV value inside the test tube or within the solution, it does not necessarily mean that it will show a negative value when it is taken inside the human body. Inside the human body environment, the artificially prepared solution that shows a negative potential value will on the contrary become a burden for the body and will show a strong positive mV value. As a matter of fact, in the natural world, solution with extreme negative electrons doesn't exist.

It seems that our body is able to detect the difference between artificially produced solution and a natural solution, so even the solution that was exposed in air that shows an oxidative potential level (ORP) of positive mV, if the solution is a beneficial to the body, it will effect greatly to the negative mV direction on the reduction side. The same thing can be said of the vegetables and fruits that are not contaminated by chemicals.

## We Need to Train Our Own Salvation Power

Check Before the Subjective Symptoms Show Up  
(ORP- Oxidation and Reduction Potential)



### The Relation of Body Oxidation and Reduction

★ORP shows a high value  
(Strong oxidation power)

★ORP shows it's within the reduction level.  
(Strong reduction power)

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General public would have a difficulty in grasping the body's condition with pH measuring value differences. In the human body, the oxygen is at work and there is a controlling function to maintain a neutral value of pH 6~7 at all times; the human body will lose the proper control function when it is changed to the extreme value directions of pH3 or pH9.

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In our normal family life, we realize that we are very sick when the symptoms such as fever and pain start showing. During the regular health examinations, it would be very difficult to capture the right period of the disease symptoms to be manifested. In order for us to recognize the abnormality of our body earlier, it is important for us to raise our saliva power by checking our body condition with the saliva ORP.

## The Body Condition of Infants to Elderlies Can Be Checked With Saliva

*Saliva measurement doesn't show the result  
but it shows what is coming in the near future.*



Because urine is the body liquid that has circulated the body, what we know from urine test is the body's condition as a result. However, saliva is not a result of something but it 'anticipates' what is going to happen in the near future.