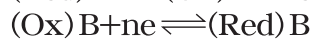
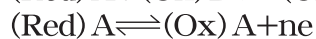
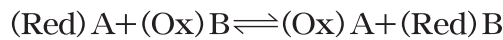


# Heavenly Providence

## Chapter 1

### Grateful for the Teachings of My Father and Mother



$$E = E_0 + \frac{RT}{nF} \ln \left\{ \frac{[\text{Ox}]_A \cdot [\text{Red}]_B}{[\text{Red}]_A \cdot [\text{Ox}]_B} \right\}$$



## Wonderful People Don't Talk Much

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My Father and mother directed me to the medical field.

They've reasoned with me that it is good for me to go into painting or playing piano but since humans are dependent on the health of their body and soul, I should be learning about body first.

They never forced me or compelled me to do anything but respected my individuality. Even when I decided to pursue medical career and was working for the entrance examination, sensing my love for music, they still allowed me to take piano lessons.

I am 97 years old now and I appreciate that I could still be an active physician daily working on medical examinations and treatments. I believe that the classical music that I loved to listen to since I was a teenager is the reason why I am still active today.

I love W. A. Mozart a lot and when I hear the "Violin Concerto" that he composed when he was mere 19 years old, tears come out. He was already enlightened when he was 19 years old.

In my life, encountering with these kinds of people often gave birth to something and triggered me to start new things.

In this section that I've entitled as "Wonderful People Don't Talk Much", I feel very happy to introduce Dr. Susumu Mukada whom I admired and the uncle of my mother as people who represent to possess foresights and good sense. There are many beside them whom I have encountered, such as Dr. Kazuhiko Asai, the developer of "Asai Organic Germanium", who gave me my lifework, and there are also several others who gave me turning points in my life.

I genuinely respect my parents who watched over me with kindness and did not force me or compelled me to do anything that wasn't my will. My father had a definite sense of presence and emitted a reserved luminance like a pearl, and my mother was the one that had a transparent heart with no cloudiness like a crystal.

I, who was born between my parents, cannot be a mere stone, so I always thought that I wanted to be at least a ruby.

My younger sister, Dr. Hiroko Yazaki, an internal physician at her two clinics, Sankeien Clinic (Honmoku, Yokohama) and Satsukidai Clinic (Naka-ku, Yokohama) has been making announcements for saliva measurement to the patients like I do every month and implement them. Since I use Asai Organic Germanium for an alternative treatment, my sister said to me, "Because coal is called the black diamond, sister, you are like a wonderful black diamond," I appreciated what she said to me!

She said that I am like a black diamond because nuggets of germanium are found among the coal. My sister's word to me, who is preoccupied with Dr. Kazuhiko Asai's Organic Germanium, was something that I chew on with gladness.

My aunt, Nao Iwasaki who was the younger sister of my mother's side grandfather, had an honor to be officially appointed as a midwife for the birth of the Emperor Showa, who is the father of the present His Majesty the Emperor. When I was about to graduate the medical school, my mother asked this aunt what I should be majoring on.

She just said a word clearly as usual, "Pediatrics would be wise", and my course of future

life was determined.

Dr. Nobuzo Fujii who was an assistant professor of biochemistry at Tokyo University became a professor of the medical school that I was studying at and because I was able to meet him there, I was able to become a member of medical staff of the biochemistry research class and began to research on organism using saliva, which later led me to the saliva investigation and research using the saliva measuring device.

I received a painting as a gift for my wedding from a famous Japanese style (*nihonga*) painter, Seison Maeda. The painting had three eggplants and he taught me three things from it: "to establish things, to establish people and to establish your own house". (These are pun on Japanese word "*nasu*" for eggplants which is a homonym for the word "establish".)

If I have not met with the wonderful people I have come to know, there wouldn't be a person that I am now. I humbly believe that I have been able to be of some help for others because of the guidance of the people that were around me.

I want to live a life so I wouldn't bring a shame to those people I was fortunate to meet, and to be able to be a model to show the young people that getting old is valuable too.

## Carrying Out My Conviction: I Will Keep Learning From the Natural Laws

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To humans, animals and plants, in order to live on this earth, "sun (light), air and water are indispensable blessings from the nature.

Emerging out of preventive medical science, this is the age of anti-aging, in other words, the age of developing physical fitness (fortifying immunity) to prevent from getting sick.

Trying to treat a disease after you have already become sick takes so much time and hardships are awaiting the patients and their family members.

In order to shake ourselves free from these consequences, we shouldn't add more unnecessary artificial measures to the blessings of the nature but rather awake to the theory of subtraction.

\*3 – Primary care puts an emphasis on the patient's initial visit to the doctor and it is a medical practice that has a continuous accountability from babies, youth, adults and elderly in health care and disease treatment. It means that, it involves (1)~(5): accountability (1), (2); comprehensiveness (3); coordination (4) and continuity (5) are required.

(1) It is a responsibility that includes explanation (accountability).

(2) Accessibility of treatments (accountability). = In USA, even the patients who are paying for the high premium are required to make appointments to see the primary doctor. Surgery requires the approval of the insurance company and the hospital will be specified.

(3) Comprehensiveness= It should not be dependent on the patient's age and type and location of the disease to conduct a whole person approach of treatments that includes mind, body and environment.

(4) Coordination= Cooperation is implemented and adjustments are made between doctors, medical professionals, treatments and welfare institutions in order to raise the effectiveness of care for the patient.

(5) Continuity= System of primary care (common in Europe and USA), patient's medical record, name of the disease, uniformity of medical applications, and continuity of care and services throughout lifetime of the patient such as health preservation, preventive medicine, treatment and rehabilitation.

That is to say that each one of us needs to pull out the natural healing power, and to preserve "our own strength" to deal with the constant invasion of the viruses from outside.

That means that in dealing with the necessities of life (food, clothing and shelter), we need to incorporate a life style that is surrounded by the blessings of nature to lessen the body's burden. Through many years of experience as a primary care<sup>3</sup> physician, I've come to firmly believe that this is the key to live a healthy life.

As for me, in order to pursue my life as a physician, the encounter with Dr. Kazuhiko Asai, the developer of "Asai Organic Germanium", gave me the work of my lifetime. That was 46 years ago, April 14th, 1972.

From the first time I met Dr. Kazuhiko Asai, he explained to me powerfully and yet carefully with gentle words, that hidden inside the Asai Organic Germanium is "the oxygen alternate action" of the natural laws that support human life and the ability to overcome the agony of sickness.

I have intuitively realized that there is a crucial difference between artificial oxygen and Asai Organic Germanium.

I believed firmly that this is the method to heighten the natural healing power to prevent yourself from getting sick, and even for the people who have unfortunately become inflicted with tragic and serious conditions, if they can come to my clinic or make it to the initial consultation and follow up with the progress reports from the patients and the family member, they can be treated with Asai Organic Germanium.

Generally speaking, there are many people who use the word, 'minus ion oxygen' and 'plus ion oxygen' but they are so called, Japanese English words to describe anion (negative ion) and cation (positive ion) of the atmospheric elements, therefore, it is better to express them as negative ion or positive ion.

Artificial oxygen has positive ion, and in the past, there were tragic situations where this caused the premature babies that were put in the premature baby intensive therapy equipment without eye mask, contracted retinopathy of prematurity.

The oxygen that the natural world produces has negative ion. Asai Organic Germanium provides this negative ion by its semi-conductive effect.

I've witnessed patients who have improved their bad physical conditions by immersing themselves in the forest, or being in the place by the waterfall, lakes and ocean where the naturally produced negative ions are plentiful.

However, majority of the people are not free to move to a better location maybe because of their husband's job or children's education or could be their situations with their housemates. I have learned from my parents through their practical interactions with the neighbors, to relate to them in love, especially with the people who are in weaker position.

By my encounter with Dr. Kazuhiko Asai, I was able to make a resolution as a physician to pursue my lifework by incorporating alternative medical treatment of 'Asai Organic Germanium' into my daily examinations.

## Many Cases of Severe Diseases Are Caused by the Lack of Oxygen

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This is not known very much but there are many young people that work for ceramic

manufacturer that become prone to contract bladder cancer especially for those who actually take part in baking ceramic wares at the factory.

One of the reasons why that happens is because of the constant exposure to oxygen deficiency. When something burns it consumes a lot of oxygen. The workers who are near the burning kiln for many hours everyday will unknowingly become deficient in the intake of oxygen. Why bladder? The reason for that is because bladder is mucosal and it is vulnerable to oxygen deficiency. Organs such as heart that are moving constantly are muscular and the hard part of the heart is less prone to become cancerous. The reason for that is explained because most of the cells of the heart do not divide. (Some view that there are some cell division.)

It is very known that cancer occurs during gene reproduction when DNA becomes unable to repair its damage and the damages get accumulated over time.

It is safe to say that the organs that are related to moisture daily and discharge secretory liquid are less resistant to cancer. Most of the people who work for physical labor are men and that's why the bladder cancer occurs, but if it was women, it would had been uterus cancer instead.

This doesn't happen only with the depletion of oxygen from combustion. I'm sure there are some people who have read the article on the news, addressing to the frequent occurrence of bile duct cancer among the people who work in the printing industry with the headline, "Ministry of Health, Labor and Welfare of Japan Surveyed 561 Offices."

In these cases, it is believed that the oxygen deficiency is the result of breathing large volume of air in the closed room that contains volatile material that is part of a solvent. Actually you are exposed to two kinds of damage: adverse environment and toxic substance.

At glass factories as in Okinawa, I often see factories that are set up to have a good airflow for ventilation. In the urban situation, it might be difficult to improve air environment because noise is a concern in the cities, but it is important to make these countermeasures to prevent oxygen deficiency that can cause diseases.

In your everyday life, please be mindful of ventilation when you are in the house or at the office. There are times when I'm staying inside a classroom or lecture hall for about 2 hours my brain become foggy.

In the modern society, the air conditioning is thorough and there are many offices with the windows that cannot be opened but if that's the case, let's try to go outside periodically to breathe in the fresh air.

The reason is because the air conditioning is just circulating the same air that is inside the room. You will soon be having a condition of oxygen deficiency if you stay there too long.

The multi-purpose office buildings of the recent years have devised ways to cope with the situation of oxygen deficiency by making each room ceiling high, and by making the entrance way high with open construction design. And even for the buildings that are sealed, the air conditioning are stopped for a certain period of time and intermittently turned on to bring in the outside air through filter to remove dust and particulates.

This is not only for the kitchen in the ordinary household but if you are a chef who works at a restaurant or if you work with the fire or work in the basement, please don't forget to bring the outside air in periodically by opening the windows because the air can become very thin.



It is safe for security reasons to close the windows when you are asleep in the night but more tightly the room is sealed, there're more chances of oxygen deficient condition. I remember my parents used to open the windows as soon as they woke up in the morning for ventilation. If you open multiple of windows, in about 5 minutes, the air will flow in and the oxygen will be mitigated to a proper level.

However, on windy days or when the outside air is filled with particulates, odor or exhaust gas, we should use the ventilation fan with filter to do this. The ORP of saliva after someone has breathed in the polluted air affects instantly to the higher oxidized direction and this gives the evidence to a claim for a poor physical condition.

With security in mind, if we can open the windows or the front entrance just for a short time, the air will be exchanged very quickly. When the pure air is circulated in the room, we will feel better and this contributes to us the benefit of energetic and favorable physical condition.

## Deep Breath is a Secret to Become Healthy: It's Not Impartial and It's Easy, No One Can Draw Boundaries for Air to Monopolize

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I have already written here about the harmful health consequences when the lack of oxygen prolongs, but this oxygen deficiency is the biggest cause that can produce reactive oxygen that triggers all kinds of physical disorders.

The first thing that we can do to take in more oxygen is to take a deep breath. Breathing air doesn't cost money. It takes only few seconds to take a deep breath. Even if you breathe in lots of air, your neighbor will not complain to you saying, "You breathed my air,"

Taking deep breath is the easiest way to raise the reduction effect of saliva and be healthy that can be done by anyone right away.

Let's practice it when we wake up in the morning, during the break at your work or between your chores, or when you want a change of pace or when you just remembered about it.

I have a friend whose son is a doctor and every time I tried to give her health related advices, since she could only receive advice from her son, she would always disagree with me.

But one day, because she said that she gets a headache in the night, I said to her, "Why don't you take a deep breath before you go to sleep."

A month later, she said to me, "The headache is gone. Going to the specialists gets you the best result." She said it emphatically. It is hard for someone to become aware of their own shallow breathing and the lack of oxygen but like in the case of my friend, the oxygen deficiency can be the cause of quite a few minor bad conditions.

When you take deep breath, there are no set rules as to how many seconds to breathe and to exhale. Don't make it complicated, but just exhale hard and breathe, and repeat this for couple of times.

And when you do this, a pointer is to let your abdomen sink in completely. The body will naturally breathe in plenty of oxygen when you exhale completely.

The "Long Breath Diet", developed by an actor, Ryosuke Miki, a method of losing weight by gaining more muscle mass from repeating deep breath, is receiving quite an attention these days.