

### **【Food/Themes and Methods of Quantitative Proof (9)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of eating food or beverage with soymilk lactic acid bacteria. The before and after measurements of consuming soymilk lactic acid bacteria will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

### **【Food/Themes and Methods of Quantitative Proof (10)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of using EM<sup>11</sup> bacteria. The before and after measurements of intaking EM bacteria will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

### **【Food/Themes and Methods of Quantitative Proof (11)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of drinking zeolite<sup>12</sup> powder diluted with water. The before and after measurements of taking zeolite powder will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

\*11- EM Bacteria--EM (Effective Microorganisms) is a microbial material that was developed in 1982 by Dr. Teruo Higa of Ryukyu University. Multiple of useful microbes such as lactic acid bacteria, yeast, and photosynthetic bacteria for people and environment were extracted and cultured as microbe material. Presently, it is produced in 55 countries of the world. (Cited from the Japanese Wikipedia, the free encyclopedia, 2014)

\*12- Zeolite is a general name of mineral that is formed by the combination of silicon, aluminum and oxygen in magma and volcano ashes. It is also called, *fusseki*. It has the characteristic of engaging the positive ion into the crystal's cavity and it has been used in the agricultural sector as a soil improvement material that absorbs the fertilizer such as potassium. Since cesium that was scattered from the accident of the nuclear power plant is also positive ion, there is an expectation that by scattering zeolite on soil, it might be able to absorb cesium before the plants absorb them. (Cited from the article of Asahi Shinbun, April 30, 2012)



## **【Food/Themes and Methods of Quantitative Proof (12)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming red wine and raisin. The before and after measurements of consuming red wine or raisin will be taken by collecting a sample of the saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.



## **【Food/Themes and Methods of Quantitative Proof (13)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming umeboshi<sup>13</sup> (dried plum), which were either naturally dried or naturally dried and grilled umeboshi. The before and after measurements of consuming umeboshi will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

## **【Food/Themes and Methods of Quantitative Proof (14)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming ginger<sup>14</sup> (grated ginger, ginger with plain hot water, sweet and sour pickle as *gari*, and etc.). The before and after measurements of consuming ginger will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

\*13- *Umeboshi* is a type of pickles that are prepared by salting the sundried Japanese plum. In Japan, it is used for rice balls and *bentos*. However, the *umeboshi* that are pickled in salt but not sundried is called *umezuke*. (Cited from the Japanese Wikipedia, the free encyclopedia)

\*14- Ginger (Scientific name: *Zingiber officinale*) is a perennial plant in the *Zingiberaceae* family that is used as vegetable for food ingredient, and also used as a herb medicine. (Cited from the Japanese Wikipedia, the free encyclopedia)

## **【Food/Themes and Methods of Quantitative Proof (15)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming sweet potato, *Ipomoea batatas*, (sundried, baked, steamed, cooked and regardless of preparation type). The before and after measurements of consuming sweet potatoes will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.



## **【Food/Themes and Methods of Quantitative Proof (16)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming Japanese sake<sup>15</sup>, rice wine (*Ginjyoushu*, quality sake brewed from the finest rice, *Junmaishu*, sake made with rice, malted rice and water only), *Honjyoushushu*, sake mixed with sugar for additional brewing alcohol), regular sake and regardless of the type. The before and after measurements of consuming Japanese sake will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.



## **【Food/Themes and Methods of Quantitative Proof (17)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming fermented foods<sup>16</sup>, such as *natto*, kimchee, soy sauce, miso, cheese, soy milk yogurt, malt pickles, bonito flakes, fermented kelp, preserved anchovy, salami, malt salt, malt soy sauce, vinegar (made with fermentation of strawberry and fig), *memma* (preserved bamboo shoot), miso pickles (daikon, carrot, burdock, cucumber, ginger, eggplant), western pickles (vegetables with lactic acid fermentation), cuttlefish pickled in salt, *funazushi* (crucian carp with lactic acid fermentation) and etc. The before and after measurements of consuming fermented foods will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands:

\*15- Japanese sake is a type of refined sake that only uses rice, malt and water as main ingredients. It is an alcoholic beverage produced by using unique Japanese method and is categorized as fermented alcoholic beverage. (Cited from the Japanese Wikipedia, the free encyclopedia)

\*16 Fermented foods are produced by fermenting food ingredients by using the workings of the microbes such as mold and yeast. (Cited from the Japanese Wikipedia, the free encyclopedia)

parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.



## **【Food/Themes and Methods of Quantitative Proof (18)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming boiled, seasoned and simmered food, such as oden, stew, curry, pot-au-feu roll cabbage, *nitsuke* (fish and vegetables boiled with soy sauce and sugar), *kanroni* (food stewed in soy sauce and sugar), mackerel cooked with miso, *tsukudani* (food boiled down in soy sauce), *yamatoni* (beef boiled with soy sauce, sugar and ginger), *buridaikon* (yellowtail and daikon cooked with soy sauce), *nikujyaga* (meat and potato Japanese stew), *kakuni* (braised pork, beef or tuna), *nimame* (simmered beans), *furotaki daikon* (simmered Japanese radish with miso sauce, *chikuzenni* (Japanese chicken stew with taro, carrot, burdock, etc.), and etc. The before and after measurements of consuming simmered dishes will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

## **【Food/Themes and Methods of Quantitative Proof (19)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming wine recommended by sommeliers at restaurants. The before and after measurements of consuming the wine that has been recommended by sommeliers will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.



## **【Food/Themes and Methods of Quantitative Proof (20)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of using nutrition injections, medications, food supplements or received treatments, such as (administration of medication or medical treatment that includes mental care). The before and after measurements of using or receiving nutritional injections, medications, dietary supplements or medical treatments, will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another

set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items and treatments.



### **【Food/Themes and Methods of Quantitative Proof (21)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of consuming the fruits that were ripened on a tree and the fruits that have fallen from a tree. The before and after measurements of consuming the fruits that were ripened on the tree and the fruits that have fallen from the tree, will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

### **【Food/Themes and Methods of Quantitative Proof (22)】**

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As a means for people to live healthy, we will prove, through experiments and investigations, the degree of anti-oxidant action there is as a result of drinking processed beverage water with vegetable, fruit, or additives. The before and after measurements of drinking processed beverage water will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

### **【Food/Themes and Methods of Quantitative Proof (23)】**

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As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of consuming unprocessed vegetable, fruit, or fresh vegetable by chewing well in order to have good secretion of saliva, and also, consuming fresh juices by swallowing. The before and after measurements of consuming vegetables and fruits or fresh vegetables in the prescribed manner will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of chewing these tested items well.

## **【Food/Themes and Methods of Quantitative Proof (24)】**

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of using vitamin injection into the body in the medical setting. The before and after measurements of using the aforementioned injections will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that makes it able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of these tested items.

## **【Food/Themes and Methods of Quantitative Proof (25)】**

Overeating can result with side effects, such as, stomachache, headache, diarrhea, rash and allergy. Its often said that "Too much is as bad as too little." However, when choosing grocery items at the market, the notion of "This is bad and that is bad" can affect our choices. As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of food selection. The before and after measurements of consuming food that were chosen will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the effect of food selection.



## **【Food/Themes and Methods of Quantitative Proof (26)】**

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of choosing an omnivorous eating habit or a vegetarian eating habit. The before and after measurements of having the aforementioned eating habits will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which can quantitatively substantiate the benefits of each dietary habit.

## **【Food/Themes and Methods of Quantitative Proof (27)】**

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of consuming various healthy foods. The before and after measurements of consuming various healthy foods will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva will be taken from each of the local salivary glands: parotid glands, submandibular