

Yoshitaka Otomo, while he was proceeding with the fixed-point observation of air in the natural world, he intuitively thought that the oxygen that entered into human body reacts instantly in the saliva ORP and decided to make an experiment to measure the saliva before and after 10 minutes of this "Long Breath Diet" program.

Normally, the reading of the saliva will move towards oxidation after an exercise, but after 30 minutes, it will draw a pattern of reduction if the exercise is the right one for the person.

But, when the saliva ORP measurement was taken right after this breathing method, the reading showed the reduction of minus 2mV, and after 30 min., it showed minus 13mV, even though the measurement of saliva ORP before the breathing method was plus 40mV.

I believe that the measurement came out this way because the fresh oxygen was distributed throughout the body through the blood circulation when the deep breaths were repeatedly done.

Deep breath is free. I urge everybody to take deep breaths when you remember about it.

Instructors of Tea Ceremony Are Energetic All the Time

Among all the beverages, green tea, like coffee, boasts its high reducing power.

When we take measurements after people consumed green tea, regardless of one's previous condition of saliva, the reading improves so much that the person himself get amazed. And especially when you give green tea to someone who is already healthy, the saliva ORP measurement becomes minus 30-50 mV.

Even with the green tea in the PET bottle, when we take the saliva testing, it will show a high reduction level, with a few exceptions that lean on oxidation side.

The first reason that I can think of is the effect of polyphenol called catechin that is in the tea.

There are many types of polyphenol that show high anti-oxidant effect among the plants.

The reduction power of the tea polyphenol is in the category of the strongest power among all the plant polyphenol that we know. And there are abundance of other anti-oxidative substances other than catechin group in green tea, such as, Vitamin A, C, E, amino acid, selenium, niacin, beta-carotene and folate.

I have verified the reason why green tea is a beverage with excellent anti-oxidative power.

For that, I have reasoned that the production method of tea leaves influences greatly. Green tea is a non-fermented tea, which the fermentation is stopped by steaming the tea leafs. The black tea is a full fermented tea that has gone through fermentation and the Chinese tea is a partial fermented tea that has gone through a partial fermentation. In addition to that, green tea is prepared using the water that is below 70 degree Centigrade, and this makes it ideal.

The master of tea ceremony transfers the hot water that is in the kettle into the teacup and this technique that is transmitted through the generations proves the importance of preventing the enzyme of the tea leafs from being destroyed. The tea that was prepared using boiling water is a no match to the tea that was made with the water that is 70 degrees or less when the ORP of the saliva is measured before and after the consumption of each brewing method, even though the tea that used boiling water showed some reducing action.

It is said that Shizuoka Prefecture, a producing area of tea, has low cancer mortality. And there was a newspaper article that said that Shizuoka and Aichi prefectures have low number of patients who need nursing care. I believe that this is because of the benefit of *ocha* (green tea). (The proof is that these prefectures have the lowest ambulance dispatches.)

Furthermore, the green tea has high anti-microbial activity. It is said that by drinking a single cup of green tea, you can substantially protect yourself from the three most dangerous food poisoning bacteria, which are *Vibrio cholerae*, *Staphylococcus aureus* and *Vibrio parahaemolyticus*.

The military commanders of Sengoku era in Japan also built themselves tea rooms to ease their upsurge of emotion. I admire the creativity and sensitivity of the predecessors who seem to have the deep understanding of the reducing power of *ocha*.

When eating raw foods like sushi, we always eat *gari* (pickled ginger) and drink green tea. Ginger has a germicidal effect, and along with the anti-microbial effect of the green tea, we can say that this is the wisdom from the ancient times to reduce the danger of food poisoning when we eat raw fish.

There's no end in listing all the benefits of *ocha*.

Furthermore, green tea has high antiviral effects and the effect against influenza virus is remarkable. You might have heard someone say, "If you think you have a cold, you should gargle with *ocha*," they had a good reason to say that.

Green tea is sold in many different ways even in PET bottles and it's probably very hard to find someone who dislikes green tea among the Japanese people.

If you get thirsty, let us be proactive to drink *ocha* instead of choosing to drink carbonated drinks or juices that are loaded with sugar. However, it doesn't mean that all *ocha* has the same effect.

There are over 500 cases that measured the saliva after the consumption of green tea, but there were more than just few cases where the reading showed drastic oxidation than normal when the green tea in the PET bottle were consumed.

We can say that *ocha* will definitely give reduction to the body when you are particular about water, and use tea leaves that are grown with non-agricultural chemical.

However, when you make a cup of tea, if you pour in the hot water directly from the kettle into the teapot that has tea leaves, tannin, which is the substance that gives the bitterness will be strong, and the sweetening substance, theanine and the high quality catechin, which is considered of having a high reducing effect and anti oxidation to prevent from aging will be lost along with vitamin C by the boiling water.

It seems like the people who don't like drinking Japanese tea use boiling water to prepare for it.

In tea ceremonies, it makes a lot of sense to transfer the boiling water from the kettle to the teacup to adjust the temperature of the water to 60 degrees centigrade before it is used to infuse the *maccha*, powdered green tea.

From the large number of saliva testing that I was able to confirm the effects of *ocha*, I have

realized that all of the tea ceremony instructors have nothing to do with dementia and many of them are living their long life energetically.

It's not limited to the Way of Tea (*Sado*), but because the instructors of various Japanese arts, such as calligraphy, flower arrangement, and dance, relish good tasting food and know how to take some time for healing, they are generally energetic and have long life.

As much as possible, I recommend everybody to consume the tea products that are made by the makers that care about the quality of water and tea leaves.

Also, green tea can be consumed not only as tea but as *maccha* (powdered green tea) taste confections that can also give reduction to our bodies.

There was also a case that the saliva ORP measurement went down 60mV in the negative side, which is showing wellness, after a person consumed some confectionery that used a lot of *maccha*.

I Used "Asai Organic Germanium" Personally and Employed It, First Patient to Use It Was My Mother Who Had an Excellent Intuitive Sense

My mother, on a daily basis, was someone who was able to instantly make judgments on various circumstances without being bound to the ties of obligation, and she never regretted the results.

My mother was quietly listening to my explanation about the Asai Organic Germanium, and after a little while, she said to me, "Mieko, please let me be the first patient to try your Asai Organic Germanium."

The face of my mother who used to hold my hands tightly with a kind and cheerful expression still comes back to my mind clearly after 44 years.

This is how my mother's clinical support became a precious data, to know how Asai Organic Germanium affects the patient's condition, and how the recovery process will be expected so that I could explain fully to the patients before they start taking it.

Nowadays, at Okazawa Clinic where I practice, I have patients who are in the last stage cancer and to early-stage breast cancer, and many others who are carrying diseases, such as diabetes, heart diseases and brain tumor that come from all over Japan, and they use Asai Organic Germanium to regain their health.

I'd like to tell you about a case of a patient, whose son was a doctor, who was diagnosed with breast cancer but she sincerely appealed to me that she wants to get well without a surgery.

So, I told her that besides the financial considerations, as long as she has the physical strength to swallow she will be able to overcome, and when she heard this, she gave me a powerful reply, "I am going to try it!"

Then, about a month after she started taking Asai Organic Germanium, on the day she was admitted to the hospital for the removal of breast cancer that was scheduled previously, she had examinations done with X-ray, CT and MRI equipment in order to confirm the region and

development of breast cancer prior to the surgery, they found that the tumor that was previously diagnosed as cancerous had disappeared.

Needless to say, the patient was discharged the next day and was able to overcome the breast cancer with her strong will. 10 years has passed since that time but the patient is now enjoying music appreciation and flower gardening.

The next is about a critically ill patient who experienced a joy of surprise. He was diagnosed that he had brain tumor during his first year in high school. The next 10 years after that until recovery, his life and his family experienced a repetition of relentless daily life, as if they were looking at the picture of hell.

The serious symptoms and the medical names were near-total blindness, malfunction of urination and defecation, epilepsy-like symptoms, memory disorder, sensation of fear disorder and inability to eat, bedridden state for 23 hours a day and etc., so severe his faculty of orientation was blurry.

*[Graph 1] Changes of Human Saliva ORP with Severe Symptoms

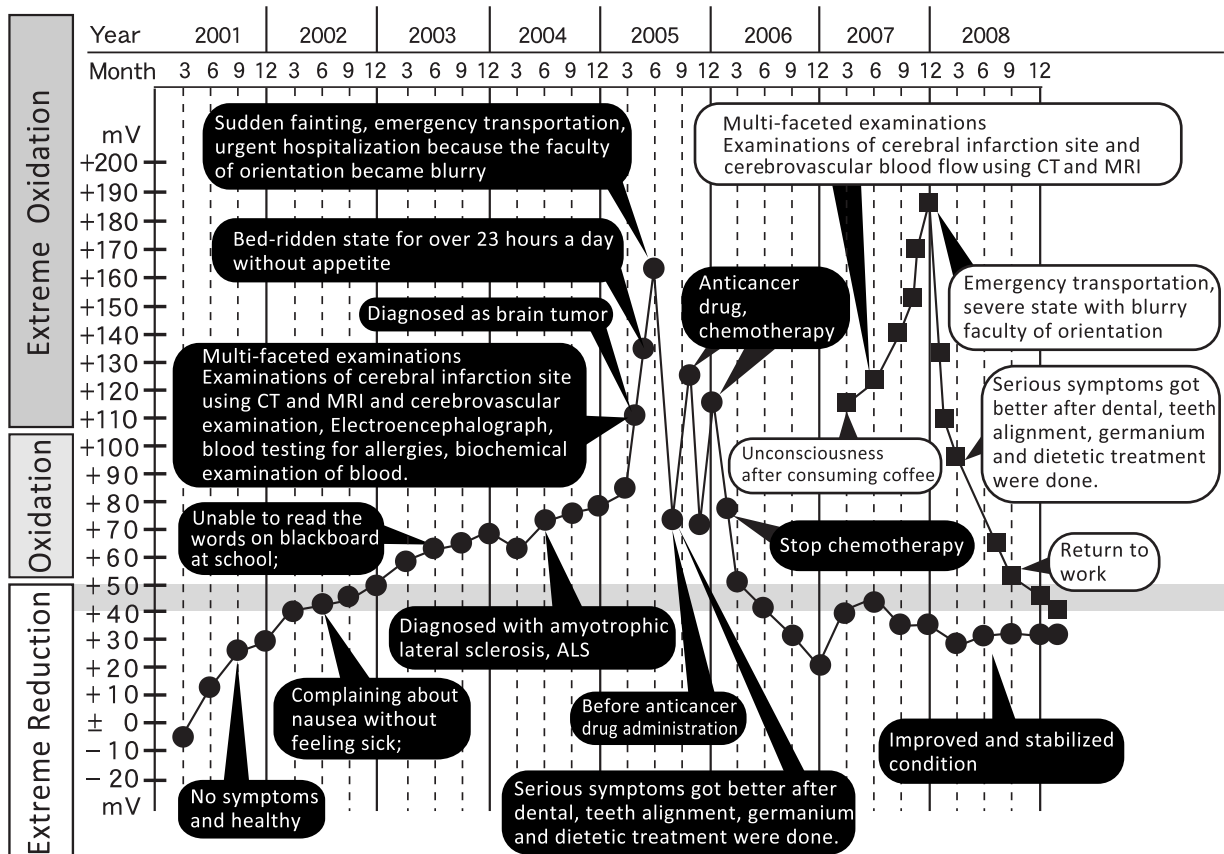
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Fluctuation of ORP with Serious Symptoms

● 8 years of ORP fluctuation for a case that was diagnosed as amyotrophic lateral sclerosis, ALS and later as brain tumor.

■ 2 years of ORP fluctuation for a case with allergic constitution and thyroid disorder, extreme sensitivity to electromagnetic hypersensitivity

For both cases, the record was the average value of mV taken every Monday before any food or drinks were consumed.

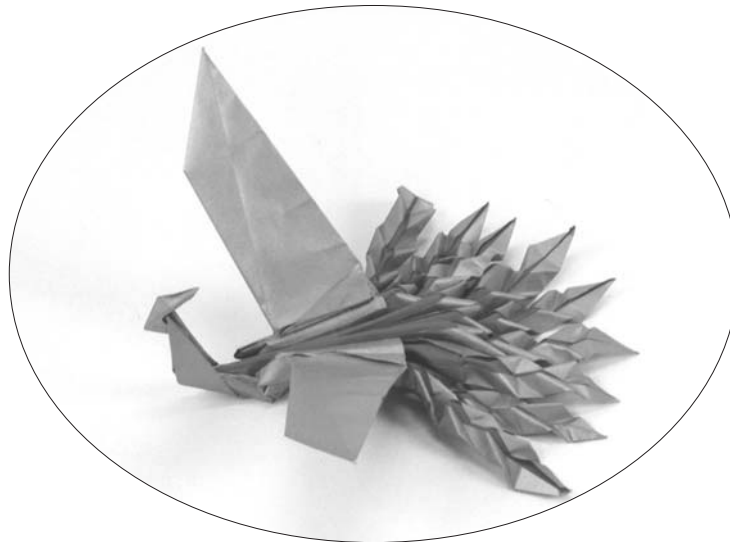


The limit of capsule intake of Asai Organic Germanium is usually 3-5 per day for the patients with severe symptoms, approximately 10 capsules a day is the limit by ingestion, but this family decided to give 60 tablets a day!

This was the method and how it came about. His sister thought that if he would be able to chew some gum, he could be able to have some saliva and this will make him to have some appetite so he can eventually be able to drink and eat. So, the sister began to give him a small piece of gum and made him chew slowly and gradually giving him bigger pieces. After doing this for a while, his brother, who used to throw up drinking a teaspoon of warm water, was able to bite and swallow the capsules of Asai Organic Germanium.

Now, he is making an effort to be a musical instruments inlay craftsman. He ordered some tools for the craft, and goes to his favorite ukulele class.

In my examination room, there are *Eto Origami* (Japanese art of paper folding into 12 animals of Chinese calendar cycle) that get delivered each year. Those are the gifts from now a fine matured young person that has a special skill of creative origami who has overcome a severe disease.



All the doctors can do in dealing with the condition of the patient, is grope first to choose the proper steps and method to help the patient to get well, and later to explain thoroughly the details of the treatment method.

The people who make the final decision for the treatment method are the patient and the family. I put a lot of importance in having the patient and the family members make decisions on the various steps of the treatment method and to assist them to get well. Nothing makes me more joyful than encountering with a smile from the patient that has overcome the disease.

I believe that it is not right for the doctors to take all the glory when the patient overcomes the disease. I believe that the ones that can rejoice together and be praised are the patients and the family members that tackled the treatment with their pure heart.

Incidentally, I have been dealing with many female patients face to face up to now, but the women's attitude to confront the disease and their decisiveness to overcome cannot be matched by male patients.

The Family and the Patient Agreeing To Go the Same Way Becomes the Strength to Overcome the Disease

This age is an Internet society and information is flooding. The patients that were pronounced with the disease name, and their family members will try to find ways to overcome the disease so they will search for various treatment methods.

There are more than just a few cases of patients who actually become mentally sick by searching the Internet with the keywords like, "Excellent doctors in your neighborhood, Treatment method of the disease, My sickness could be," to make self-diagnosis.

It is said that, when someone accumulates stress from anguish of heart and anxieties, the balance between sympathetic nerve and parasympathetic nerve will be thrown into disorder that can create a cause of lifestyle diseases.

The daily rhythm can deteriorate from psychological effects, such as feeling powerless, apathy, sleeping poorly and cause a disorder of autonomic nerve.

When you are confronting a disease, the most important thing is to strengthen the immune system. In order to do that, the patient and the family members have to get well in spirit. It means that the patient and the family members need to agree on the treatment method so that they can unite in the same direction believing firmly in their heart that it can be treated.

The patient can easily perceive dissension and confusion among the family members. That is a burden of stress called anxiety and this will lower the immune strength.

People's mind drifts constantly. When people are desperate, everybody has a sentiment to want to try anything if they hear that it is good.

That is the reason why I believe that when more family members can agree with the treatment plan, this positive outlook can give the patient a big boost of immune strength.

When we are standing at a crossroad, the opposing thoughts and actions that sway us can decrease the power to move forward in half.

I believe that it is only by the unity of action that the result of the attempt becomes clear, and by this, we can continue on to make decisions on the next directional options and to continue without hesitation.

