

an increasing number of cancer cases that drastically gotten well by using a comprehensive medical treatment that puts the cleaning of the intestine first.

We say that, "Food becomes you," and in the traditional Chinese medicine they say that, "Medicine and food have the same origin." Our body formed each cell of our body by decomposition and absorption of the food inside the intestine, which becomes nutrition and blood. However, we advertently take in food that has been contaminated with agriculture chemicals. Because of that, intestinal contamination occurs, and without a doubt, the blood contamination will occur. The blood that has high cholesterol level and the condition of thick blood all start from the intestine.

On a daily basis, the blood is produced in the small intestine, and some extra blood cell components are stored in the bone marrow for emergency. When the blood cell components are short in the blood stream, there is a mechanism that is in placed in which the bone marrow supplies the shortage. In that sense, both bone marrow hematopoietic theory and intestinal tract hematopoietic theory can be correct. However, the importance of taking in anti-oxidant food that cleanses the intestine is needless to say and the saliva ORP brilliantly proves that.

Because saliva is produced from the blood, the information of saliva becomes very important. Also, just because the food gets digested in the stomach, if it isn't properly chewed well and is mushy before it drops into the stomach, it not only puts more burden on the stomach but the absorption of the nutrients through the delicate intestinal walls can be interrupted.

Our Life is More Important Than Etiquette Rules

Among the food and drink that we take, there are things that make the quality of our saliva better and others that make it worse. If the saliva becomes acidic and the quality becomes bad, there are going to be some health problems as a result. We do want to consume everyday what makes our saliva quality better.

Although, it is important what we eat, the quantity of food that we eat is important as well. Unless it is for the children in growing stage, eating in moderation, about 60%, is the best. What uses the most energy for humans in order to live is digestive activity. I think that there are lots of people who have experienced sleepiness after having a big lunch. This happens when we eat the kind of food that burdens the stomach or just eating too much because it takes away a lot of energy from the body.

Some of us might still remember when we were children our parents scolded us saying, "Not to waste even a grain of rice because the farmers put so much efforts in growing them." Here, there is another meaning, to eat up what's been given to you as etiquette, and the heart behind this isn't a bad thing at all. When I was a child, my parents taught me the same thing. However, that was during the era that we didn't have enough food. The people of the modern age and especially when you become an adult, you don't need to force yourself to eat.

Considering the adverse effect of overeating, we need to take care of our own life more than thinking about wasting food. For an example, when we eat high-calorie food like meat, we consume lots of body's oxygen for digestion. Higher the calorie, the amount of oxygen it robs from our own body is higher.

When we go on a diet and manage our weight, we tend to think only about the calculations of calorie, but more important than that is to live healthily and to prevent our bodies to get oxidized. We also need to choose what we eat because vegetables and fruits with agricultural chemicals would make our body oxidized.

When we talk about eating 60% of full stomach, some people might worry about not having enough nutrition. But, if you actually test this, you will know that even if you decrease the amount of eating, you will never have blackouts due to undernourishment or get skinny as a skeleton. By not overeating, the internal organs activity becomes more vigor, and in turn, body becomes much able to absorb the nutrition from the food that we eat, and this should give you the proper body weight.

Also, when we keep our eating to 60%, the body becomes lighter, and you will be able to feel that the mind works faster, and the portion of our energy that was conserved from not overeating can be used to have a proper metabolic activity so we can wake up in the morning more refreshed.

It is Possible To Get Oxidized With Lipsticks !

Lipsticks are necessities for women. But, nowadays, lip creams are not just for women, men users are increasing too.

But, did you know that most of the lipsticks have a very bad influence on saliva? The reason is because without realizing, people lick them and it's often taken into our body when we have meals. Saliva is very delicate and because of that, it reacts immediately when the oxidizing substances come inside the body.

There are only small numbers of manufactures of cosmetics that use natural ingredients and coloring, and most of the other lipsticks are made from the substances that derived from petroleum. And in order to produce bright colors, tar dyes and other oxidizing materials are often used to manufacture them.

Tar dyes have been identified as carcinogenic substance from before and they are strictly restricted in Europe and United States but in Japan, more than 80 types of tar dyes can be used for cosmetics.

Only 12 types of coloring can be used as food additives but when coloring is used for cosmetics, we gladly are putting a surprising number of types of coloring on our faces and lips.

Out of desire to make the face glow with flamboyance, and to make the complexion look better, people use brighter colors, but since more red tar dye has to be used to make brighter colors, the oxidation is accelerated and it brings adverse influences on the saliva.

Also, dioxide iron that is used beside tar dye to bring out the colors is fine powder that is already oxidized. To put it simply, when the powder of the rusted iron that is mixed into lipstick touches saliva, it will immediately give oxidation response.

Many women put makeups almost everyday. Exaggeratedly speaking, if you use one lipstick in about a month, it means that almost 12 lipsticks with the materials that can bring adverse influences to the body are "eaten" in a year. Although, that's the case, it doesn't mean that you shouldn't put any makeups on. I too also, put a minimum makeup on when I see my patients for examination everyday. However, I would like everybody to check carefully what the ingredients are especially for lipsticks before you choose one because it will inevitably go into the mouth.

In the ASEAN countries, the "Halal Certification Mark"⁷ is designated and the raw materials that are used for everything that enter the mouth, which obviously includes lipsticks, are strictly checked.

As I mentioned already, in the modern days, the people that use lip cream are increasing and it's not only among women but men as well. On March 11, 2013, New York Times published to the world, "E.U. Bans Cosmetics With Animal-Tested Ingredients," the manufacturing and sales of cosmetics that used animal testing to verify the safety have been banned.

Ten or more years ago, before this trend start happening, my collaborator, Yoshitaka Otomo was grappling with the research and development of lipstick composition that can bring anti-oxidative potency, or bring reduction action to the body, with which it can replace the conventional lipstick composition that can enter the human body unnoticeably and bring oxidation action to the body.

I also measured the before and after of saliva by using the trial lipstick composition during the research and development process together and was aware that the result would show an incredible reduction action.

In March 2013, the Japanese Patent Office has admitted the registration of this lipstick composition as "Lipstick Composition That Indicates Reduction Action," and it has been registered with the U.S. copyright registration as a lipstick manufacturing method and manufacturing recipe. I would like to be able to say that my wellness comes from a new lipstick that has redox force. I desire that a lipstick with reducing power that utilizes the worry-free/safe materials and production method will someday appear on the market so it can even be used for the infants too.

* 7—Halal includes two concepts, one of them is Halal, which means that it conforms to the Islamic laws and another concept is Thoyyiban, which means that it is good for the body. In general, what is unlawful in Islamic law is called Haram. (Cited from Wikipedia, the free encyclopedia)



Brand name : ORP LIP BALM

*[Graph 6] The Oxidation and Reduction Reactions of the Conventional Lipsticks Publishing Source: from Igaku-shoin Ltd. July 2009 issue; Paper Presentation by Dr. Mieko Okazawa, "Confirmation of Physical Wellness by Limiting the ORP Value of Saliva.")

Human Saliva ORP of Conventional Lipstick Composition

Number of samples, 20's-70's, 30 each

Number of samples, 80's, 20,

Grand total of 200 persons participated in measurement

Unit (mV)

Age of the Subject	Sex	ORP (mV) of Saliva Sample	
		Saliva w/o Lipstick	Saliva with Lipstick
20's	F	54	77
30's	F	57	69
40's	F	61	72
50's	F	63	77
60's	F	66	80
70's	F	67	79
80's	F	74	85

I Am Energized When I am Enthusiastic About Something

When we are working on something that we love doing or something that is fun, the saliva will lean towards reduction. I say this repeatedly but, when a person feels the happiness, the parasympathetic nerve system becomes active and it causes to secrete a great amount of thin saliva. "When I'm doing this, I forget about time," "I feel like I can end my day by just doing a little bit of this." Let us be looking for something that makes us feel like this.

If it's your hobby, it can be gardening, flower arrangement, strolling, playing go or shogi (Japanese chess), playing piano or others musical instruments, singing and painting. It can be a small little thing but if you can get enthusiastic about it, it should work for you. Let's enjoy doing what we want to do without worrying about other people. If you enjoy drinking tea, or, if you enjoy pastry making, you should do it actively for yourself.

I have a friend, who bought the same human saliva ORP meter personally that I also use for my practical research. She looks forward to use it to investigate which daily activity gives her oxidization or reduction. Her favorite hobby is Kamakura-bori, a form of traditional Japanese carving art on lacquerware, and when she measured the value of saliva when she is preoccupied with the carving work, she gets a much better reading than usual. However, when she measured the saliva after she came home from visiting her husband who is in the elderly home, the value was showing in the undesirable oxidation direction probably due to the stress from mental fatigue.

The other day, I went to see her and after two of us chatted we both check our saliva value. The results were both showing reduction values of positive 30mV area in the healthy zone, they probably reflected our good feelings because we were both looking forward to see each other.

I often measure my own saliva but my saliva would always show oxidation value when I am getting rushed to finish some paperwork. When you're feeling uncomfortable or when you're forcing yourself to do something, it gives you stress, and that constricts the blood vessels and raises the reactive oxygen level that will oxidize the body.

Listening to W.A. Mozart's music played live makes the saliva value better. I have done an experiment at a piano teacher's house where she uses Mozart's music and saliva ORP measurement into her piano classes.

I have tested that the saliva value becoming better after listening to W.A. Mozart's piano music at the piano teacher house, where she is implementing saliva ORP measurement into her piano classes.

I have actually felt that the music of W.A. Mozart heals people's heart and raises the immune system and I began to adore Mozart's music more.

Putting your priority to do the things that you feel good can lead you to have a healthy body.

