

Recommendations to Humanity No.74

Proposing a New Principle 2
The future standards for human life is a state in which the "mechanisms" of the "body" are "working" smoothly.

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Understanding the mechanism of diseases using the Tamago Theory

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

Likely to suffer severe illness
Likely to be infected

Table 1

Common characteristics 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
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
3) Daily life prescription

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 human utilizes the mechanisms of his or her body to the utmost, thus regenerating Japan

In the previous January 1 issue, "Proposing a New Principle 1" I presented a general framework of standards for humans to live by in the future.

In this issue, I will describe the path to "Proposing A New Principle.

[I. The "body" which has a history of 15 billion years.]

See Figure 1 "History Inside the Human Body," Table 1 "Chronology of Earth History," and Figure 2 "Co-evolution of Life and the Earth" on the right. As we look back on our present existence, there are the following historical facts:

- The birth of the universe is said to have occurred 15 billion years ago
• The birth of the Earth is said to have occurred 4.5 billion years ago
• The birth of life is said to have occurred 4 billion years ago
• The birth of humankind is said to have occurred 5 million years ago
• The birth of agrarian-pastoral civilization is believed to have occurred 10,000 years ago

We are here now with these histories contained within our "body".

Our individual "bodies" are all actually inscribed with 15 billion years of history. And we will go on to inscribe the next history into the future.

[II The "body" with its 15 billion years of history speaks for itself]

The "mechanisms" of the entire "body" have been shaped over the past four billion years.

The traces of having overcome numerous difficulties are remaining in our "body".

Our "body" itself is the site of 4 billion years of evolution. I am the site. You are the site. It is scientific to honestly listen to the voice of the "body" that is the site. This means being objective.

[III The foundation of the "mechanisms" of the "body" is "in and out"]

The most important part of the "mechanisms" of the "body," which have extended unbroken for 4 billion years since primordial life, is the "function" for the organism itself to survive "taking in substances through the membrane that surrounds the organism, absorbing what is needed, and excreting what is not needed". It cannot live without taking in, digesting, absorbing, and excreting. It will die.

This is the starting point of the "function" that maintains the internal environment within the membrane and preserves "life" (Figure 3: Foundation of the "Mechanisms" of the "body").

[IV The purpose of the "mechanisms" of our "body" is to pass on a better "life" to our descendants.]

The foundation of the "mechanisms" of our "body," which have been cultivated over 4 billion years, is to pass on a better "life" to our descendants through birth, growth, nurturing, aging, and death. The same can be said for us humans as for any other living creature.

[V When the "mechanisms" of the "body" are working smoothly, the "upper abdomen is flexible"]

The following relationship holds.

- (1) The "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

Therefore, it can be appropriately applied to prevention, treatment, care, and end-of-life care.

[VI Enjoying Life - Enriching Daily Life]

In addition, what is more important is that "respiration, circulation, autonomic nervous system, bodily mechanics, and internal organ functions" are in a good condition, so

- You gain staying power before you know it,
○ You become aware of your natural ability to immerse yourself in the process, and become able to focus,
○ Ideas come to you unconsciously,
○ The "body" moves in the most rational way, without calculation,
○ Plans improve, and your awareness of people, etc., arises naturally.

It is surprising how the best choices are made without thinking. It creates a so-called broad perspective. Life itself will become more varied.

You will be able to enjoy life. (Table 2, "Humans are born to have fun")

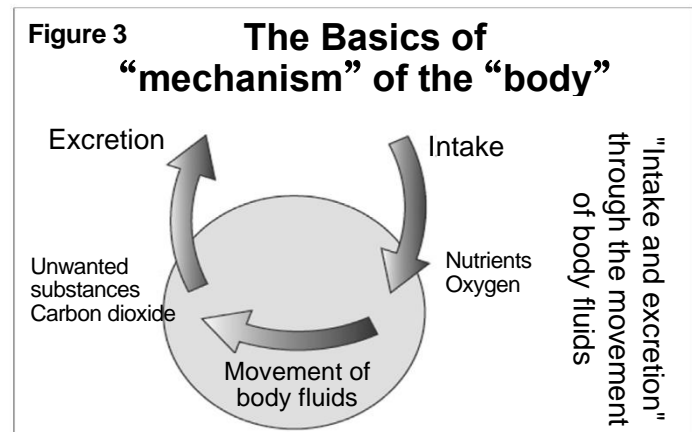
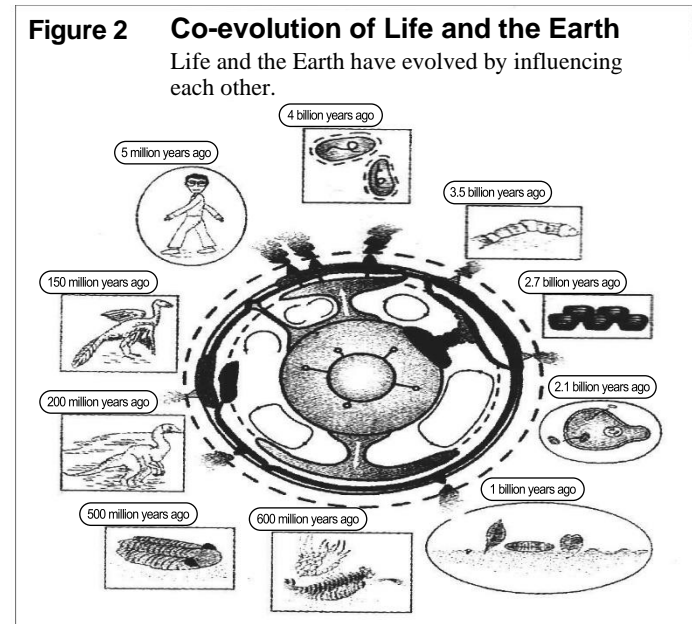
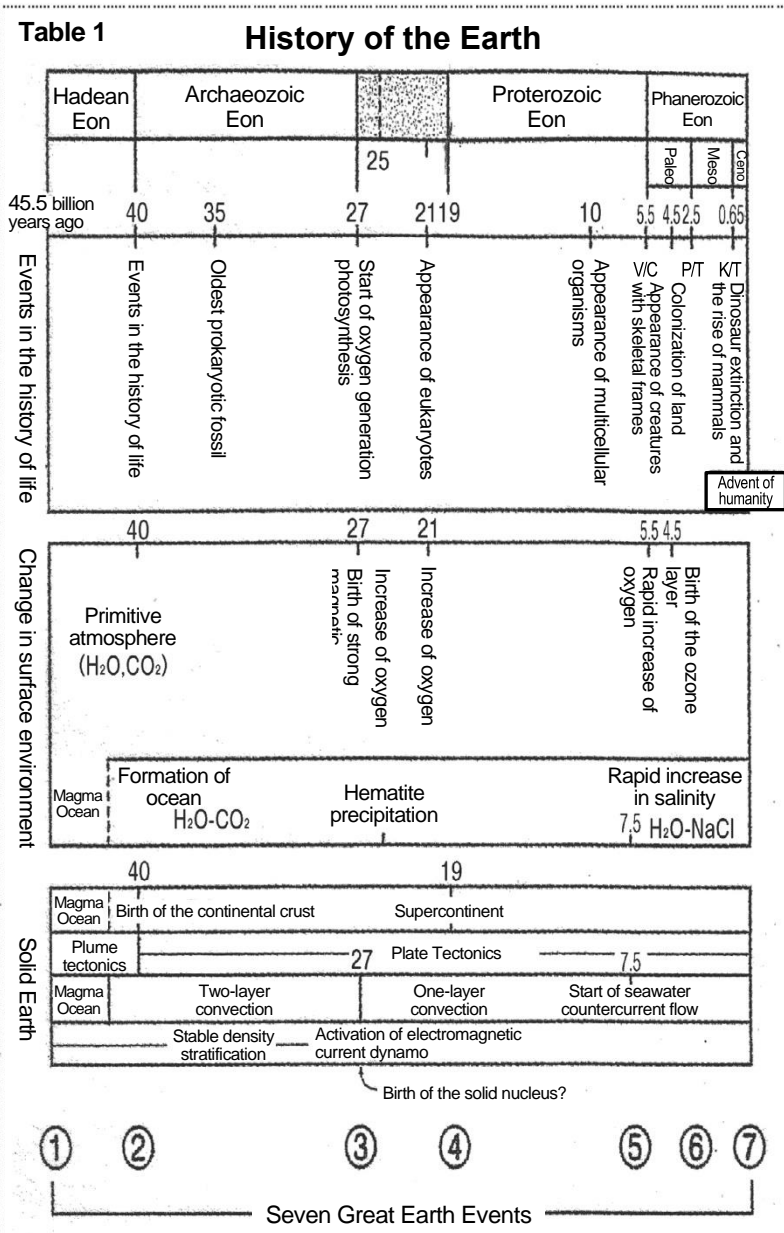
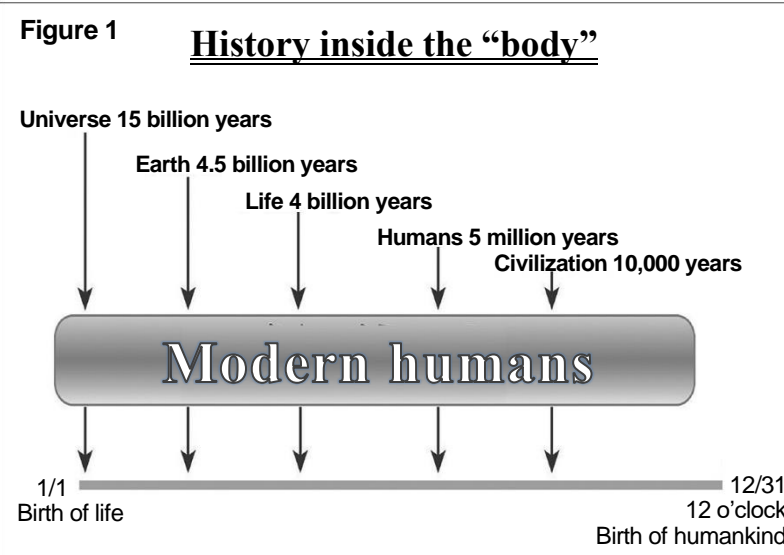


Table 2: Humans are born to have fun! The "flexibility of the upper abdomen" is an index of human life and death. If your upper abdomen becomes flexible using ROB therapy... This will regular inflow and outflow and allow you to take comfortable, deep, long breaths. Includes a list of benefits like improved breathing, immunity, and vitality.