

The intestine is the second brain

The intestine is a very independent organ in our body. The heart circulates the blood in our body by acting as a pump and the kidney filters out various waste materials. However, those organs do not assess the quality of the blood or the amount of the blood during the process of pumping and filtering. In other words, hearts and kidneys do not pump more or filter less by assessing the amount and quality of the blood.

However, the intestine is able to assess the stomach contents independently from the brain. If the contents are toxic, it will try to vomit them out without absorbing them. If not, it will work to absorb the nutrition within the stomach contents.

Since it does not rely on the brain to make decisions, intestines are also known as the second brain. Even if the body is in a brain dead state, the intestines will not stop the digestive function within the body. The reason that people in a vegetative state can live is because of the active function of the intestines.

Intestines absorb the required nutrition in our body. When it receives toxic materials from the stomach, it evaluates the contents and tries to excrete it out as fast as it can. The intestine is the only organ that is equipped with its own nervous system that is independent from the brain. It is a special organ unlike any other organ within our body.

A balance between good microbe and bad microbe

It has been reported that serotonin, a neurotransmitter within the brain, also exists within the intestine.

Serotonin plays an important role in transmitting neuronal signals within the 15 billion neurons in the brain.

In other words, serotonin is at the center of brain function and affects the cortex, ^{*Note:} amygdale, hypothalamus, cerebellum, spinal cord and other brain parts.

Surprisingly enough, 90% of the serotonin contents within the brain are contained in the intestine as well.

The important factor that activates and deactivates the intestinal function is the normal flora within the intestine. Good and bad flora is in equilibrium within our intestines.

Even though the intestine has a complex governing system, its response rate will be compromised when it is overloaded: if the intestines are burdened with overeating, overdrinking, stress, heavy metals and toxic substances. Even though the balance within the intestines will be stabilized over time, it will be shifted toward the bad flora. If the flora conditions are shifted toward the bad flora, intestinal functions will be compromised.

The environment within the intestine should be favorable to good microbes

There are 100 trillion microbes living within the intestine. It is composed of bad flora such as bifidus, lacto bacillus, clostridium perfringens, staphylococcus, and E. coli as well as bacterioids and other opportunistic microbes.

Good flora reinforces the intestinal movement to prevent constipation and diarrhea. It also improves the immune system to

^{*Note:} amygdale : One of the mineral nodules in an amygdaloid.

protect our body from infections. Not only that, but it also helps the nutritional absorption process within our body. During the healthy state, these good floras dominate the intestinal environment based on oligosaccharide as its food. They secrete lactates within the intestine to inhibit the growth of bad flora. In other words, good microbes within the intestine are working actively to maintain balance.

Bad microbes promote diarrhea and constipation. They make toxic substances such as ammonia, sulfuric acid and other toxic materials.

They also manage to create oncogenic substances within the intestines. However, we cannot eradicate these microbes within our intestines. Some of the bad microbes decrease blood cholesterol levels and promote vitamin synthesis within our body. The ideal intestinal environment should have some bad microbes existing under a dominant good microbe population. Such balance is the key to maintaining good health in our body. Bad microbes cannot use oligosaccharides as their food.

Lactobacillus is the only microbe equipped with a transporter that can use oligosaccharide as its nutrition. Normally, bad microbes use our fecal contents as their nutrition in order to produce toxic substances in our body.

Opportunistic microbes, like the name, synthesize vitamins and act like good microbes during a healthy state. However, when the bad microbes dominate the environment, they produce toxic substances.

***Lactobacillus* and oligosaccharide stimulate the growth of good microbes**

Let's think about what we should eat in order to allow the good microbes to dominate the intestinal environment.

In other words, we should constantly eat nutrition that will promote the growth of good microbes in our body.

There are two ways to increase the number of good microbes. Firstly, we can consume food products that contain rich, good microbe contents such as yogurt, fermented beans, vegetables and other produce.

Secondly, we can consume products that aid the growth of good microbes such as oligosaccharide and vegetable fibers.

Even though some say that consuming live microbes will not aid the growth of good microbes within the intestine because they die off during the process of getting into the colon, I believe they are wrong.

Since good microbes are beneficial to the body even if they are dead, they don't have to reach the intestines alive.

In order to let the good microbes dominate the intestinal conditions, we need good eating habits. If we eat food products that contain rich oligosaccharides and vegetable fibers such as vegetables, fruits and tofu, this will aid the growth of good microbes within the body. Since bad microbes cannot use this nutrition, this will inhibit the growth of bad flora within the intestine.

The balance between bad and good flora will shift toward a direction based on food, stress, sleep and other various factors.

If we only consume food products that do not contain oligosaccharides and vegetable fibers, bad flora will dominate the intestinal environment.

In addition, even though our eating habits are healthy, lack of sleep and stress will cause the growth of bad microbes within the intestines.

A healthy diet improves the microbes within the intestine

We are conducting a nutritional education for 35 baseball players from the Giants for Softbank.

Currently, the author of A Book for People Who Do Not Want to be Sick and the director of the Kyorin Preventive Medicine Research Center, Dr. Yamada Toyohumi is the advisor for our food therapy and fasting therapy. The eating habits recommended by Dr. Yamada are composed of tofu, beans, sea plants, vegetables, fish, mushrooms, and sweet potatoes.

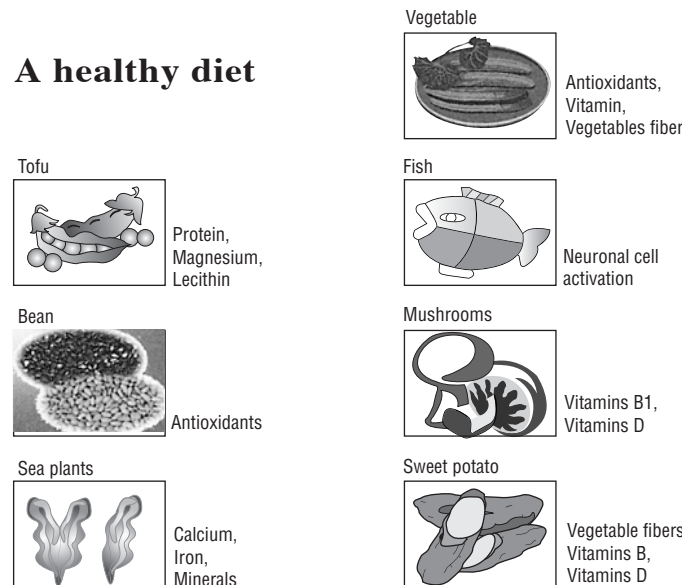
Since traditional food is the basis of our clinic's meals, we also use these ingredients often in our meals. If we consume these food products on a daily basis, we will consume balanced vitamins and minerals. In addition, since they are alkali food products, they are easy to digest as well.

Since they are not composed of various acidic products such as milk, processed milk products, meat, eggs and sugar, they will not compromise the mineral balance.

In addition, the addition of fermented food such as miso and unprocessed rice will prevent people from over consuming

protein and fat. The golden ratio of major nutrition is 15~18% protein, 25~30% fat, and ~60% of carbohydrates. This diet will allow many people to consume the golden ratio of nutrition.

A healthy diet



Ideal food products with balanced vitamins and minerals

Rich enzymes result in improvement in intestinal microbes

We are educating our patients to intake a sufficient amount of enzymes in their meals. As we have discussed previously, enzymes play a key role in our body's physiological functions. It is extremely important to improve a lifestyle that inhibits enzyme activities.

The major functions of the enzymes are as follows:

- Activation of metabolism
- Cell formation
- Reinforcement of natural immunity
- Hormone balance control
- Removal of excessive fat
- Stabilization of neurons
- Filtration of blood
- Excretion of toxic materials

A decrease in enzyme level will cause the cells to age. When the enzyme level reaches zero, it means that the person has died.

In other words, enzymes are key players in the life force and are used in all physiological activities. There is no life without enzymes.

In order to increase the enzyme levels in the body,

- (1) Eat enough vegetable, fruits and fish products.
- (2) Eat fermented food products such as fermented beans, miso and fermented vegetables
- (3) Eat unprocessed food products such as brown rice

Since enzymes are vulnerable to heat, the cooking process will cause the enzyme activity to decline rapidly. Therefore, it is better to eat raw vegetables and fruits.

Therefore, people who consume food products that are rich in enzymes will have a good intestinal environment that is dominated by good microbes. Since rich enzyme contents are supplied to the cells, the cells will not age as easily.

Therefore, young people tend to have a richer content of enzymes in their body system.

On the other hand, people who do not consume vegetables and fruit but rely on animal proteins and processed milk products in

their meals will tend to waste many digestive enzymes in their intestines. Then, their bodies will lack the various detoxification enzymes to detoxify the body.

In other words, over-eating will cause a depletion of the digestive enzymes that are needed in our metabolism process.

Lower enzymes result in weaker immune system

When the level of digestive enzymes decreases, the following happens:

- The enzymes used in energy production decrease
- When cells are not provided with enough energy, cells will age
- Detoxification within the body will become weaker
- Neuronal and hormonal balance will be compromised
- Immunity will weaken
- Cells go into necrosis and the body is vulnerable to various diseases

Dr. Churaumi, from the Churaumi Clinic, is performing enzyme therapy for chronic diseases to increase the enzyme level within the chronic disease patient's body. According to his book *Secrets of Cancer Treatment*, the lifestyle that prevents enzyme depletion is the following:

- ① Do not consume alcohol, food additives, artificial colors, or preservatives
- ② Do not eat high protein and high fat diet
- ③ Eat less

④ Do not take too much antibiotics and Western medicines

In order to activate these enzymes, we need minerals within the body. Magnesium is especially important because it interacts with 300 different types of enzymes within the body. Zinc is also important because it interacts with more than 200 types of enzymes. Zinc is also known to play an essential role in protein synthesis and metabolism. If the body lacks zinc, the skin tone will be compromised, as will the natural healing ability.

As you know, vegetables, fruits, sea plants, and seafood are rich in magnesium and zinc. Radish extract, cabbage, sweet potatoes, pineapples, kiwis, and bananas are rich in digestive enzymes. That is why it is very important to consume these foods on an everyday basis.



Since fruits and vegetables are rich in enzymes, it is important to consume these products on a daily basis.

Detoxify bad microbes with intestinal washing

Many patients with chronic diseases other than cancer visit our clinic as well. People with diseases are likely to have a compromised intestinal environment. As we include the phrase “soil of health” in the name of our clinic, we put a lot of focus on the meals that we provide. Even though it would be ideal to improve the intestinal environment based solely on eating habits, some patients require an urgent intervention to improve their intestinal environment. Therefore, we utilize intestinal washing as one of our treatment options.

We consider intestinal washing to be part of our medical practice. As long as we ensure its safety, its effects will be beneficial to our patients.

Intestinal washing is very important to chronic disease patients because it not only helps the digestive function but also improves the immune system because 70% of the body’s lymphocytes reside within the intestines. The intestinal washing process will remove the bad microbes within the intestine rapidly. Then, we can promote the growth of good microbes by improving eating habits.

The gastrointestinal system shares 60–70% of the immune system

There is another feature of intestines that helps us to maintain a healthy body.

It is related to the fact that the intestines contain the largest immune system in our body. Professor Uenogawa Shuichi of

Tokyo University explains that the intestinal immune system is composed of 60~70% of the entire body's immune system. In addition, he explains that the intestinal immune system is able to distinguish good microbes from bad microbes in the same manner that it distinguishes nourishment from toxins.

The immune system distinguishes the invaders and signals the brain to send macrophages and NK cells to kill the invaders. Intestines are able to independently distinguish invaders from the body.

The major immune organs are bone marrow and thymus.

Blood cells (red blood cells, white blood cells, and platelets) are made from the bone marrow, and T-cells are made from the thymus. The thymus starts to decrease in size and activity starting from the age of 17. It continues to decrease in size and becomes only one quarter of its original size by the age of 40.

Afterwards, the thymus does not, for all practical purposes, exist in our body. However, Professor Abo Touru found out that there are some T-cells that mature in the liver. Our body still has T-cells even with a smaller thymus.

However, people tend to have a weaker immune system after the age of 40 and become more vulnerable to various diseases.

The gastrointestinal system activates macrophages and manufactures antibodies

After the age of 40, the center of the immune system naturally shifts to the intestinal lymph organs. As we have discussed before, 60% of the body's lymphocytes are focused within the

intestines. An organ known as Peyer's Patch detects invaders within the intestine to activate macrophages to secrete the interferon and interleukin that activates the immune system.

Therefore, starting from the age of 40, people should think about improving their intestinal environment regardless of whether they have any diseases.

Even though people focus on changing their lifestyles and eating habits, they normally forget to improve their body functions during the process. If there is an entrance, there must be an exit. Our clinic performs various treatments that help the body's basic functions such as intestine washing, fasting, and thermotherapy. We also perform various treatments that activate the immune system and combine them with Western medicine to provide an integrated and customized treatment that suits the body conditions of each patient.

Now, let's talk about the intestinal system along with its immune system.

Firstly, it is important to balance the intestinal microbes.

Normally, good microbes inhibit the growth of bad microbes to promote normal intestinal movements. In order to do so, it is important to perform intestinal washing if needed and change the eating habits in order to provide a favorable environment for the good microbes.

Secondly, it is important to promote "intestinal mucosa movement". The intestinal surface cells are surrounded by viscous materials and work to aid the digestive process.

However, when the body is diseased, the secretion of these

viscous materials will decrease.

Thirdly, it is important to normalize the intestinal immune system. The immune system will attack invaders that are not removed by normal intestinal movements. When the intestine distinguishes the host from the invaders, white blood cells will attack the invaders before they get a chance to replicate within the body.

Macrophages and NK cells act as first-line defenses against cancer

Let's talk about the immune system in detail.

Everyone's body produces 3,000 to 6,000 cancer cells a day. When some of these cancer cells survive the immune system, it takes 10 years for them to grow into a 1 cm-sized tumor. However, our body has a natural immune system that protects our body from invaders and cancer cells. The major players in our immune system are macrophages and NK cells. They act as first-line defenses against invaders and cancer cells. Macrophages are also known as phagocytes because they eat any foreign object that invade the body. In addition, the NK cells selectively kill virus and cancer cells to protect our body. They are also able to kill cells infected with viruses as well as cancer cells.

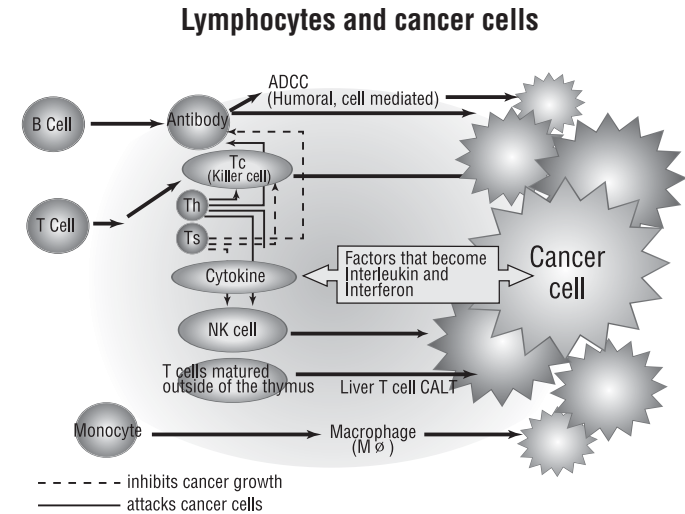
These immune system cells act as first-line defenses against infection and cancer to protect our body from various diseases.

The Helper T-cell acts as a commander in the immune system

Helper T-cells are the immune cells that take care of the cancer cells when the macrophages cannot handle the cancer growth any more. They are like a commander in the immune system.

T-cells can be categorized into Th1 and Th2. Th2 deal with allergic reactions, and Th1 deal with immunity against cancer.

The higher the Th1:Th2 ratio, the better the immunity against cancer.



From "Introduction to natural immunity" that fights cancer cells

Helper T-cells secrete interferons in order to maximize the immune functions of macrophages and activate B-cells. B-cells can be considered as the second-line of defense. This second-line defense system receives information from the macrophages to

make weapons against cancer cells and invaders. Killer T-cells, Helper T-cells, and B-cells are considered the second defense line. Like its name, the Killer T-cell secretes toxins that perforate cancer cells. B-cells have a sophisticated immune function that utilizes antibodies to fight against various enemies. In addition, they are able to track the invaders to protect our body from the same invasions in the future. For example, the B-cells function to protect our body from measles after the first flare.

Cancer may die off without any treatment

If we think of the first-line of defense as the patrol, we should consider the second-line of defense as the SWAT team. Since this second-line immune system is prepared to fight off cancer cells, viruses, and bacteria, there is nothing to be worried about. The two-stage immune system protects our body from foreign attacks. It also protects our body from cancer cells to maintain a healthy life.

There are some cases where cancer cells naturally die off without any kind of treatment. This is to do with a change in the lifestyle and eating habits that affect the immune system.

However, even the immune system cannot fight off cancer cells when they are exposed to a poor environment that weakens the immune functions. When the power shifts toward cancer cells, a cancerous tumor will grow to be 1 cm in diameter within 10 years.

However, even when the immune system is compromised, we can change our lifestyle and lead the cancer cells to apoptosis in

order to cure cancer that cannot be treated with modern Western medicine.

As you can see, intestines are vital in digestion as well as the immune system that protects our body.

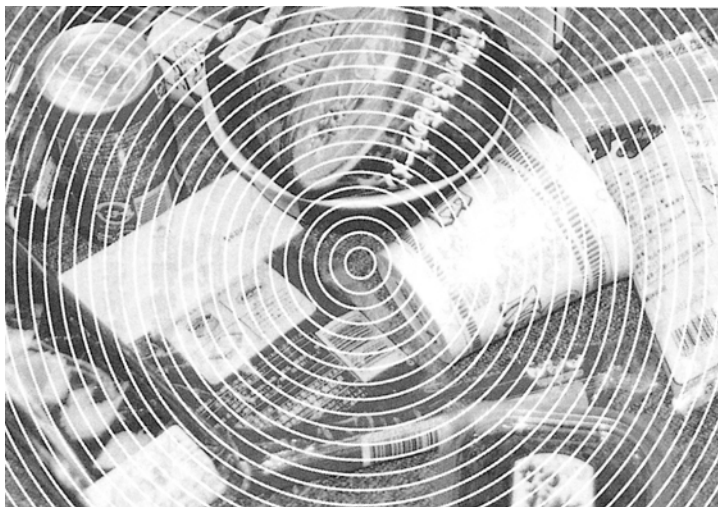
Therefore, we must start from the intestines when we aim to cure any kind of disease in our body. In other words, the intestines are the basis of a healthy life.

Toxic materials slowly kill your body

In our everyday lives, toxic materials build up in our body without us knowing at all. When they build up, they may cause various diseases. Even though our body is equipped with various organs such as the liver and kidney to excrete toxic substances, those organs may fail to excrete all toxic substances, thus becoming the causes of various diseases.

Symptoms such as allergic reactions, metabolism abnormalities, fatigue, constipation, and chronic headaches may be caused by these toxic substances. People may even become hysterical due to the toxic substances within their body. In the modern era, it is normal for people to suffer from various toxic substances in their system.

Heavy metals, dioxins, chemicals, food additives, and preservatives are a few of the many toxic substances that we encounter in our everyday lives. These cause toxicity mainly in the liver and kidneys, but also in the skin and respiratory system. Dioxins, also known as environmental hormones, cause liver dysfunction, cancer, and infertility.



Academically, food additives are not harmful to the human body. Since those products have been authorized by the government, they should not be toxic to the human body. However, some of the authorized products are oncogenic and not authorized for sale in the United States. In addition, some of the toxic food additives have been authorized because of unscientific reasons such as it comes in small units that do not cause a toxic effect to the body.

However, that is like saying eating mercury in small units is not harmful to our body. When we say that Japanese people eat 11 grams of food additives per day per person, this means that one person will be eating 4 kg of food additives in a year, and 200 kg in 50 years. This would not cause any trouble if our bodies were able to excrete the amount that they absorb. However, toxic substances within our body will compromise the

kidney and liver functions and end up accumulating within our system.

Detoxify your body with oriental medicines and supplements

When toxic substances accumulate within our body, we must consider the entrance and the exit in our body system to remove those toxic substances. It would be ideal to stop ingesting more toxic substances from now on. However, it is safe to say that all of the food products contain some sort of toxic metal and food additives. Even the air that we breathe in everyday life contains dioxins. It would be impossible to filter out these substances from the air that we breathe. That is why it is important to modify our lifestyle to refrain from eating a large amount of toxic substances in food.

Regardless of the treatment modalities that we use, we will not be able to cure any disease if we cannot stop people from ingesting more toxic substances. In order to treat these patients, we need to treat them with detoxifying oriental medicines and supplements along with sauna and thermotherapy to excrete toxic substances. In addition, intestinal washing can be combined with these treatments to improve the digestive function. Patients at our clinic experience the power of detoxification treatments for themselves.

Detoxify heavy metals and food additives

Diseases like Minamata disease and Itaitai disease are common

diseases caused by toxic substances.

Since there are various regulations that control the quality of sewage water from the factories, diseases caused by natural environment pollution do not exist. However, environmental pollution is slowly progressing, and organisms that live in the natural environment are slowly being affected.

At the top of the food chain, we are slowly being affected as well. There are some toxic substances that accumulate in our bodies, whereas some substances are naturally excreted. Toxic metals such as mercury, arsenic, lead, cadmium, and tin cause chronic fatigue, liver/kidney dysfunction, headache, insomnia, and aching. These substances are consumed from food, the air, tap water, food additives, and cigarettes.

Mercury is accumulated within large fish such as tuna

Toxic substances may be accumulated within the body when we eat vegetables grown from polluted soil. Since Japanese people eat a lot of fish, they tend to have a high mercury accumulation rate. For example, tuna and large fish have a high mercury content. Sewage water from factories is converted into mercury and consumed by plankton in the sea. Then, it will go up into the food chain until the large fish accumulate a lot of mercury in their systems. As a result, Japanese people who love tuna will have a lot of mercury in their system. When we look at the guideline for the consumption of tuna for pregnant women, we are able to realize how exposed we are to toxic metals.

Toxic substances are not limited to the sea and the soil. Incinerators, metal processing factories, automobiles, and many more facilities produce toxic gases. If we look at this situation, we can say that the air is the most harmful factor in our lives. We cannot control the amount of air that we breathe, and it is nearly impossible to purify all of the air. In addition, dioxins tend to accumulate in our system like toxic metals.

1 trillionth of a gram of dioxins affect your body

Out of the various toxic materials, environmental hormones, and food additives, the worst of the worst is dioxin. Much dioxin was in the air during the Vietnam War.

Did you know that a person born with undivided legs is caused by dioxin?

You probably remember the incident of “dioxin vegetables” in Tokorojawa seven to eight years ago.

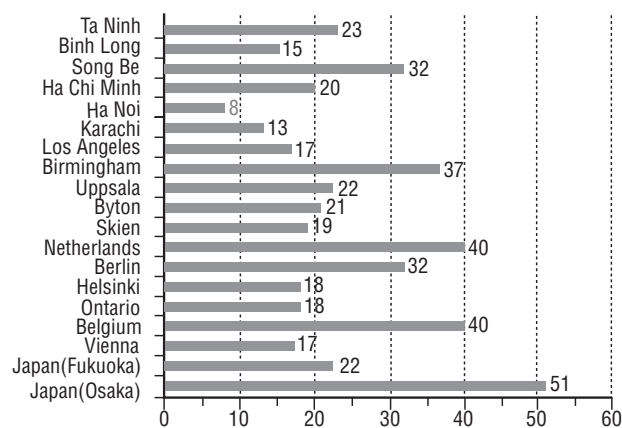
Dioxin affects the genetic system in our body, promotes cancer, causes defects in babies, and decreases sperm count. As mentioned in the book *Our Stolen Future*, the toxicity is 10,000 times greater than hydrogen cyanide and 10 times greater than *Pseudomas syringae* bacterium. It is known that 1 trillionth of a gram of dioxin, a pictogram of dioxin, affects our body.

Many years ago, Teikyo University’s reported on 34 sperm samples from healthy men in their 20s shocked the nation.

Out of 34 samples, only 1 sample was above the infertility standards.

Further shocking results appeared 10 years ago published by the Japan Infertility Association. The research was done on 60 males in their 20s. The results showed that 57 males out of 60 showed abnormalities in more than 10% of sperm and needed fertility treatment. When sperm abnormalities are above 10%, people need to have fertility treatment. The results showed that most of the young Japanese men had lost their ability to be fertile.

88% of the males who showed sperm abnormalities had a habit of eating a lot of hamburgers - most of the cows used for hamburger meat were injected with growth hormones.



Reference: Fujiwara Toshigas "Dioxin Zero Circiut"

Therefore, the environmental hormones consumed interfered with the natural hormonal system in the body and caused infertility in many of the males.

Japanese women's breast milk has the highest dioxin contamination in the world

Japanese women's breast milk has the highest dioxin contamination in the world. Hormonal abnormalities are not limited to males. The research of Professor Chuchumi Osamu from Tokyo University revealed the connection between the "effects of hormones interfering with a mammal's fertility capabilities," and the women who also had a high dioxin content in their body systems. The research collected pregnant women's blood, cord blood, and amniotic fluid to detect bisphenol A and dioxin.

The result showed that the samples contained hormones that interfered with endocrinological activities. In addition, a high concentration of environmental hormones, $8.3 \pm 8.9 \text{ ng/ml}$, were detected from the amniotic fluid.

The result showed that fetuses are also being affected by environmental hormones. Can you see how these environmental hormones are actually affecting the survival of our species?

It has been reported that Japan has the highest dioxin contamination in the world. Dioxin is massively produced from waste incineration. These hormones leak into rivers and seas after rain and accumulate in our water and fish, which is how it comes back to our bodies and accumulates in our systems.

Since dioxin tends to accumulate within the fat cells, 60% of fish products and 10% of meat products, consumption of those food products may be toxic to our bodies.

In addition, the dioxin concentration in Japanese women's

breast milk was the highest in the world - the dioxin level in breast milk from Osaka was 51, it was 40 in the Netherlands, 37 in Britain, and 32 in Vietnam. In addition, the effects of dioxin are most toxic during the fetal and neonatal period.

The safe dioxin consumption level was set at 4pg/kg/day 8 years ago. However, babies who consume dioxin-contaminated breast milk consume 50~100pg/kg/day of dioxin. This is 25 times greater than the recommended amount.

We worry what happens to the babies that who consume a lot of dioxin in the neonatal period.

Chemical materials destroy children's brains

In addition, chemicals tend to interfere with hormone secretions and the autonomic nervous system in our body. In 1995, the the Sicilian Announcement was published to warn the world. It warned that when the fetus' thyroid gland is affected by environmental hormones, intractable neurological deficits such as cerebral palsy, mental retardation, learning disabilities, attention deficient disorder, and hyperactive disorders are caused. Dr. Benjimin F. Finegold, of the United States, who specializes in allergies, said that food chemicals (chemical additives), are responsible for 40% of children who are not calm and have attention deficits. In addition, mentioned in *Our Lost Future*, bisphenol A from plastic containers and steel is considered to be an environmental hormone that interferes with the body's

*Note: endocrinological activities.

*Note: endocrinological : The branch of biology dealing with the endocrine glands and their secretions, esp. in relation to their processes or functions

Its toxic effects are at the maximum level when fetuses are exposed to environmental hormones.

According to Dr. Iguchi from Yokohama City University, bisphenol A damages the fetus' brain by penetrating the blood-brain barrier.

You need to take control of your own health

Many doctors point out that the chemical substances that penetrate our body damage normal DNA and cause them to become cancer cells. In other words, the causes of cancer are not just limited to processed food and an intake of animal proteins.

Even though sales are the most important principle of many companies, consumers should be smart enough to boycott products that may affect the health of our nation.

Unless we take action now, it might be too late.

Don't you think that the current situation is like a large unprotected clinical trial? We must not purchase, use, or even make any products that may contain environmental hormones. Unless we take action now to control our own health through our own efforts, at some point the effects may be irreversible.

Detoxification improves natural immunity

There are too many food additives, preservatives, artificial colors, and chemical products that are harmful to our body.

Even though they may not be visible, toxic substances are prevalent in our everyday lives.

We cannot say that toxic substances are the direct cause of

cancer and other chronic diseases because chronic diseases are caused by various factors. However, it is certain that toxic substances play a significant role in disease pathophysiology. It is the case that Western medicine approaches problems from the symptoms that the diseases show.

However, Eastern medicine focuses on removing the cause before starting the treatment. It is important to remove toxic substances, dioxins, and food additives from the body. This treatment is called detoxification. By promoting the secretion of toxic materials in sweat and urine, we can activate the physical function that overcomes the disease. This is called natural immunity. People with natural immunity are not affected by cancer and virus intrusions. The detoxification treatment removes the causes of various diseases. When we combine it with immune reinforcement treatment and thermotherapy, our body will return to its original state.

Our goal is not to cure diseases. We only help the body to return to its original state. Your own natural immunity will be the player that cures your incurable disease.

Chapter 5

Supplement therapy improves the immune system

Then, it will produce interferons that inhibit the growth of cancer cells and virus replications.” Pumpkin seeds, turmeric, and adlay are known to promote the synthesis of interferons.

Therefore, as long as the patient has a good gastrointestinal function, there is a good chance of curing even end-stage cancer.

Change the intestinal environment that is favorable to Bifidus using fructo-oligosaccharides

The next thing that we must consider is changing the intestinal environment to become favorable to good microbes.

Today, the intestines of Japanese people are very favorable to bad microbes because of the Western diet influence which prefers instant and processed food. Since people do not consume enough vegetable fibers, bad microbes such as clostridium perfringens produce a lot of nitrosoamine and cause colon cancer.

Therefore, it is important to consume fructo-oligosaccharides to change the intestinal environment into a favorable environment for good microbes.

The effects of Bifidus have been reported by Tokyo University’s Professor Hakarioka, who published the paper “An intestinal environment that prevents aging and colon cancer”.

- ① It protects our body from bacterial infection.
 - Bifidus breaks down glucose and produces lactates to inhibit the growth of bacteria within the intestines.
- ② It synthesizes vitamins.
 - It synthesizes vitamins B1, B2, B12, K1, K2, nicotinic acid and folic acid.

- ③ It promotes intestinal movements and prevents constipation.
 - Bifidus breaks down glucose and produces lactate to reinforce the Supplemental therapy and improve the immune system.
- ④ It prevents diarrhea and colitis.
 - It weakens bacterial activities.
- ⑤ It improves the body’s immune system.
 - Bifidus secretes substances that improve the body’s immune system.
- ⑥ It disintegrates oncogenic materials.
 - Bifidus inhibits the secretion of various oncogenic substances like nitrosoamine.
- ⑦ It promotes the absorption of calcium and iron.
 - It promotes the absorption of organic acids.

In addition, it has been reported that Bifidus not only produces lactates but also butyric acid that inhibits the growth of cancer cells.

In other words, an intestinal environment that is favorable to good microbes results in a supply of fresh nutrition and oxygen to the entire body. Therefore, people who do not have constipation or cancer can also benefit from eating fructo-oligosaccharides to improve their intestinal environment. Since it can prevent colon cancer, it is strongly recommended.

Over-consumption of linoleic acid is the cause of metabolic syndrome

Before taking the supplements, an adequate amount of fatty acid is also very important. One of the causes of metabolic syndrome is the intake of linoleic acid in animal fat, corn oil and cooking oil. Linoleic acid refers to an essential fatty acid in the Omega 6 family. It is synthesized from arachidonic acid within the body and promotes inflammation and coagulation. Substances such as DHA, EPA, linseed oil, and other fish oils are in the Omega 3 family and contain a lot of alpha-linoleic acid, which inhibits allergic reactions and inflammation.

Therefore, it is important to consume a lot of fish such as mackerel. It is also very important to change cooking oil to linseed oil. When people consume alpha-linoleic acid from the Omega 3 family, the body's cholesterol level will be improved as well as the brain functions.

According to Dr. Yamada, the economic growth of the nation has allowed people to consume more animal fat in their meats and caused more obesity and hyperlipidemia. That is prompted when the government to recommend the intake of linoleic acid in order to decrease the cholesterol level in the body. However, after much research, it was discovered that linoleic acid does not decrease the blood cholesterol level.

Rather, it was associated with atherosclerosis, colon cancer, breast cancer, allergic diseases, Crohn's disease, and other inflammatory diseases. As a result, Dr. Yamada and the Japanese Fatty Acid Nutrition Association published "Recommendations

to decrease linoleic acid consumption" in 2002, based on data gathered between 1980 and 1995, when the consumption of linoleic acid increased dramatically. Even though the recommended intake of linoleic acid is 7 grams per day, the consumption rate is 13 grams/day in normal Japanese people. Surprised the Japanese consume more linoleic acid than Americans.

Omega 3 and Omega 6 have an antagonist effect on each other. When the balance between the two is compromised, various troubles are caused in neurons and blood vessels. The Ministry of Health, Labor and Welfare are still saying that the consumption ratio of Omegas 3 and 6 are 1:4. However, the current recommendation for the consumption ratio is 1:2 or 1:1.

The intake of fish, linseed oil, and other products rich in EPA, DHA, and alpha linoleic acid, will improve cell membrane composition. It will promote easy energy facilitation in the mitochondria and improve the metabolism process. It is also beneficial for learning disabilities and allergic diseases like atopic dermatitis.

Molecules high in polysaccharide stabilize a cell's glucose chain

We have been using mushroom supplements because we believed that the β 1~3 and 1~6 glucans in the mushroom will reinforce the immune system. However, we have discovered that the polysaccharide chain on the cell surface acts as an antenna for the cells and plays a significant role in maintaining health.

We have also discovered that this is made from yeasts, mushrooms, fruits, vegetables, and other polysaccharides.

In the current research on these polysaccharides, it has been reported that, “glucose chains on the cell surface are highly associated with atopic dermatitis, renal failure, rheumatism and other diseases.” In other words, the decrease of the glucose chains is the cause of many diseases.

Therefore, by supplying patients with polysaccharides that act as a building block for these glucose chains, diseases like AIDS and atopic dermatitis were significantly improved after the treatment.

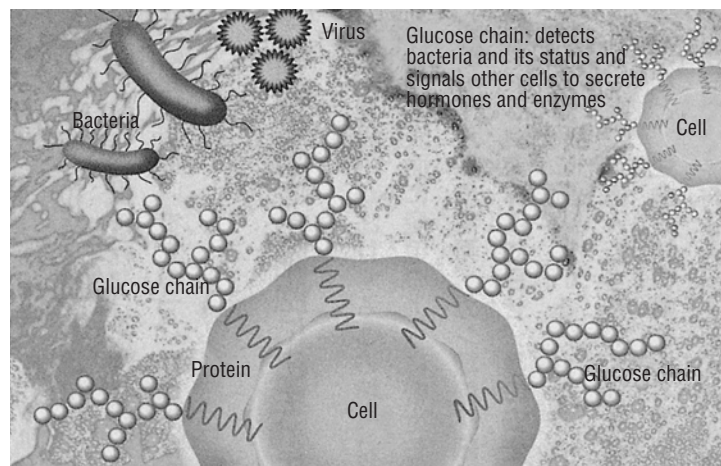
The nutrition that builds this glucose chain is found in black yeast, glucosamine, chondroitin, honey cookies, fucoidan, and aloe. From these products, we chose to use an extract drink of black yeast, Agarose, meshimacope, and mushrooms. The drink was made based on the research from Tokyo University and Fukuri University.

Black yeast is made during the process of sugar manufacturing. It has been ionized and contains β 1, 3~1 and 6 glucans, oligosaccharides, polysaccharides, inositol, and ferulic acid. It is a high molecule polysaccharide composed of 100,000 to 500,000 units. Mushrooms also improve the immune and kidney function. Since people are sensitive to different substances, it is important to combine these substances for the maximum treatment effect.

Glucose chains help to maintain life

Then, what are the functions of glucose chains?

They are on the cell surface and act as an antenna that detects viruses, toxins, cancer cells, and bacteria within the body. They signal to the white blood cells after detection and balance the hormonal secretion system as well. In addition, they play a significant role in the communication between cells to coordinate the transportation of various nutrients and signals.



Stabilizing the glucose chain can improve incurable diseases

The Integrated Research Center for Elderly Patients reported that all of the 60 trillion cells are covered with glucose chains made from proteins and fats. These glucose chains have a basic structure made from three mannose and two N-Acetyl-Glucosamines. Then, glucose branches made out of N-galactose, fructose, and sialic acid are attached to the basic structure. There were cases where some cells lacked in these glucose chains. The disease was named congenital disorder of glycosylation (CDG)

and showed neurological /motor symptoms. It was also correlated with chronic rheumatism and autoimmune diseases.

The report concluded that by studying the functions of these glucose chains, they hope to find the causes of cancer and other incurable diseases.

High improvement rate in 100 asthma patients, confirmed by NIH

NIH, a world-renowned cancer institution, reported that asthma patients' conditions improved when they were administered 8 basic monosaccharides. The 8 types of monosaccharides are glucose, galactose, mannose, fructose, xylose, N-acetyl-glucosamine, N-acetyl-galactosamine, and N-acetyl- neuraminic acid.

It has been reported that glucose and galactose can be synthesized easily within the body by consuming carbohydrates and milk. However, the human body was lacking in the other 6 monosaccharides, which may be the cause of many of the diseases that we are suffering from.

As we have discussed before, food additives, pesticides and psychological stresses are the factors that interfere with glucose chain synthesis. We believe that when these glucose chains are destroyed, diseases of immunodeficiency occur.

Not only beneficial to cancer treatment, glucose chain supplements are also very effective in treating atopic dermatitis and asthma. Therefore, it is extremely important to use supplements that normalize the glucose chain.

Activate enzymes by consuming physiological minerals

There is another important strategy that must be considered when taking supplements.

Other than supplying the essential minerals, it is important to drink bottled water that contains iron, zinc, cobalt, magnesium, molybdenum, fluorine, silica, nickel and many other minerals that are needed in our body. Water that contains these variable minerals comes from Abukuma Mountain which has been dissolving mountain minerals for 80 million years.

It is extremely friendly to our body and allows us to consume the various minerals that our bodies need.

Since the vegetables and fruits grown in modern agriculture lack in minerals, our body is not supplied with a sufficient amount of minerals consistently. This is one of the causes of many incurable diseases.

By supplying these minerals, we can activate the enzymes as well as the mitochondria in our bodies. People can directly experience its effect because when they drink this water, their body immediately heats up from the inside.

Not only that, but immune functions are improved as well. Therefore some cases have been seen where early-stage cancer was completely cured by only drinking these mineral waters. It was also reported that it treats blood glucose levels, blood pressure, and atopic dermatitis.

As we have discussed in previous chapters, the activation of mitochondria leads to the production of Cytochrome C that

induces cancer cell apoptosis.

Another theory states that these minerals activate dormant genes to utilize proteins that attack the cancer cells.

Since the water is made from stones that are 70 million years old, it contains almost all of the minerals that exist on the earth. Some of these minerals may affect our bodies to function in special ways.

When the body is supplied with a sufficient amount of minerals, enzymes, as well as the mitochondria will be activated to supply energy in sick people.

Easy passage through the blood/brain barrier. Activates mitochondria right away

Hydrogen capsules containing potassium oxide produce hydrogen ions to effectively activate mitochondria. Potassium oxide was first introduced by a professor at one of the national universities.

Potassium oxide is combusted in the hydrogen gas to have a strong reduction power. Oxidation refers to objects binding with oxygen and reduction refers to objects taken away with enzymes. A good example is that rusting is oxidization and reduction is the removal of rust. Even though there were reduction waters being sold on the market, their hydrogen levels become very low when stored in cups and PET bottles for a long period of time.

However, our potassium oxide was reported to emit

hydrogen for 5 days. It also had above 800Mv of reduction power. Hydrogen is a small atom that has 0.7 nanometers of diameter. It is able to penetrate any part within the cells.

In the hydrogen study by Professor Fukoda, rats with ischemic brains were protected from brain damage when they inhaled 2% hydrogen gas. His study was published in the renowned science journal Nature.

Hydrogen penetrates deep into the cells and combines with oxygen radicals that show an 80% correlation with cancer, diabetes, myocardial infarction, brain infarction, allergies, glaucoma and other diseases. When hydrogen combines with oxygen radicals, it disintegrates the oxygen radicals into water and oxygen. That is how hydrogen can be therapeutic to the human body.

It shows immediate effects when inhaled into the body.

It disintegrates oxygen radicals within 30 minutes of administration. Since it activates mitochondria as well, it promotes energy production in weak patients. Even though the brain is equipped with a blood/brain barrier, hydrogen is able to pass this barrier without any resistance in order to affect our autonomic nervous system and hormone secretions.

Fucoidan's apoptosis induction method

Fucoidan is a well-known supplement that has a strong therapeutic effect on cancer. At the 55th Japanese Cancer Association's meeting held in 1996, "Research on fucoidan's

anti-cancer effects” was published to tell the nation that fucoidan leads cancer cells into apoptosis while not damaging normal cells.

If the effects of fucoidan are the same for all cancers, we may no longer have to fear any type of cancer at all. The reason that we say that cancer is incurable is because cancer cells do not stop the replication process. Normal cells are programmed to die away when they reach a certain age. Cells also die when defects are detected within the cells.

This process is called apoptosis. However, cancer cells do not go into the apoptosis process even when they are damaged. In addition, while normal cells die after they have replicated for a certain amount of cycles, cancer cells do not have the function of counting its replication cycles. Cancer cells do not take orders from external signals. That is why cancer cells do not stop the replication process.

If we were able to completely remove cancer cells by surgery, cancer would not be so dangerous after all. However, since the cancer cells exist in every part of our body, it is important to induce apoptosis in cancer cells to prevent cancers from occurring in the first place.

If cancer cells did not replicate, a simple immune therapy might be sufficient enough to destroy cancer cells. If the replication process is inhibited, attacks on cancer cells will become extremely effective.

Our body makes 3,000 to 6,000 cancer cells a day.

However, not everyone gets a cancer mass because their

immune system fights off cancer cells every day. However, when the immune system is compromised, cancer cells will grow into a tumor mass. However, if we are able to induce the cancer cells’ apoptosis by taking fucoidan, we can stop the cancer cell replication processes within the body.

High function supplements weaken cancer cells

◎ A high concentration of vitamin C is toxic to cancer cells.

Much evidence is starting to support nutritional treatment effects. One of the nutrition treatments that we use is the “high concentration vitamin C treatment”. One of the scientists working in the NIH reported that a high concentration of ascorbic acid (vitamin C) had a selective toxicity against cancer cells. Vitamin C’s strong antioxidant effect produces an extremely large amount of hydrogen peroxide. Even though normal cells are able to neutralize hydrogen peroxide, cancer cells will die off because they cannot neutralize toxic hydrogen peroxide.

Therefore, vitamin C can have a selective toxic effect on cancer cells.

In other words, high concentrations of vitamin C have an effect like anti-cancer drugs. Since it does not have any side effects like other drugs, it may be applied to a wide range of patients. In fact, high concentrations of vitamin C are being used as anti-cancer drugs in some US institutions. We inject 50~70 grams of vitamin C into the patient’s body each day.

◎ **Platinum and palladium materials promote oxidation and reduction to active organs in our body.**

Since oxygen radicals are correlated with 90% of modern diseases, modern medicine is concentrating on how to deal with oxygen radicals. Professor Noguchi Hideo uses “Papral”, a drug made from platinum and palladium, to handle oxygen radicals.

A colloid is a liquid containing dispersed objects. It has a good absorption rate within the body and produces hydrogen and oxygen to provide a strong oxidation and reduction power. Based on those effects, it is known to improve the immune function and increase the white blood cell count.

Since colloids are quickly absorbed into the cells, the hydrogen and oxygen made from platinum and palladium are directly available to the cells’ mitochondria. The cells’ oxidation and reduction functions are strengthened as well as the toxic substance excretion function. Even though new drugs may have some side effects, Papral has minimal side effects. It was also reported that Papral has a 100-times greater effect in removing oxygen radicals than vitamin C. That is why we need to use this product to treat our patients.

◎ **Organic germanium produces interferons**

Macrophages and NK cells are weakened as cancer progresses. Therefore we treat our patients with organic germanium to compensate for such mechanisms.

Organic germanium increases the enzyme level and activates the immune functions to massively produce interferons in our body. In turn, interferons will reinforce the function of the macrophages and NK cells to attack the cancer cells in our body. Since organic germanium also acts as a semiconductor, it is able to deactivate the cancer cells’ replication and even kill bacteria to prevent infections.

In addition, substances like placenta shots (harvested from human placentas) and garlic substances (multi-vitamins) may be used on patients depending on their condition.

The Garden Clinic Nakamachi’s thermotherapy and immune reinforcement therapy

6:00 Wake up. Breathe under the sunlight (breathing treatment)

A walk after the reduced ion therapy (20 minutes), perform the reduced ion therapy again.

9:00 Breakfast

Juice made from carrot, apple, cabbage and aloe. Miso soup (since mixers break down enzymes, it is cooked with low-pressure cooking methods)

10:00 (Rest)

- Reduced ion therapy (20 minutes)
- Integrated visible ray therapy (6 devices per person, 15~40 minutes)
- Hot crystal infrared therapy (60 minutes per therapy)

※ Drink 500c of mineral water before and after the treatment

- Hormesis hot stone therapy (2 times in 5 minutes)
- Reduced ion therapy (for 30 minutes)

2:00 Lunch

Udon, noodle, brown rice, radish, salad and other boiled vegetables

- Ion reduction therapy (20 minutes)

Vitamin C, germanium, Paraple, Vitamin B17 and placenta shots

- Integrated visible ray therapy (15~40 minutes)
- Hot crystal infrared therapy
- Hormesis hot stone therapy
- Reduced ion therapy (20 minutes)

7:00 Dinner

Grain food, seafood, traditional meal using linseed oil

- Reduced ion therapy (15~40 minutes)
- Carbonated water therapy (30 minutes)
- Boil cupping therapy (60 minutes)
- Traditional Thailand lymph massage

Free time (entertainment, movies, chatting, etc)

※Supplements like fucoidan, black yeast, hydrogen capsules, enzyme drinks, and fermented beans may be taken during each meal based on the patient's status.



There are many physical therapy methods that cure various incurable diseases.



The garden improves the therapeutic effects of our treatments.

Chapter 6

Surprising effects of fasting