World Topics

Lecture by CEO Ohshiro in India to Be Held in August!



A highly anticipated grand opening party and a special lecture by CEO Hironari Ohshiro are both scheduled to be held in India, where the Enagic business has been steadily expanding since the establishment of the new branch office in Bangalore. With this event, we can surely expect Enagic to spread even further in the great emerging nation of India. The event details are as follows:

: 27th August (Sat)

Session1: Kangen Success Sharing by

International Speakers

Session2: Grand Opening Party

(CEO Ohshiro's Speech)

: Tai Bengaluru International Airport

Grand Ball Room Grand Floor (Bangalore)

For further details, please contact the Enagic India branch at (+91) 80-4650-9900

(Canada)

(HonaKona)



Congratulations for Reaching 6A! May 2016/ Our new 6A and above distributors

6A

- MARIA BENXIA WU • FRANCIS I F KONG
- JAIME M DALE • SONG HUYNH
- (Australia) . HIENG HIE JOHN HU (Australia) KEVIN I HARDING (Canada)
- JONATHAN J. ROUMAIN • MARITA DEWI
- DEBRECZENI CAROLY • CLAUDIA DE PROFT
- AMJID BHATTI/BUSINESS SERVICES ENTERPRISE LTD
- KANGENCARE ASIA LTD. WU MIN HONG
- (HonaKona) • GORGEOUS WATER CO. (HongKong) • LEE YAN YAN KARTWIN (HongKong)
- KO YUET SHIRLEY • HAU SZE YIN IRIS
- UPDESH MALIK MOCHAMMAD NORSALIM,ST (Indonesia)
- AMAZING TEAM
- SITI HAJARIAH HANDAYANI (Indonesia) M. IZMIR FADILAH IFDIAL. (Indonesia)
- ASEP WAHYUDI (Indonesia) SITI WARTINI R.DEWI SALAMAH
- . LOW BOON DING (HongKong) TAN SIEW LUAN · WANG ZHONG MIN (HongKong) • HOW ENG KEONG ALAN K.C. LEE • CV TAUFIQ HIDAYAT ERIC JACOBSON • DIAMOND MARKETING INC SHIRLEY ACOSTA FLOREPIS B FUENTES

- ALBAHSAR ALTO NASUTION (Indonesia) • VIO WIRA SAPUTRA SUHENDRA SETIADI
- EMERJON ESPINOSA REGALA □□憲和C
- 株式会社鼎潤豊 代張子得 A . WONG SIEW MUN • KU HING HOO
- LOUIS WONG CHAW LIEN • KENNETH WEE CHARN ERH YEN (Malaysia) ELIFE RESOURCES SDN BHD (Malaysia)
- MOHD RASHIDI BIN AHMAD (Malaysia) ZAINUDIN
- LEC HOME SOLUTION SDN BHD (Malaysia) NOOR HAYATI BINTI MOHAMED MOKHTAR
- SAIFUL RIZAN BIN ABDUL RAHMAN
 - (Singapore)
- (USA)
- INDRA FRIADI • NATE E. LEBOWITZ M.D. LLC HO CHEE MENG

- · CHELSEA N. BUI JOSE CONTRERAS
- . THOMAS E. OUTEN (USA) • CHARLES D. GOMES (USA) • JOHN HUBBARD
- · FAUSTIN CHOPRA
- · CARMEN KOVAR . HUNG THAI LAU
- . JEFFERY S RAYBURN
- GLOBAL AFFILIATE ZONE LP (USA)

6A2

- XIAO FENG LUO AFFILIATELIFETV LTD
- PETER CHAPMAN (税プロシード コンサルティングインター (Japan)
- (代)原田裕子 WELL STATE DEVELOPMENT LTD. (HongKong) • RAJAN MANJREKAR
- BUDI ARIF FAKHRUDDIN CV KHAERIYAH KANGEN AMAZING TEAM LEINA DEWI DEWI MAGDALENA (Indonesia)
 - (Indonesia)
- 6A22 SHARPE CONSULTING GROUP INC. (USA)

NAZIRAH BINTI BUGAL

MUHAMMAD FAZLI BIN

CARICATURE PTE LTD

LINDA CAROL BROWN

SOON BEE YEAN

SIWING LEE

ZAIMAH BINTI MOHD NOOR

SHARPE CONSULTING GROUP INC. (USA)

MAZLAN

- GREAT CYPRESS GROUP CO LTD. (HongKong) CV. BUANA PERSADA ENERGY SAIFOL MUALIM BIN AHMAD
- JAHLILAWATI BINTI ABU BAKAR (Malaysia) MOK E YEN · MAN CHEE HO

 NOR LAILATUL SAIDAH BINTI (Malaysia) SITI NOOR MASLINA BINTI AB (Malaysia)

Global E Friends. July. 2016 (Vol.188) USD\$1.00+tax

Enagic Global Sales Desk Tokyo. 1-1-6 Echizenya Bldg. 7F, Kyobashi, Chuo-ku, Tokyo 104-0031, Japan Published: Enagic International Public Relations Office (Tel)03-5205-6030 http://www.enagic.co.ip



Distributors from around the World! Welcome to the Las Vegas Global Convention!

from Here, towards Our



Enagic's biggest annual event, the Global Convention, is just around the corner, scheduled to be held in Las Vegas with a record high of 5,000 participants. I have been eagerly awaiting this day, for it is the best opportunity for me to have heart to heart interactions and to expand the "Circle of Compassion" with all of you, the biggest contributors and supporters of Enagic.

In 2013, we aimed high and set the goal of achieving "monthly sales of 20,000 units" in the near future. By March of this year, we were able to reach 13,000 units, which put us within reach of our goal. With the success of the convention to boost our engines, we should gain speed towards the goal of 20,000 unit

This year, we have established the Enagic 8 Prosperity Association (E8PA).

I am certain Though I am going to leave the explanation of this system for another occasion, I am certain that the establishment of this new association will add momentum to your efforts.

Through the Enagic Business, everyone can achieve the strength to survive in this chaotic world and find their way to success. Let's unite with pride and confidence so that we can spread "true health" throughout the world!

> Hironari Ohshiro **Enagic Group CEO**

Enagic Global Convention in the past

















エナジック イベント ニュース





Grand Celebration of Enagic 42nd Anniversary!

エナジック創立42周年を盛大に祝う!

On July 24, an estimated 100 participants, including distributors and employees, gathered at Ocean 8, a Enagic restaurant located in Ginowan City, Okinawa on the 2nd floor of Enagic Natural Hot Spring Aroma, to celebrate the 42nd anniversary of Enagic.

First, Master of Global Training, Katsumasa Isobe, spoke of the importance of training and gave a "mini training session" lasting about thirty minutes. The distributors participating in this event listened to his words attentively.

CEO Hironari Ohshiro, who made an appearance after the session, recounted the time in which Enagic was just getting started and even spoke openly about the failures he had faced over the years. "Failure is a stepping-stone to success. I also suffered through difficult times, but it was then that I was able to create the 8-Point Program and move onto the global stage. Please don't be afraid of failures," emphasized Mr. Ohshiro.

After explaining the progress Enagic has made in global expansion, the CEO announced the goal of "monthly sales of 20,000 units and cumulative sales of 1 million units." He ended his speech by adding, "Let's continue to devote ourselves to this work, assisting people in achieving physical and financial health!" Following the congratulatory speeches by local top distributors and executives of affiliated companies, everyone toasted to the success and the future of Enagic, after which the party continued with a lively atmosphere.

6月24日、沖縄県宜野湾市のエナジック天然温泉アロマ2階 レストラン「オーシャンエイト」に約100人の販売店、社員など 関係者が集まり、エナジック創立42周年を祝う式典を催しまし た。 はじめに磯部勝正グローバルトレーニング本部長が販売 店トレーニングの重要性を語るとともに、30分ほど"ミニト レーニング"を実施。参加していた販売店は熱心に話を聞いてい ました。

このあと登場した大城博成会長は創業当時の模様やその後の 事業上の失敗にも率直に言及したうえで、「失敗は成功の始まり です。わたしも苦しい時期に熟考して8ポイントプログラムを 作り世界に広がっていきました。失敗を恐れるなと言いたいで

また、エナジックビジネスのグローバル化の現状を説明して から、「月間20,000台、累積100万台突破」という目標を掲げま した。最後に「経済と身体の健康面で人助けのできるこの仕事を 一緒に進めていきましょう!」と語って話を締めくくりました。



Let's spread Kangen Water throughout the called out CEO Hironari Ohshiro. 「還元水を世界に広めよう!」と呼びかける大城博成会長

その後、地元の有力販売店の皆さんや関連企業幹部社員のあい さつなどが続き、乾杯の音頭をしてから賑やかな懇親の場へと 移りました。



The local top distributors giving their speeches (from left) Genichi Okuhara Kiyoko Nakamoto and Seiichi Ishii

あいさつをする(左から)地元有力販売店の奥原玄一さん、仲本清子さん、石井聖一さん

Enagic Training News

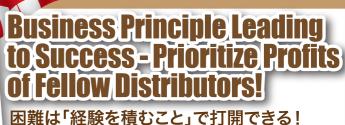
Training Sessions by Mr. Isobe Held Across the EU!

Continuing on from the sessions held in Canada during April and in New York during May, the Master of Global Training, Katsumasa Isobe, held numerous training sessions all across the EU in June. The series of sessions began in Paris (June 4 and 5), and moved onto Portugal (June 7), Vienna, Austria (June 9) and Dusseldorf, Germany (June 11 and 12), where the Enagic Europe branch is located. All venues were filled with participants, eager to experience the training given by Mr. Isobe.



Participants giving Mr. Isobe an enthusiastic applause upon completion of the training (Richmond).

This Is How I Reached 6A2-3!



(From left, Rudy and his wife

Ronulfo (Rudy) Valencia **ルノルフォ(ルディ)バレンシア**[Canada/カナダ]

As one of the major immigrant nations, Canada admits over 200,000 new arrivals a year. More than half of these arrivals come from the Asia and Pacific regions, and the top 3 countries of origin are China, the Philippines and India. As expected, the Philippines ranks among the top few, as it is known to be one of the biggest sources of immigrants in the world.

This month's featured distributor, Ronulfo Valencia (known by many as Rudy), is also from the Philippines and although Rudy is now a citizen of Canada, he has not lost the quality he acquired while growing up in his homeland.

Retaining a Step-by-Step Approach

This quality is evident in his approach to the Enagic business: Prioritize the profits of fellow distributors. As hinted in the gentle features of his face, his hospitality and kindness towards others is incomparable.

Rudy joined the Enagic business in July of 2007. His reason for joining was simple, "I was interested in the water business." Even though he was careful in building his business "step by step" and without a rush, he was able to reach the rank of 6A within a year and continued to steadily grow his business.

Installing Seminar Room in his Home

Rudy believes that seminars provide the most important business opportunities, and he even had a room created in his home exclusively for this purpose. Pouring all his energy into his seminars and diligently appealing to those who participated, he was finally able to reach the 6A2-3 rank (currently at 6A3-3).

Overcoming the drawbacks of being an immigrant, he now lives in a grand house and is surrounded by his grandchildren, achieving a happy life through the success of his Enagic business. However, his eyes are already set on the future, as he aims to reach 6A4-4 by the end of 2016 and plans to expand his business on a global scale.

The Journey to 6A2-3 の肖像



seminar room, in Markham, Ontario -セミナールームを備えた

移民大国の1つであるカナダは、毎年20万人を超え る移民を受け入れている。その移民の出身地ではアジ ア・太平洋地域が全体の半分を占めるが、国別に内訳を みるとベストスリーは中国、フィリピン、そしてインドで ある。世界の中でも移民・出稼ぎ大国として知られるフィ リピンはやはり上位に位置している。

今回紹介するルノルフォ・バレンシア(愛称ルディ)さ んもフィリピンの出身だ。もちろんいまではカナダ国籍 を有するカナダ人なのだが、生まれ育ったフィリピンで 培った人品骨柄はなかなか抜けないようだ。

ステップバイステップを心がけて

それはエナジックビジネスにおいて「最優先するのは販 売店仲間の利益」という彼の姿勢にも表われている。その 柔和な表情からもうかがえるように、他者に対するホスピ タリティと親切さは比類がないのだ。

ルディさんがエナジックビジネスに参入したのは2007

年7月のこと。理由は「ウオータービジネスに関心があっ たため」といたってシンプルである。参入後は一気に伸ば すというより"ステップバイステップ"を心がけたという。そ れでも1年後には6Aに到達し、それ以降もビジネスは順 調に進展した。

自宅にセミナールームを設置

ルディさんはセミナーこそもっとも大切なビジネス機会 ととらえている。そのための専用ルームを自宅に設けたほ どだ。セミナーに最大限の力を注ぎ、参加した人たちへ懸 命にアピールしてきた結果、ついに 6 A2-3に達したので ある(現在は6A3-3)。

移民というハンデを乗り越えたルディさんはエナジック ビジネスの成功によって、いまでは豪邸を構え、孫もいる などハッピーな生活状況を作り出した。しかしそこにとど まらず、彼は年内の6A4-4到達、さらによりいっそうのグ ローバルな展開を目論んでいる。

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From Okinawa to the World! The Success Story of Hironari Ohshiro

Chapter 11

Toshio Maehara

Through the Old Teacher's Eyes

Ohshiro sees his humble home of Sedake as both the starting point of his own history and the starting point for the globalization of Enagic. He even keeps this home as his official address, despite owning homes in Tokyo and Los Angeles. For it was from this tiny structure that Ohshiro crawled, then toddled, then walked towards the challenges of life which lay ahead.

Ohshiro left his village for Naha, the capital. He had happily been offered a place at Naha Commercial High School. There was only one such school on the whole island, which meant fierce competition for places. The school was particularly popular with high achieving students from rural areas. This was their chance to breathe the air of the city for once, and to prepare themselves for better future. Since it was a Commercial High School, the students were taught the basics of business, accounting and bookkeeping. There were no calculators back then, so they learnt advanced calculation techniques on the abacus. Some students complained that it was a slow process to see any practical application to their education; they were displeased by the strong academic focus? At the time, Ohshiro could never have known just what a fundamental contribution to his future this course would make. No opportunity to learn should ever be missed.

The life of poverty he had experienced at home was replaced by a new life, that of a high school student working part-time to make ends meet. Today, many high school students have part-time jobs, but back then it was an indication of the impoverished background of the student. Ohshiro lodged with the relative of one of his high school teachers, and started the hard slog towards financial independence. He was blessed with excellent teachers, who spurred on his desire to learn and to improve himself. One of those teachers, Ryomei Hirayama, showed particular kindness. He stayed with Hirayama for a time, in yet another example of the kindness that Ohshiro was to encounter and to cherish over his life.

I decided to make a special trip to Okinawa from Los Angeles. Once there, I found myself looking out over Naha city through the window of the lobby of a hilltop hotel. It was clear that another typhoon, so common in Okinawa, was approaching. The wind was strong and light rain had been falling since the previous day. But it was a welcome rain, for it took the edge off the muggy summer heat. At the allotted time, Hirayama, Ohshiro's old teacher, arrived with his wife. In fact he taught me too and I also owe him a debt of gratitude. Unlike Ohshiro, however, I was a poor student, so I did feel a twinge of embarrassment at seeing him again.

Hirayama was now 80 years old and a respected scholar of Okinawan classical literature. He was lecturing part-time at a university, and also taught ryuka, Okinawan folk poetry, at a few classes in Naha city. Ryuka is a compilation of Okinawan classical poetry, comparable to the Manyoshu collection of eighth century waka poetry from mainland Japan. Hirayama also held many more positions, could boast of many more achievements. He was a slim man, an expert in traditional martial arts, still practicing in fact. He was the very picture of health.



Author's Profile

Born in Okinawa in 1941. Maehara graduated from Naha Commercial High School in 1960. After attending the University of Hawaii, he graduated with an MBA from the University of Southern California Graduate School and with an MA from the Fuller Theological Seminary. He is now actively working as a consultant at a Japanese firm and is also a minister. He is the advisor of Enagic USA.

Other major works by the author: "The Rules of Business Taught by the Bible" / "Quenching the Thirst for Global Success"

Available in all Enagic branches or can be purchased online from http://www.enagic.com

沖縄から世界へ! サクセスストーリー大城博成

第11回

前原利夫

恩師の目が語る

大城は瀬嵩の生家を自分の歴史の原点であると同時にグローバル化したエナジックの 原点としても見ている。なんと、彼の現住所もこの生家にある。東京やロスアンゼルスに住 まいを持っているのだが。この小さな家から、大城は転がり、這い上がり、立ち上がって人 生のドラマを展開していった。

大城は初めて田舎から都会の那覇に出た。晴れて、那覇商業高校に入学するためだ。当 時、商業高校は全島で一校しかなく、競争率が高く、入学に厳しい高校であった。特に、田舎 の優秀な学生たちが多かったようだ。田舎の空気よりも都会の空気を吸い、将来に備える ことができた。また商業高校だからビジネスの基礎、会計、簿記、計算機のない時代のソロ バン等の知識、実習を取得した。学問の即効性のなさを苦言する者もいるが、やがてこの コースが大城の未来に大きな貢献をするとは本人も予想だにしなかったことであろう。学 間の機会を逸してはならないものだ。

実家の困難のため自らアルバイトをしながらの高校生活となった。現今、アルバイトは 誰でも経験するが、当時、高校生のアルバイトは家庭が貧しいことを意味した。大城は高校 の恩師の親戚の家で下宿しながら通学し、自立を目指した。また、教師にも恵まれ、向上心、 勉学への思いを刺激された。恩師の一人、平山良明師には一方ならぬお世話になった、と述 懐する。恩師の家を下宿先として、一時、お世話になったこと、また、人の情けが身に沁みた 経験だったに違いない。

筆者はロスアンゼルスから沖縄まで飛んだ。そして、高台のホテルのロビーの窓越しか ら那覇市を見渡していた。その日は沖縄名物の台風の接近で、風が強く、前日から小雨が続 いていた。おかげで特有の蒸し暑さが和らいでいる。アポイントの時間に大城の恩師であ る平山良明師が奥様と二人で姿を現わされた。実を言うと、平山師は私の恩師でもある。た だ、大城とは違い、こちらは出来の悪い学生であったので、この先生に会うのは何かばつが 悪い、そんな僻みがないわけではなかった。先生は沖縄古典文学の専門家で今年80才、大学 の非常勤講師、市内で数カ所クラスを開き琉歌を教えておられる。琉歌とは万葉集に似た 沖縄の古典詩集である。肩書きはまだまだある。恩師はスリムで古武道も心得、今も修業を なさるとか。見るからに健康そのものだ。

1941年、沖縄県生まれ。60年に那覇商業高校卒業。その後、ハワイ大学を経て 南カリフォルニア大で経営学修士、フラー神学校で神学修士をそれぞれ取得。 日系企業のコンサルタントおよび牧師として活躍中。エナジックUSA顧問 主な著書:「聖書が語るビジネスの法則」「小さな島から世界を飲む!」





「小さな島から世界を飲む!」エナジックの各支店またはhttp://www.enagic.comで購入可

Enagic Kangen Rice Project

エナジック還元米プロジェクト



Comparing Paddies Using Agrochemicals and Electrolyzed Water

農薬使用の水田と電解水活用の水田を比べてみれば・・・



The Leveluk Super 501 unit that generates acidic electrolyzed water for disinfecting rice seeds 種籾の消毒用酸性電解水を生成するレベラック

The Enagic Kangen Rice Project series, which started with the April issue, is now in its 4th chapter. Up until now, we have been reporting on the progress of the "Electrolyzed Water Rice Farming" made by Ido Agriculture in Kagawa Prefecture, and in this month's issue we report on the condition of the rice paddies in early

First, let's go over the basics of the electrolyzed water rice farming. With the approval of acidic electrolyzed water as a "designated harmless agricultural chemical" by the Ministry of Agriculture. Forestry and Fisheries and the Ministry of the Environment in March of 2014, Enagic began its work in the field of agriculture. The fact that acidic electrolyzed water was proven to be harmless to humans, livestock, aquatic animals and plants and even to the environment, while at the same time being a deterrent against bacteria, led to the actualization of electrolyzed water

Before transplantation, the rice plants undergo a series of disinfecting processes throughout the stages from seeds to seedlings, only using acidic electrolyzed water generated by the Leveluk unit and without using any agricultural chemicals. Since the start of the farming on April 10, these processes have been implemented before each transplanting. The first set of plants have now grown to be as tall as 50 cm. When comparing Paddy A (using electrolyzed water) to Paddy B (using agrochemicals), both transplanted in early May, it is obvious to see, even after a month's time, that Paddy A is low in density and is sparsely planted. This will change in time as the rice in Paddy A will grow thickly, sufficiently filling out the paddy. It can be said that this is the biggest advantage of rice farming with electrolyzed water.

4月号から始めたエナジック還元米プロジェクトの連載も7 月号で4回目を迎えた。この間、4月から毎月一回、香川県の 井戸農産による「電解水稲作」を取材してきたが、今回は6月 初旬の水田の様子を報告する。

う。2014年3月に農林水産省と環境省が酸性電解水を「特定防 除資材」として認可・指定したことが後押しして、エナジックは農 業分野へ参入した。酸性電解水が人や水生動植物はもちろん、 環境に害を及ぼすことがないにも関わらず菌に対する防除効果 が認められたことにより、電解水稲作が具体化したわけである。

農薬を使わずレベラックが生成する酸性電解水だけで種籾か ら田植え用の苗を消毒するという手順で、第1回の4月10日以 来、作付けが繰り返されてきた。その1回目の稲は長いものでは や50cmほどに成育していた。また、いずれも5月の連休に田植 その前に電解水稲作についてあらためて簡単に説明しておこ えされた電解水稲作の田(A田)と農薬使用の一般の田(B田)を くらべてみると、1カ月後の段階でA田のほうがB田より明らかに 密度が低い(まばら)。それでもこれから育つ過程でA田の稲は 十分に密生していくのだという。これが電解水稲作の大きな特 長といえるのだろう。



Rice transplanted in April has grown nearly 50 cm tall. 4月に作付けた稲の穂は50cm近くまで成育



Paddy A (left) is sparsely planted compared to Paddy B, in which agrochemicals are used(both A田(左)のほうが農薬使用の一般水田(B田)より稲穂の密度は低い(いずれも5月の連休中に植えた稲

Realization of True Health 真の健康の実現

True Physical health True Financial health True Mental / Metaphysical health 心の健康

身体の健康 経済の健康

Five Kinds of Kangen 5つの還元

1 Bodily Constitution Kangen ①体質の還元 2 Fair & High Income Kangen ②公平で高収益の還元 3 Quick Return Kangen (3) リアルタイムのスピード還元

4 Appreciation/Compassion Kangen ④ 感謝(情)の還元 5 Societal Support Kangen



2nd Consecutive Victory in All-Japan Bowling Game for Enagic!

The Enagic International Team celebrated a second consecutive victory in the 42nd All-Japan Corporate Bowling Inter-Industry Championship held in Fukuoka Prefecture from June 10 through 12. The 3 players from our team who competed in this game were Kanako Ishimine, Yuuki Murahama and Shouta Kouki. All players are in high spirits as they continue on to win the All-Japan Corporate Bowling and All-Japan Corporate Inter-City championships, aiming to achieve a grand slam of the 3 major corporate championships in Japan.



The winners (from left) Shouta Kouki, Kanako Ishimine

Enagic Academy Players, Sadoyama and Arakaki, Fought Bravely in Championships!

The Toyota Junior Golf World Cup, in which 15 boys and 9 girls junior national teams compete for the honor of world champion, was held this year in Aichi Prefecture from June 13 through 16. Of the 3 girls representing Japan, 2 were Enagic Golf Academy players, Hina Arakaki and Riri Sadoyama.

Individually, Riri Sadoyama tied for 3rd place with 5-under-par and Hina Arakaki tied for 13th place with 4-over-par. As a team, Japan scored 13-under-par and lost to team USA by a narrow margin, but placed 2nd in the game.

Riri Sadoyama and Hina Arakaki also competed as seeded players in the Japan Women's Amateur Golf Championship (June 23~26/-Fukushima Prefecture), the most important game for all female amateur golfers in Japan. Although Sadoyama fought bravely and was in the lead at one point, she finished in 5th place, while Arakaki tied for 16th place in the championship.

Although not coming out on top this time, just the experience of competing in these 2 major championships is surely valuable to their future as golfers.



Sadoyama, drawing attention all over Japan.

Boys Soccer "Enagic Cup" Soon to be Held

Upcoming on July 16 and 17, the 2nd Enagic Cup International Boys Soccer Championship (hosted by the Okinawa Football Association) will be held in Okinawa with Enagic International as the major sponsor. In this event, which CEO Hironari Ohshiro serves as the honorary president and the mayors of Okinawa and Uruma cities (as venues for this event) both serve as honorary vice presidents, many teams from within Japan and overseas will compete in 3 separate categories of Under-12. Under-10 and Under-8. Enagic wholly supports this event, which contributes greatly to the physical and mental growth of children.



Players racing about in the field (picture from last year's event)

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Japanese Housewife





Hacchi's Life with Kangen Water

はっちの「水のある生活」

Use Kangen Water to make sautéed liver and chives and beat the heat!

It is now July in Japan and summer is well and truly here. One major concern over the hot summer months is heat fatigue. While there are a number of ways to beat heat fatigue, one of the most important is your diet.

One dish that comes to mind to boost our energy levels is sautéed liver and chives. But to be honest, I don' t really like liver (^^;;). I think it is probably that raw smell it has. But this is not a problem with electrolyzed water!

• First, prepare the liver using Kangen Water

The first step in this dish is preparing the liver and I thought I could eliminate some of that raw smell using Kangen Water so I tried soaking the liver in it. Before this I also quickly washed it in strong Kangen Water. I thought that by going this extra step I could remove more of the smell (^^;;).

Repeatedly soak the liver in Kangen Water

Place the liver in Kangen Water with a pH of 9.5 and change the water when it becomes cloudy. I used pork liver and had to change the water quite a few times. The color of the water will change quickly. As I soaked it the annoying odor disappeared and I didn't have to soak the liver in milk.

Before cooking, dry the liver using paper towel so that it in not too watery. I also added a little Kangen Water when I seasoned the liver.

■ The perfect dish to replenish iron levels!

Before long it was ready to eat. By draining the blood from the liver using Kangen Water with a pH of 9.5 I was able to get rid of that raw meat smell and created beautiful sautéed liver and chives (^^). Now even I could eat it.

Replenishing iron levels not only combats heat fatigue, but also helps to prevent anemia. Now I want to try cooking more dishes with liver $(^{\wedge})$.

夏バテ対策の「ニラレバ炒め」に還元水を活用!

日本は7月。本格的な夏に突入しまし た。夏ともなると心配になるのが「夏バ テ」です。夏バテを防ぐ方法はいろいろ ありますが、何といっても食生活が肝心。

そこで登場するのが元気をつける 「ニラレバ炒め」ですね。でも正直に言 うと、あんまりレバーって好きじゃない んですよねえ(^^;;)。生臭いというか。 しかし電解水を使えば大丈夫!

■還元水でまず下ごしらえ

まずは、レバーの下ごしらえですが、 還元水を使うと生臭さがけっこうとれる と思い、レバーをつけ込みんでみること にしました。

その前に、強還元水で軽く洗ってみ ました。ここまでやれば、さらにいっそう レバー臭さもとれるのではないかと $(\wedge \wedge ::)$

■還元水で何度も漬け込む

pH9.5の還元水に入れて、水が濁って きたら水交換。豚レバーを使ったので すが、けっこう水交換しましたね。すぐ に水の色が変わってくるのです。

漬け込むにつれて、レバーの気にな る臭いがなくなってきました。これだっ たら、牛乳につけこまなくてもよさそう ではありませんか。

調理前にはペーパータオルでしっか

り水気をとって、水っぽさをなくします。 レバーに下味をつける時にも、ほんの ちょっと還元水をいれてみました。

■鉄分補給に最高の料理!

そしていよいよ完成。pH9.5の還元水 でしっかり血抜きしたおかけで、レバー の臭みもとれて、おいしいレバニラ炒 めができましたよ(^^)。 これなら、わ たしにも食べられます。

夏バテ対策だけでなく貧血防止のた めの鉄分補給にもいいですしね。別の レバー料理にも挑戦してみたくなりま した(^^)。

Kangen Water on the Scene





Japan/日本

Aesthetic Salon

Coco (Midorigaoka Branch)

エステティックサロンココ



Coco Midorigaoka branch (branches also located in Narita Chiba and Kashiwa City in Chiba Prefecture) Coco緑が丘店(ほかに千葉県成田市、千葉市、柏市にも店がある)

Beauty Studio Therapy corporation

Address: 2-2-10-2F Midorigaoka, Yachiyo City,

Phone: 0120-34-3632

What are the Effects of Hydration with Kangen Water in Aesthetic Treatments?

還元水による保水を取り入れたエステの効果効能とは?



A Leveluk unit and the owner of the salon, Chieko Ito レベラックとオーナーの伊藤知恵子さん

"By touching the back and feeling how tense it is, you can determine the 'body age' of a person," says Chieko Ito, the owner and aesthetician of the Aesthetic salon, Coco. She is a specialist whose skill is judged by how well she manages to "halt" the inescapable process of aging. At Coco, the two courses, Head Spa Facial and Diet Program, are offered by their six specialist aestheticians.

What is special about Coco is the hour and a half long thorough counseling that is given before treatment. "To provide the best treatment, it is important for us to understand the lifestyle habits of our clients," explains Ito. Each client's treatment is decided through this counseling, but what has become indispensable is the "intake of Kangen Water."

Ito, who believes, "hydration is absolutely essential," uses Kangen Water throughout the courses provided at Coco. Even before beginning the treatment, the clients are asked to drink the water to bring up the level of their body's alkalinity. They are once again asked to drink Kangen water, this time after the treatment, to make sure their body is sufficiently hydrated. Bottles are even provided for the clients to take home, so they can drink the water frequently and stay hydrated throughout the day. According to Ito, with the effects of the treatment and proper hydration, changes for the good can be found in the "tenseness in a person's back."

As for the future of Coco, Ito speaks of perhaps, "opening an outpatient clinic which specializes in dieting with the cooperation of doctors." Ito, who is a "missionary of beauty and health," keeps looking to the future.

「背中を触るとその固さで"体内年齢"がわかるものです よ」。こう語るのは「Coco」のオーナーでエステティシャンの 伊藤知恵子さん。誰しも逃れられない加齢をいかに「おしと どめるか」が腕の見せ所の仕事だ。Cocoには「ヘッドスパ フェイシャル」と「ダイエットプログラム」の2コースがあり、 エステティシャン6人がそれぞれの得意分野で施術に当 たっている。

Cocoの特長は施術の前に1時間半ほどかけておこなう徹 底したカウンセリングにある。伊藤さんはその意図について 「最適な施術方法を見つけるためには生活習慣を把握しなけ ればなりませんので」と語る。そうして確定した施術方法の中 で、いま不可欠になっているのが「還元水の飲用」である。

「保水は命」という伊藤さんの還元水活用法は次のとおり だ。まず施術前に必ず飲んでもらい体内のアルカリ性を高

め、ついで施術後にも飲用してもらって十分な保水を図る。 さらにペットボトルの持ち帰りで起床時~就寝間の小まめ な飲用を勧めているという。

施術に加えて体内が保水されると「背中の固さ」に良い変 化があらわれてくると伊藤さんはいう。

Cocoの今後の展望として は「医師と共同したダイ エット外来の創設」を上げ た。"美と健康の伝道師"伊 藤さんは将来を見据えて いるのだ。

Complete with private VIP roon Vip用の個室を用意

If you know of any unique use for electrolyzed water, we'd love to hear from you! 電解水のユニークな活用法を募集中!

•Please send information to the Public Relations Department.

情報は広報室まで/ e-mail:kouhou@enagic.co.jp

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