

Heavenly Providence

Chapter 5

Led by the Words of the People I Have Met



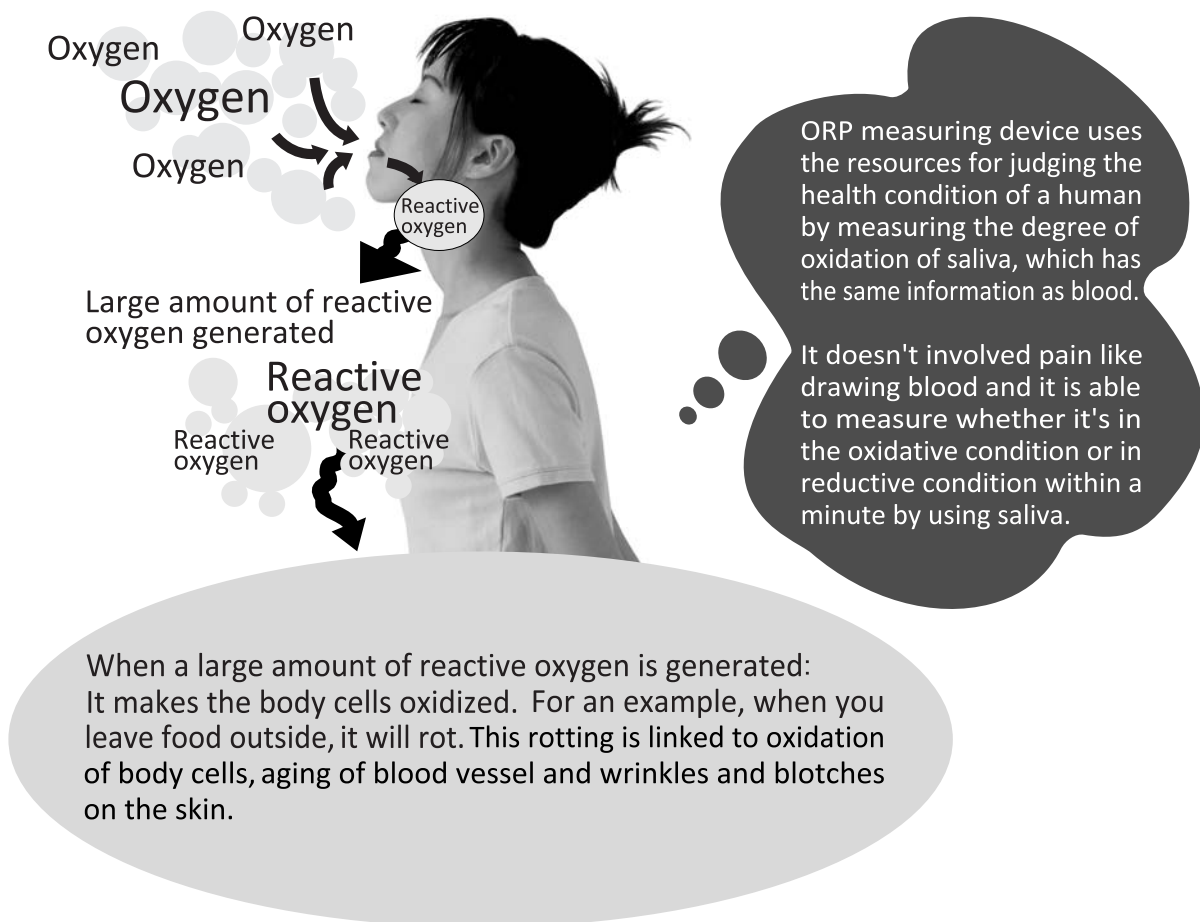
The Saliva does not lie! The Barometer of Healthy Condition

The age of understanding your health quantitatively is here. It is easy to collect saliva from an infant or a bedridden elder.

This is the age that we're able to know what we can acquire from the blood test using saliva instead. Blood tests involve pain but with saliva, it's painless and it doesn't burden the patient. As the clinical statistics show, the condition of saliva and health condition are stunningly related. I have never been deluded by the answer saliva shows me. Saliva clinical study is a continuation of surprises, discoveries and new findings. During our recent saliva clinical study, I was amazed by the mystical world that was hidden behind saliva.

*[Graph 10] Concerning the State of Biological Condition and Saliva Power
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The Biochemical Condition of Saliva



- ★ Based on the result of ORP measurements, saliva may provide various indications useful for your personal health check.
- ★ ORP Meter measures a degree of oxidation occurring in human saliva, which provides information as voluminous as human blood provides in order to determine a physical condition.
- ★ Unlike the collection of blood samples, saliva test is painless and able to determine as rapidly as within one minute whether your body is in oxidation state or reduction state.

Based on Results of ORP Measurement:

- 1 Saliva makes possible to confirm your physical condition that varies every day although it is impossible to identify any disease.
- 2 Saliva anticipates that you're coming down with a cold before the presence of fever.
- 3 Saliva indicates whether the treatment in process is effective or not.
- 4 Saliva indicates a significant reduction of babies that are breastfed.
- 5 Saliva indicates a significant reduction of mothers who are breastfeeding.
- 6 Saliva indicates a significant reduction for women that are pregnant.
- 7 Saliva indicates oxidation after anti-cancer chemotherapy is given with IV.
- 8 Saliva indicates whether cholesterol in your body is beneficial one or bad one on the basis of oxidation or reduction.
- 9 Saliva indicates the oxidation and reduction (anti-oxidative reaction) of Japanese tea, coffee and other beverages.
- 10 Saliva indicates whether a given agricultural product was grown organically or using agricultural chemicals.
- 11 Saliva makes it possible for you to determine whether your dietary habit is proper or not by saliva test after eating.
- 12 Saliva indicates an outstanding reduction for the Japanese foods, vegetables, fruits and root vegetables that were produced using methods that were developed from the ancient times.
- 13 Saliva indicates a value in the oxidative direction for the people who are under various stresses, such as child rearing, inheritance problems and etc.
- 14 Saliva indicates an accurate reading of oxidation and reduction for the health food supplement in question.
- 15 Saliva indicates an outstanding reductive value for a satisfied laugh from the belly and relaxation.
- 16 Saliva indicates a value towards oxidative direction for incomplete laughter and unpleasant encounters.
- 17 Saliva indicates an outstanding reductive reaction for laughter and tears after the heart has been touched.
- 18 Saliva senses the approach of atmospheric depression on the testing that shows toward the oxidation side.
- 19 Saliva indicates value towards reduction direction when a person spends time in the environment with negative ion such as highland and near a waterfall.
- 20 Saliva responds to generation of electromagnetic wave.
- 21 Saliva responds to pain or stress to indicate a value of "relatively high oxidation".
- 22 Saliva indicates a value in the reductive direction after a qigong treatment is done.
- 23 Saliva may be maintained at a value on the side of reduction by always taking appropriate food and drink in order to keep your body fresh.

Natural Laws — The Flow of Electrons

The flow of electricity is from positive pole to negative pole, which is the natural phenomenon of the energy consumption. When the electricity keeps flowing, it will be exhausted as in the case of batteries and the remaining quantity becomes less.

The energy consumption that is used to change the oxidative environment to reductive environment in the natural world is an action of a strong effect. Much the same way, the energy consumption that is used when a human moves something requires a strong power, obviously, there is a calorie consumption of the body but it is the consumption of biological resources as in the batteries. This makes our body oxidized, and the build-up of cellular aging, inflammation, exhaustion, and overwork will decrease our natural immunity.

That is the reason why, after the consumption of energy, it becomes important for us to incorporate food that has strong reductive effect and clothing with reductive material and dwelling that give reductive environment.

From the standpoint of electron, which accompanies all organisms (animals and plants), metals and all things that have form, the flow of the electrons is negative pole to positive pole. Which means, that within an organism, the negative electrons of the negative ions that hold reduction power are taken away by the positive electrons of the positive ions that cause aging and inflammation to the body; the oxidation phenomenon of negative electron flowing to positive electron is constantly occurring.

This oxidation phenomenon cannot be altered by anybody. Everything that has shape is oxidizing -even the air that we cannot see is oxidizing as the time goes by.

Oxidation and reduction potential (ORP) is an index that makes it able to grasp the chemical changes, which is the exchange of the negative ion concentration and positive ion concentration on the electron level.

Flow of the Electron

In organism, the electrons flow from negative to positive and it is a natural law to oxidize.



The Reason Why Our Body Oxidizes:
Within an organism, oxidation phenomenon is constantly happening. Negative electron that has the reduction power is robbed by positive electrons that give the body aging and cause inflammation.

Flow of Electrical Current

The batteries have the flow of electricity; it is according to the natural law of consumption that flows from positive to negative.



How battery get consumed:
The electrical current is an energy consumption that moves from positive pole to negative pole. When electricity keeps flowing, it will dissipate and the remaining power will be less in the case of battery.

Learning from Studying Linen, Silk, Cotton, and Japanese Cedar Woods That are Used for Restoring Old Japanese-style Houses

From the examples that I've mentioned in regard to 'food, clothing and shelter', I believe that the readers would be able to understand the importance of oxidation and reduction potential index, which is the theme of this book. In another words, people would have to pay for the consequence of their lifestyle after couple of years or decades later with a physical deconditioning that they have created, which they won't be able to pinpoint the direct cause of it.

I have mentioned that air is an indispensable element for human beings in chapter 3, but the characteristic of the Japanese cedar wood, *sugi* that lived for few decades, few hundred years or few thousand years have various benefits, such as bactericidal effect, deodorization and soothing effect that come from the black and red heartwood, which is the center part of the wood. When breathing the air in the house that was build with Japanese cedar wood, I was able to confirm that the human saliva ORP was reduced. This is because the dwelling that was build with this wood has an environment that contains negative ion.

The most amazing thing is that we are able to breathe the air that lived for few decades, few hundred years and few thousand years that has a strong reduction action. We don't have to go to the forest to benefit the effect of 'forest bathing'. 'Forest bathing' was much talked about in the past, but trees actually have the power to heal us. When you breathe the air in a place full of greenery, oxidized saliva will immediately turn to reduction.

In Japan, which is considered as a 'forest superpower', the most grown tree in Japan is Japanese cedar. I'm amazed by the foresight that the Tokugawa government had to link the roads of Japan with avenues of cedars.

The botanical name of Japanese cedar tree is 'cryptomeria japonica' which means 'a hidden treasure of Japan'. But unfortunately, in the recent years, the value of *sugi*, the Japanese cedar tree, is not much recognized.

The Japanese people of the past revered *sugi* and used it in their daily life. There were made into small barrels to keep steamed rice. The bigger *sugi* barrels were used for soy sauce and sake. *Sugi* trees were also planted around the houses for windbreaks and the next generation used it to renovate their houses.

I think there are lots of people who remember the news heading, "Great Discovery of the Century! Appearance of A Huge Pillar." Within the ancient ruins of Izumo Taisha (grand shrine) grounds in Shimane Prefecture, a huge pillar that was constructed using three large *sugi* trees bundled together was found. They have discovered that the lowest part of the giant pillar, which was buried in the ground, was a tree with a diameter of 1.35 meter. It was said that the height of the *sugi* tree that was used was up to 40 meters. The grand shrine, Izumo Taisha was a huge architectural structure that was over 100 meters high. The fact that the *sugi* pillar that was constructed 700 years ago is still remaining is an evidence of the vitality of *sugi*.

Additionally, Masatsuna Matsudaira, a vassal of the Tokugawa Family and his son Masanobu Matsudaira, in two generations, they made three *sugi* highways, the Nikko

Highway, Reiheishi Highway and Aizu Nishi Highway, utilizing the *sugi's* characteristic of rot resistance. It has been said that these trees were planted also for a preparation to build a fleet in time of emergencies with China and Korea.

The Shinto shrine *sugi*, (*jingu sugi*) of Ise Shrine is well known but all of the so-called sacred wood (*Goshinboku*) were *sugi*. Japan used to be a country that had large forested area with self-sufficiency rate of more than 90%, but now, they are buying overseas lumbers just because they are cheaper. There is a data from a time period that shows that more than 80% of all lumber sold in Japan were imported. I personally desire that our society will make use of this Japan's precious resource, the familiar *sugi* wood for our health.

The ceiling above my bed is made from *sugi* wood that has a magnificent wood grain pattern. I go to sleep as my heart gets healed.

I met a handcraft wooden accessory creator, Mrs. Yoko Otomo who uses the naturally dried *sugi* wood to make accessories without using any metal tools. For the attaching cord, that is easily adjustable even for the elderly, she weaves a hemp yarn into spiral pattern with clockwise direction. She says that since no *sugi* wood grows exactly in the same environment, each piece of wood has a different pattern of wood grain, and the way the black core and red core come out. She says that this is the part that gives her joy of creating her accessories.

By simply wearing the accessory, I actually experienced that it makes me relax and heals my mind. After getting to know these things, I am again impressed by the wisdom, skills and fastidiousness of the wisdom and technology of those who have gone before us. Barrels for miso, soy sauce, sake and *sugi* bathtub and rice bin were all made from the *sugi* wood.

In addition to that, the boxes that contained the documents, garments and herbal medicine of the Silk Road culture that exceeds 1000 years without decay that were kept in the raised-floor-style ancient log storehouse of Shosoin in Nara were *sugi* boxes as well.

My research, the index of human saliva ORP clinical study from the perspective of "quantification of the degree which the body feels well" can actually be visualized in our basic life's environment (food, clothing and dwelling) and in the mental aspects, and in other various life's environment and situations.

I desire, that with this ability to visualize the wellness of the body that is available equally to all people, "a society of health and longevity " will come as soon as possible so we can live our daily lives vigorously.

What Kinds of Clothes Cause Static Electricity?

I have explained that things that we wear and eat and the things that we use for our dwelling affect our saliva and the condition of our body in a significant way.

The oxidation and reduction action of the saliva changes drastically by the material of the clothes that we wear. My recommendations are cotton, linen, wool and other natural fibers. These clothing materials have excellent breathability so they don't interfere with