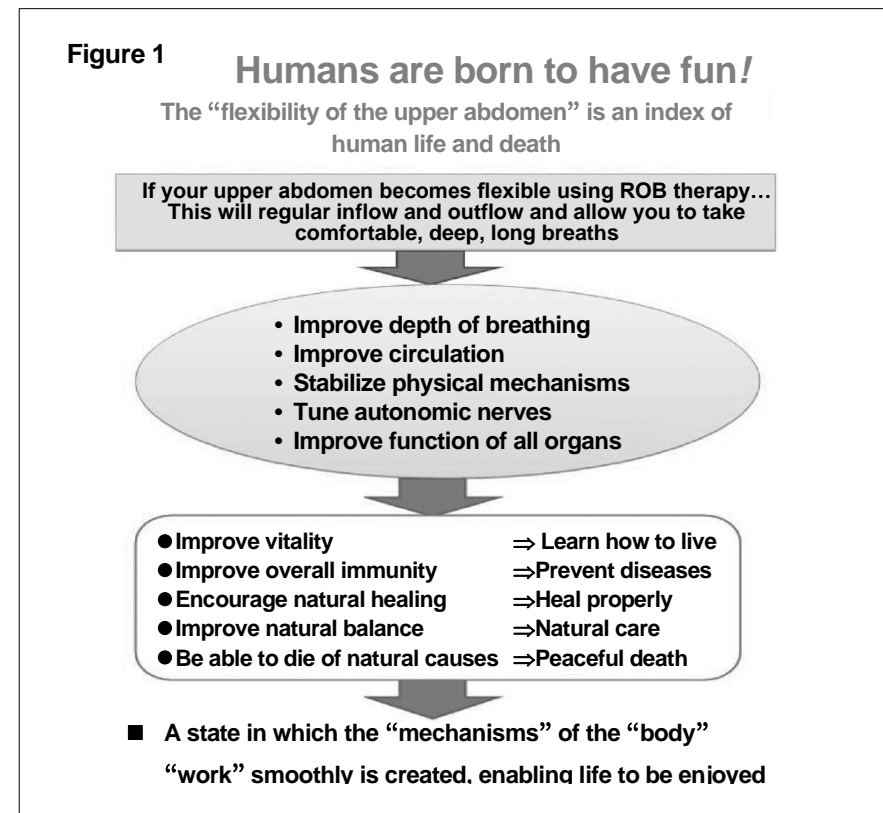


# Humans are born to have fun

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

## About COVID-19 countermeasures in Japan

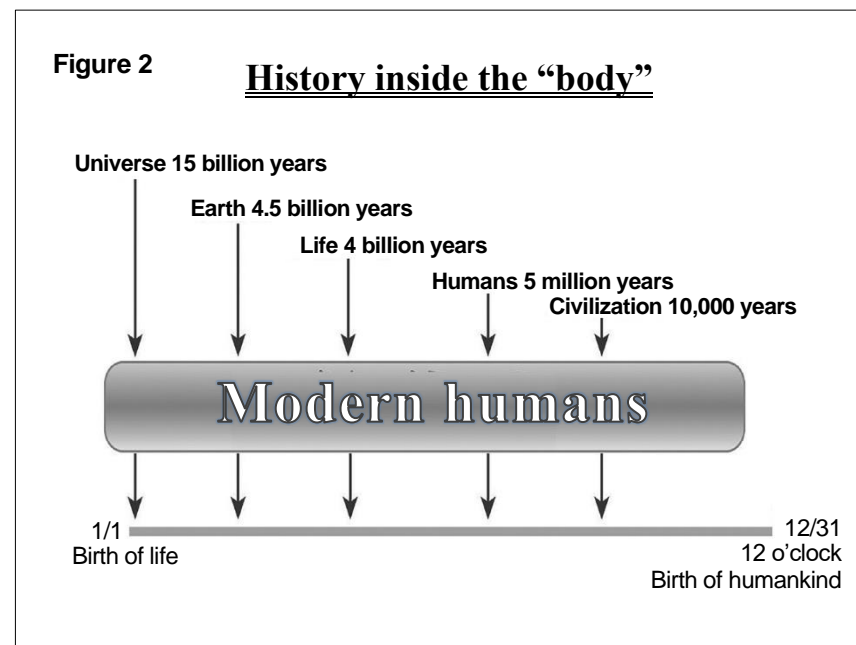
There needs to be fundamental countermeasures for COVID-19. These need to be COVID-19 countermeasures that are not just the tip of an iceberg in the ocean, but fundamental changes towards "living" and "death" of people today, particularly the Japanese, which stretch far below the iceberg. Please recall the slogan I proposed in this newspaper of April 15 last year. It was "What is frightening is people who seek zero risk. Let's change COVID shock into COVID chance". Now, a year later, it remains relevant.



It is important here so I shall repeat it. I would like to make a proposal on the same content for the 4th time regarding fundamental countermeasures for COVID-19 and new criteria of values.

### [Solving all the issues of COVID-19 in one go]

- (1) When the "mechanisms" of the "body" are working smoothly = ensure the "upper abdomen is flexible" (Table 1) Generating comprehensive immunity = Natural immunity & acquired immunity are made use of and prevent severe illness.
- (2) Even when infected with it, it is almost always without symptoms or with mild symptoms. Those people should work without isolating. Let's lead a normal life.
- (3) Elderly people with underlying medical conditions who are likely to suffer severe illness should isolate. They should be put in isolation. As stated in (1), when the "mechanisms" of the "body" are working smoothly = ensure the "Upper abdomen is flexible" = Comprehensive immunity = Natural immunity & acquired immunity are made use of (Table 1).
- (4) Elderly people, as with lung infections, can die whatever treatment is given. It is a dreamer who desecrates the role of death



Recommendations to the  
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Understanding the mechanism of diseases using the Tamago Theory

of elderly people by saying that is not right. By maintaining a "flexible upper abdomen" until the end, it will be a peaceful death.  
(5) We must not seek zero risk. Seeking zero risk here to combat COVID-19 is the enemy of the "living beings" that are humans. For "living beings", there is never zero risk. I question Japanese people's view of life and death.

### [Proposal of new criteria of values]

I propose that "When the "mechanisms" of the "body" are working smoothly = the "upper abdomen is flexible"  
= Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are all in good condition  
= A state of comprehensive immunity  
= Natural immunity & acquired immunity are functioning well  
= A state of natural healing power  
= The "treasure of humanity" forms the pillar not just of medicine but living itself.  
This leads to preventing infection, and preventing severe illness. And every single human nurtures that treasure in their own "body", and wish to contribute to the continuing prosperity of all humans.  
That is the fundamental countermeasure for COVID-19. I hope very much to spread this way of thinking at the Osaka Expo.

## Basic proposals to combat COVID-19 in Japan

- × I must not get infected
- △ It doesn't matter if I get infected; it's okay if I get infected
- It's important to prevent severe illness
- ◎ Severe illness will be prevented if "The upper abdomen is flexible"

At any rate, I want to convey that if "The upper abdomen is flexible", infection and severe illness will be prevented.

### PROPOSE BASIC PRINCIPLES FOR THE OSAKA WORLD EXPO (19)

#### [Proposal about "aging" and "death"]

We are "living beings". We are "living beings" as are annual plants.

Annual plants "Sprout from seeds, grow, scatter the seeds of the next generation, die, return to the soil and become nourishment for the next generation"

Human beings are the same. "A single cell egg, inherited by and passed down generation after generation, is fertilized, grows into a human body with its 60 trillion cells, nurtures children, grows old, and goes to death for the sake of the next generation"

Those "mechanisms" are the "mechanisms" leading to "life" that has been cultivated over 40 billion years (Table 2).

The purpose of the "mechanisms" equipped in our "body" is to pass on "life".

They are the "mechanisms" passing on our own "life" and passing on "life" to the next generation.

For that reason, the role of "aging" and "death" is also to "pass on life".

Also, those "mechanisms" of the "body" don't change over hundreds and thousands of years.

They are superb "mechanisms" that human wisdom ultimately cannot surpass.

For that reason, whether aware of it or not, humans feel "security" and "purpose for living" in that act of "passing on life". In the story of passing on "life" in a continuous line, we have the role of both receiving and relinquishing the baton. It is such an important role that "security" and "purpose for living" are found

within it.

#### [How do we reconcile that modern civilization = modern medicine, "aging" and "death"?)

Modern medicine has achieved wonderful results. That is an unmistakable truth.

For example, in the past, if the coronary arteries underwent myocardial infarction, most people lost their "lives". However, in the present day, techniques have been developed to insert catheters and stents into the coronary arteries, enlarging the blood vessels to help the flow of blood. So there is no need for myocardial infarction.

It is a wonderful thing.

However, if you think about it very closely, even such dramatic results won't go on forever for elderly people, particularly from around 80 years of age. Even if they get better for a time, their whole "body" hasn't been renewed, and the ambulance will have to take them off again.

There is no surgery or drug that will repair the "functioning" of the whole "body".

Then it gets worse and becomes illness. And it leads to "death". Elderly people from around 80 years of age who reach "death" through aging are facing their last role in reaching "death" that passes on "life".

They take on an important role. They pass on the baton of "life". What can be done then? There is nothing difficult about it. If you live so that the "body" enjoys itself, that is fine. In other words, if you live so that the "mechanisms" of the "body" are working smoothly, that is the solution to everything. We should always live in a way that "the upper abdomen is flexible".

After that, leave it to the "mechanisms" of the "body".

#### [Reconciling COVID-19 countermeasures with "aging" and "death"]

The same can be said for countermeasures for COVID-19.

Last year there was an uproar regarding COVID-19.

According to the research report in vital statistics, the number of deaths from January through November was 1,251,359.

The number of deaths had increased year on year along with the aging population, but surprisingly, it was a decrease of 15,000 on the previous year.

We can understand largely two things from this, and one problem arises.

- (1) People do not die from the symptoms of infection by COVID-19 alone.
- (2) If they had led normal lives as before, passed away elderly people would not have died.
- (3) However, those elderly people would have certainly died in the near future.

The important point is how to understand the decrease in number of deaths.

Next time, I would like to discuss specifically how we should live, with COVID-19 as theme, based on the fundamental concept of "Humans are born to have fun".

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