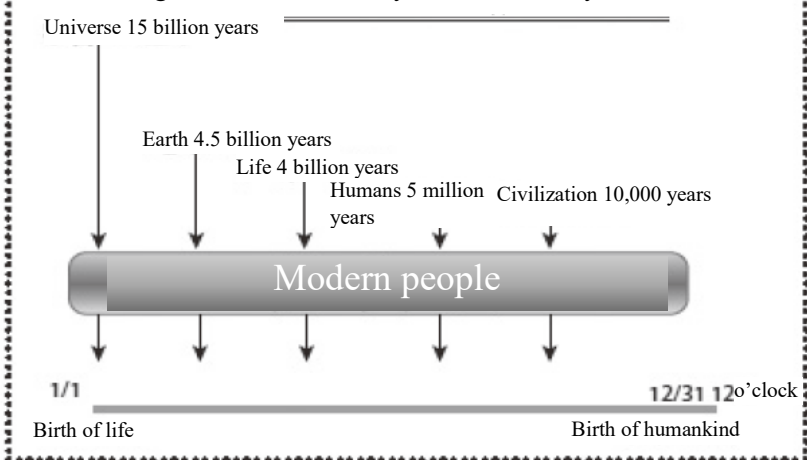


HUMANS ARE BORN TO HAVE FUN

Figure 1 History inside the "body"



The novel influenza pandemic in 2009 comes to mind when looking at the current state of the world. As a response to the pandemic, our paper released a special issue on November 5, 2009 explaining the being drastic measures implemented.

The February 2020 issue featured "A Report to the Japanese People" by Masahiko Fujiwara, while the March 2020 issue discussed methods of solving various problems through the conversation between Ryoma Sakamoto and Takamori Saigo penned by Fuyuji Domon.

Several problems = eating dumping in one go = a method for solving a problem.

events surrounding the novel coronavirus. As Japanese citizens, each person is obligated to prevent infection. As we delve into this subject, we will avoid discussing common information available in mass media.

Making sense of the word "new"

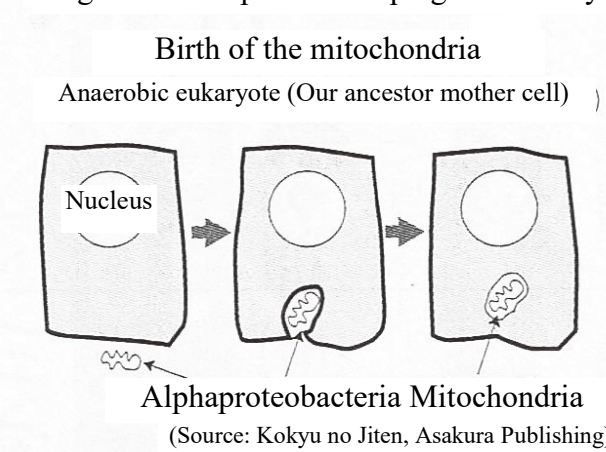
Let's talk about the matter at hand. The "novel" appended to coronavirus means "new". This virus has become one of the major problems that the world is currently facing.

When something is new, it means that it has not existed before or it is something different from the past.

People have not experienced it, nor do they know how to deal with it. Hence, it is natural

Our April 15 issue follows the

Figure 2 Example of reshaping of the body



that a lot of people feel anxious.

On the contrary, the more we worry about the current state, the more we want to do something about it, the more we feel as if we are grasping at straws. In the process, we forget ourselves and expect something

"new", often expecting too much.

Taking the 2009 novel influenza crisis as an example, people interpreted the word novel as something that has not existed or is different from before. Having no experience dealing with something out of the ordinary, people started to feel anxious which amplified the danger. This led to excessive restrictions in an effort to prevent this pandemic

danger.

In reality, even though it was not a "new strain" of influenza, the word "novel" travelled from people to people, causing anxiety. This became a major reason why people thought that the 2009 novel influenza crisis

was a pandemic

Take the ideal "new drug" as a contrasting example. Being a "new drug", people perceive this as a drug that has not existed or is different from before. This leads to a perception that this has "new" undiscovered efficacy, which in turn, leads to an expectation that it can cure previously incurable diseases.

This polarizing word induces human

disease expert Maria Van Kerkhove said that comparing mortality rates between countries is difficult and potentially misleading as it is influenced by the age structure, the burden of medical care system due to the surge of patients and the scope of testing, among other factors.

In short, WHO's infectious disease expert said that there are still things surrounding the novel coronavirus that need to be clarified.

Therefore, at this point, even with over-restriction, there are still inevitable situations because we still do not fully understand the true nature of the "novel" coronavirus.

interacting with earth's environment and other living creatures (Table 1)

(4) We humans and viruses were the result of this evolution

(5) This evolution was catalyzed by numerous life crises

(6) For example, 2.7 billion years ago, the emission of oxygen by cyanobacteria forced a crisis on the earliest life forms,

the ancestors of humans, which led to "life". For some reason, oxygen was a poison for the first cell.

(7) In response to their environment which was now filled with "poison", the first cell demonstrated a surprising behavior.

(8) The mitochondria were a living creature that converted oxygen into energy for the first cells.

Surprisingly, the entry of mitochondria into the first cell (Fig.

What are the characteristics of the novel coronavirus?

In simpler terms, viruses are:

- (1) Weak against heat
 - (2) Unable to live on its own
 - (3) Companions as living creatures on earth
- By no means are they unilaterally evil.

The relationship between humans and viruses

Viruses are weak against heat and unable to live on its own.

the relationship between humans and viruses.

Since the virus is weak against heat, humans try to suppress the activity of the virus by raising the body temperature.

Cough, runny nose, and diarrhea are also ways to prevent the virus from multiplying and restore the body.

When infected, your body will produce antibodies to prevent infection

▼ Recommendations to the Japanese People ㊟

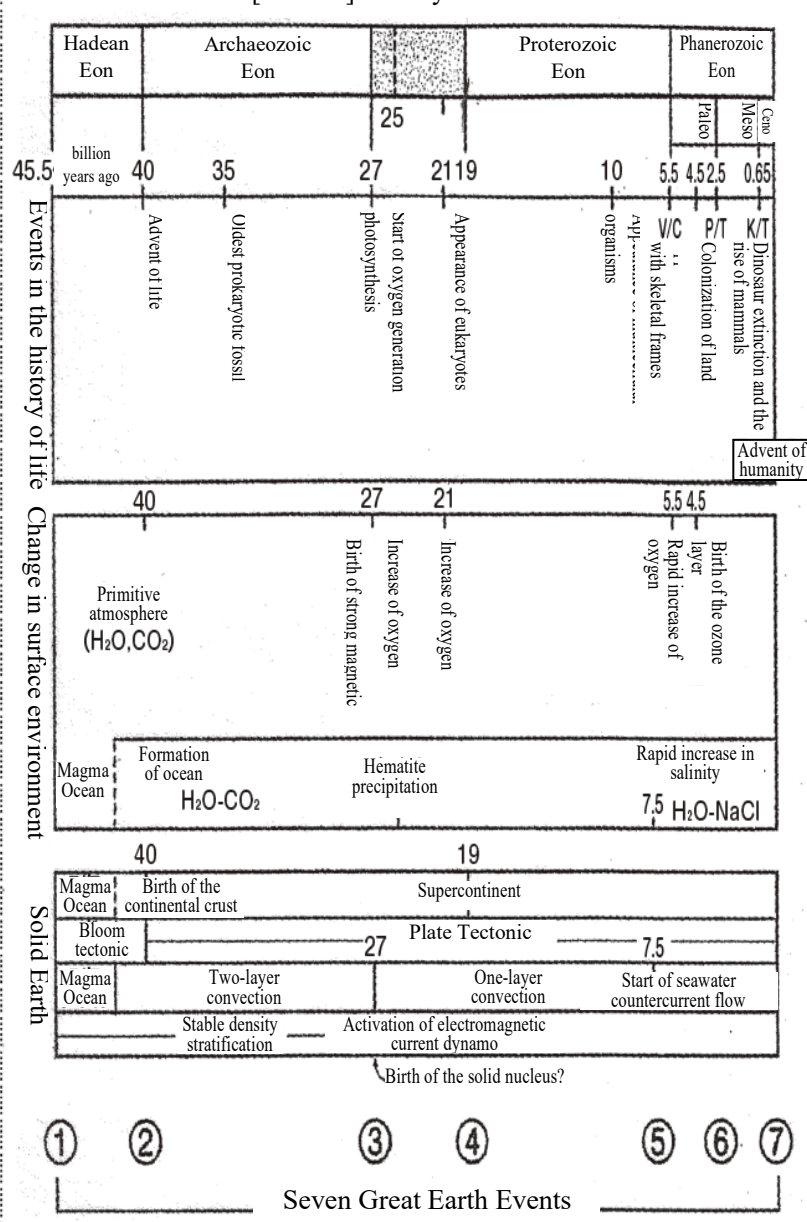
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Understanding the mechanism of diseases using the Tamago Theory

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

[Table 1] History of the Earth



The only thing scarier than the Novel Coronavirus is the people who want to eliminate risks all together. We should turn this crisis into an opportunity.

Proposing the basic guidelines for the EXPO 2025

reaction in the form of (1) anxiety: over-restriction, and (2) expectation: overmedication, which may lead to a great disaster.

In simpler terms:

- (1) "New" anxiety → over-restriction → stagnation and failure of society and daily life → decline in economic activity → several bankruptcies → chaos, suicide, etc.
- (2) "New" expectation → taking → risky medications → tendency to overdose due to an expected efficacy despite unexpected side effects → forcing oneself to endure side effects → major irreversible side effects.

What is needed here is to objectively view

What are humans?
 On the stage that is the current novel coronavirus pandemic, who are the people in charge? Who are the actors? Who is the protagonist? Who is playing the supporting role? Who is the antagonist?

The actors are the coronavirus and humans. Humans are the ones causing the uproar. If so, who is the antagonist?

In the eyes of humans, that would be the coronavirus. The main goal is to defeat the coronavirus, but is that all there is to it?

Looking back on the evolutionary history of life, changes like this are just the beginning.

We have become accustomed to a peaceful

2) detoxified oxygen and generated energy, increasing the vitality of the first cell, which has expanded the range of activities of descendants thereafter.

Of course, for the mitochondria, the first cell guaranteed its safety, establishing a symbiotic relationship. These two have built a mutualistic relationship. Therefore, the mitochondria still exist in each of our 60 trillion cells.

(9) From this, we can conclude that evolution happens when organisms overcome a "life" crisis and turning it into a new opportunity.

(10) Other living creatures (including viruses, etc.) have evolved together with humans.

(11) Therefore, there are appropriate rules in

the essence of the word "new".

In the 2009 novel influenza pandemic, there was an overwhelming uproar surrounding the "novel" influenza. However, objectively speaking, nothing was "novel" about this virus. It was an ordinary strain of influenza virus that brought lesser damage compared to the normal annual damage caused by influenza (for details, see "Check-up Your Medicine to Save Your Life, Issue No. 36" November 5, 2009 issue of this paper).

At the press conference on April 3, when asked with regard to the mortality rate of infected individuals which greatly vary from country to country, WHO

infectious life.

This highlights the importance of substantive conversations. No matter how much we discuss the resulting phenomenon, these will only amount to symptomatic treatment. Needless to say, we must take the initiative in preventing the spread of infection.

Looking back on human history, we know that:

- (1) The earth was formed 4.5 billion years ago (Fig. 1)
- (2) Living creatures emerged 4 billion years ago (Fig. 1)
- (3) Living creatures have evolved through

the relationship between viruses and humans, considering the advantages and disadvantages of viruses and humans. It is therefore necessary to create new rules in novel situations.

(12) In the nature, where the law is survival of the fittest and eat or be eaten, there is one rule that connects "life" as a result of competition. Wisdom and ingenuity are necessary to eat and not be eaten. This rule

dictates that the satisfaction of an organism's "life" is connected to the "life" of other organisms without wasting the "life" of other organisms.

The characteristics of a virus

Based on these characteristics, we will establish

in the future.

The human body generates heat and produces antibodies to protect the "body."

While it is important to avoid getting infected, even if you have been infected, it is also important to prevent it from progressing and be able to produce antibodies to prevent getting infected in the future.

Fortunately, 80% of the cases are mild, and cases which becomes severe involves older people and those with underlying illnesses. Therefore, it is important to take measures to reduce the number of infected people, and at the same time, take measures to prevent progression of the infection.

How to prevent progression of the infection

- (1) Observe the rules between the virus and the human body
Do not treat fever, and do not stop nasal discharge, coughing or diarrhea
- (2) The mechanisms of the body are working properly with ROB treatment = Make the upper abdomen soft and tune the respiratory, circulatory, and autonomic nervous systems, physical mechanisms, and general internal functions (Table 2) → Achieve total immunity
- (3) Warm your neck, shoulders, and back with a hot pack
- (4) Take a long bath and eat warm foods → suppress and kill the virus by raising your body temperature
- (5) Improve the function of your nose, throat, bronchi, and lungs -- hand reflexology or mouth exercises
- (6) Perform vagus nerve reflex, hand-alpha/foot-beta therapy, and venous return exercises, and keep the parasympathetic nerve dominant and activate the lung itself by diaphragmatic breathing
- (7) Reduce fatigue
- (8) Do not take medicines that reduce immunity, especially antipyretics, steroids, and immunosuppressants (see the Quick Report in Check-up Your Medicine to Save Your Life)
- (9) For older people and people with underlying diseases, ensure that the mechanisms of the body are working properly = since their upper abdomens are hard, improve the condition with ROB therapy = prevent progression of the infection and keep yourself isolated.