

Former director of Yokohama General Hospital

The Fourth Treatment for Medical Refugees

THERMOTHERAPY IN THE
NEW CENTURY

*Scientific Fact: Exposure to far infrared ray is
the key to preventing metastatic cancer and
strengthening the immunity.*

Nakamachi Garden Clinic Director

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Introduction

Scientific Fact! Utilization of far infrared rays is the key to great health.

Today, the top three causes of death in Japan are cancer, myocardial infarction and cerebral infarction.

Since both myocardial infarction and cerebral infarction are caused by arteriosclerosis, fighting cancer and vascular diseases are national issues. In the case of cancer, more than 330,000 patients die each year.

One out of three deaths is caused by cancer and in the future, one out of two people will suffer from cancer. In 10 years, more than 500,000 people are expected to die from cancer each year.

Even though people may not die from cancer, there is a high risk of becoming a cancer patient. If one of the members of a family becomes a cancer patient, the entire family has to endure a painful period.

Therefore, people must understand what cancer is and devote their efforts to prevent it.

Lifestyle plays a big role in the course of cancer.

For example, a larger intake of vegetable fibers will lower the risk of colon cancer. In addition, a sharp increase in lung cancer in Japan, where the cigarette smoking population is the largest in the world.

There is a correlation between an increase in the smoking population and cancer deaths

The correlation between smoking and various cancers has been proven through hundreds of epidemiologic studies. In addition, its correlation is clearly evident when we specifically look at how lung cancer deaths and cigarette consumption relate to each other. The current decrease in male lung cancer deaths can be explained by the corresponding decrease in male smokers.

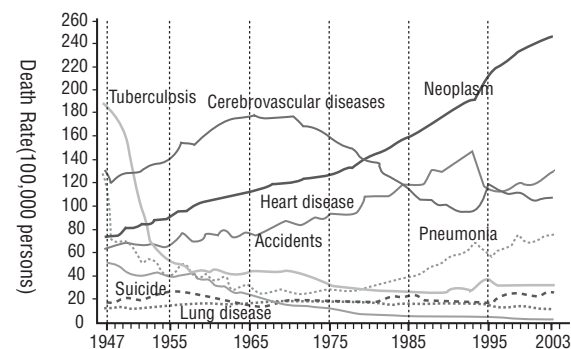
A research study comparing cancer deaths between Caucasian and Japanese immigrants living in California found that Japanese people still living in Japan had a 6-times greater risk level of stomach cancer than Caucasians living in California. However, when Japanese people immigrate to California, their risk of stomach cancer is reduced 4 times. In addition, Japanese-Americans have a 3-times lower risk level of contracting stomach cancer.

Even though Japanese people have only one quarter the risk level of getting colon cancer as a Caucasian, the risk increases 3-times when they immigrate to California. In addition, Japanese-Americans have 4-times greater the risk in getting colon cancer. Not only that, but the risk of prostate cancer increases 3 times when a Japanese person immigrates to California. On the other hand, Japanese-Americans have 7-times the risk level in getting prostate cancer.

When we look at these results, we can easily determine that environment and eating habits play a significant role in cancer diagnosis. According to the National Cancer Institute the

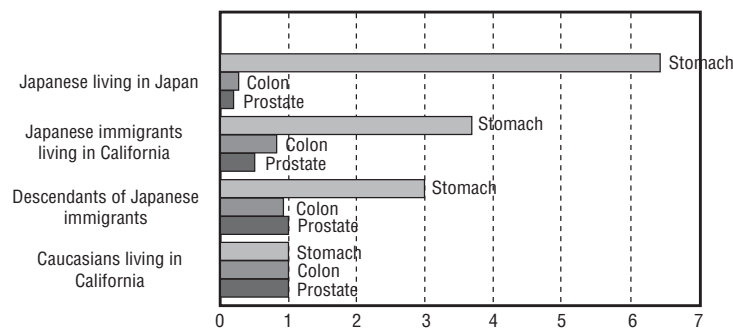
difference in food consumption plays a determining role in cancer risk. Even though we were able to find correlations between cancer and products such as cigarettes, UV rays and alcohol, it is difficult to find correlations with other various types of food. It is evident that a restriction in fat and calories reduces the risk of cancer. It is also clear that people who consume fatty

Leading Causes of Annual Deaths



Tuberculosis and pneumonia were the leading cause of death 50 years ago (Ministry of Health, Labor and Welfare / Population Statistics)

Cancer deaths (Ratio of Caucasians living in California)



meats and large amounts of calories have a greater chance of having colon cancer.

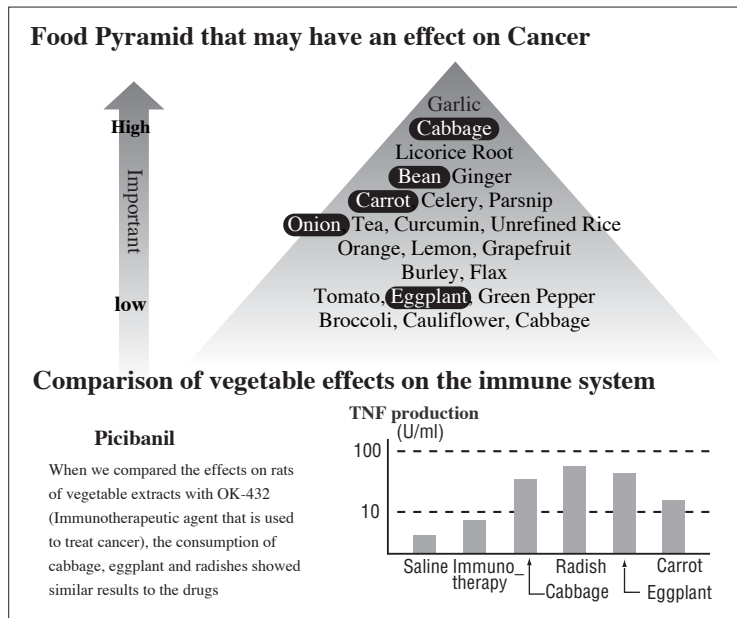
In other words, the “Westernization of diet” has a strong correlation with breast, prostate and colon cancer.

There have been 3,000 fewer cancer deaths each year in the USA since 2003

The increase in cancer deaths in the USA has been halted since the 90’s. Since 2003, there have been 3,000 fewer deaths from cancer with in each year. Such improvement has to do with the publication of the McGovern Report (over 5,000 chapters long). It announced that typical American eating habits are responsible for the high cancer rates. It started the smoke-free campaign by saying that cigarettes are as bad for the body as taking drugs. The National Cancer Institute started the designer food plan to change American eating habits to include more vegetables, fruits and seafood.

Since cancer deaths in Japan are still increasing, we also need to make these efforts to promote better health.

According to the National Cancer Institute, the most common causes of death from cancer for males in 2005 were lung cancer, stomach cancer, liver cancer, colon carcinoma and colon cancer. For females, they were stomach cancer, lung cancer, colon carcinoma, liver cancer and breast cancer. The number of deaths caused by colon and rectal cancer increased rapidly for males over 50. The death rates from prostate cancer also increased sharply after the age of 60. The increase in death rates from



breast cancer for females in their 50s was also significant. In addition, uterine cancer and ovarian cancer were a significant cause of death for females in their 30s and 40s respectively. These results may have to do with smoking for males and hormonal drugs for females. It may also relate to REVOLUTIONARY environmental hormones, such as dioxins.

Ten Commandments drafted by the World Cancer Research Fund

In November 2007, the World Cancer Research Fund and the National Cancer Institute published, “Food, Nutrition, Exercise and the Prevention of Cancer”, based on more than 7,000

research studies.

1. Obesity goal: 2 1-23 BMI.

- Recommended: Maintain standard weight.

2. Exercise recommendations: At least 30 minutes of exercise each day.

3. Weight control recommendations: Refrain from eating high-energy foods, sugar-rich beverages, fruit juices and fast food. Water, tea and sugar-free coffee are recommended.

4. Vegetable consumption goals: At least 600g of vegetables and fruits. In order to take in at least 25g of vegetable fiber, eat unprocessed wholegrain foods and beans.

- Recommendation: 400g of vegetables, fruits, wholegrain foods and beans. Refrain from eating processed grain food products.

5. Animal food products: Refrain from eating meat (beef, pork, lamb) and processed meats (ham, bacon, smoked meats, salted meats). Chicken and fish are recommended over red meat.

- Goal: Less than 300g of red meat each day.
- Recommendation: Less than 500g of red meat each week. Dairy products are not recommended due to their questionable results.

6. Alcohol: 2 glasses/day for males, 1 glass/day for females.

7. Cooking goal: Less than 5g of salt per day.

- Recommendation: Refrain from salty and spicy foods. Less than 6g of salt per day. Refrain from eating moldy grains and beans.

8. Supplement goal: Consume all the nutrition required without any supplements.

- Recommendation: Do not rely on supplements to prevent cancer.

9. Breast-feeding: Perform breast-feeding for the first 6 months. This prevents breast cancer in women and obesity in babies.

10. Post-cancer treatments: After treatment for cancer, consult professionals about your nutrition, weight and exercise regime.

- ※ Smoking is the primary cause of lung, oral and bladder cancers. It is confirmed that smoking cigarettes is the cause of various cancers. In addition, it has been shown that cigarettes and alcohol have a synergistic oncogenic effect.

The 12 Commandments published by the Japanese National Cancer Institute to prevent cancer

- 1 Balanced nutritional intake (no unbalanced diets).
- 2 Vary eating habits each day (do not eat the same food all the time).
- 3 Restrict fat intake.
- 4 Drink small amounts of alcohol (restrict strong drinks and do not smoke when using alcohol).
- 5 Do not smoke (risk of passive smoke as well).
- 6 Intake adequate amounts of vitamins and vegetable fibers from your diet.
- 7 Less hot and salty food. Wait for hot foods to cool down before eating them.

- 8 Do not eat burnt food.
- 9 Do not eat moldy food (especially beans and corn).
- 10 Do not sunbathe too much.
- 11 Take an adequate amount of exercise (avoid stress).
- 12 Maintain good hygiene.

Compared to the Ten commandments of World Cancer Research Fund, these recommendations lack practicality. The 12 commandments may therefore not be enough to prevent cancer.

Despite the three treatment options that are in development...

Currently, there are three options to treat cancer: Surgery, radiation and chemotherapy. Due to the development of the laparoscopy, a patient's burdens are minimized and he or she can be discharged within a shorter time frame.

New developments in radiation technology allow the ability to pinpoint the emission of radiation directly onto the cancer cells. In addition, targeted cell therapy allows customized chemotherapy for various cancer patients.

Since we are able to now analyze the patient's genes to distinguish people who will benefit from the treatment from those who will not, we no longer have to perform unnecessary operations.

Even though treatment methods are developing rapidly, the numbers of cancer patients are also increasing. Even though we treat cancer patients in the early stages with the three methods,

the recurrence rate is almost 60~70%. Not only that, there is an increasing population of cancer refugees, those who are abandoned by the hospitals because there are no more treatment options left.

Even in large hospitals, doctors still say, "We cannot do anything for you anymore", when these three treatment options are no longer effective. They end up prescribing opioid drugs to relieve pain and ask the patients to live out their last days with their families.

Some may even prescribe anti-cancer drugs that do not help the patients at all.

In these cases, the side effects of anti-cancer drugs reduce the patient's quality of life. They end up dying in pain that might have been due to the anti-cancer drugs rather than the disease.

Employing the three treatment options along with alternative medicine

I was not the only one who had questions about these kinds of problems. Are there any cancer treatment options other than the three standard treatment options?

More and more medical institutions are performing immunotherapy as a fourth cancer treatment option. It is a therapy that focuses on improving the function of macrophages and Natural Killer(NK), cells to make them fight the cancer cells. Therapy methods vary significantly from one person to the next; they range from mushroom extracts to marine plant extracts. Many 'cancer refugees' are taking various supplement products

because they do not know which ones may be beneficial to fighting their disease.

In addition, cancer cell immunotherapy and activated lymphocyte therapy, which involves various injections to strengthen the in vitro survival of lymphocytes, has promises to healing the body. However, since a great deal of time and expense are required to cure cancer based solely on these treatments, these options may not be a definite answer for cancer treatments.

There are many cancer patients who treat their cancer at the early stages and manage to cure it completely. However, many of these patients go through recurrences and metastasis. The current levels of medicine cannot treat these kinds of cancer patients.

Treatment options other than the three Western medicine treatment options are known as alternative medicine. Our treatment method utilizes the advantages of these three treatment options and combines them with supplementary treatment methods that strengthen the body's immune system.

It is also known as an integrated medicine that improves the effects of cancer treatments.

If the cancer is in the early stages, surgery and radiation are utilized to treat the cancer. If chemotherapy is effective, we utilize it while minimizing its side effects. In addition, we apply heat to the body to weaken the cancer cells. Our treatment method also combines effective supplements that fight the cancer from various angles.

Thermotherapy

My goal in cancer treatment is to have a symbiosis with cancer. We aim to weaken the cancer to prevent it from spreading and to lengthen the patients' lives. If we were to destroy human lives in the course of killing cancer cells, our therapeutic methods would have no purpose.

Currently, there is a treatment option called thermotherapy that focuses on the fact that cancer cells are heat-sensitive. It uses a machine called a thermotron to increase the local temperatures of various parts of the body. In addition, there is a thermotherapy that heats up the entire body's temperature. Hot baths, far infrared ray therapy and drug-induced fever treatments are various methods of thermotherapy.

It has been proven that thermotherapy using a thermotron, along with small doses of anti-cancer drugs is an effective treatment. However, this treatment leaves low-grade burns and localized pain behind. In order to be covered by insurances, at least two treatments per week are required. Insurances do not cover when radiation is not applied.

For many years, we have practiced and researched far infrared ray therapy, light therapy, anion emission devices, low frequency wave therapy, HIFU, microwave therapy, hot stone therapy, steam saunas, carbonated water therapy and many other treatment options.

Hot Crystal therapy showing promising results.

During the process, we discovered a medical device called the “Biomat” that has been certified by the USFDA. It combines the thermopower of Amethyst and Tourmaline to naturally improve therapeutic power. In addition, it is inexpensive and can also be used every day. There are no side effects and anyone can improve their autonomic nervous system by 100% and feel the difference starting from the first day they use it.

There was a case that cured prostate and breast cancer within 2 to 3 months. A patient who had been given just a few months to live ended up living for more than one year.

If we are able to utilize various weapons to fight late-stage cancer, we can end the battle with a stalemate. However, since this



The Nakamachi Garden Clinic, where laughter never stops

fight will last for a long period of time, we might lose if we fail to maintain good eating habits and life styles.

If we can maintain quality of life while improving the immune system, we might have a chance at winning the battle with cancer. We do not always have to be hospitalized and put in bed to fight cancer.

There are people who work at home to fight their cancers.

Patient’s happy laughter is the priority

In other words, we are utilizing the advantages of modern medicine along with alternative medicines.

Regardless of it being a Western, Eastern or Alternative medicine, we aim to employ them all to our advantage to find healthy laughter in our patients.

In this book, we will introduce the fourth treatment option of cancer, Thermotherapy. We will also talk about the various approaches that we can take to attack cancer. If you can walk and have a good appetite, there is a chance for a cure and the lengthening of your life.

You do not have to give up just because you were diagnosed with late-stage cancer. It is important for you to believe that you have a natural immunity that can “cure” your own body.

Life is not something that doctors can decide on and make rulings about. If you have a strong motivation to cure your disease and become healthy, your genes will start to cure your disease with your natural immunity.

We wish to expand our integrated treatment method through

crystal-infrared therapy. The fight against cancer does not end with the three standard treatment options. Battling with new alternatives is a start for the cancer care future. We have options and I am certain that thermotherapy will be helpful to everyone. I hope this book will help cancer patients, their families and doctors who are fighting to cure this disease.

Nobuhiro Yoshimizu, September 2008

The true form of malignant cancer

The definition of cancer

Before we delve into the war with cancer, it is important for us to know what it really is. Before we talk about the various strategies with which to fight cancer, let's learn about it. People who are eager to get started are welcome to start reading from Chapter 1.

The word "cancer" refers to the entire spectrum of malignant neoplasms and is also commonly used to describe malignant tumors. The difference between a benign and a malignant tumor has to do with the fact that a benign tumor only grows in size at a specific location whereas a malignant tumor invades into the neighboring tissue to metastasize into other organs and tissues. As a result, malignant tumors tend to threaten the life of their host.

The word "cancer" is commonly interchanged with the term "malignant tumor" however, the word "cancer" refers to tumor growth from the epithelial tissues. Tumor growth from bones and muscles is called a "tumor" Even though the tumor does not originate from the epithelial cells, it is still treated as if it is a malignant tumor.

Benign tumors do not invade or metastasize into other tissue. However, depending on its location, it may not be completely "benign". If it is growing on the brain stem, it may threaten the life of its host and is therefore not so "benign" after all.

However, with the exception of these types of life-threatening

benign tumors, we will not be discussing “benign tumors” within this book.

Normally, cancer is categorized as lung cancer, stomach cancer, breast cancer and colon cancer depending on its primary growth site. We distinguish it from metastasis cancer by using the terms like “metastasis lung cancer”, “lung metastasis to stomach cancer” or “lung metastasis of breast cancer”.

Although they are not called “cancer”, brain cancers such as glioblastoma and glioma as well as hematopoietic diseases such as leukemia, lymphoma and multiple myeloma are part of the malignant tumor group.

We classify cancer based on the histological categories such as adenoma, squamous cell carcinoma and small cell cancer. We also use anatomical classifications such as lung cancer, breast cancer and stomach cancer. For example, cancers growing in the lung are known as lung cancer (adenoma, small cell carcinoma).

These histological differences result in different chemotherapy combinations. Although some of the “malignant cancer” diseases are not known as “cancer”, such as sarcoma and leukemia, we will use the terms “cancer” and “malignant tumor” interchangeably.

Mechanisms

With the exception of neuronal cells, more than 60 trillion cells in our body are going through duplication and apoptosis on a daily basis. In its normal state, our body is designed to control the growth of cells so that they only grow when the body needs

them to grow. If cells die because of the results of aging, new cells will grow to replace old cells.

P53 is a well known tumor-suppressing gene that prevents cells from overgrowth.

However, if the genes that regulate cell growth and apoptosis were to mutate into a non-functioning gene, certain cells in our body would grow without control and the old cells would not go into apoptosis.

These cells would grow and grow to become what we call a tumor or neoplasm. Some of these neoplasms may be malignant and threaten the life of the host.

There are some genes that were found to play a significant role in the growth of tumors. If the P53 gene mutates, cells do not go through the proper apoptosis and go into an uncontrolled growth cycle.

Normally, the growth of tumors is caused by spontaneous mutations and is not caused by genetic defects, with the exception of some genetic tumor diseases.

In addition, some cancers are caused by viruses and bacterial infections. Cervical cancer is known to be caused by human papilloma virus, types 16 and 18. The Epstein Barr Virus is known to cause Burkitt’s Lymphoma, the Human T Lymphocyte Virus causes T Cell Leukemia and Helicobacter Pylori causes stomach cancer.

There are a variety of mechanisms that these microorganisms use to cause tumor growth.

Human papilloma virus and Epstein Barr Virus inhibit the

function of P53 in order to cause tumor growth in our bodies.

The Hepatitis virus and Helicobacter Pylori cause constant inflammations in our body that increase the risk of cancer.

However, infections from these micro organisms are just a step within the diverse mechanisms of cancer growth. Viral infection alone does not cause cancer. In addition, there are genes called “oncogenes” that stimulate the growth of tumors in our body. Therefore, it is extremely important to activate these tumor-suppressing genes in the course of treating cancer.

Cancer differentiations

Some 60 trillion cells in our body are grown from a single embryo. A single embryo will differentiate into various stem cells that grow into various cells in our body. This process is called “differentiation”. Therefore, a higher amount of “undifferentiated cells” will tend to actively divide into daughter cells and cause active cell growth.

As a result, more “undifferentiated cells” in the tumor tissue will mean that the tumor is more “malignant”. It tends to metastasize faster, resist treatment and result in a bad prognosis. However, between the differentiated and undifferentiated types, there is an intermediate type.

Cancer stages

Cancer stages are determined by the size, lymph node metastasis and remote metastasis. The combination of these three factors is called TNM(Tumor, Lymph node, and Metastasis)

staging.

As shown in the table, the size and the invasion level determine whether the tumor is T0 or T4. N0~N4 are designated for lymph node metastasis. To evaluate remote metastasis, the M0 (no metastasis) and M1 (metastasis) stages are used. T0 refers to a stage where there is a tumor but one that is too small to invade into its neighboring organs. In the case of cancers, the T0 stage refers to a cancer that only grows on the epithelial cells. These tumors can be surgically removed using an endoscope.

| | | |
|--|-------|--|
| Primary tumor (T: tumor) | T0 | No visible tumor |
| | T1~T4 | Different stages based on tumor size and invasion levels |
| Lymph node metastasis (N: lymph nodes) | N0 | No lymph node metastasis |
| | N1~N4 | Different stages based on various lymph node metastasis status |
| Remote metastasis (M: metastasis) | M0 | No remote metastasis |
| | M1 | Remote metastasis |

Normally, the size of the tumor determines its risk level. Large tumors may cause various defects by compressing the neighboring organs and nerves even without metastasis. Lung cancers compressing on the nerves under the clavicle to cause neurotic pain are called pancoast tumors. In addition, rectal cancer may invade into the bladder to cause hematuria.

Lymph node metastasis refers to the state where the cancer cells are caught within the lymph node and grow in size. Normally, lymphocytic activities at the lymph node kills any invading foreign objects.

Therefore, cancers that metastasize into the lymph nodes have the power to overcome the natural immunity of our body. They

become much stronger than other cancers and metastasize into neighboring lymph nodes. When cancers metastasize into other organs, the prognosis is usually bad regardless of the primary site.

There are common metastasis origins for certain cancers. For example, prostate cancer, breast cancer and thyroid cancer tend to metastasize into bones, whereas colon cancers tend to metastasize into the liver and lungs.

The cancer staging system is made based on the TNM staging system in order to look at the progression of cancer. Since it is classified based on clinical presentation, it may also be named “Clinical Progression Classification”. Depending on the stage, some cancers may be treated with surgery and some may not even have a surgical indication.

The cancer staging system can also be classified into various organs as in the TNM staging. The following is the staging system for cervical cancers.

| | | |
|-----|---|---|
| 0 | When the cancer resides within the epithelium | |
| I | Ia | Ia1: Cancerous cells invade into the basement membrane but within 3mm of distance and 7mm of size |
| | | Ia2: Invasion depth is within 3-5mm and the size is within 7mm |
| | Ib | Ib1: Tumor is well enclosed within the cervix and the size is within 4cm |
| | | Ib2: When the size is larger than 4cm |
| II | IIa | Even though the tumor invades into the vagina, it did not invade into the lower 1/3 of the vaginal wall. It still did not invade into the uterine cavity. |
| | IIb | Same as the above, but invasion into the uterine cavity |
| III | IIIa | Invasion into the lower 1/3 of the vaginal wall but did not invade into the pelvic wall. |
| | IIIb | Invasion into the pelvic cavity and definite hydronephrosis symptoms |
| IV | IVa | Invasion into the bladder or rectum |
| | IVb | Invasion over the pelvic cavity |

Cancer epidemiology

There have been 3,000 fewer cancer deaths since 2003 in the US. This improvement has to do with various factors such as early diagnosis, improved eating habits and the introduction of integrated treatments. However, in less affluent populations such as Hispanics and African-Americans, cancer deaths are still increasing.

Even though cancer deaths are still rising in Japan, cancer deaths in the young population have halted. For example, cancer deaths for males in their 50s have reached equilibrium and cancer deaths in females are actually decreasing. We can decrease the number of cancer deaths based on early diagnosis, improvements in eating habits and early treatments.

The truth about cancer treatment

In order to decrease the rate of cancer deaths, improvements in lifestyle, early diagnosis and early treatment are extremely important. However, what should we do if we actually have cancer? No one can stop themselves from panicking when they are diagnosed with cancer. If it is an early-stage cancer, it may be cured with a simple endoscopic surgery. However, the problem starts when the cancer has metastasized into the lymph nodes and abnormalities. If the cancer constantly recurs, even after surgeries and chemotherapy, there may be a significant problem.

At this stage, it may be impossible to cure cancer completely.

If we treat cancer with chemotherapy in order to “cure” the cancer, we will end up killing more immune cells in our body

and decreasing the quality of life of our patients.

It may even result in earlier deaths than expected. In addition, when chemotherapy does not work, the hospital will end up saying that they have tried their best but there is nothing else they can do. They will end up giving up on the patients and asking patients to spend their last days with their families. That is how ‘cancer refugees’ are created.

However, are there no treatment options at this stage of cancer?

Doctors who perform integrated and supplementary treatments will say that this is the time to start the real fight. They are the ones who lend their hands to those who are diagnosed with “end stage cancer”. There are so many alternative treatment options that even doctors have a difficult time in making decisions. In desperation, many patients try different things to cure their diseases.

Even though there are some supplements that are extremely effective for some patients, there are only a few that have constant positive effects on all cancer patients.

There are many cases where cancer has been cured with various supplements such as “Agarist” or “Fucoidan”. However, there are no scientific data to say how many patients were cured, and at which stage of their cancer. Some patients may feel that some of these supplements are effective. It is important to determine which supplements are effective based on scientific research studies. We must verify scientific evidence such as tumor markers, body status and radiographic images in order to know which supplements are backed up by scientific results.

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Esophageal cancer and tracheal stenosis

Prostate cancer

Bilateral breast cancer, 10mm and 12mm

Breast cancer with three tumors, including one tumor of 3cm Diameter

Neck epithelial cancer, lung metastasis

Breast cancer, lung metastasis

In order to prevent cancer recurrence and progression..

Chapter 2 Do not fear cancer!

Everyone has more than 3,000 cancer cells growing in their bodies

We will not die of cancer if they do not grow!

This is how cancer grows

Cancer is caused by gene replication errors

It grows by 1 kg within 10 to 15 years

The immune system fights cancer

We will know the treatment plans when we understand the features of the cancer

The immune system suppresses cancer growth

Chapter 3 Heat the body with thermotherapy

Hypothermia is the cause of all diseases

Cancer patients usually have low body temperature

Without enzymes, there is no life

It is good to solve the causes of hypothermia

A 1-degree increase in body temperature results in a 40% increase in immunity and 43°C causes cancer cell death

Only 10~20% of normal anti-cancer drug dosages are sufficient

Body temperature will drop when the sympathetic nervous system takes over your body

What is the fourth medicine, thermotherapy?

Cancer cells are vulnerable to heat

Hyperthermia can be used along with radiation and chemotherapy

Some doctors do not know about thermotherapy

Heat treatment for cancer using a 70°C crystal infrared Biomat

HSP cures diseases

HSP fixes malfunctioning proteins

You can increase the level of HSP at home

Lead cancer cells to apoptosis

The innovator of thermotherapy has improved end-stage cancer by 70%

Hot crystal infrared therapy can increase temperature up to 70°C degrees

Two major features are far infrared rays and anion effect

Hormesis stone therapy increases immunity

It may even cure muscular atrophy and rheumatism

We have to use hormesis hot crystal infrared therapy

Integrated visible light treatment improves the immune system and pain control

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The intestine is the second brain

A balance between good microbes and bad microbes

The environment within the intestine should be favorable to good microbes

Lactobacillus and oligosaccharide stimulate the growth of good microbes

A healthy diet improves the microbes within the intestine

Rich enzymes result in an improvement in intestinal microbes

Lower enzymes result in a weaker immune system

Detoxify bad microbes with intestinal washing

The gastrointestinal system shares 60-70% of the immune system

The gastrointestinal system activates macrophages and manufactures antibodies

Macrophages and NK cells act as the first line of defense against cancer

The Helper T cell acts as a commander in the immune system

Cancer may die off without any treatment

Toxic materials slowly kill your body

Detoxify your body with oriental medicines and supplements

Detoxify heavy metals and food additives

Mercury is accumulated within large fish such as tuna

1 trillionth of a gram of dioxin affects your body

Japanese women's breast milk has the highest dioxin contamination in the world

Chemical materials destroy children's brains

You need to take control of your own health

Detoxification improves natural immunity

Chapter 5 Supplement therapy improves the immune system

Fight with cancer based on the immune system, apoptosis and angiogenesis

Change to an intestinal environment that is favorable to Bifidus using fructo-oligosaccharide

Over-consumption of linoleic acid is the cause of metabolic syndrome

Molecule high in polysaccharide stabilize a cell's glucose chain
Glucose chains help to maintain life
High improvement rate in 100 asthma patients, confirmed by the NIH
Activate enzymes by consuming physiological minerals
Easy passage through the blood/brain barrier activates mitochondria
right away
Fucoidan's apoptosis induction method
High-function supplements weaken the cancer cells
The Garden Clinic Nakamachi's thermotherapy and immune
reinforcement therapy

Chapter 6 Surprising effects of fasting

Nakamachi Garden Clinic
Try out our easy three-day fasting treatment
Healthy cells are switched on to live in harsh environments
Nine hospitals acknowledged the effects of the fasting treatment
The brain's central nervous system improves during fasting
Effects of fasting are proven by the Health Institute ...

Explanation

Status of three standard treatment options

Postscript

We should stop increasing the number of 'cancer refugees'.

Chapter 1 Clinical Cases of Cancer

4cm Breast Cancer

(Patient T.H., 49 years old, female)

Doctor's examination

The patient underwent breast cancer surgery at 20, 30 and 41 years of age. Although there was no evidence of malignant cancer found during those surgeries, she was diagnosed with malignant cancer in September 2007 when she was admitted to the hospital for pain in her right breast.

The hospital recommended surgery, but she visited our Garden Clinic to get a second opinion.

When we consulted a breast oncologist to discuss her treatment plan, it was decided that she needed surgery to remove the 4.0cm-diameter cancer located underneath the right nipple area.

In order to reduce the size of the cancer prior to surgery, neoadjuvant chemotherapy was performed (Taxol 60mg) along with hot crystal infrared therapy. There was a light hair loss complication at the beginning, but she began to show worsening emesis symptoms afterwards.

She was treated with hot crystal infrared therapy three times a day along with hyphal body supplements. When a mammography and ultrasound were performed on her breasts before the surgery, the tumor mass was nowhere to be found on those imaging modalities. As a result, the scheduled surgery was cancelled and the clinic decided to follow up with the patient from then on.

One year following the final diagnosis, the tumor mass is still

nowhere to be found on her breasts.

This is a definite case that proves the efficacy of thermotherapy and enzymes, used along with chemotherapy.

※Anti-cancer drugs, hot crystal infrared mat, hyphal body supplements

3cm Breast Cancer, pleural invasion

(Patient K.M., 46 years old, female)



Doctor examination

She was diagnosed with breast cancer in December 2007 when she visited the hospital for a check-up about pain in her left breast.

Even though she went to other hospitals to confirm her diagnosis, all of the doctors' answers were the same.

A 3cm x 3cm tumor mass was found, surrounded by two small masses with dimensions of 13mm x 10mm and 13mm x 11mm. She went through neoadjuvant chemotherapy four times before the surgery (Epirubicin 80mg, Endoxan 800mg). Since December, she has been treated with hot crystal infrared therapy twice a week. In February, she decided to purchase the Biomat and was treated twice a day. In May, her surgeon checked her status and reported that the tumor mass had shrunk significantly. It was one of the best neoadjuvant chemotherapy results in breast cancer history. Adjuvant chemotherapy was performed after the surgery and there were minimal side effects from anti-cancer drugs. She is now awaiting breast reconstructive surgery.

When the patient was diagnosed with cancer at university

hospitals, she asked her doctors about thermotherapy.

However, the doctors said that their hospitals were not performing thermotherapy because “heat causes cancer to spread because of improved blood circulation”. As of result, the hospital saw this case as an extraordinary one where the neoadjuvant chemotherapy was extremely effective.

At the Garden Clinic, hot crystal infrared therapy was performed along with the administration of large doses of vitamins (60g, 500cc bolus) and placenta shots.

※Anti-cancer drugs, hot crystal infrared Biomat, placenta shots, vitamin C and others

Cholangio carcinoma, Sigmoid colon cancer

(Patient T.S., 70 years old female)

Doctor examination

She was diagnosed with cholangio carcinoma at both liver lobes when she visited the hospital in November 2007 for upper abdominal pains. She was also diagnosed with a highly differentiated 15mm sigmoid tumor during colonoscopy, and no other tumor was found in later tests.

She was hepatitis B/C negative and showed no improvement after Gemcitabine treatments. Since advanced cholangio-carcinoma has a poor prognosis and is inoperable, her doctor said that she had about a month left to live. Then, she visited our Garden Clinic to receive a second opinion. Since she was able to eat food orally, she was treated with thermotherapy along with high doses of vitamin C, black yeast, Yam and Fucoidan.

Since she lived very far away from the clinic, she stayed at the clinic for a while to learn how to perform thermotherapy by herself when she goes back home. Since Gemcitabine showed no improvement, TS-1 was prescribed as her anti-cancer agent. Since the chemotherapy dosage was only 1/2 to 1/3 of a normal dosage, there were no side effects. When she visited the clinic for her follow up, her hard abdomen started to soften and tumor markers were improved.

When she told her doctor, who had said there were no treatment options left, the doctor was extremely surprised to see how her condition had improved.

“Since your last visit, your tumor shrunk by 30%. When you were first diagnosed, it was almost impossible to treat you. It is an extremely rare case and you must have benefited from the thermotherapy.”

“I was treated with thermotherapy and vitamin C.”

“I think the TS-1’s effect was the significant player in your improvement. Since you don’t seem to suffer from serious side effects, you may live a long life if you keep up your medication.”

That doctor does not even know that her TS-1 dosage is 1/2 to 1/3 of the normal dosage. Since the doctor said he will not continue to examine her if she does not take the anti-cancer drugs, she keeps this fact secret from her doctors.

Now, she is in a difficult position because the doctor is asking her to take Gemcitabine, which was not effective during the first administration.

※An anti-cancer drug, hot crystal infrared mat, large doses of

vitamin C, black yeast, Yam, Fucoidan

Doctor comment

When she refused to take Gemcitabine because of its ineffectiveness and side effects, her doctor told her to go to a hospice center if she does not want to take medication.

I told her to go to another hospital for future treatments. The kind of oncologist who only wants to use anti-cancer agents to fight cancer are the ones who create 'cancer refugees'.

Currently, this patient is healthy and her quality of life is being well maintained. She does not have to change her treatment plans anymore.

| | | | | | | | | |
|--------|---------|-------|-------|-------|-------|-------|-------|-------|
| Date | 08.4.23 | 5.7 | 5.21 | 6.17 | 6.25 | 7.16 | 8.6 | 8.13 |
| CEA | 949.2 | 534.3 | 786.4 | 442.2 | 564.3 | 532.4 | 685.2 | 752.1 |
| CA19-9 | 215 | 231.3 | 132 | 108.5 | 92 | 93 | 136.7 | 126 |

Improving tumor marker of T.S.

Esophageal cancer and tracheal stenosis

(Patient U.Y., 65 years old, male)

Patient comment

I was diagnosed with esophageal cancer when I visited the hospital in May 2008 for severe fatigue. I was told that the cancer was stage 4a and was inoperable. As a result, I was treated with two cycles of chemotherapy and radiation for two months. On August 5th, I heard about the Garden Clinic and was admitted on August 14th. I was treated with the hot crystal infrared mat, hormesis hot stone therapy, vitamin C and germanium shots.

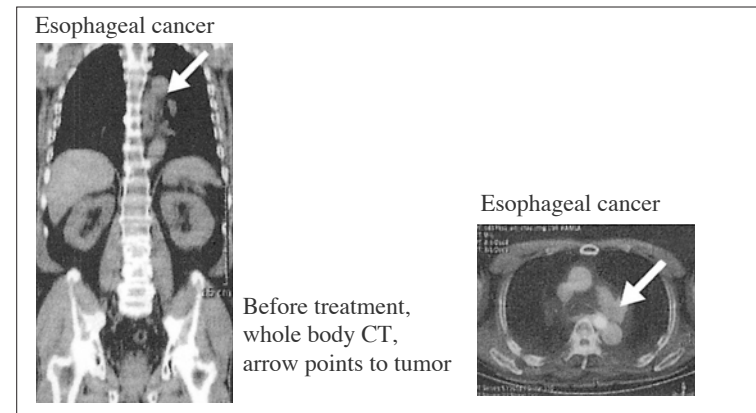
I decided to purchase the hot crystal infrared mat and was treated twice a day at 70 degrees during the day and normal temperatures during the night. I took three kinds of supplements as well.

When I visited the hospital again in August, I was told that my cancer had improved significantly.

When they decided to biopsy my esophagus, I was told that my cancer had completely disappeared. I was extremely surprised. I am very healthy now. I cannot believe what has happened to me.

Even though my cancer is completely cured, I am still being treated with hot crystal infrared therapy to prevent recurrences.

Hot crystal infrared therapy, hormesis hot stone therapy, mushroom enzyme extract, vitamin C, germanium, papura-ru.



Prostate cancer

(Patient M.K., 66 years old male)

Patient comment

When I was taking a hot bath in October 2001, I heard a cracking sound which was accompanied by a severe pain in my hip. When I visited the hospital, I was told that I had a fracture.

Even though I was admitted right away, my symptoms did not improve and I was discharged afterwards.

The next year in May, I visited a large hospital to receive a full body check-up. That was when I was diagnosed with prostate cancer. My tumor marker was 12715.0 and that meant it was inoperable. I was treated with hormone therapy afterwards.

Then, I visited the Garden Clinic and started being treated with thermotherapy. Since I stopped taking my hormone medicines, my tumor marker that was down to 0.15 had increased to 41 by September 2007.

As I was treated with thermotherapy, hot crystal infrared therapy, south mist, placenta shots and hormone therapy, my tumor marker started to decrease rapidly. When I measured my tumor marker in May 2008, it was down to 0.011.

Even though my tumor markers are very low now, I am still being treated with thermotherapy three to four times a month.

Even though my body is fatigued due to hormone therapy, I feel much better after the thermotherapy. Since I suffer from severe side effects, I still feel occasional excruciating pain. However, when my microcirculation improves after the thermotherapy, I feel much better.

Doctor comment

As in the first and second cases, thermotherapy is extremely effective for breast cancer because the tumor mass is very close to the skin surface. In addition, in the third case, the hard tumor mass was palpable on the abdomen, which is why thermotherapy showed great results. When lesions are deep within the pelvic cavity, thermotherapy may not be as effective. Use thermotherapy more frequently for such cases.

| Date | 02.5.11 | 03.3.10 | 04.5.17 | 05.1.17 | 07.9.10 | 08.5.29 |
|--------|---------|---------|---------|---------|---------|---------|
| Marker | 12715.0 | 2.980 | 2.220 | 0.150 | 41.680 | 0.011 |

The patient M.K.'s tumor marker that dropped all the way down to 0.011 in May 2008

Bilateral breast cancer, 10mm and 12 mm

(Patient H.K., 51 years old female)

Patient comment

It was February 2008 when I was first introduced to the Biomat. I asked my father, who had had rectal cancer surgery in January, to use this product. As a result, he slowly started to regain his health during April and May.

Now, he is very healthy and working at his farm again. That is when I started believing in the powers of this Biomat.

Additionally, I also was diagnosed with possible breast cancer. In November 2006, I visited the Shizuoka Cancer Center to be examined.

The doctors found a 10mm and 12mm tumor in both breasts.

The hospital asked me to go through surgery. Even though I

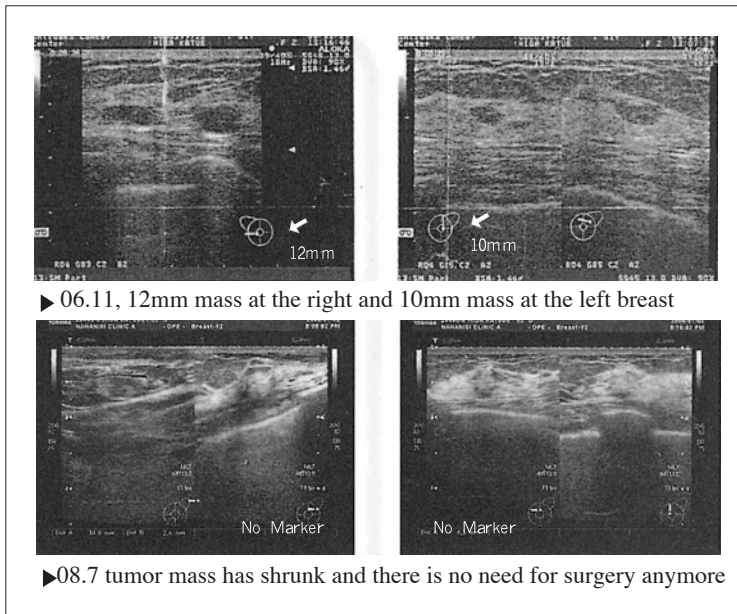
was scheduled for surgery, I decided to heat up my body every day with a Biomat because I saw how my father had regained his health from it. I used the Biomat for an hour each day. I heated up my entire body to 70 degrees for five months.

This month, a mammography was performed and surprisingly enough, my tumor had shrunk.

There was no need to go through surgery. In addition, the doctor said that my breasts were like those of women in their 30's because of the increased number of mammary glands.

Not only did the Biomat cure my cancer but it made my breasts seem young again.

※ Used Crystal Infrared Rays of the Biomat.



Breast cancer with three tumors, including one tumor 3cm diameter

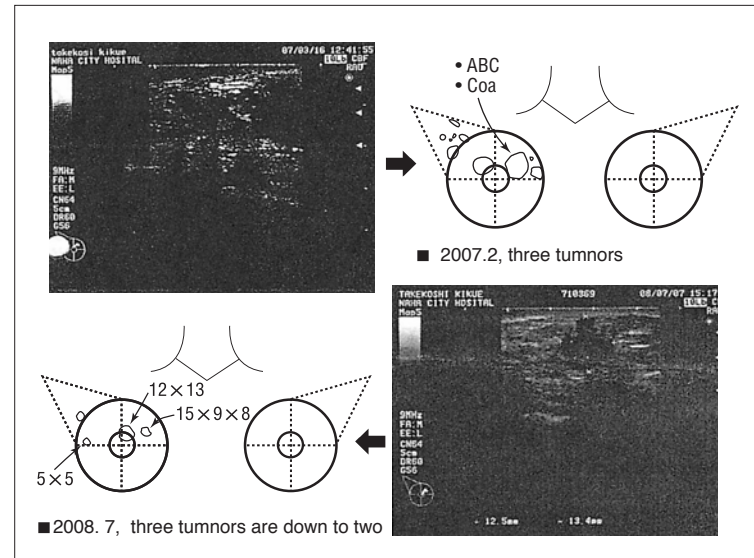
(Patient T.K., 76 years old female)

Patient comment

I was diagnosed with breast cancer in February 2007 and asked to go through surgery. I had three tumor masses including one 3cm tumor mass. Since I knew about the Biomat, I decided to refuse the surgery and heat up my body for one hour each day for four months.

As a result, my 3cm tumor shrunk down to 1cm and one of the three tumors disappeared. All of my doctors were extremely surprised.

Even though I do not have to go through surgery anymore, I



am still using Biomat therapy. It is not just my breast cancer that was cured. There was another surprising result as well.

Since 1994, the sight in my left eye was very bad and I was told that it was incurable even after undergoing surgery. I saw objects in red and black colors afterwards. However, after using the Biomat, my vision became very clear.

I am also very surprised at the fact that my chronic back pain has totally gone as well. I am living a very healthy life now.

Neck epithelial cancer, lung metastasis

(Patient H.Y., 50 years old, male)

Patient comment

I was told that there was the possibility of cancer when I was treating my gingiva at Okinawa Hospital on April 23rd. On May 13th, I went to another hospital to get a CT and echo images. Since I had to do something in between, I started taking 2 grams of Fucoidan three times a day from May 16th and hot crystal infrared therapy for one hour a day.

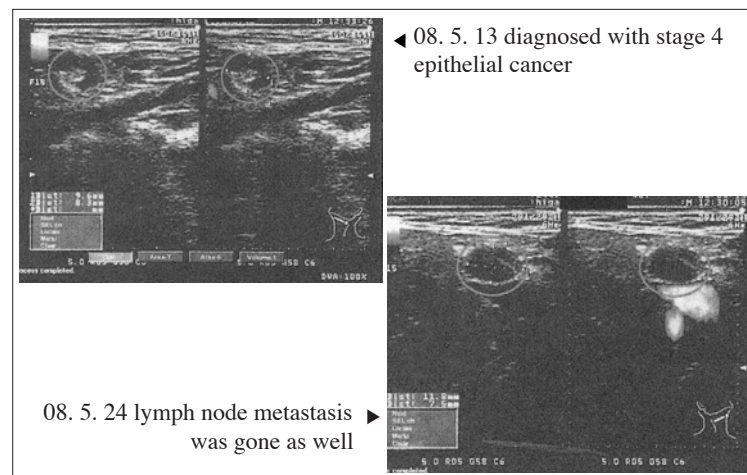
When my results came back on May 19th, I was diagnosed with stage 4 epithelial cancer and had an 11mm mass in my lymph nodes. I was able to feel a hard mass under my chin and was told that the cancer had metastasized into my neck and chin. On May 22rd, I was admitted to the hospital but the mass under my chin was gone. I took 2 grams of Fucoidan three times on May 23rd. On May 24th, my doctors ordered a PET scan in fear of lung metastasis.

That day, I had one hour of hot crystal infrared therapy and 2

grams of Fucoidan three times.

On May 29th, my doctors gathered around to decide on my treatment plans as they reviewed the PET scan results.

However, I heard my doctors saying that the cancer had disappeared completely. Instead of metastasizing into my lungs, the existing lymph node metastasis was totally gone as well. Those masses were not even palpable anymore. They were surprised to find out that the cancer had disappeared even before the treatment. They were not able to understand what had happened to me.



Breast cancer, lung metastasis

(Patient M.Y. 34 years old, female)

Patient comment

I was diagnosed with two tumor masses in my right lung in February 2008. The primary location had been the breast and it

had metastasized into my lungs, trachea, brain and bones. I was told that I only had three months to live.

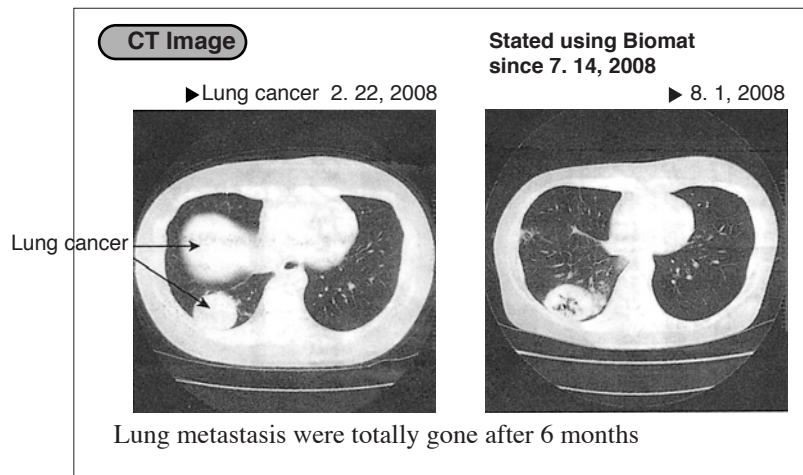
I began my chemotherapy and radiation therapy.

I was introduced to the hot crystal infrared mat on July 14th and was treated for 40 minutes each day at 70 degrees. I had melena since the first day and had bloody sputum on the second day of the treatment.

From the third day, I started to regain my appetite.

On August 1st, my images showed that the upper airway cancer had disappeared and the lower airway cancer seemed to be in a dormant state. The thickness of the body fat around the tumor mass has decreased as well.

My blood test results were normal as well.



In order to prevent cancer recurrence and progression...

Preventing the cancer's recurrence and progression after the diagnosis is the most important part of the cancer treatment.

We know cancer is a lifestyle disease. As in diabetes and hyperlipidemia patients, it is very important for cancer patients to maintain a healthy lifestyle.

It is well known that diabetes patients and obese people have a higher risk of cancer. Normally, when tumor-suppressing genes such as P53 regulate cell apoptosis, cancer cells cannot survive in our body.

In order for cancer cells to grow, the P53 gene's power has to be suppressed. In other words, our body's immune system has to be compromised in order for cancer to grow.

It is very important to keep healthy eating habits as well as a healthy lifestyle in order to prevent cancer.

The correlation between smoking and cancer is well documented by a multitude of research.

Smoking, as well as UV ray exposure and drinking alcohol, is known to have a significant role in cancer occurrence as well. It is important to adapt your lifestyle according to the Ten Commandments announced by the World Cancer Research Fund.

Chapter 2

Do not fear cancer!