

# Heavenly Providence

## Chapter 3

The Days of Surprises and Discoveries





## Body Development that Doesn't Allow Oxidation

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There are people who say that, in order to not get sick, you need to take foods that have high anti-oxidative activity, and they depend on the health foods as if to say that only health dietary supplements can save them, but is it really true?

I've asked the individuals that cry out for health foods, how they are confirming the before/after of consuming the product that they use. And their answers were:

- (1) I see and hear it on the commercials.
- (2) Somebody they know recommended it.
- (3) The manufacturer is a big company.
- (4) I see advertisements with celebrities drinking it.

I was surprised to see that none of the responses was a personal evaluation of the product but there were dependent on others, and yet, many of them are consuming expensive health food supplement every month. I had nothing to say when some of them said, "I don't see any side effects, so it must be effective."

There are people who jump to the conclusion as one pleases and people who have strong self-assertion, and there are others who have a low level of awareness to confirm themselves even though it's about their own body. The backward way of thinking that transfers your own responsibility to others when problems arise can lead you to miss the healthy and enjoyable life.

I believe that the important thing in keeping your body from oxidation is to have a heart of positive curiosity and a heart that is ready to be moved by all things. I still go to concerts, art exhibitions and engage myself in pleasant conversations to release my stress, and I believe that this is my testimony of why I'm able to live a long life.

## McGovern Report on Cancer and Heart Diseases Prevention Gaining Good Results in the United States

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The people in the United States and in Europe have been noticing the importance of Japanese food from 45 years ago. Having felt the sense of crisis from the sudden increase of people who are dying of the life style diseases, such as cancer and heart diseases, America had created the Senate Select Committee on Nutrition and Human Needs, led by Senator McGovern.

Energetic medical doctors and nutritionists were gathered from the world and thoroughly investigated and researched dietary life and health. The result, that took almost 7 years and enormous budget, produced a massive report that contains 5,000 pages, which basically said that the cancer and heart diseases that take the lives of the American people are caused by the incorrect eating habits.

Incorrect eating habits mean that the dietary lifestyle was leaning towards high protein, high carbohydrate, high calorie, and adding to that, extremely less dietary fiber, vitamins and minerals (mineral nutrients).

What's interesting here in McGovern report is that it highly valued Japanese food. Behind the scene, the opinion of a certain Japanese has reflected strongly.

The first person to spread the word, "Organic" and "Macrobiotics" in America was Mr. Michio

Kushi. Macrobiotics is what the world is talking about now and this important style of diet has less protein and fat and consists mainly with vegetables.

In America, the life habit diseases such as heart diseases are declining because of improvements in eating habits. They say that, "It's never too late to improve."

Also in Japan, the record of the worst cancer and heart disease occurrence among all prefectures continued increasing until few years ago. After the implementation of life habit improvements, the death rate that was caused by the three major diseases had declined and the rank order has changed.

## What is Something That Will Change Saliva Instantaneously?

When you pet your dog or cat, talk to them, play with them, it is said that our heart will calm down and get healed.

In Europe, there has been much effort to improve the therapeutic effect of the patients by letting them touch animals from long time ago. There are records of such efforts to improve the vitality of patients from around the end of 18th century by letting them take care of animals.

The story of how the psychologist of psychoanalysis, Sigmund Freud, had his pet, a chow-chow, with him in his clinic so the patients can get relaxed is well known.

Also in the human saliva ORP measurement experiment, I worked together with a family of four that had a male toy poodle for 5 days to collect experiment data of a small group, 20 measurements in total. The family and the family dog spent 5 days in separate rooms. Every morning at 7 am, the saliva ORP measurement was taken from each of the members, and at 7:30 am, after they have touched the pet, another saliva measurement was taken and the result was that the saliva ORP value of the family of four have instantly indicated the reductive responses.

The average difference of oxidation/reduction potential values between before and after the family touched the pet was centered around +50mV from the total of 20 measurements that were taken in 5 days. All of the before and after measurement differences were pointing to reduction; most negative value was minus 10mV, a oxidation difference of 60mV from the average value.

From this, if we can add more saliva clinical samples in order to raise the accuracy of the testing, we might be able to use the data to prove the healing effects that can come from touching pets in nursing homes.

Also, there are testing results other than the saliva values, namely, the result of the blood pressure that went down when the subject was petting a dog. If you are not afraid of the animals, let us actively come in contact with them and you'll see that your saliva will show reduction.

Unfortunately, the people who are uncomfortable with pets wouldn't get good results. And even if you like animals, if you are allergic to them, we will not encourage to come close to them, but for elderlies who are living alone, keeping a dog or a cat can give them a chance to talk to a partner.

It's not only with the animals, but also with the sounds that the nature makes, such as the sound of the river flow and waves, chirping of the birds and the sound of the insects. These sounds of nature can make the function of the parasympathetic nerve significantly better and stimulate the secretion of thinner saliva.

The healing music of the natural world with the frequency of 528 Hz is getting some attention these days. The music such as Mozart's that were recorded using the frequency of C=528hz are used for the pre-disease music therapy. I'm sure there are many people who have gone to the mountains by a brook or gone to the beaches with roaring sea and experienced the calming of their heart just by listening to the sound of the water.

Again, it's not just the information that comes in from the ear. But, when you see the sunrise or a beautiful scenery, or when you smell the fragrance of the trees and flowers, and when you use all your five senses (see, hear, smell, taste and feel by the touch) to enjoy all the things that the nature had prepared for us, they will lead the human saliva to the reductive direction. Same thing happens when we go by the ocean or to the mountains or highlands and feel that the air taste sweet after taking a deep breath. When we see a flower, we often want to know what kind of fragrance it has, and sometimes, we also feel the need of going out for a walk to a park full of greenery: these are our natural responses as a living entity. Instinctively, humans are able to feel something that will lead them to good directions. To get in contact with the nature like this is a wonderful method because our body can be refreshed and our saliva can instantly become reductive.

We don't have to actually plan an extensive trip to reap this benefit. If we can just cherish the nature that are close to us and get familiar with them, then your body will steadily go further away from oxidation. When you feel some discomfort in the way your body feels, just quietly take some deep breaths, before you know it, the pain will be gone, so please try this.

## Ambulance Conveyance Among Younger Generation of 20s -40s Due to Heart Disease and Brain Infarction Are Surging

During the time when Japanese people mainly took traditional Japanese food, they ate a lot of vegetables. Even on the government's research about 20 years ago, the vegetable consumption of a Japanese person was over 110 kg per year.

But, since then, as the years go by, the consumption of vegetables has declined, which is about 1/3 of Europe and Northern America.

Until then, America, which had lower vegetable consumption than Japan, through the penetration of the "5 A Day" campaign (eat five portions of fruit and vegetables a day) it has finally overtook Japan in 1995. Japanese people's consumption of vegetables has kept on declining after that time, and now it is below 100 kg per person per year, which is in fact a 20% decline in 20 years.

Since 1990, America and England were successful in bringing down the cancer death rate. On the other hand, in Japan, the death rates among many cancer types have kept increasing with partial exceptions such as stomach cancer.

Especially, the increase of lung cancer, colon cancer, prostate cancer and heart disease and brain infraction among the prime age of 30s and 40s is not ordinary.

This finding is definitely not independent of the fact that consumption of vegetable and fruit has reversed. As a matter of fact, the year that the vegetable consumption reversed and the year that America's death rate has started declining were perfectly consistent.

There is a very interesting story in the interview with Dr. Yoshiaki Ujiie, the director of Ujiie Dental Clinic of Roppongi, Tokyo about smoking tobacco, excessive drinking and eating, excessive consumption of fatty meat, a sudden increase of computers and mobile phones usage and how these things relate to depressive symptoms.

According to Dr. Yoshiaki Ujiie, the ORP (oxidation and reduction potential) of the saliva of the patients who have either side of the teeth filled with inert metal such as amalgam (mercury) for the dental treatment will lean 20~30mV toward oxidation for the local saliva that was sampled on the respective side of the mouth.

It has also been shared that, not only the patients who had problems with the non-conforming metal fillings, but there was an increase every year of patients who also had problems with severe skin diseases, chronic tonsillitis and electromagnetic hypersensitivity who had replaced their non-conforming metal fillings with fillings that used conforming prosthetic materials and later made biting adjustment, and their skin diseases and electromagnetic hypersensitivity were mitigated.

Dr. Yoshiaki Ujiie has mentioned that the patients who make complaints about ill health are divided into those who have fairly good saliva ORP and those who have oxidized saliva condition.

When the question of eating habits were asked, the people who had favorable saliva ORP said that they actively use foods that are antioxidant since they are already sensitive to their own physical changes. But there were many cases of people that had non-conforming metal dental fillings that were suffering from skin diseases, chronic tonsillitis and electromagnetic hypersensitivity. (Inserted here with the permission from Dr. Yoshiaki Ujiie, DDS.)

From these things, I believe that people can be divided into the ones that can respond sensitively to the environmental changes of the natural laws, and fortunate or not, there are other people who have dull sensitivity whose symptoms do not manifest visually and respond to the condition bit by bit. These latter types of people are looked at as abnormal, and these pitiful patients seem to be increasing. But, because it is difficult to designate the cause of combined factors, we are in the situation where we cannot probe the causal relations of the manifestation.

When we investigated the reality of the complaints regarding ill health, I am apprehensive about the widespread combined contamination of the chemical fertilizer of farm products and the growth stimulating hormones of seafood and cattle that we consume, and the electromagnetic influences from the rapid spread of digital equipment such as mobile phones and computers, with which we cannot specify the cause of the illness in question.

## What is the Clockwise Reducing Power in the Natural World?

I wonder if it is because I deal daily with diseases and health, and human body that I feel many times that we are a part of the earth and are living according to the providence of the nature.

Does everybody know that basically the nature and humans are clockwise? It makes me think that the old expression, "Counterclockwise hair whorl" to describe odd person derived from this.

All of inside of our body are clockwise. Even the intestine that is 10 meters long that is packed in the body is clockwise.

The nature is clockwise as well. The rotation of the earth is moving towards the east and is moving clockwise with the northern earth axis positive.

The clockwise or counter-clockwise seems to matter with plants too. Plants sometimes become reverse direction when some kind of burden is on them, but I perceive it as an amazing response of vines. The vines will wrap around counterclockwise if the vine senses that the object of what's wrapping around is a burden to the plant; when it wraps around metal it often wraps counterclockwise. Why don't you see how the vine wraps around trees, and see the difference between how it wraps on a nylon cord and a natural hemp cord because they wrap around differently.

Vines and trees grow in clockwise spiral rotation to the direction of growth. The flowering petals are clockwise. The base of human genes is also clockwise spiral rotation.

The rivers seem to run straight but actually they are flowing with clockwise rotating motion, so they are naturally meandering.

When the water of the river is rotating, it will be mixed and that is the reason why the water temperature doesn't rise extremely high so that the fish can live in it.

Our blood is also flowing in a clockwise spiral rotation and that is why it does not get heated.

Whenever I encounter the wonders of all things in nature, I respect it and become grateful of been kept alive.

The earth is distanced from the sun most ideally to receive the right amount of light and heat. Also, the earth is covered by atmosphere that protects it, beyond that point there is no air and oxygen. On the earth, there are trees and shrubs, and corals and algae in the oceans and lakes that produce oxygen so there are constant outflow of air.

The earth, as it is holding its miraculous balance, it keeps us alive and no matter how advance the humans become, I believe that our duty is to live along with the providence of earth that we live on to do the things we need to do.

As I continue to examine and research the saliva, I began to deepen my reverence toward the nature. I realized that in the natural world, there isn't anything that is useless, and that people have a rich heart that can move with beautiful things, and that there is a mystical power that is beyond our imagination. I feel keenly that the humans are the masterpieces among all the creatures that were created.

## Where is the Blood Made ?

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In modern medicine, the bone marrow hematopoietic theory is the foundation. But today, the intestinal tract hematopoietic theory is gathering attention; it has been found that the cancer can be drastically improved by the comprehensive medical care that puts the cleansing of intestine first. Intermittent fasting and half-day fasting are ways to cleanse the intestine by continuing the near fasting condition.

When the intestine gets dirty, then the blood gets dirty and we get sick. There has been