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Radiance of Life — Natural Power Leads to a Happy Life



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Improving Health by Making the Most of Man's Natural Healing Ability;

Okada Purifying Therapy Induces Mental and Physical Health and Makes One's Life More Radiant and Fulfilling

Interview with Dr. Kiyoshi Suzuki, M.D.



Profile: Dr. Suzuki is Director of MOA Takanawa Clinic/Tokyo Ryôin, Gyokusenkaï Medical Corporation, and the MOA Life Science Foundation. He specializes in pediatric cardiology. The Chiba University Medical School graduate's initial professional career included Head of the Pediatric Department as well as the Assistant Director General of the Executive Office for Clinical Trials of Sakakibara Memorial Hospital. After that, he worked at MOA Seijô Clinic for some time until he acquired his present position at Gyokusenkaï. In 1994, he received the Young Investigator's Award from the Japanese Society of Pediatric Cardiology and Cardiac Surgery.

Introduction

It is true that life expectancy at birth for the Japanese has increased over time. Unfortunately, however, the elderly who are confined to their beds or need nursing care have also been increasing in number. To worsen the matter, the incidences of intractable diseases are going up as the age of the onset of lifestyle-related disease (LRD) tends to get lower. It is pointed out that the intake of fat for Japanese people has become excessive due to the westernization of their eating habits. In this situation, the necessity of reviewing lifestyle and eating habits is emphasized.

Medical care is another problem awaiting a solution. At present, when an abundance of medical information is available even to the lay public, patients themselves think about their illnesses and try to find what treatments they should receive. The time has arrived when we should venture to promote our own health. In the near future, it will be necessary for us to review the value of the natural healing ability innate in ourselves, instead of being dependent upon physicians or medical institutions alone.

Recently, we interviewed Dr. Kiyoshi Suzuki, Director of MOA Takanawa Clinic/Tokyo Ryôin and Gyokusenkaï Medical Corporation, where Okada Purifying Therapy is done in amalgamation with measures to improve eating habits utilizing natural foods and mentally/spiritually uplifting activities. Enjoying the power of beauty and art has brought marvelous improvements in the quality of life (QOL) of patients.

Question: Medical care is certainly indispensable for the sustenance of human life. Along

with the prevalence of chronic illnesses including LRD, an increasing number of people are taking a harder look at the conventional way of thinking: that we have to rely entirely upon medical care when our health is impaired. Each of us should realize that our health is closely related to our own lifestyle, and that physicians play a complementary role in improving our health. In this sense, Tokyo Ryôin's efforts to promote health through enhancing the natural healing ability of patients are full of suggestions for the future course of patient care.

Dr. Suzuki: You're right. At present, Tokyo Ryôin receives about 180 patients each day. Many physicians and medical professionals who have inspected our practices have the same opinion as you do. To begin with, I would like to explain the concept of health promotion through strengthening natural healing ability.

In Western medicine, attempts have been made to cure illness through medication and/or operative surgery based on diagnoses established objectively by use of various diagnostic devices. Such a therapeutic approach, however, not only damages cells and tissues but also causes mental stress. It is important for us to further in our ventures to minimize dependence upon this more mechanical approach. In other words, instead of symptomatic treatment meant to deal with a focal part alone, I find it essential to achieve improvements. These improvements include, but aren't limited to, an enhancement of natural healing power and an elevation of QOL through comprehensive measures that take into consideration the mental states and lifestyles of patients as well. Many patients have been cared for and treated successfully on the basic therapeutic principles of our Ryôin. Daily, we receive words of joy expressing how each of our patients feels mentally uplifted and that their general quality of life has been improved.

At the department of cardiology, which is my particular forte, of an ordinary hospital, hypotensive agents and many other medicines are prescribed for patients experiencing hypertension. Unfortunately, the physicians of these hospitals, as well as the patients, think that this medical treatment is fundamental to treat and alleviate hypertension. However, it is hardly possible to achieve a perfect control of their blood pressure through medication.

At our Ryôin, patients enjoy eating rice and vegetables produced through MOA Nature Farming and receive dietary guidance so they can maintain a low-fat, low-salt diet while still consuming plenty of vegetables. Moreover, we support our patients mentally through counseling, which employs art therapy including the tea ceremony and flower arranging. It is more than mentionable that blood pressure control becomes possible through Okada Purifying Therapy without any medication. As a matter of fact, only 40% or less of our hypertensive patients receive medication and more than a half of these patients under medication take a single form of medicine. A decrease in the overall dosage of drugs for patients with chronic diseases not only bespeaks that their conditions are turning for the better but also inspires them with volition to surmount their illnesses themselves. As a result, they rediscover vitality and their lives are once again vibrant as their QOL improves.

One's Quality of Life Improves as He Awakes to the Existence of Something Great

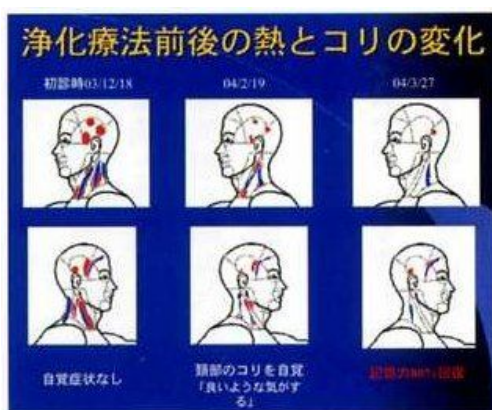
Question: The 4th Congress of the Japanese Society for Integrative Medicine (JIM) was held last summer in Sapporo. From what I heard, some speakers representing Tokyo Ryôin spoke and presented cases of Okada Purifying Therapy -induced marked symptomatic improvements.



Legend to photo: Dr. Suzuki speaking at the 4th Congress of JIM. His explanations about the principle of patient care at Ryôin and the clinical value of Okada Purifying Therapy drew the attention of the audience.

Dr. Suzuki: It was Dr. Hiroshi Katamura who published a report concerning the particular case of a 40-year old male patient under the title “An Improved Case of High-level Cerebral Dysfunction.” After he had suffered subarachnoid bleeding, it became difficult for him to fix recent experiences firmly in his memory, although he could recall things in the remote past. It had been said that he would hardly be able to recover from this high-level cerebral disorder.

One day, he presented himself at our Ryôin and received an examination. From that point forward, he began to receive Okada Purifying Therapy regularly; it was administered chiefly to the key points of the kidney area, temples, and neck. The fever and stiffness in the temporal and cervical areas lessened by several degrees and eventually disappeared as the stiffness in his back also abated. (Fig. 1)



Legend to Fig. 1: Dr. Hiroshi Katamura reported changes in fever and stiffness in the case of high-level cerebral dysfunction. Improvements in the patient's conditions are compatible with the alleviations of fever and stiffness.

Terminologies:

Changes in fever and stiffness after Okada Purifying Therapy

At first examination

No subjective symptom

The patient noticed stiffness in the neck area.

The patient felt good.

80% of the patient's memory was recovered.

Stiffness is considered to be a concretion of toxins that should not exist naturally in the human body, although this has yet to be demonstrated medically. Okada Purifying Therapy is a method of recovering health through accelerating the excretion of these toxins. Accordingly, after this patient received intense Okada Purifying Therapy, the surgeon who performed an operation on the patient judged his memory to have been recovered up to 80% the normal level. Three and a half months after his visit to Tokyo Ryôin, he was able to return to his former office. He is currently working regularly after the lapse of a year and three months.

I would like to relate the more important fact that as he and his wife made innovative and effective efforts to improve their lifestyles and eating habits; consequently, their conjugal and familial ties deepened. At the same time, they were awakened to the significance of human life, thus they have come to serve others with a sense of gratitude.

Question: This is a good example of a misfortune turned into a blessing, isn't it?

Dr. Suzuki: All living things must die. However, persons who have received thorough Okada Purifying Therapy regularly feel some great invisible power; therefore, they are able to lead forward-looking lives, being resigned to the sorrow of being parted from their family members by death and freed from tenacity for life.

I advise cancer patients to visit a hospital that specializes in oncology. However, I recommend that those who are subjected to surgery should receive intensive Okada Purifying Therapy before and after surgery. Doing so leads to a very favorable post-operative course. Aside from this positive effect, Okada Purifying Therapy alleviates the adverse effects of anti-tumor agents.

Now, there are truly marvelous changes that occurred in some patients who were in the advanced-stages of cancer with extensive metastasis who received thorough Okada Purifying Therapy. With Okada Purifying Therapy, their metastatic lesions decreased in size and, in others, disappeared entirely. A large number of those who unfortunately failed to recover to such a degree were in good shape, had an improved appetite, and ceased to feel severe pain until their last moments.

The key to ameliorating our QOL is to face and accept illness in an innovative manner. In my opinion, QOL is more valuable than the span of life. I have come to more deeply comprehend the significance of concerning myself in the lives of my patients.

Okada Purifying Therapy That Brings Health Through Mental and Physical Purification

Question: Do you mean that we should face illness and make a point to review our lives from a different perspective? In other words, should we accept illness in a more highly developed manner so we can enhance our natural healing ability and maintain, promote or recover our health?

Dr. Suzuki: Mokichi Okada, who originated Okada Purifying Therapy, explained that an illness represents that the bodily and mental conditions of a human being, who should be healthy by nature, are unbalanced for some reasons. Health can be restored through activating the power innate in all beings. This is the core of our health promotional method that makes the most of man's natural healing ability. An illness is a signal that makes us aware of this imbalance; we must take a positive view, instead of a negative one.

Characteristically, Okada Purifying Therapy views an illness as a purification process that enhances vital force, not as a process detrimental to the human body. According to Okada, the cause of illness can be attributed to foreign matter that has accumulated in the body, and pain and other symptoms are phenomena that develop when the process of excretion of foreign matter that has accumulated in various parts of the body sets in motion. Okada Purifying Therapy prompts this purification process, thereby bringing symptomatic improvements including an abatement of pain.

Question: It seems to me that Okada Purifying Therapy is a method that cures illness on the basis of the clear-cut rationale and mechanisms of healing. Am I correct?

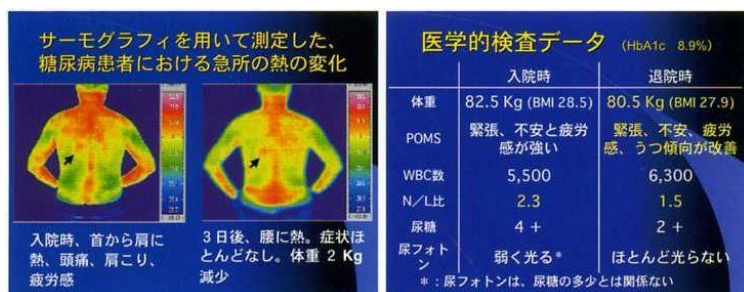
Dr. Suzuki: That's right. From a medical viewpoint, it comes under the category of a kind of hand therapy or energy-radiating therapy. Although it may be regarded as an unscientific method, the scientific investigations done hitherto have proved that energy is emitted from the palm of a therapist. In addition, there are scientific data corroborating that this energy normalizes or activates immunity.

Question: Did you start a research project, in collaboration with the MOA Life Science Foundation, to demonstrate the clinical value of Okada Purifying Therapy?

Dr. Suzuki: Yes, we did. Patients with Diabetes Mellitus (DM) or cancer who entered our care in the Ryôin were kind enough to participate in the clinical study we held last July. Thus far, we have examined more than three hundred patients with DM, the majority who had stiffness and fever in the area behind the pancreas. In many cases, however, these symptoms faded away as they received methodical and thorough Okada Purifying Therapy and continuous diet therapy.

In order to clarify what changes occurred within these patients' bodies, we

performed moiré topography (for the measurement of protuberances on the body surface), thermography (for the assessment of body-surface temperature), psychological tests (for the assessment of mental activities of patients), and measurements of granulocyte/lymphocyte (N/L) ratios (for ascertaining the status of the autonomic nervous system) (Fig. 2). I lay my hopes on obtaining various findings from these examinations that will endorse Okada Purifying Therapy -induced benefits in alleviating stiffness and fever.



Legend to Fig.: During the three days' admission to Tokyo Ryôin, the abatement of fever in the back was accompanied by significant improvements in mentality and N/L ratio.

Terminologies:

Thermographic changes in febrile condition at the key point in the DM case

On admission, experiencing a headache with a fever ranging from the neck to shoulders; stiff shoulders and a sense of fatigue.

On the third day, fever was detected in the lower back. The patient complained of virtually no symptoms and had lost 2 kg in weight.

Data from medical examinations

On admission

At the time of discharge

Body weight

Uric acid

Urinary photon

The patient complained of strain, anxiety and fatigue.

Weakly luminous

Symptoms of strain, anxiety, fatigue, and the tendency to depression were improved or reduced.

Hardly luminous

Urinary photon has nothing to do with the level of uric acid.

Toward Building a Care System to Which Patients Are Central

Question: Physicians who feel Western medicine is in an impasse and consider it necessary to employ various other therapeutic approaches have increased in number. From what I've heard, Tokyo Ryôin is arousing more and more interest.

Dr. Suzuki: The twentieth century was the age when Western medicine overwhelmingly pervaded the world. However, physicians have come to notice that there is no indication that

the incidence of illnesses is decreasing, no matter how medical science has advanced. As a matter of fact, even the most advanced medical care never assures healing. Such being the case, the movement is globally gaining ground, seeking new therapeutic approaches that bring genuine health.

In the United States of America, hospitals that provide Western medicine alone account for less than 50% of all medical institutes. Accordingly, the number of institutes that employ so-called alternative, complementary and traditional medicine, including Chinese medicine, Qigong, herbal medicine, music therapy, and image therapy [art therapy], has been increasing. Along with this trend, integrative medicine that comprises Western medicine and other sorts of treatments is drawing more and more attention. In short, integrative medicine holds patients in the highest esteem. Western medicine is not necessarily the best for all patients, so each individual patient should receive an ideal combination of various therapeutic measures, including alternative medicine, whichever suits him or her.

In Japan, too, the Japanese Association for Alternative, Complementary and Traditional Medicine (JACT) was established in 2000 and Dr. Kazuhiko Atsumi, Professor Emeritus of the University of Tokyo, who is one of the figures taking a premier stand in the medical world, assumed office as chairman. Chairman Atsumi and many other medical professionals visited Tokyo Ryôin and placed a high value on what we are practicing.

Question: Could you furnish some more concrete information?

Dr. Suzuki: By way of introduction, Chairman Atsumi said, “The definition of integrative medicine needs further consideration.” He, however, went on to say, “What is practiced at Tokyo Ryôin can be said to be integrative medicine.” Mr. Keiichi Ueno, Vice Chairman of the Japan Holistic Medical Society commented, “Ryôin, where patient-centered care is conducted, is best in accord with an integrative medical institute compared to any I have ever inspected.” Many other professionals unanimously agreed in saying, “It is amazing that more than one hundred volunteers are working here every day. This fact alone is definite evidence proving that Tokyo Ryôin brings joy to its patients and improves their quality of life.”



I am of the opinion that, in the future, medicine should grasp the entirety of a patient, including his or her body, mind, spirit and life in the afterworld, without attaching high importance to the methodological discrimination between Western medicine and any other therapy.

Legend to photo: Dr. Suzuki, Director of Tokyo Ryôin, listens to an inpatient.

The Needs of Healing from a Spiritual Viewpoint

Question: Am I correct in understanding that your sincere dedication to the recovery of the innate healing power of a patient will lead to patient-centered medicine?

Dr. Suzuki: To tell you the truth, I previously worked for a medical institute specializing in pediatric cardiology. During that time, I witnessed the deaths of more than 300 children and then had to face their parents. The feelings that parents experience when they hear that their beloved babies have a severe heart disease—or the children they had brought up with all their might had died—were beyond description.

I would like to relate my experience with a certain baby with a congenital heart disease, who was judged to have no chance of survival without receiving a heart transplant. Unfortunately, there was no other alternative but to give up this operation. The parents were devout Christians. There was a crucifix and an image of the Virgin Mary at the child's bedside. Usually, it is prohibited to bring these things into an ICU, but special permission was granted in this situation. At about 3:00 a.m., the child's conditions were aggravated with an abrupt decrease in heart rate. We took all therapeutic measures to keep the baby's heart beating until the parents came. However, the heart rate remained low. Miraculously, cardiac function strengthened the moment the parents squeezed their child's hands. I was astounded by the power of the parents' love. Along with a rector's recitation of a farewell prayer, the child's heartbeat gently faded away. I firmly believe that this child's soul ascended to heaven. It was a stern but quite moving moment. (*Silence continued for a while.*)

I sometimes wonder why such a baby is born into this world. I have been faced with the instance of death many times, yet I remain confident that there is no meaningless life. Everything has its significance. I think even an illness holds something meaningful. It is of course good if it is cured or its symptoms subside, but I have come to sense that an illness opens the door to a better way of living. As long as we maintain this view of a dislike for illness, we cannot enjoy a true happiness.

At our Ryôin, those patients who have been alleviated from their ailments of illness rise again with a sense of gratitude towards the challenge of working as volunteer therapists and willingly extend a helping hand to others. With their cured illnesses as momentum, they have rediscovered something to live for. This system under which those who are saved become saviors is quite likely to herald the advent of patient-centered medical care. I myself am being healed through daily interactions with my patients and my experiences with them make me feel as though my life truly is worth living.

Question: A certain newspaper printed an article about Dr. Kazuo Murakami, Professor Emeritus of the University of Tsukuba, which stated, “The healing effect of a prayer has recently been demonstrated scientifically. Thus, specialists who take the lead of life science have begun to recognize that mental, psychological, or spiritual activity exerts a curative effect.” Am I correct in predicting that the existence of invisible power and the power of intention, which supports human life, will be clarified and proven in the near future?

Dr. Suzuki: As I mentioned a little while ago, in addition to Dr. Katamura and Ms. Sawako Arima, a nurse, I was given an opportunity to speak mainly about the practices and case studies at our Ryôin. Because three out of the 24 subjects of general speakers were from Tokyo Ryôin, we were able to draw considerable attention from the audience. Our hope was that it would be understood that Okada Purifying Therapy is a scientific approach based on the clear-cut rationale and action mechanisms for combating illnesses. I was asked so many questions about the method of measurement of photon in urine and of activating immunity that I felt our message aroused the deep interest of the audience.

Okada said, “I believe Okada Purifying Therapy to be a scientific method. I have a mind to ventilate Okada Purifying Therapy as such and I expect that it will be accepted globally as an excellent medical art originated by the Japanese.” The echo called forth at the congress made me believe the time would soon come when Okada Purifying Therapy would be established as the ideal method of healing.

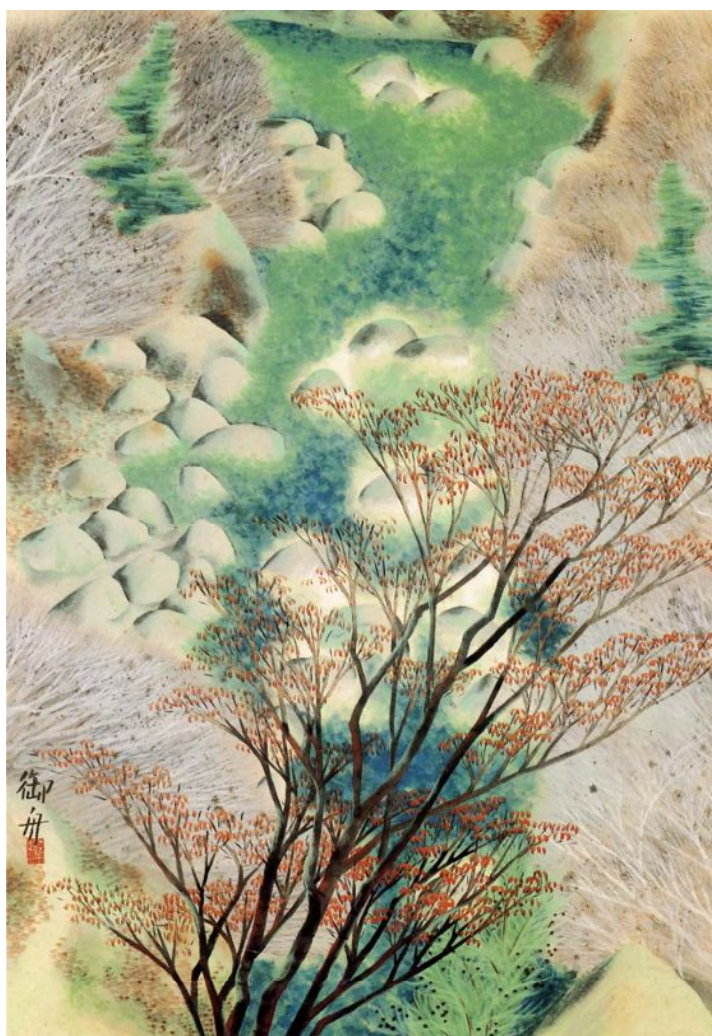
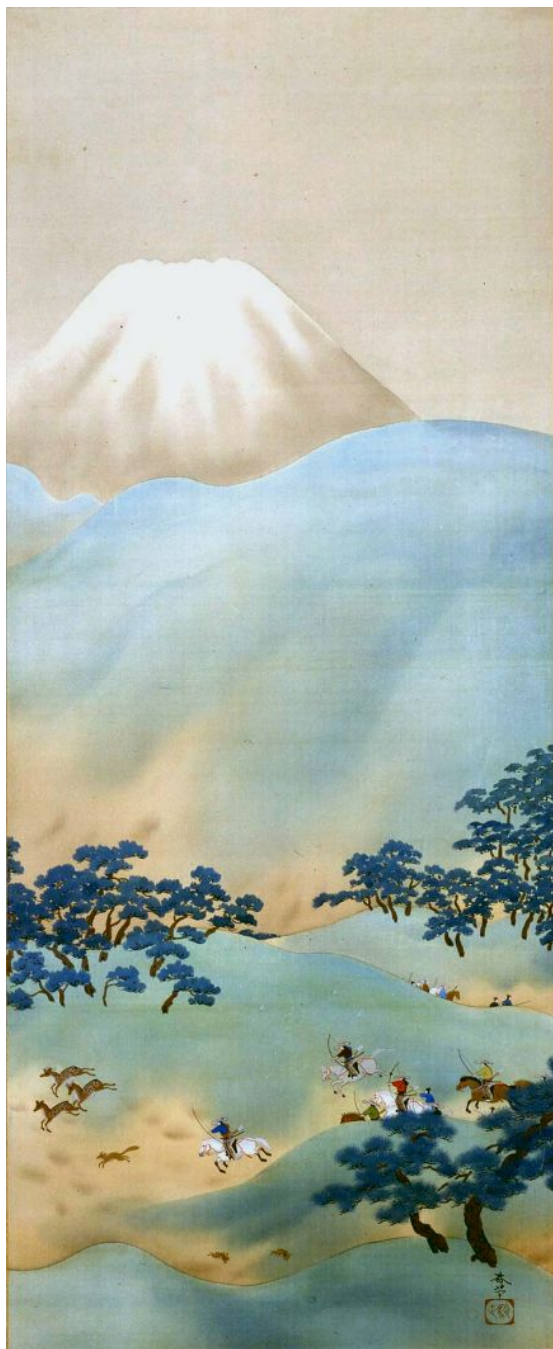
Okada stated to the effect that man is a spiritual being. I accept this statement as indicative that man’s dignity in itself resides in his spirituality. Okada Purifying Therapy is effective in promoting the health of both mind and body. Not only that, it elevates the spiritual awareness of human beings. This is endorsed by the fact that patients who have received Okada Purifying Therapy are so deeply inspired that they extend a hand of



salvation to others who are suffering from illnesses. Okada Purifying Therapy will be the prime mover of creating true health in the current age, an age where we are all groping for a new therapeutic approach befitting the twenty-first century.

We always feel the power of Okada Purifying Therapy. On the basis of Okada's theory and concept, we aspire to contribute to the promotion of the health of each individual patient who visits our Ryôin, through making continuous efforts to ameliorate our everyday practices.

The interviewer's concluding remarks: Thank you very much for providing useful information for our publication.



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Curso para la iniciación de Terapeuta





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