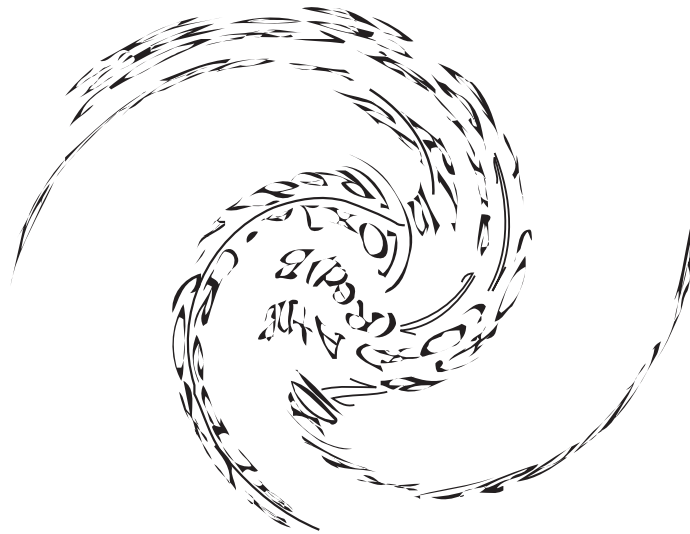


Heavenly Providence

Chapter 4

Natural Laws Never Rest



The Theory Comes Later, Valuing the Phenomenon in Front of Our Eyes is More Important

On this earth, the oxidation and reduction reactions are repeated in manifold situations. Some of them are part of natural laws but there's seem to be an acceleration of aging (oxidation) phenomenon of life in general including humans is happening that derives from the earth's environmental deterioration (oxidation) phenomenon caused by the man's greed.

From aforementioned Mr. Yoshitaka Otomo, I heard that he was able to build the idea of his invention and research when he had encountered with two particular books, first, "Hidden Nature: The startling Insights of Viktor Schauberger"⁸ written by Alick Bartholomew, and second, "Lifetide" by Lyall Watson.⁹

Mr. Yoshitaka Otomo, who becomes interested in all kinds of natural phenomena and all things in the universe, he before realizing, devotes himself to verify these phenomena. And now, I find myself working together with him, to research on the phenomena that take place in the realm of natural laws from the standpoint of oxidation and reduction potential, to further the research that I have been working on, and to develop it into an applied research.

- (1) What are the oxidation and reduction potential values of the air in different locations of the world?
- (2) Are we able to grasp the improvement of diseases and depressive symptoms by using the oxidation and reduction potential of the local saliva?
- (3) Can the food that are sold as having anti-oxidant effect be quantitatively verified before and after the consumption to show that it leads the body to reductive direction?
- (4) Does the clockwise spiral staircase bring reduction action?
- (5) What is the relation between river flow, blood flow and reduction action?
- (6) Why do many vines grow in clockwise spiral direction? Does the clockwise rotation give the vine the reduction action to live?
- (7) What is the oxidation and reduction potential of color light, color material and sun gazing?
- (8) What is the relation of music/color and oxidation and reduction potential?

The themes for oxidation and reduction potential verification are infinite.

*8 –Viktor Schauberger was an Austrian naturalist who had a conviction to not put the nature under control but to explore the nature to learn from it with a heart of humility. He is the frontier who has dedicated his life to Ecotechnology (Technology to harmonize with nature).

*9 – "Lifetide" written by Lyall Watson; he was born in Mozambique in East Africa. He was a thorough nature school scholar. His method that was developed from life science taught us many things about nature, but he taught us that the truths are hidden beneath irregular experiences and ambiguous areas that are beyond our normal understanding. The attitude of Lyall Watson was not to look away from the nature world that is filled with contradictions but to have humble inquiries and determination to elucidate the nature.

After a Laugh, Our Body Becomes Reductive and the Saliva Changes to Indicate Good Physical Condition

Saliva has thick type and thin type. Secretion of more thin watery saliva raises the quality of saliva and this is the secret to be healthy. Salivary glands consist of major salivary glands: parotid gland, submandibular gland, sublingual gland, and also minor glands. The secretions from these glands are important elements to utilize various effects inside the mouth, such as interruption of the bacterial invasion and help us in many ways that includes food consumption and speech.

When we feel the happiness and relax, the working of our parasympathetic nerve system, which is part of the autonomic nerves, becomes remarkable and it stimulates the parotid gland to secrete a large quantity of thin watery saliva. The body will be greatly be reductive especially when you feel in your heart that something is interesting or when you laugh loudly when you enjoy something.

Someone who demonstrated this to us so well was Associate Professor Yuki Ikeda at Nagoya City University Graduate School of Nursing School. We've conducted an experiment of humor: measuring the oxidation and reduction of saliva from the people before and after they have participated in an event of humor. The event, "Wahha Kamigata", sponsored by Osaka Prefecture, Life and Culture Section, Culture Department, was held at Osaka Prefectural Kamigata Entertainment Museum.

The result was that, with the comic acts that weren't funny enough to laugh, the saliva reading showed oxidative tendency and with the comic acts that were funny, the saliva reading showed reduction.

Furthermore, Associate Professor Yuki Ikeda sponsored a "Health Class" at Osaka Prefecture Health Science Center. The saliva oxidation and reduction potential measurements were taken before and after the performance from the participants of "Gymnastics of Humor" (Yoga of Humor); he is planning to publish the research results as a paper. (Published here with permission from Associate Professor Yuki Ikeda, Nagoya City University Graduate School of Nursing School.)

The developer of human saliva ORP, Mr. Yoshitaka Otomo has said that he has been receiving encouragements from Associate Professor Yuki Ikeda from the early stage of his research development, and because of that, he has been able to overcome difficulties.

The circle of saliva measurement is enlarging. At the "Disaster Prevention Fair" grounds, where the event is sponsored annually by Kawasaki City, Kanagawa Prefecture, there are many citizens getting an experience of saliva measurement.

I am also very happy to see the index called saliva measurement is spreading even in the government's event venues. When you have a good laugh, Beta-Endorphin, a brain hormone, is secreted and it will lighten stress and pain. Furthermore, it stimulates parasympathetic nerve system to increase the Alfa-brainwave, which is released when a person is relaxed.

Also, it has been published in the medical society that by relaxation, a brain substance, dopamine, is secreted to give reduction to the body's internal environment. It has also been proven medically that when you laugh, a type of immune cell called NK cells (Natural Killer Cell) that attack cancer cells will increase and this will greatly heighten immunity.

There is a story about a woman, at the age of 63. She had a surgery 5 years ago for breast cancer, and even though the cancer was already metastasized, she rejected to take chemotherapy. She took Chinese herbal medicine and practiced laughing for 15 minutes everyday. The NK cell count was 10% when she was first diagnosed with cancer but by the next year she was able to increase the NK cells count to 50% and the cancer that was metastasizing disappeared. When the saliva ORP measurement was taken at the time, it showed an improvement indicating negative 140mV. It is important for us not to brood over things and just try to find something that we can enjoy and bring in some laughter in our life.

As the saying, "Fortune comes in by a merry gate," goes, when the laughter is increased, the saliva becomes better and we will be healthier. (Quoted from "The Saliva Knows Everything," published by Sangokan, written by Naoko Miyanishi, editorial supervision by Miyoshi Ito and Mieko Okazawa)

Method to Stimulate Secretion of Thin Saliva With Easy Massage

The thin saliva will give reduction effect to our body. There is a massage method that makes this saliva secrete more. The thin saliva is secreted from parotid gland that is located below the earlobe behind the ramus of the mandible. So if you massage lightly on the inside part of ramus of the mandible, the parotid gland will be stimulated and the thin saliva will be easily secreted, even if you rub it for 10 seconds, it is enough. Before a meal or when the mouth is dry or when you think that your saliva is becoming thick because you're under a stress, give it a light massage by using the ball of the thumb.

The sole of foot has many pressure points for the whole body and it is even called the second heart. By stimulation, it can enhance the function of all the organs in the body and raise the natural immunity of the body. By using the palm of your hand, rub the underneath of the foot a little harder. Don't forget to rub between the toes and try to give massage so that the whole body becomes warm. If you massage them before you go to sleep, your body will secrete thin saliva while you're asleep and trigger the recovery of your body.

When you massage the underneath of the foot, even the sick person will start yawning. And as they yawn, they take in more oxygen that will be distributed throughout the whole body, just like when a healthy person takes a deep breath, and this will make them relaxed so they can sleep better.

All of this can be done without any special equipment so please give someone a massage with your own hand to protect the body from getting oxidized.

When You're Moved Emotionally with Something, and Thoroughly Cried and Laughed So Much That Your Nose Starts Running, It Strangely Refreshes Your Heart and Makes Your Body Condition Well

Babies laugh and cry a lot, but this actually is a message that's coming from the instinct of the baby that cannot talk yet.

Similar to laughing out loud, crying to one's heart's content gives reduction to your saliva. If you have something that you feel sad about or feel frustrated, you shouldn't have to suppress the feeling with reservation. Shoving your emotions in your belly gives you stress.

When you cry thoroughly, the stress hormone will start fading away and the ORP of the saliva will affect in the reductive direction and lead your body to a better condition.

Have you had an experience, when you cried so hard because the sadness was so painful but it made you feel better and your heart became cheerful? The act of crying frees you from stress and generates the reaction to restore the vigor in your heart. This mechanism will also give balance to the autonomic nerves and make parasympathetic nerve system significantly well so that it can control the body to function properly.

It is the same with the feeling of anger. When you just leave your upset heart and unbearable feeling as they are, your saliva ORP condition becomes bad. It is very important for us to move our body as we shout aloud and to laugh with our mouth wide open. Going for a walk, exercising, or just moving around to do a chore are good, and probably singing out loud has some good effects too.

The reality is that we are forced to live our social life constantly considering about the people around us. We try not to show our emotions in front of people, and suppress our anger and sadness so we can deal with problems calmly. But unless you are relieved from these feelings, they will be smothering inside and the stress will keep building up, and this will cause the reactive oxygen for our body's biological defense to increase and eventually cause poor physical health.

When your heart sinks and negative feelings start to come out, let us be able to say "Que sera, sera!" "Whatever will be, will be," (enlightenment), to relieve from stress.

As I continued in the research of saliva ORP until now, I believe that the significantly oxidative eating habits will make oxidative body constitution, and this will physically and psychologically make your actions and speech to become backward thinking.

I have come to feel that the good quality air, water and food that has strong reduction action are obviously important to us but the quality word such as "thank you" is also an important element that can lead our body to be healthy.

Metal Dental Filling Materials Are What's Making the Body Oxidized

From the standpoint of saliva oxidation and reduction, one of the things that we are concerned about is the metal melting that is happening inside the oral cavity from the metal dental filling materials that were used to treat the cavities.

The metal dental materials that are covered by the Japanese Health Insurance for restorations are gold and silver palladium alloy and nickel-chromium alloy. Nickel and chromium have durability but they are highly toxic and are suspected of causing metallic allergy and being carcinogenic, and similarly, the possibility of gold and silver palladium of becoming a source of allergy is very high.

In addition to that, in the case, amalgam is used as the material, we need to know that 50% of amalgam is comprised of inorganic mercury, which can cause central nerve system damage and health hazards.

Inside the mouth where it has high temperature and high humidity, the metals that are used for dental restorations will begin to melt, and be taken inside the body.

I have already mentioned in chapter 3, The Days of Surprises and Discoveries, that Dr. Yoshiaki Ujiie, DDS, who has been measuring saliva during the course of his daily treatments, has said that when the local saliva measurements are taken from the side of the mouth that the metal fillings are done, they give a surprising oxidative rise of about 30mV.

In recent days, considering also the aesthetics, there are more people who choose to have their teeth treated with ceramics and resin that give the color of the natural teeth.

In Munakata City, Kyushu, physicians and dentists and nutritionists worked jointly and performed Human Saliva Oxidation and Reduction Potential Measurement in a health promotion event, which was done under "21 Munakata Health Plans."

The dental care, which examines at the entrance of the human body, can liken to the experts that clean the upstream of a river. Even if a great deal of treatment were done in the downstream, if the upstream cleansing treatment isn't done, the patient's complete recovery would be difficult.

What is the Reason Why They Say From Long Ago That the Babies That Drool Much are Healthy?

Whose saliva has the lowest oxidation level? That would be the baby's saliva. I know that because I had many opportunities to measure baby's saliva since my clinic is pediatrics and internal medicine clinic.

Preliminary examination before implementing vaccination must be done with much care. Although the baby may look healthy at a glance we should take precautions because there are times when the baby can be holding a precursor of cold. With vaccine, giving a shot when the condition is bad, an adverse reaction can occur, so it is important to diagnose the baby's condition accurately. That is why, before the vaccination is given, multidimensional medical interview and diagnostic assessment are required.

From long ago, they say that the babies that drool much are healthy. The reason for that is because the baby's saliva has abundance of hormone that helps the growth of their body and the substance that protects them.

I have often been amazed by the benefits of saliva. When I check the ORP of baby's saliva, most of the time, it shows a firm minus (negative), which is a high reductive value. As might be expected, it's because they're physically fresh for they are newly born, and also the babies that are breastfed have not accumulated toxin, their testing suggests good numerical values. But if the baby is coming down with a cold, or if the baby has some kind of hidden trouble, the oxidation level becomes strong. There was a case of a 1-year-old baby who was brought in to the clinic for a touch of diarrhea. The baby's body temperature was 37°C, and although the temperature wasn't that high, when we measured the baby's saliva for multiple of times, every time, the reading was over 100mV. I doubted the baby's health so I sent the baby to the general hospital and was told later that the baby had a initial symptom of pneumonia and was administered a steroid injection. By this experience, I have confirmed that the saliva ORP can be used as a signal to observe the coming disease development.

The oxidation level of babies' saliva is low and the mother's milk has a high reduction power, so on the average, they show a minus potential value. When I measure them, I discovered that their value will be in the range of plus/minus 0mV~minus 40mV, which is an amazingly high reductive level.