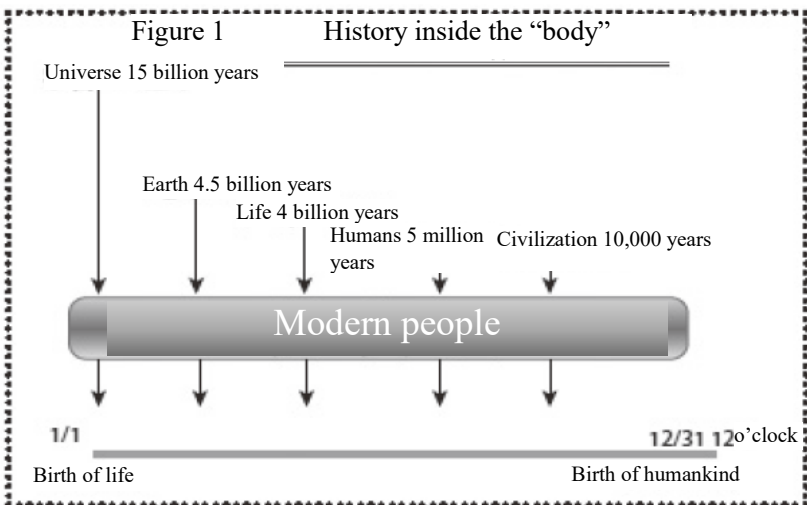


# HUMANS ARE BORN TO HAVE FUN



## Wake up, humankind!

As Hideki Wada (psychiatrist) points out (Note 1), "the Japanese values state that it is acceptable to receive any other harm so long as we do not die of coronavirus infection."

Juntendo University Professor Yasushi Okumura makes a tough conclusion on the current situation (Note 2) stating, "this measure stops cars to eliminate the risk of traffic accidents."

As I pointed out in the previous month's issue, "the only thing scarier than the Novel Coronavirus is the people who want to eliminate risks all together."

However, as a results of everyone's efforts,

including the government, it was reported in every morning newspaper on May 12 that adjustments were being made to cancel the state of emergency in 34 states.

The world has begun to comprehensively examine the novel coronavirus.

We are heading in the right direction and I hope the government strongly promotes this with confidence.

Continuing from last time, we will focus on essential principles that will solve various problems arising from the novel coronavirus turmoil.

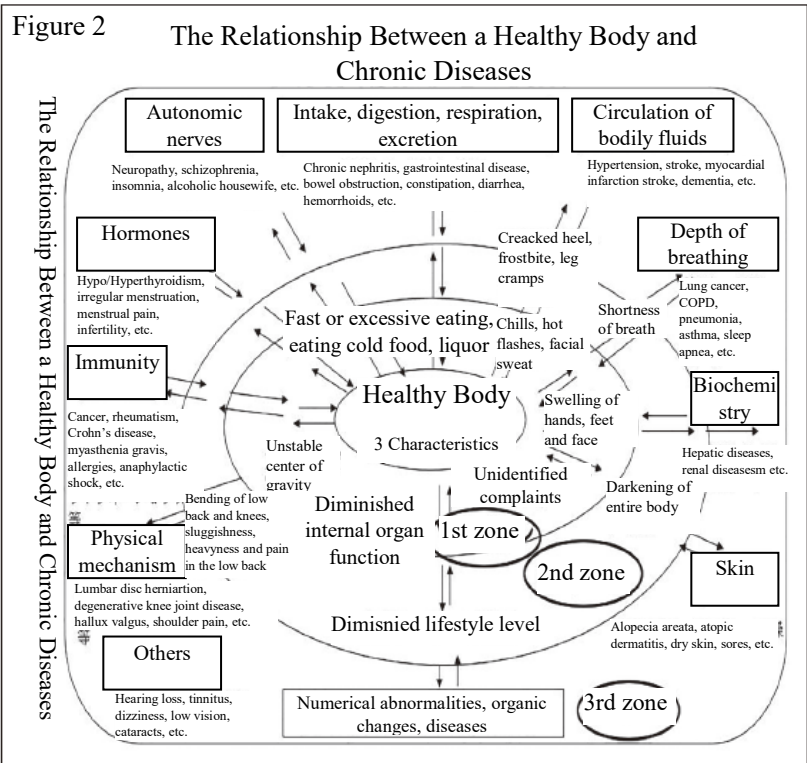
Rebuilding Japan by using the "mechanism" of each citizen's "body"

**Recommendations to the Japanese People**

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Understanding the mechanism of diseases using the Tamago Theory



enable the creation of antibodies without letting the disease progress to prevent getting infected in the future.

Then, we listed specific points to prevent the progression of the infection.

- (1) The natural course of the novel coronavirus and humans
- (2) The mechanisms of the body are working properly = Soft upper abdomen = Utilizing overall immunity

Humanity's activity trends and missing points based on the relationship between the inside and outside of the body

We shall analyze the health of modern people and their tendencies in responding to illnesses.

\*Natto scandal  
It was reported in Hakkutsu! Aruaru

Consuming many supplements over a long period of time would have already cured any disease, but there are no signs of this. On the contrary, the variety and quantity of supplements are increasing.

What is evident from the natto scandal and the sweet promises of supplements, is the fact that people wish to treat their "bodies" and avoid getting sick by ingesting these things, which exist outside of the body, and that people tend to rely on these. However, further along this line lies "medicine".

\*\*"Medicine" is something people ingest from the outside into their bodies to get healthy if they are sick or are prone to diseases.

By now, many readers may have realized that natto, which is food, dietary supplements and by extension, "medicine", are all things that exist

The novel coronavirus has dispersed and has "contaminated" the outside of the "body" (reduce contamination = avoid the 3 Cs) -> "infection" happens when the virus enters the "body" (prevent it from entering the body = tune the body = soften your upper abdomen).

Once "infected", the virus will multiply in the body and the "onset" starts (prevent the onset). Symptoms appear (prevent the symptoms from appearing). There are also asymptomatic cases (create asymptomatic conditions).

When infected, the "body" competes by producing antibodies. After that, the "body" will no longer be infected by the same virus. Even when infected by a similar virus, the body will only present a mild condition or be asymptomatic.

diagnosing and treating illnesses as a result of the "mechanism" of the "body" being in a state of "not working" smoothly (Fig. 2). However, currently, this does not provide the necessary preventive measures and the treatment for chronic diseases and infectious diseases is very poor.

This mindset needs to change. From many years of clinical research, I have discovered the following correlation: "Upper abdomen is soft" = Good breathing, circulation, autonomic nerves, physical mechanisms, and general internal organs = Smooth "functioning" of the "body" = "Activate" overall immunity (Table 1).

Changing ideas is very difficult, but a paradigm shift (dramatic change) is necessary for humankind in the future.

Proposing the basic guidelines for the EXPO 2025

Last time, I mentioned the fact that the anxiety caused by the perception of the word "new" is causing over-regulation in this novel coronavirus countermeasure. The same was true for the 2009 pandemic influenza.

Next, we tackled what humans are. We also discussed how evolution's trajectory involves overcoming a "life" crisis and turning it into opportunity and that humans evolve alongside the environment and other living creatures (including viruses) (Fig. 1).

We also talked about the characteristics of viruses, where we directly explained its nature.

(3) The characteristics of novel coronavirus, especially its vulnerability to heat

By utilizing the above points, we can move closer to achieving measures to prevent the progression of the infection which is what is most possible at the moment.

The only thing scarier than the Novel Coronavirus is the people who want to eliminate risks all together (2)

(1) It is weak against heat (it thrives in low-temperature and dry conditions).

(2) It cannot live on its own (even humans need other creatures).

(3) It is a companion as a living creature on earth and it is not unilaterally evil.

After this, we alluded to the relationship between humans and viruses, where we explained since viruses are vulnerable against heat and humidity, the human body generates heat that suppresses the activity of the virus. We also mentioned not to stop coughing, runny nose and diarrhea.

In that sense, it is important not get infected by the novel coronavirus. However even if we get infected it is more important to

Daijiten that natto was effective against illness. The following day, supermarkets were sold out of natto.

However, it was discovered at a later on that its supposed effects were false, which had the program cancelled.

\*Supplement advertisements in mass media  
There are several advertisement promising to treat any condition. These enticing advertisements make people want to call in and sign up immediately to test the effects.

However, if you look closely, there is a barely visible note at the side stating that "these are only people's impressions and there are no guaranteed therapeutic effects".

case of chronic disease. For infectious diseases (influenza or coronavirus), people try to prevent them by not putting anything inside the "body" and to get rid of it once it is inside.

However, I realized that these methods are very one-sided.

What is the state of our "body", the main protagonist? We seem to be forgetting the state of our "body", the main protagonist in turmoil.

**Examining the natural history of humans and viruses**

The characters to who play a part in this story are humans and viruses. Infection and the degree of illness occur in the relationship between humans and viruses.

Who will win the battle? The stronger one wins.

take measures to reduce the number of infected people, and at the same time, take measures to prevent progression of the infection.

We listed specific points to prevent the progression of the infection.

(1) The natural course of the novel coronavirus and humans

(2) The mechanisms of the body are working properly = Soft upper abdomen = Utilizing overall immunity

(3) The characteristics of novel coronavirus, especially its vulnerability to heat

(1) The natural course of humans and viruses  
Appearance of new coronavirus = scattering -> Infection -> Onset -> Appearance of symptoms.

Symptoms can be asymptomatic, mild, severe, or even death, depending on the condition of the human body. In the case of

internal organs" = Diminished overall immunity.

Another example is Kumiko Okae. She has undergone surgery for breast cancer and has been taking anticancer therapy and radiotherapy until February, reducing the metabolism of the lungs. Here, it is also clear that her "abdomen is hard" = The mechanism of the "body" is not "functioning" properly = Poor "breathing, circulation, autonomic nerves, physical mechanisms, and general internal organs" = Diminished overall immunity.

As you can see from the examples of these two people that were discussed in media, we know that the progression of the diseases leading to their deaths was inevitable due to the fact that their "abdomens are hard" = The mechanism of their "bodies" are not "functioning" properly = Poor "breathing, circulation, autonomic nerves, physical mechanisms, and general internal organs" = Diminished overall immunity.

As a result of many years of clinical research, I have

Table 1

**Humans are born to have fun!**  
The "softness of the upper abdomen" is an index of human life and death

If your upper abdomen softens using ROB therapy...  
This will regular inflow and outflow and allow you to take comfortable deep long breaths

- \*Improve depth of breathing
- \*Improve circulation
- \*Stabilize physical mechanisms
- \*Tune autonomic nerves

- \*Improve vitality -> Learn how to live
- \*Improve overall immunity -> Prevent diseases
- \*Encourage natural healing -> Heal properly
- \*Improve natural balance -> Natural care

\*Liven up the natural mechanism in the human body

Adopt ROB therapy in your life!!

The same is true for humans and viruses.

If the human "body" is strong, it will not be infected with the virus, it will not develop the disease, it will remain mild, or it will have no symptoms. If the human body is weak, the disease progresses and the body dies.

The stronger one wins, but this does not mean that the virus must die. If the virus wins, it will lose its host and will cease to exist. The rule between viruses and humans is coexistence.

Therefore, it is important that the virus calms down, so humans can develop antibodies to gain immunity against the same virus or only develop a mild condition or be asymptomatic even if they get infected. We need a system that allows both of us to coexist and survive.

Let's examine natural history of viruses and the humankind.

asymptomatic and mild cases, the best method is to produce antibodies. Basically, if antibodies are produced, the body will not be infected by the same virus. Therefore, the best relationship with the novel coronavirus is one where 80% of the infected people have mild symptoms. In which case, people must carry on with their daily lives and have themselves naturally infected to produce antibodies.

Naturally, it is necessary to prevent its progression and death.

(2) The mechanisms of the body are working properly = Soft upper abdomen = Utilizing overall immunity

I am sure readers will understand this because I have repeatedly mentioned this issue in this paper. However, I will explain it again because it is a very important idea for humanity in the future.

Until today, human beings have been partially

discovered that if "the upper abdomen is soft" = Good "breathing, circulation, autonomic nerves, physical mechanisms, and general internal organs" = The mechanism of the "body" is "functioning" properly = "Activated" overall immunity (Table 1). I propose to all humans to apply this "mechanism" of "body" to the elderly and people with underlying illnesses as a preventive measure against progression of the disease.

(3) The characteristics of novel coronavirus, especially its vulnerability to heat

This is quite clear if you look at the website of the "Check-up Your Medicine".

In particular, please refer to the quick report version Nos. 183 to 187.

Above all, it is necessary to know that it is wrong to drink medicine and reduce body heat, ignoring the fact that the

novel coronavirus is weak to heat. If you lower body heat with antipyretic, you will create a conducive environment for the virus. Therefore, the virus proliferates and becomes a major cause of progression of the disease in humans. This is a big pitfall.

On the contrary, if no antipyretic agent is used, it will lead to prevention of its progression. This is a way to prevent the progression of the disease. In addition, there are many medicines that encourage progression, so be sure to check "Check-up Your Medicine".

In the April and May issues, radical approaches have been proposed to the novel coronavirus.

These three perspectives are rarely seen in the media and in the medical world, so I dare to propose them.

Next time, I will further delve into these three points and explain the principles common to both chronic diseases and

infectious diseases, while explaining specific cases.

This is because it is necessary not only to reform the medical care system, but also to change the way humans live.

Note 1: See Shunkan Shincho May 7-14 Golden Week Special Enlarged Large Issue, P22

Note 2: See the same as on the right, P 23

Note 3: See Check-up Your Medicine Quick Report Versions 186-187