

of the human body condition, which quantitatively substantiate the effect of lightning strike to the air during summer and winter.

【Environmental Changes/Themes and Methods of Quantitative Proof (9)】

This is for the purpose of people's healthy living. The tie down ropes for trucks are often made of 100% hemp material. We will prove, through experiments and investigation, the degree of anti-oxidant action there is to the cords that are attached to mobile phones that are made of 100% hemp material for blocking electromagnetic waves. The before and after measurements of using mobile phone or microwave oven that are covered with 100% hemp material 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 quantitatively substantiate the benefits of the hemp cords and materials.

【Environmental Changes/Themes and Methods of Quantitative Proof (10)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in spending time in the space that was created after the rock salt mining operation site in Ukraine. The before and after measurements of such experience in the rock salt mine 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 quantitatively substantiate the benefits of such experience in the rock salt mine.

【Environmental Changes/Themes and Methods of Quantitative Proof (11)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in fasting, for few days or for longer period, as a way to improve dietary habits. The before and after measurements of fasting 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's condition, which quantitatively substantiate the benefits of fasting.



【Environmental Changes/Themes and Methods of Quantitative Proof (12)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in using juicers, both the slow-speed juicers and the

high-speed juicers. The before and after measurements of consuming juices made from two types of juicers 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 quantitatively substantiate the benefits of using the tested juicers.

【Environmental Changes/Themes and Methods of Quantitative Proof (13)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in spending time in a space that is below freezing point. The before and after measurements of spending time in such space 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 quantitatively substantiate the benefits of spending time in a space below freezing point.

【Environmental Changes/Themes and Methods of Quantitative Proof (14)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in living in a room with temperature between 25 to 28°C or a room with temperature between 55 to 65°C regardless of the season. The before and after measurements of spending time in such rooms 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 quantitatively substantiate the benefits of living in the tested rooms.

【Environmental Changes/Themes and Methods of Quantitative Proof (15)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in living in a room with temperature between 35 to 45°C or a room with temperature between 55 to 65°C regardless of the season. The before and after measurements of spending time in such rooms 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 quantitatively substantiate the benefits of living in the tested rooms.

【Environmental Changes/Themes and Methods of Quantitative Proof (16)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in spending time in a space such as hot sauna bath that exceeds the room temperature of 50 °C. The before and after measurements of spending time in such a sauna bath 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 quantitatively substantiate the effect of spending time in such a sauna bath.



【Environmental Changes/Themes and Methods of Quantitative Proof (17)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is in human body when the flow of water is altered by using sound frequencies (sine wave). The before and after measurements of drinking such 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 is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of drinking such tested water.

【Environmental Changes/Themes and Methods of Quantitative Proof (18)】

This is for the purpose of people's healthy living. As the verification that summarizes the Themes and Methods of Quantitative Proof, depending on the subject of the quantitative proof, we will prove, through experiments and investigation, the degree of anti-oxidant action there is when the combination of the air ORP level and the human saliva ORP level is taking into account. The before and after measurements of such combination of ORP level values 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 quantitatively substantiate the effect of such combination of ORP level values.

Postscript

*The universal theme called, Saliva ORP
Shook and moved my heart,
And renewed the vitality and the passion to say,
"No Matter what, I'm going to live eternally,"
I believe that this is truly the Heavenly Providence.*

As long as I live, I swear to myself that, "No matter what, I'm going to live eternally," and as a person who is engaged in the medical field, I desire that our society would be a kind society where all people can share good health together.

I would like to live in such a way that I wouldn't be a shame to all of people I have encountered, and I would like to be an example to the young people that it isn't such a bad thing to be older.

In this book, we don't believe that everything we wrote or have covered is true. After reading this book, it is perfectly fine if someone decides to think that, "There's something wrong with what Okazawa and Otomo are saying." In that instance, if I could receive advises from the research result of the person who had took their precious time reading this book, we would like to use such information in planning for the future applied research.

Finally, I would like to give my heartfelt appreciation to the following people: Dr. Hiroko Yazaki, Internist, Director of Sankeien Clinic, who has given me many supports from the technical point of view to write this book and also in research; Mr. Takao Watanabe, CEO of Total Science; Mr. Yoshitaka Otomo, Co-researcher; Ms. Mika Ujimiya, my third daughter; Ms. Kikue Sato, RN; Mr. Jon Yamazaki, Mrs. Setsuko Yamazaki, Mr. Jin Iwayama, Mr. Masanao Ogata and Ms. Manami Oshima for assistance in editing this book. And to all of you who have read this book to the end.

April 21, 2018 at Beremo Yokohama,

Mieko Okazawa and Yoshitaka Otomo

Authors' Profile

Mieko Okazawa

Director of Okazawa Clinic of Internal Medicine and Pediatrics in Kanazawa-bunko, Yokohama-shi, Kanagawa-ken, Japan

Graduated Imperial Women's Medical Science Pharmaceutical College, present School of Medicine at Toho University

Member of Yokohama Medical Association; Member of Yokohama City Pediatricians Association; Member of Asai Germanium Research Association; She has been engaging in children's health and disease treatment for over 60 years. The number of patients totals hundreds of thousands.

Not only in the saliva measurements but also in the treatments using organic germanium, she continued to have insights in incorporating the newest medical treatments. Her unchanging smiling face has won tremendous confidence of the children to the adults and of all the young mothers that accompany their children when they come to the clinic.

First doctor in the world that established "Quantitative Limitation of Wellness" of oxidation and reduction based on human saliva ORP values. This was made possible not only for the health care providers but also for the general public so they can confirm in real time whether or not their body is in oxidative or reductive condition.

In order to increase the reliability of the statistics of human saliva ORP quantitative index, the authors of this book, Dr. Mieko Okazawa and Mr. Yoshitaka Otomo are still continuing with the human saliva ORP clinical research and data collection that they have started on October 21, 1996. As of June 21, 2014, total number has reached 8,000 cases. Additionally, the authors together with Internist, Hiroko Yazaki, MD have implemented ratification clinical studies during daily medical practices at three clinics and the total cases as of June 21, 2014 exceeds 13,000.

From this foundation, we are planning and working energetically to list a large number of methods to objectively give quantitative proofs to the anti-oxidant action of the various phenomena in the natural world using "Air ORP Measuring Device" and "Human Saliva ORP Measuring Device".

Yoshitaka Otomo

Born in Yamagata-ken and raised in Watarase-mura, Saitama-ken; Developer of human saliva ORP measuring device and applied researcher of oxidation and reduction potential indexes; Lives in Fujisawa-shi, Kanagawa-ken, Japan; President of NPO Japan ORP Measurement Verification Association; Member of Japanese Society of Anti-Aging Medicine; Dietary education advisor.

1970- Assistant Manager for GS, The Tigers, "Sayonara Commemorative Issue"

First prize on the competition for Fashion Magazine, Shueisha Inc., "Non-No Idol Mark"

1973-1976- Assistant Manager for In-flight magazine of Japan Asia Airways

1975- Excellent Work Award for "Make Hokkaido Beautiful"

1977- Ceiling painting of rose (5m×4m) for a beauty salon

1987- Ceiling painting of tropical fish (5m×4m) for a coffeehouse

1987 March- Meeting again with Mieko Okazawa, MD, who he had met 35 years ago, at "Easter Island Oil Painting Exhibition" at Kawasaki Nikko Hotel Citizen's Gallery

1995 July- He had solidify the friendship with the Co-author at Fujisawa Meiten-biru, which led to working together in the human saliva ORP joint research

1984 February- He had perceived the importance of oxidation and reduction through the Easter Island oil painting data gathering trip and published a new theory that the cleansing of the earth's environment is done by lightning.

He started showing a strong interest in the relation between body's oxidation level and body's wellness. He is an artist presently working to complete 100 landscapes oil paintings of Easter Island's Mysteries of Nature in canvas size of #50~#200.

From the experience of the lightning phenomenon on the Easter Island, he intuitively felt that the 21st century is going to be the Age of Oxidation and Reduction. He had a strong interest in chemical changes and phenomena of the natural laws and he began his research and experimentation, and after 33 years from the inception, he had succeeded in developing the human saliva oxidation and reduction measurement device.

Translator's Profile

Jon Yamazaki

Born on July 29, 1950 in Yokohama, Japan. Graduated Saint Joseph College (high school) in 1970 and pursued a musician's career as a singer songwriter and piano player.

In 1979, he moved to Hawaii and started studying at University of Hawaii at Hilo. During this time, he became a Christian and was baptized in 1981.

In 1984, he graduated University of Hawaii at Hilo with a bachelors's degree in linguistics and soon after he became a music director at a church in Hilo. During this period, he was a part of group that produced Christian contemporary music and songs that impacted churches in Japan.

In 1997, he moved to Honolulu and became a part of church planting until 2001.

In May 2002, He was ordained to be a pastor of a bilingual (English and Japanese) church, Aloha Bible Church in Honolulu where he is continuing to the present .



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