

It is a public knowledge that by bathing in the sun, the light signal goes through the suprachiasmatic nucleus (SCS) and reaches the pineal body. Then, the pineal body will secrete a hormone called melatonin. When the production of the melatonin is increased, it signals the suprachiasmatic nucleus and promotes sleeping, which is a basic physiological function with the 24 hr. earth's rotation as basic unit, that is found in humans, that regulates the physiological phenomenon of our body clock. Besides this, organs such as liver and heart have clock genes that regulate the body clock; this is also a public knowledge and the research on this subject is continuing.

★Fourth, Since the ancient times in Japan, it has been said, "The year that had many lightnings and heavy snow will have good harvest of crops." The rainclouds that are clothed with the negative ORP in the high atmospheric layer will be drawn by the opposite potential of the ground and bring violent rain along with intense lightning strikes.

The thunder and lightning make us fearful but how does the 'tasty air' and refreshing feeling after the lightning strike affect the saliva ORP and when there is rainbow after the rain has stopped. Furthermore, by tracking the ORP response of the soil that the lightning fell and by tracking the ORP response of the leaf sap of the nearby plants, we can verify the changes of the negative ion oxygen that is produced by the photosynthesis of the sunlight after the lightning strikes had occurred.

★Fifth, it is the clockwise spiral rotation of the blood flow. As I have said, the human body is a microcosm, as if it is responding to the call of the natural world, the interior of the body, like the natural world has gone through a mind-boggling number of years to be culled out, and I am impressed to know how the necessary elements are continuing ceaselessly.

Among them, I have focused on the blood's incessant role of carrying oxygen and nutrients, in clockwise spiral rotation, to every corner of the human body. And subsequently, I have thought of an idea of an injection needle with a clockwise spiral rotation design that might be able to lessen the burden of pain to the skin, and lessen the burden on the blood flow when the intravenous injection is used for nutritive solution, and as a result the procedure will be more effective.

I am confident that this new design of needle can be beneficial especially for dialysis and intravenous drip infusion. The reason is because, when the injection is used repeatedly, the injection spot will harden and consequently makes it difficult later, because for an example: it becomes harder to see the blood vessel. This new design of the needle can lessen these burdens, and when it is used for blood infusion, the supply can go into the blood flow much smoother.

★Sixth, it is the reduction assessment of food. Unlike the previous method that measures the oxidation and reduction potential (ORP) using the juice and moisture content (fluid) of the targeted food, there is a new method that can be employed to make assessment of reductive action of before and after consumption of the targeted food, and also before and after of targeting activities and experiences from all areas of daily life—food, clothing and shelter—by using the index of human saliva oxidation and reduction potential (ORP).

The goal of the assessment method is not just to be used for human food, animals feed but it can also be used to assess the reduction action that was influenced by the targeting activities on the mental side, such as, *kabuki*, Japanese dance/drama; *rakugo*, Japanese storytelling; *manzai*, comic dialogues; paintings; sculptures; literature; movies; newspapers; television pictures; music; entertainments; *onsen*, hot spring; sports and etc., so that it can be useful in every area of our daily life and to help us in our health maintenance.

★ Seventh, it is about the seeds of non-agricultural chemical and non-genetically modified plant that are locally produced and consumed. It is a prerequisite that the aforementioned seeds are produced in the land where at least the mountains and highlands that are going to be the water source within the climate and natural features of the nation or the location, is not affected by the agricultural chemicals that are often used for golf courses, and the land wasn't sprayed with chemical fertilizer.

In other words, it has to be organic. These lands that are expanding in the skirts of these mountains and highlands have trees and weeds that are natural habitats of the land. The seeds for the produce must be repeatedly collected and grown over 10 years in the same soil environment mixed with its natural habitats. And when the vegetables and fruits from the same seeds are harvested, it can be confirmed with the oxidation and reduction potential value (ORP), so that the information can be shared with the multitude of people to incorporate it to their healthy dietary habit.

★ Eighth, it is about the psychological stress burden on the mental side. Oxygen is indispensable for the humans to live but in order to not make this oxygen turn into toxic reactive oxygen, the dietary habit is obviously important but the human saliva ORP clearly suggests that the psychological stress burden on the mental side is a part of general valuation of saliva components; we desire to continue on with this research.

How do the words and the actions that are completely opposite to your own heart affect you? How does the body's oxidation and reduction potential react to that?

Also, the report on the "reverse speech", which still considered as unexplained, is an interesting research; this "reverse speech" plays back a recorded sound in reverse direction to hear something completely opposite to what was recorded originally. An applied research to assess these inner aspects of heart by using human saliva ORP is a viable project. We are hoping to see this application to be used at homes, in offices, groups and organizations, in schools and etc. to determine the right or wrong of the deceitful statements and claims.

★ Ninth, it is about the verification of reduction action on lipsticks and cosmetics. As it was mentioned already in chapter 3, that in the ASEAN countries, there are strict inspection of materials for cosmetics, and in EU, the sales of cosmetics that used animal testing to verify the safety have been banned. The world's consciousness towards cosmetics is elevating. As these things are happening, I would like to see a lipstick with reduction action so people can say that their health comes from the lipstick that they use. These kind of beneficial lipsticks have to be made from safe materials to give peace of mind to the user, and the manufacturing methods should not become the cause of oxidation. I would like to continue with the oxidation and reduction potential (ORP) verification of people using lipsticks, regardless of healthy or sick people, so these kinds of lipsticks that have reduction action will be out in the market as soon as possible.

I believe that this theme is not just about lipsticks or cosmetics but it ties in to the anti-aging health foods that are able to heighten the immunity of the body.

★ Tenth, this is about the theme that made us able to see after conducting human saliva clinical investigation and research on more than 13,000 people, as of April of 2014. One of the things we found was that, of the people who were older than 70 yr. old and were healthy enough to do the things around them, the common health factor was that their saliva ORP all showed a strong reduction action.

Even now, at three clinics, Okazawa Clinic, Sankeien Clinic and Satsukidai Clinic, we are continuing with the patients' regular monthly saliva ORP measurements along with blood tests and medical interviews. With these things we are able to confirm the treatment progress and give advice to the patients about the lifestyle habits including dietary education.

Furthermore, we are also continuing with the human saliva ORP measurement and investigation during the "Fire Prevention Fair" that Kawasaki City sponsors for each of their ward as health care events. During the saliva measurements that we do in these event venues, the common thing that happens among the healthy elderlies is that, they all give off a lot of saliva as soon as we put the cotton swab in their mouth to collect the saliva.

And these are the people that have a daily routine similar to this: only eat twice a day, in the morning and evening; finish eating dinner before 7 pm; go to bed before 10 pm; take more than 7 hr. of sleep; wake up in the morning at sunrise, take deep breath slowly, eat vegetables and fruits and drink Japanese tea (*maccha* or green tea of middle grade) or coffee; take a lot of time to eat; and swallow food only after chewing well to make food mashed up in the mouth.

They don't necessarily go out to walk everyday but they would do it as they look at their body condition to avoid the stress of keeping up with the schedule. On sunny winter days, they would take time walking as they sunbath and resting along the way. They avoid the hours of summer hot day sun and at home, they put into practice to receive sunlight directly.

We also found out that the secret of their vitality is that they enjoy spending time actively with many people, adsorbed in chatting as they drink Japanese tea. They talk, they go out, and they chew well, which stimulate the brain, and they are practicing these lifestyle habits so that they will salivate more.

Are We Able to Live Vitally Towards the Future Ignoring the Natural Laws?

Regardless of what kind of food chain a creature is making, the beginning is always the green plants that don't need any food. For plants, instead of looking for their food. they are producing their own organic matter by photosynthesis, so they are called the producer of the nature, and humans cannot live without the blessing of the plants. And, our relation with the plants is not just for food, but when we get tired psychologically, we look at the plants that change from one season to the next and get healed. We need to be grateful to the plants that are indispensable in the production of fresh air, and water.

