

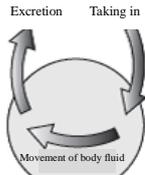
**[Table 1] The three major characteristics of a kenkoutai**

(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

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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

- Breathing becomes deeper
- Circulation improves
- Human body dynamics stabilize
- Automatic nerves are set
- Movement of all internal organs is activated

- Acquire power for living ⇒ Acquire a way of living
- Acquire comprehensive immunity ⇒ Prevention may be achieved
- Acquire natural healing power ⇒ Treatment becomes adequate
- Balancing the body ⇒ Natural care
- Smooth passage to death ⇒ Peaceful death

Integrate life with ROB treatment and the life style formula thereof by taking advantage of the natural "mechanism" of the "body"!!  
Humans were born to have fun!

**[Table 3] Conditions of humans living as living beings**

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

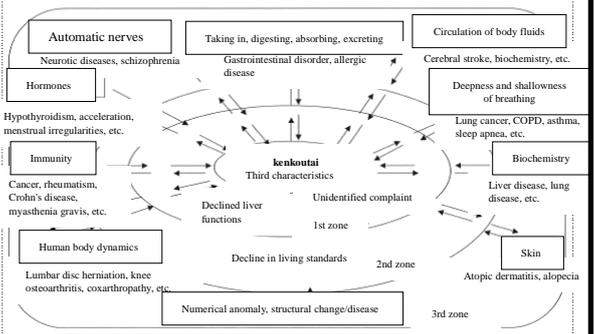
Subsequently, I started paying attention to the condition of the "body" in good condition and not only the "body" in bad condition. A "body" originally in good condition gradually deteriorates, leading to chronic diseases. This is a matter of course. Further, as I continued observing, I have gradually 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 coevaluation 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**

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

**February issue**

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

**March issue**

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

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

- Distress of doctors - the structural defects in contemporary medicine
- Stripping changes in the earth
- Remodeling the "body" in accordance with changes in the global environment
- Taking foreign bacteria into our mother cells in order to protect "life"
- Our "death" to allow our descendants to "survive"

**May issue**

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

**June issue**

Humans are also "animals." We look into "life" with a focus on "breathing, circulation, human body dynamics, automatic nerve and internal organ movements"

**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**

- Are humans special "living beings" to begin with?
- In the first place, what does it mean that "survival" and "death" make humans active?
- Why does it mean that there are pitfalls to modern science/contemporary medicine?
- Why is "prevention focusing on the patient" against chronic diseases required in modern Japan?
- Why are all "medical standard values" and "guidelines" so ambiguous?
- Why is there a need for an index expressing an overall "death" of the elderly?
- Why is the objective of contemporary medicine to prevent the "death" of the elderly?

**February issue**

- Flow structural problem in the method of medical care against chronic diseases
- Second structural problem in the method of medical care against chronic diseases
- 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**

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

**April issue**

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

**May issue**

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

**V "Convection flow" that occurs in a sphere**

- "Zer for living," "comprehensive immunity," "natural healing power," "natural care" and "peaceful death" are also generated from the same "mechanism"
- The "body" shows everything

**July issue**

- "Human body dynamics" according to the Tamago theory (3)
- The "mechanism" of "human body dynamics" based on the Tamago theory
- "Long deep breathing" takes advantage of the "mechanism" of the "body"
- Orthopedic diseases can be prevented
- The reason why overeating can be fatal in our old age
- Drug injections are unnecessary for the elderly

**August issue**

- "Human body dynamics" according to the Tamago theory (4)
- "Long deep breathing" takes advantage of the "mechanism" of the "body"
- Method to acquire the phenomenon in which the center of gravity of the entire "body" may be stabilized
- The center of gravity of the entire "body" stabilizes in the presence of "flexibility of the upper abdomen"
- Effect of the procedure and the meaning of stabilizing the center of gravity of the entire "body"
- How do we live an active life along with this affluence?
- The distress of humans is characteristic of humans as "living beings"
- "Long deep breathing" takes advantage of the "mechanism" of the "body"

**September issue**

- "Human body dynamics" according to the Tamago theory (5)
- From the life of single cells to human body dynamics
- "Entering and leaving" and the focus of the "mechanism" of the "body"
- Taking advantage of "entering and leaving" as the focus of the "mechanism" of the "body"

**September issue**

- Use to the vertical motion of the "diaphragm" and the difference in pressure of the upper and bottom abdomen, the body cavity (cranial cavity, chest cavity, abdominal cavity) is the key to "breathing, circulation, human body dynamics, automatic nerve and internal organ movements"
- The so-called traits of cerebral stroke
- Clarifying the traits of cerebral stroke
- Summarizing the traits of cerebral stroke

**October issue**

- Reaffirming the characteristic phenomenon of the traits of cerebral stroke from the "flexibility of the upper abdomen"
- Hypertension, the most common cause of cerebral stroke, and its alteration in the guidelines for hypertension treatment (2009)
- Causes of hypertension not available in the guidelines for hypertension treatment
- "Breathing and circulation" will be revealed by "breathing deep and long with all your heart"

**November issue**

- Noticing the relation between "characteristic phenomena in the traits of cerebral stroke" and "flexibility of the upper abdomen"
- Elucidating the life habit that caused hypertension in M. Abe from the viewpoint of "flexibility of the upper abdomen," which is "characteristic of a kenkoutai"
- Diagnosing the relation between "heart" and "knees" from the "flexibility of the upper abdomen"

**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**

- The "body," with a 15-billion year history, is the focal point
- The focal point of the "mechanism" of the "body"
- 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**

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

**March issue**

- Regarding the Ishigaki Tamago theory, its ideas and development (1)
- The relation between "flexibility of the upper abdomen" and "function" of the entire "body"
- The relation between "flexibility of the upper abdomen," which is the information that the entire "body" is functioning smoothly and the sense of "pleasure"
- "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 last time 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 Gut and intestines, stomach, irritation, content, patience, courage and spirit  
V Language  
VI "Human body dynamics" according to the Tamago theory (2)  
I The most important "function" of the "body" is "entering and leaving"

**June issue**

- The "function" of "entering and leaving" is integrally associated with "body fluid movements"
- 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.
- The motive power of "entering and leaving" = the relation between the fluctuation of body parts/form due to "body fluid movements" and "proper function, structure and shape"
- The "flexibility of the upper abdomen" = "flexibility of the upper abdomen" 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)
- Both archaic forms of life and we humans have the same "entering and leaving" "mechanism"
- The driving force behind the "mechanism" of "entering and leaving" is "body fluid movements" in both archaic forms of life and we humans
- Change the "conditions leading to death" to "conditions for living well"
- 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)
- The "mechanism" of "veicles" transporting substances has involved "body fluid movements" since archaic forms of life (Fig. 2)
- The degree of overall "movements" of substances inside and outside of each of the 60 trillion cells is expressed in the "value" of "flexibility of the upper abdomen"
- Grasping the "movements" of blood, which makes up part of the "body fluid"
- The reason "venous return" is important

**December issue**

- "Human body dynamics" according to the Tamago theory (3)
- From the life of single cells to human body dynamics
- "Entering and leaving" and the focus of the "mechanism" of the "body"
- Taking advantage of "entering and leaving" as the focus of the "mechanism" of the "body"