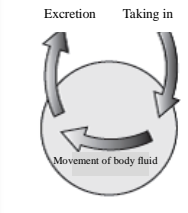


[Table 1] The three major characteristics of a kenkoutai

- (1) Flexibility of the upper abdomen = the flexibility, shape and temperature distribution of the abdomen
In the case of a "kenkoutai," this means that when standing up straight, the upper abdomen is slightly lower than the lower abdomen with no tenderness when pushed with the hands, there is no stiffness, and flexibility returns the abdomen to its original shape and moderate tension immediately after releasing the pressure
Moreover, the entire abdomen is warm and substantially the same temperature.
- (2) The difference in temperature between the head and feet
In the case of a "kenkoutai," the head is warmer than the feet by approximately 1 to 3 degrees.
- (3) Posture when standing up straight
In the case of a "kenkoutai," the spine is straight at the midline when seen from the front, with a physiologically appropriate S-shape when seen from the side, without unnecessary tension and excess force placed on any part of the human body

[Fig. 1] "Taking in and excreting" via the movement of body fluid



Ishigaki Tamago theory

The idea and development thereof

Happy new year!

Integrated theory

ROB treatment By realizing "flexibility of the upper abdomen," allowing deep, long, comfortable breathing, "Life and death," "Prevention, treatment, care, peaceful death" and "Contemporary medicine, oriental medicine and various medical care" become integrated

[Fifteen proposals regarding the integrated theory]

This serialization started as a "proposal on the regeneration of modern Japanese medical care" and is marking its ninth anniversary this year. Its purpose is to "prevent chronic diseases with a focus on the patient." We will be expressing the essentials that have been uncovered as a result of eight years of clinical research.

The first ultimate objective of the "mechanism" of the "body" is to sustain "life." That is, as a phenomenon on a human level, to "be born, live and die." Moreover, sustaining "life" itself is the objective of humans in order to "live," regardless of whether or not we are aware of this fact.

The second proposal is that to "survive" is to take in essential items from outside, digest and absorb these, and excrete unnecessary items in order to sustain one's own "life" (Fig. 1).

The third proposal is that "dying" brings about various adaptations in our descendants, leading to the ability of our descendants to sustain a better "life."

The fourth proposal is that the "mechanism" "to survive and to die" is already highly incorporated into our "bodies."

The fifth proposal is that this "mechanism" of the "body" will not change, regardless of the development of science and medical science.

The sixth proposal is that in order to carry out the "mechanism" "to survive and to die" with ease, the "mechanism" of the entire "body" must constantly be maintained in a state close to a "kenkoutai," ready to "function" smoothly.

The seventh proposal is that special features are observed in the "body" in a state of having a "kenkoutai"

The eighth proposal is that "flexibility of the upper abdomen," which is one of the "characteristics of a kenkoutai" (Table 1) comes hand in hand with "breathing, circulation, human body dynamics, automatic nerves and movement of all internal organs" (Table 2).

The ninth proposal is that "flexibility of the upper abdomen" may be maintained by generating "flexibility of the upper abdomen" by ROB treatment and carrying out daily life based on ROB treatment.

The tenth proposal is that deep, long, comfortable breathing becomes smooth in the presence of "flexibility of the upper abdomen."

The eleventh proposal is that deep, long, comfortable breathing further takes advantage of the "mechanism" of the "body" cultivated over 4 billion years.

Future ideal medical care

Medical care taking advantage of a kenkoutai

A look at the mechanism of diseases according to the Tamago theory

Tamago Building Director Ishigaki Kunihiko

〒581-0061 Kasugacho, Yao-shi, Osaka 1-4-4
TEL 072(991)3398 FAX 072(991)4498
Home page address http://www.tamagobld.com/

The twelfth proposal is that by carrying out deep, long, comfortable breathing, patients themselves can feel if their entire "body" is in good or bad condition.

The thirteenth proposal is that by being able to constantly carry out deep, long, comfortable breathing depending on the condition of the patient, "prevention, treatment, care and a peaceful death" of chronic diseases may be integrated, allowing diagnosis of its flow as a series of events.

The fourteenth proposal is that by carrying out this series of expertise and practices, medical care workers such as doctors, nurses, pharmacists, etc. may also share the feeling of a normal "body" with the patient.

The fifteenth proposal is that by carrying out this series of expertise and practices, "to survive and to die," "prevention, treatment, care and peaceful death," and "contemporary medicine, oriental medicine, and various medical care" may be integrated with each other.

<From the perspective of the history of life:>
"Living beings," including humans, have evolved the pursuit for better living conditions. Specifically, we have evolved the pursuit of "conditions for humans to live as living beings" (1) to (6) in Table 3. Humans are the result of over 4 billion years of evolution since the origin of life, configured from 60 trillion cells.

<From the perspective of the history of civilization:>
Humans were primarily hunter-gatherers. However, from approximately 10 thousand years ago, as the earth warmed and the climate became stable, we took up agriculture and stock breeding. Human civilization developed further through the industrial revolution and information revolution in order to improve human lives. We have created various tools, philosophy, religion, academics, education, politics, economy, laws and social systems, along with science and medical science, which is wonderful. I cannot help admiring the wisdom of humans. I cannot help but be thankful for this.



[The limits of science/medical science]

However, thinking back, regardless of how much science and medical science have surprisingly developed, the "mechanism" of the "body" has not changed. The system of sustaining "life" and "surviving and dying" has not changed. Here, we Japanese in particular are under a great illusion.

That is, because our lives have become so affluent compared to the past, we have come under the illusion that our "lives" will continue forever and have developed an excessive fear of "death" based on this.

Subsequently, as a result, an excessive connection between science/medical science and human lives has commenced. Accordingly, we are prone to rely on the "information" of science and medical science as partial "knowledge" rather than our "senses" which includes information from our entire "body" expressing our "bodies." There is a great pitfall here. Despite how much science and medical science have developed, we cannot create a single cell. Not to mention that fact that it is almost impossible for science and medical science to confirm information of the entire "body," which is an assembly of 60 trillion cells.

[The start of a "kenkoutai"]

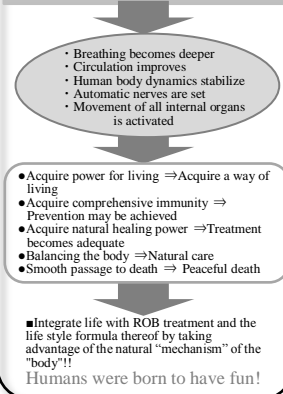
I have been proposing a "kenkoutai" since approximately 20 years prior. I did not create anything new. This proposal was generated from the accumulation of observing the human "body" in detail.

Why does contemporary medicine end up diagnosing disease as the cause of daily living? Moreover, the word "terminal disease" is used in oriental medicine, so why is disease seen as the cause? This is a question I have asked myself many times. We have a sophisticated "mechanism" of the "body" that was cultivated over the course of 4 billion years. Perhaps this "mechanism" of the "body" is emitting signals to us as "senses" for everything everywhere and calling for attention. Perhaps there is something more fundamental.

[Table 2] Flexibility of the upper abdomen normalized by ROB treatment

-The index for the life and death of humans is based on the "flexibility of the upper abdomen"-

"Entering and leaving" becomes smooth once the "flexibility of the upper abdomen" is normalized by ROB treatment



[Table 3] Conditions of humans living as living beings

- (1) Living by being able to eat
- (2) Living without being killed
- (3) Living by adapting to nature
- (4) We live in order to reproduce and raise children
- (5) We live in order to confirm what we are, where we came from and where we are going
- (6) We live to discover how we can contribute to living beings/earth's environment and to act upon this

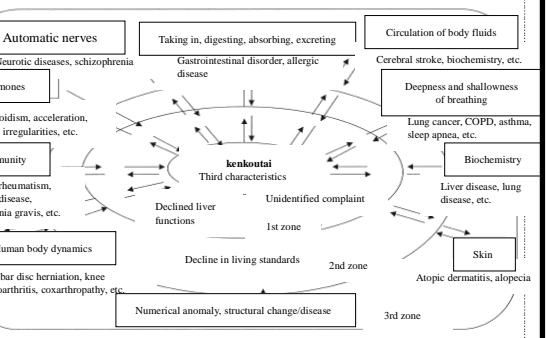
Subsequently, I started paying attention to the condition of the "body" in good condition and not only the "body" in bad condition. A "body" originally in good condition gradually deteriorates, leading to chronic diseases. This is a matter of course. Further, as I continued observing, I have gradually come to understand the characteristics of the "body" in good condition. This has gradually taken shape as "characteristics of a kenkoutai" (Table 1).

Upon understanding the "relation between a kenkoutai and chronic disease" (Fig. 2), I was able to construct a method for maintaining a "kenkoutai"

[The primary role of medical science]

As a result, it has become clear that the primary role of medical science is to take advantage of the "mechanism" of the "body." Living to please the "mechanism" of the "body" will lead to smoothly moving the "mechanism" of the "body." This, in and of itself, will also lead to sustaining a better "life." General immunity will be acquired, leading to the prevention of diseases. This will become the optimal treatment and care for people that are already suffering from diseases. Moreover, for those approaching death, the sum of efforts repeated each day will make the "mechanism" of "death," which has been cultivated over 4 billion years, smoother. Living to appease the "mechanism" of the "body" itself will lead to a better "life," and moreover, will lead to a smooth "death." This will also lead to "good" for our descendants.

[Fig. 2] The relation between a kenkoutai and chronic diseases



2011 Kawachi newspaper back issues

Medical care that takes advantage of a kenkoutai stemming from the coevolution of our existence and earth

- IPS cells are at the forefront of contemporary medicine - How should we take advantage of this?
- How to take advantage of the excellence of contemporary medicine - How to escape from the maze that contemporary medicine has fallen into

January issue

- I The unknown threat of IPS cells
- II The medical care revolution created by IPS cells
- III IPS cells change our existence
- IV Blending of humans and animals = What is a chimera?
- V The pros and cons of science technology
- VI Mystery of life reflected in IPS cells
- VII Where will humans go?

February issue

- I "Aging" and "death" cannot be prevented
- II The "human body" is a wonderful "living being"
- III The "human body" is a "living being" and not a simple robot
- IV A look at visible examples and hypertension
- V Do drugs really heal diseases?
- VI You can only truly face yourself! once you understand that death is approaching
- VII Die the elderly enjoy "living" by ROB treatment

March issue

- I Establishment of a method to prevent chronic diseases focusing on the patient is required
- II Two problems that must be solved in order to create a global standard for chronic disease prevention
- III Reaffirming that "death" is a wonderful "mechanism" stemming from the coevolution of "existence" and "earth"
- IV Reaffirming that "children" are "blessings" and "death" is "to be welcomed"

June issue

Humans are also "animals." We look into "life" with a focus on "aging"

July issue

Building true "worthwhileness of everyday life" for each person will regenerate Japan

August issue

The principle allowing humans, which are "living beings," to live an active life

September issue

Taking advantage of the "mechanism" of evolution engraved into each and every one of us

October issue

Peace of mind and the worthwhileness of everyday life is found in "sustaining life"

November issue

The new idea of "leaving it to the mechanism of the body"

2012 Kawachi newspaper back issues

Medical care taking advantage of future ideal medical care and a kenkoutai

January issue

- In the first place, what does it mean that "survival" and "death" make humans active?
- III What does it mean that there are pitfalls to modern science/contemporary medicine?
- IV Why "prevention focusing on the patient" against chronic diseases required in modern Japan?
- V Why are all "medical standard values" and "guidelines" so ambiguous?
- VI Why is there a need for an index expressing an overall "death" as opposed to a "partial" one?
- VII Die the objective of contemporary medicine to prevent the "death" of the elderly?

February issue

- I First structural problem in the method of medical care against chronic diseases
- II Second structural problem in the method of medical care against chronic diseases
- III Third structural problem in the method of medical care against chronic diseases

IV The five focuses in which the prevention, treatment and care of contemporary medicine itself leads to resolutions

March issue

- I Changes in the "heart" and "body" of living humans
- II The outcome from changes in the "heart" and "body" of living humans
- III The relation between "flexibility of the upper abdomen" and "breathing, circulation, human body dynamics, automatic nerves, and gastrointestinal motility function"
- IV "Flexibility of the upper abdomen," "rest for living," "comprehensive immunity" and "natural healing power"
- V "Flexibility of the upper abdomen" for opening a new chapter in "contemporary medicine"

April issue

- I "Flexibility of the upper abdomen," "natural healing power" and the "principle for living beings to survive"
- II Characteristics of the upper abdomen, "flexibility of the upper abdomen"
- III A device and system to measure the index for "flexibility of the upper abdomen"

May issue

- I "Maintaining a cool head and warm feet but flushing and cold feet hands" and "flexibility of the upper abdomen"
- II The relation between the "function" and "shape" sustaining "life"
- III What are "lives"?

V Modern medical science (contemporary medicine/oriental medicine/other medicine) is the greatest problem

VI Distress of doctors = the structural defects in contemporary medicine

April issue

- I "Surprising" changes in the earth
- II Remodeling the "body" in accordance with changes in the global environment
- III Taking foreign bacteria into our mother cells in order to protect "life"
- IV Our "death" to allow our descendants to "survive"

May issue

- I How blessed we are in terms of living
- II Are we ready for our inevitable "death"?
- III The essence of the problem is our human-centered way of thinking
- IV "Death" takes advantage of "life"
- V Humans have a "mechanism" to live through

2013 Kawachi newspaper back issues

Medical care taking advantage of ideal medical care and a kenkoutai in the future

Regarding the Ishigaki Tamago theory

January issue

- I The "body," with a 15-billion year history, is the focal point
- II The focal point of the "mechanism" of the "body"
- III It is up to you how to live your life, whether or not you want to take advantage of the "mechanism" of your "body"

February issue

- I The Ishigaki Tamago theory, its ideas and development (2)
- II How to escape from the maze that "contemporary medicine" has fallen into
- III How to take advantage of the excellence of "contemporary medicine"
- IV "Mechanism" of the "body"
- V "Function" of the "body," "physique," and "shape"

March issue

Regarding the Ishigaki Tamago theory, its ideas and development (1)

- III The relation between "flexibility of the upper abdomen" and "function" of the entire "body"
- IV The relation between "flexibility of the upper abdomen," which is the information that the entire "body" is functioning smoothly and the sense of "pleasure"
- V "Flexibility of the upper abdomen" is the index overlooking "the four inevitables in human life," thereby becoming the key for integrating medical care and forming the foundation for preventing chronic diseases focusing on the patient

April issue

Commemorative speech celebrating the establishment of the General Incorporation Foundation Ishigaki ROB

President: Research Institute
Future medical care and integrative medicine
Lecturer: Professor of Ryaku University and Honorary President of the Society for Integrative Medicine Japan
Founding representative promoter of the General Incorporation Foundation Ishigaki ROB
Therapy Research Institute
Kunihiko Atsumi
Speech from the host to integrative medicine

What is integrative medicine?

- Preventing diseases
- The reason behind promoting the establishment of the Ishigaki ROB Therapy Research Institute
- The underlying conversation between Dr. Karahiko Atsumi and Chairman Mr. Ishigaki
- Speech from the General Incorporation Foundation Director of the Ishigaki ROB Therapy Research Institute

May issue

"Human body dynamics" according to the Tamago theory (1) Discussing the essentials thereof from the conversation between Mr. Hayashi Isaki and Mr. Sokyo Sano

- I Most expressions of the "body" express the "heart" as well as "mental status"
- II The "body" is the foundation of the "heart" and "mind"
- III Experiences with writer, Ayako Sano
- IV Guts and intestines, stomach, irritation, content, patience, courage and spirit

June issue

"Human body dynamics" according to the Tamago theory (2)

- I The most important "function" of the "body" is "entering and leaving"

III The "function" of "entering and leaving" is integrally associated with "body fluid movement"

IV In the human body, the developed "function" of "entering and leaving" supports body parts and organs such as the digestive organs, circulatory organs, respiratory organs, automatic nerves, etc.

V The motive power of "entering and leaving" = the relation between the fluctuation of body parts/form due to "body fluid movement" and "proper function, structure and shape"

VI The "flexibility of the upper abdomen" = "flexibility of the upper abdomen" = "flexibility of the body cavity pressure," thereby forming the figure and shape of humans

October issue

"Breathing, circulation, movement of all internal organs (particularly gastrointestinal motility function)" according to the Tamago theory (1)

- I Both archaic forms of life and we humans have the same "entering and leaving" "mechanism"
- II The driving force behind the "mechanism" of "entering and leaving" is "body fluid movement" in both archaic forms of life and we humans
- III Change the "conditions leading to death" to "conditions for living well"
- IV Clarify the "mechanism" of "entering and leaving" of the human body from "gastrointestinal motility function," "diaphragmatic breathing," and "movement of the blood"

November issue

"Flexibility of the upper abdomen" and "breathing, blood circulation, human body dynamics, automatic nerves, movement of all internal organs" are one (2)

- I The "mechanism" of "veins" transporting substances has involved "body fluid movement" since archaic forms of life (Fig. 2)
- II The degree of overall "movement" of substances inside and outside of each of the 60 trillion cells is expressed in the "value" of "flexibility of the upper abdomen"
- III Grasping the "movement" of blood, which makes up part of the "body fluid"
- IV The reason "venous return" is important