

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

Recommendations to Humanity No.52

The Tamago Building Health Seminar "Giving the Strength to Live" was held on July 15. The title was "A Peaceful Death: Enjoying life and Dying at Home" The Lecturer was Kunihiko Ishigaki, Director, Tamago Building. In response to the issues raised on the previous occasion, I would like to state a solution strategy through the real experiences of the Kotani family mother and daughter, the presenters of their experiences.

People are born to have fun

Let's confirm some basic things since the previous issue.

- [I] We, humans, are "living beings" "Birth, growth, nurturing, aging, and death" is the correct way. [II] "Aging" and "Death" are a wonderful chance to "link" "life" to children and grandchildren [III] Taking on the role of linking "life" is the fun of being human [IV] By maintaining a "flexible upper abdomen" throughout a life, that person's life = "Birth, growth, nurturing, aging, and death" are borne well, and that life can be fun]

Proposal of issues from the previous occasion

- (1) Although I want to die receiving caregiving by my family, why can't I? Almost everyone wishes to die in their familiar home being cared for by their family. However, in reality, a mere 12.6% of people meet their death at home. Where does the cause of that lie? (2) Things that can be considered causes on the caregiving side are shown in the Table.

- (3) Things that can be considered on the departing side are shown in the Table. (4)(5) These things can be considered the feelings of the person going to death. (6) However, almost all people of the present generation have no experience of caregiving at death. (7) For that reason, they become uneasy, not knowing what to do, and end up entrusting it to someone else. They entrust it to a hospital. That's how it ends up. However, hospitals, too, find it a problem. After all, we, humans are "living beings". Like annual plants, we "Sprout from seeds, grow, scatter the seeds of the next generation, nurture young, age, wither, return to dust and go to death for the sake of our children and grandchildren". When humans, too, wither and go to meet death, medical treatment is unnecessary. Although they are withering and go to death, they are put too much on intravenous drips, so that they are immersed and merely suffer.

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Propose basic principles for the Osaka World Expo (4)

So, let's solve the issues (1)-(7) using Kotani family mother and daughter's talk of their experience.

(1) Although I want to die receiving caregiving by my family, why can't I? That's an extremely important issue. To solve this issue, nothing can be solved by just looking at the tip of the iceberg. It is necessary to locate its background, too. Let's confirm the fundamental way of looking at things for the solution. Please refer to the August 25 issue of last month for details. Notions to confirm [I] We, humans, are "living beings" "Birth, growth, nurturing, aging, and death" is the correct way. [II] "Aging" and "Death" are a wonderful chance to "link" "life" to children and grandchildren [III] Taking on the role of linking "life" is the fun of being human [IV] By maintaining a "flexible upper abdomen" throughout a life, that person's life = "Birth, growth, nurturing, aging, and death" are borne well, and that life can be fun]

I'd like to state the issue points in confirmation with the above notions, referring to actual examples from the Kotani family mother and daughter.

(2) Case of those sending off Each of the matters is a greatly serious issue. In the case of the Kotani family, firstly Mrs. Kotani was introduced to Tamago Building through a request from a hospital to cure her spinal canal stenosis, and so she visited us. Each time she received ROB treatment (Regulation of bowels), her central balance stabilized, her pain rapidly eased and got better. Then they came to consult us about husband, Mr. Shizuka Kotani. He was at the last stage of hepatoma, and had stopped his anti-cancer drugs. He was at a stage where modern medicine could do no more for him.

At his first examination at Tamago Building on June 23, 2017, his symptoms were a tight chest, painful neck and chest, gripping pain in the stomach, no appetite, painful lower back, leg cramp, etc. Having received ROB treatment (Regulation of bowels), along with gaining "flexibility in the upper abdomen", in less than a week, almost all of his symptoms had vanished, and he'd even been able to go to play golf. They traveled as a family, and he was delighted that he could eat all the food served at the hotel.

Naturally, he became able to give up all of his medicine. However, there was no change to his terminal cancer.

(2) Let's answer the uneasiness of those sending off 1 What can we do if they are in pain? The conclusion is that if we carry out ROB treatment (Regulation of bowels), it creates "flexibility of the upper abdomen", the autonomic nerves stabilize and pain goes away. Mr. Shizuka Kotani was the same. For that reason,

his great uneasiness went away.

- 2 What can we do if there is a sudden change 3 There's no family doctor to rely on 4 There's no 24-hour caregiver

There are 4 doctors at Tamago Building, with a system enabling house calls at any time. We try to explain symptoms that may occur, including sudden ones, in advance from every angle, and ensure the understanding of the carers. We also provide visiting nursing care, so there is 24-hour peace of mind.

- (3) Case of those departing 1 I don't want to be a nuisance to my family 2 Won't it be painful? 3 Uneasiness

As explained regarding these issues in the case of those sending off, pain can be controlled by ROB treatment (Regulation of bowels), and pain and uneasiness went away. 1 I don't want to be a nuisance to my family. We understand that emotion very well. However, the meaning of "death" here needs to be considered well. "Death" has the role of linking "life" to grandchildren.

If you entrust that "death" to someone else, the experience of linking "life" to the family cannot be had. The result is that both children and grandchildren will not be able to link "life" next time. So, the departing person has the role of making the wonderful opportunity to link "life" to children and grandchildren.

The case of Mr. Kotani.

There was an interesting story. Of course, daughter Yuka had the support of Tamago Building, and thought she would have him cared for there. However, her father, Shizuka, said he would go to hospital, and he was thinking he didn't want to be a nuisance to his family. It was then that daughter Yuka uttered some interesting words.

"If you go to hospital, it's hard coming and going and we won't be there to see you very often".

Shizuka understood her true meaning, and chose to be cared for at home.

(4)(5) Heart and thoughts of the person going to death. In particular, as a response to "Sadness/Regrets/I want to spend my last time with you/I want to depart for the next world with peace of mind" and so on, isn't caregiving at "death" at home by the family the best answer? The case of Mr. Kotani.

Daughter Yuka apparently would go to her father, from a young age, whenever she had a worry about something. When Shizuka was right at the end, she said she asked him the following. "When I can no longer go to you about things, what should I do?" She said her father then replied, "Don't worry, the doctor at Tamago is there".

The meaning of those words dates back to when daughter Yuka was born. Yuka made no cry when she was born, and in a state of newborn asphyxia, she was immediately placed in an incubator. Her "life" was in danger. Her "life" was in danger again at 10 months old

when she suffered invagination of the intestines. Her parents brought her up after that with these terrible memories. Even after becoming an adult, her "body" state was not good, and it was a worry for her father.

Since his daughter started visiting Tamago Building, the deputy director had listened sympathetically to her various concerns and given her suitable advice.

As a result, his daughter, whose "body" had been weak from birth, became energized. And then there was the deputy director who always listened and solved her worries.

It was because of those two things that her father then replied, "Don't worry, the doctor at Tamago is there".

Also, when daughter Yuka asked her father, "Are you worried about me?" he said, "There are no more worries for you". She said he also told her, "I can go to the next world without regrets", "I'm not afraid of dying".

- (6) I have no experience of caregiving (7) If admitted to hospital, they are sure to help [I] We, humans, are "living beings"]

"Birth, growth, nurturing, aging, and death" is the correct way. This principle is everything. When humans, too, wither and go to meet death, medical treatment is unnecessary. Although they are withering and go to death, they are put too much on intravenous drips, so that they are immersed and merely suffer. Legs swell and the whole legs give painful suffering. Whenever water collects on the lungs it leads to difficulties, and that gives a taste of the suffering of death.

Like annual plants, for humans to wither and go to death is the correct way. Even by hanging onto medical treatment at this time, they still suffer.

And then comes the important role of "death". They cannot "link" their "life" to descendants, their children and grandchildren.

The case of Mr. Kotani.

The words of daughter, Yuka.

"By caregiving, our family became united, mutual help was born, and I naturally learnt how to give special attention. The children (= grandchildren) saw this too. I am grateful. It was an education that cannot be had by "death" in hospital, and I felt that we were able to link "life". I gained self confidence, what you might call a strength to live".

We are overjoyed indeed that her father, Shizuka and the Kotani family took on the role of linking "life". It was the pizza party of the day before and the real feeling of caregiving with no regrets.

(8)(9) We want you not to be afraid of caregiving at home. (10) If you continue to receive ROB treatment (Regulation of bowels) and carry out caregiving at "death" in the home,

- 1 There will be no pain or suffering 2 You will be satisfied and without regrets (both those departing and those sending off) 3 It will be conveyed to children and grandchildren, and it will become their living strength.

As a result, the day before he died, the Kotani family said they held a pizza party, and they enjoyed the act of caregiving itself.

自宅死ぬこと=「いのち」をつなぐことができない理由 (1) Reasons not allowing dying at home = linking with "life"

送る側の場合 (2) Case of those sending off 1 What can we do if they are in pain 2 What can we do if there is a sudden change 3 There's no family doctor to rely on 4 There's no 24-hour caregiver etc., etc.

送る側の場合 (3) Case of those departing 1 I don't want to be a nuisance to my family 2 Will it be painful and hard? 3 Uneasiness

死に行く人の心・思い (4) The heart and thoughts of those going to death 1 Uneasiness 2 Sadness 3 Regrets 4 Fear of suffering and pain

最後の時間を一緒に過ごしたい (5) I want to spend my last time with you -I feel inner strength when my family is here -I want to depart for the next world with peace of mind

※ほとんどの方が (6)*Almost all people have no experience of caregiving at death, and have great uneasiness.

病院にいれば助けてくれるはず (7) If admitted to hospital, they are sure to help. -Even in hospital, there is no treatment that can be given.

小谷さんの体験談 (8) Ms. Kotani's talk of experiences

ROB治療(内臓調整)で末期がんの患者さん (9) We want you not to be afraid of caregiving at home.

その結果 (10) With ROB treatment (Regulation of bowels), terminal cancer patients, too: 1 Feel no pain: no suffering 2 Are satisfied, with no regrets (those departing and those sending) 3 Tell children and grandchildren about

As a result, we celebrated the day before he died and after they he died, too. We had a party - he was glad. It was fun.

Finally, I will list words based on the Kotani family mother and daughter's experience.

- When caregiving, we were relieved by the existence of Tamago. - Everyday of caregiving was fun - There were far more times of happy conversation - We told him he would go to hospital so not to be a nuisance to everyone - There was no pain at all - It was as if my healthy father had returned - We were told in advance about what was to come, so we weren't uneasy

- They arranged things early and responded to us, so we weren't uneasy at all - He passed away with what looked a smiling face - Remaining family have no regrets - Caregiving was fun - Not just my father who we were caring for, but we, mother and daughter, too, received ROB treatment (Regulation of bowels), and found relaxation in our bodies and minds - I, daughter, Yuka, stopped taking the laxative I've been taking for over 20 years, and now I pass stools everyday naturally. - I was able to experience caregiving for my father, and I now have gentle feelings.

- By caregiving for my father, the family has become one. - The real feeling of our children (grandchildren) seeing us and inheriting it - We received plans from the deputy director who had been absorbed in his thoughts. An awareness was born in me. I learnt how to give special attention - On the doctor's advice, I came to accept "death" - Caregiving for my father at "death" was the most important thing in my whole life - I could talk with my true voice, and could talk about things I couldn't before - no more misunderstandings of the heart - I came to feel happiness in normal life, too

- I noticed that the "life that I took for granted" was fading, and there were many legacies from caregiving at "death" for my father - Those of us who had bade him farewell also received ROB treatment (Regulation of bowels), and found relaxation in our bodies and minds. My father who we were caring for was also relieved and comfortable about it - I want you to not be afraid of caregiving at home

I feel the strength of words based on experience.