future ideal medical care
Medical care taking advantage of a kenkoutai

A look at the mechanism of diseases according to the Tamago theory

Tamago Building Director Ishigaki Kunihiko

The traditional method is to carry our life long, comfortable breathing, permitting patients to return to their ability to feel if their body is in good health.

The method of the future is that being able to consciously carry our life long, comfortable breathing is important in the condition of the patient, "prevention, treatment, care and peaceful death" of chronic diseases. The key is in the method of preventive care. The fundamentals of this method is to understand the source of health of the body's self-care and healing power. The fundamentals of this method is to understand the source of health of the body's self-care and healing power.

In the first place, "function" of the "body," "physique," and "shape" are made and their structures are activated.

- Acquire power for living ("acquire a way of living")
- Autonomic nervous activity (anesthesia)
- Prevention against illness (from prevention to treatment care)
- "Natural medical care"
- Smooth passage to death  → Peaceful death

Ishigaki Kunihiko, 1924-2009, was a Japanese physician and author who became known for his work in the field of medical care, particularly in the area of advanced medical care, which he referred to as a "kenkoutai." Ishigaki Kunihiko advocated for a holistic approach to medical care, emphasizing the importance of preventing illness and promoting health through self-cultivation and natural healing. He believed in the power of the human body to heal itself and advocated for a lifestyle that supports this natural healing process.

Ishigaki Kunihiko's work was based on the belief that the human body has an inherent ability to maintain health and heal itself. He argued that this natural healing power can be activated through various practices, including breathing exercises, meditation, and lifestyle changes. Ishigaki Kunihiko's approach to medical care was influenced by his background in both conventional Western medicine and traditional Chinese medicine.

Ishigaki Kunihiko's ideas have been influential in the development of the field of medical care, particularly in Japan, where his work has been widely recognized and continues to inspire new generations of medical practitioners. His teachings have been incorporated into various forms of preventive medicine and have been applied in a variety of settings, from hospitals to community health centers. Ishigaki Kunihiko's legacy continues to be felt in the field of medical care, as his work continues to inspire new approaches to health and healing.

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