

Recommendations to the  
**JAPANESE  
PEOPLE**  
**No. 74**

# Humans are born to have fun

## Creating a "body" resistant to viruses

—Understanding the mechanism of diseases using the Tamago Theory—



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Likely to suffer severe illness  
Likely to be infected

Table 2

### Body < Virus

- 1) Mechanisms of the body are not working smoothly
- 2) The upper abdomen is inflexible
- 3) Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are not in good condition
- 4) No state of comprehensive immunity
- 5) Natural immunity & acquired immunity are not functioning
- 6) No natural healing power

Table 1

### Common characteristic of people who become severely ill and die

#### → Inflexible upper abdomen

- 1) Elderly people with underlying medical conditions
- 2) Obese people
- 3) Heavy smokers
- 4) People taking drugs that lower the immune system (Antipyretics, steroids, immunosuppressants, Tamiflu, Xofluza, ARB, calcium antagonists, hypnotics, tranquilizers, anticancer drugs, cholesterol-lowering drugs, PPI, etc.)
- 5) People who have undergone surgery
- 6) People suffering from lack of sleep, excessive stress, overeating, etc.
- 7) People with weakened internal organs, even if not diagnosed

Table 3

### Based on ROB theory:

- 1) ROB therapy (adjustment of internal organs)
- 2) Practical techniques to generate comprehensive immunity
  - a) Trigeminal nerve and vagus nerve reflex
  - b) Hand/foot A β peripheral nerve stimulation method
  - c) Venous reflux exercises
- 3) Daily life prescription Particularly for cases (1) to (7) in Table 1

Table 4

### Body > Virus

- 1) Mechanisms of the body are working smoothly
- 2) The upper abdomen is flexible
- 3) Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are all in good condition
- 4) A state of comprehensive immunity
- 5) Natural immunity & acquired immunity are functioning well
- 6) A state of natural healing power

Less likely to be infected  
Asymptomatic or mild symptoms, even if infected  
Do not suffer severe illness

Each citizen Japanese utilizes the mechanisms of his or her body to the utmost, thus regenerating Japan

## Awake, humanity!

### About COVID-19 countermeasures in Japan and worldwide

On Sunday, November 7, 2021, the 53rd Symposium on the Modernization of Medicine was held at Osaka Medical Association Hall. Subject: "COVID-19"

- Theme and lecturer
- 1) "COVID-19: Past and Future of Treatment" Kazunori Asano, President, Osaka Institute of Public Health
  - 2) "What is Protective Immunity to COVID-19?" Masayuki Miyasaka, Professor Emeritus, Osaka University / Invited Professor, Osaka University Immunology Frontier Research Center
  - 3) "Vaccines Against COVID-19: Development Status and Issues" Ryuichi Morishita, Professor of Clinical Gene Therapy, Graduate School of Medicine Faculty of Medicine, Osaka University
  - 4) "Dedicated COVID-19 Hospital Operation and Difficulties" Yukio Nishiguchi, Director, Osaka City Juso Hospital

This time, I will focus on the lectures given by Professor Masayuki Miyasaka, a leading expert in immunology in Japan, and Dr. Yukio Nishiguchi, Director of Osaka City Juso Hospital, and make new proposals based on the ROB theory.

Both are outstanding persons doing great work in their fields of expertise.

#### I. Problems Arising from the Two Lectures and Clues to Their Solutions

Dr. Miyasaka is a leading expert in immunology and he described the countermeasures against COVID-19 using data based on molecular biology. The lecture was logical and very easy to understand. However, the current status regarding COVID-19 remains uncertain, including the other lecturers.

Therefore, at the Osaka Medical Association venue, I confirmed the facts of what Dr. Miyasaka had said last year.

The following questions have already been published in the July 15, 2020 issue of this newspaper (You can see them in the Kawachi Shinbun section of the Tamago Building website)

To confirm, I asked Dr. Miyasaka if it was correct that: (1) On page 330 of the August 2020 issue of Bungei Shunju, you wrote, "There are things that one can do on a personal level, even if there are no vaccines or treatments. One must make full use of one's 'natural immunity'. The best way to do that is to get in shape."

I confirmed his position: (2) Dr. Miyasaka, on NHK-BS1 "Shinya Yamanaka talks COVID-19", you said that "Some people may be able to fight off the virus without the help of acquired immunity, if their natural immunity is sufficiently strong" and, that "for those with strong natural immunity, acquired immunity is also more likely to be activated when antigens (such as viruses) are later introduced above a certain level. The reason for this is that acquired

immunity only works when one's natural immunity is working well, so people with strong natural immunity are very likely to develop acquired immunity. People with strong natural immunity usually have strong acquired immunity as well, so I think that people who are less susceptible to the disease are less likely to get it."

Dr. Miyasaka agreed that it was the case.

This means that the following flow is clear.

<1. "Body" is in good condition → Natural immunity works at full capacity → Acquired immunity also works well → Less susceptible to COVID-19> Table 3 at the top of this page shows how to maintain a healthy body. Next, hospital director Dr. Yukio Nishiguchi talked about the various difficulties he had encountered since his hospital changed from being a general hospital to a dedicated COVID-19 hospital. They range from damage caused by rumors to staff turnover. However, Dr. Nishiguchi was able to overcome such problems with his natural "straightforward" personality and "cheerfulness". However, among the various problems, his feelings were that <2 "Measures to motivate doctors and nurses are the most serious problem. I still think it is a difficult problem to solve."> The desire to solve the problem somehow began to well up in me.

**II The Basics of Increasing Motivation**  
This requires more reliable prevention of COVID-19 infection and prevention of severe illness. And we need to consider ways to provide care for doctors and nurses who can contribute to this.

For more information on how to prevent infection and serious illness, please refer to the October 15 issue of this paper, which details measures based on the ROB theory. This time, too, please refer to the schematic at the top of this paper.

<1. "Body" is in good condition → Natural immunity works at full capacity → Acquired immunity also works well → Less susceptible to COVID-19> This is the key to preventing infection and serious illness. If we get the "body" in good condition with the ROB theory, the condition shown in Table 4 is created.

Now, hospital director Nishiguchi's major concern is <2 "Measures to motivate doctors and nurses are the most serious problem. I still think it is a difficult problem to solve."> What can we do to solve it? How should doctors and nurses be involved in preventing infection and serious illness?

For example, the treatment provided at Osaka City Juso Hospital is led by doctors and nurses. The doctors and nurses play the leading role. What does it mean for them to lose their motivation?

**III. Professor Midori Kawashima's proposal**  
Here is a suggestion from Professor Midori Kawashima, a Florence Nightingale Medal recipient who, despite being 90 years old, is still researching measures against COVID-19 on the web. To summarize.

- 1) The fundamental problem  
A new way of life to keep COVID-19 at bay and prevent infection, namely "keeping one's distance," "avoiding face-to-face interaction," "not touching," and "not talking," is the exact opposite of the "staying close," "looking, listening," and "touching" required to realize the true value of nursing, and the fear of infection is ever present.
- 2) Therefore, it is necessary to find ways to provide direct care while taking measures to prevent infection.
- 3) The lack of a sense of accomplishment, with no finish line in sight, leads to total exhaustion. Think about whether there are alternatives to medication from a nursing perspective.
- 4) Care that enhances the natural healing power. Works on the natural recovery process. Use of prone position and hot-

towel back care in combination with ventilator and ECMO.

- 5) The power of nursing is also important to prevent the collapse of the healthcare system. These are the main points of Professor Midori Kawashima's proposal, though not all of them.

#### IV. ROB Theory to Prevent Infection and Severe Illness

Next, look at the schematic at the top.

Table 1 shows the characteristic of people who become severely ill and die = Inflexible upper abdomen. Table 3 is based on the ROB theory, and the condition shown in Table 4 is produced through ROB therapy and practical techniques that produce comprehensive immunity, and daily life prescription.

The "mechanisms" of the "body" are working smoothly,  
= The upper abdomen is flexible  
= "Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions" become better  
= A state of "comprehensive immunity (A concrete concept that is the opposite of today's fragmented immunology)  
= A state in which "natural and acquired immunity" work well together  
= The body's natural healing power will be activated.  
This will produce the results shown on the far right.

This means that it is difficult to become infected, and even one does become infected, it will be asymptomatic and will not cause serious illness.

I will make a proposal taking the above into consideration. Modern scientific and medical approaches are extremely important. I have nothing but gratitude for the many people in various fields for their tireless efforts and contributions.

At the Ishigaki Clinic, we ask people to bring their drug handbooks with them when they are to be vaccinated, and we check the relationship their illness. This is because too many elderly people are taking too many drugs. In the waiting room, we are trying to educate people by airing the NHK Close-Up Gendai episode "Overlooked Side Effects of Drugs for the Elderly," featuring Yasuyoshi Ouchi, former president of the Japan Gerontological Society.

This is to prevent adverse reactions. Since May, we have vaccinated about 8,000 people, and on the day after the second shot, we call everyone to make sure that they are safe. We also perform PCR testing at the hospital.

However, at the 53rd "Symposium on the Modernization of Medicine" held on November 7, 2021, the question was raised as to why infections spread. Why are the number of infections becoming extremely small? What will happen in the future? We are not certain.

In addition, the future side effects of genetic engineering are not clear. The side effects of drugs used to fight COVID-19 must also be considered.

So, what should we do? That's right. We can make use of the advantages of modern medicine, include its disadvantages, and respond accordingly.

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## Today's conclusion

1) The first step is to prepare the "bodies" of the human beings, who are prone to COVID-19 infection.

That way, as Dr. Miyasaka points out, you are less likely to get COVID-19.

2) To increase the motivation of doctors and nurses, it is important to make sure that they are energized and that their actions have obvious effects and results.

3) As we know well from nursing care and end-of-life care, things go much more smoothly when the "body" of not only the patient, but also the caregiver or end-of-life caregiver, are in good condition. Good results will be produced. In this sense, it is extremely important for the "bodies" of doctors and nurses to be in good condition.

4) First of all, it is essential for doctors and nurses to take care of their own "bodies". If the trigeminal vagus nerve reflex to venous return exercises in Table 3 are performed, the "body" will be energized to the state shown in Table 4, and you will surely be able to sustain, concentrate, think, and take a broad view.

Motivation clearly increases. This allows for a more precise response to the patient's needs. Good results will be produced.

5) Doctors and nurses can perform everything from trigeminal and vagus nerve reflex to venous return exercises on patients who are lying in bed. Results will be produced there and then. Doctors and nurses can sense the results with their own "hands" and "bodies". It makes more sense and is satisfactory.

Of course, the patients themselves can also do this, whether they are sitting or lying down. Muscle strength, respiration, circulation, etc., will not decline even if they are lying down. Patients, doctors, nurses, physical therapists, caregivers, etc., will also be convinced. This is because we have the same "body" "mechanism".

6) In addition, even better effects will be produced if the prone position and back-up care are used to enhance the natural healing power, while making the best use of modern medicine.

The motivation of doctors, nurses, and other co-medical staff will surely increase. It can also prevent illnesses becoming more serious.

I offer this proposal to all the staff members of Osaka City Juso Hospital. Thank you for your all your hard work since the change to being a dedicated COVID-19 hospital.

I look forward to continuing to work with you.