



# MOA Hawai'i Newsletter

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## MOA Wellness Center

### Office Hours

Mon-Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm

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## Executive Director's Message

Aloha,

This month's theme is "Safe Environment".

Mokichi Okada said, "As everyone knows, all living beings are breathing, but this includes literally everything, including plants, minerals and more. It may be surprising if I say that the earth breathes as well but you may understand it with my following explanation.

The earth breathes once a year. Exhalation begins in the spring and reaches its climax in the summer. The exhaled breath of the earth, like that of human beings, is warm. It results from the emanation of ground heat and it becomes thick in spring, when all things begin to grow. The grasses and trees come into bud first of all, all things reach upward, and man himself feels a lifting of the heart. As summer approaches, the vegetation flourishes increasingly till its peak, and then, the earth itself begins to breathe in. At this point, plants and trees wither, and all things go into a state of decline. Human beings also become calmer. As this course of development moves toward the opposite pole, winter sets in. What the earth exhales is spiritual ether of the ground in this natural cycle and it is the same as nitrogen in scientific terms—which enables plants to grow. Nitrogen constantly rises and collects at the upper limits of air, and then it is returned to earth again with the falling rain. This is natural nitrogen fertilization. In this sense, it is an error to take nitrogen from the air and use it artificially as fertilizer. At first, such artificial nitrogen fertilizer would increase crops, but if it is continued for a long time, the soil becomes poor as a result of nitrogen addiction. In other words, oversaturation of nitrogen dulls the energy and activities of soil itself. During World War I, the Germans invented nitrogen fertilizer in order to increase crops. They were able to achieve their wartime aims with its use, but such fertilization should have been abandoned with the return of peace."

Knowing that the earth is a living, breathing, intelligent being, why do we continue to harm our environment and ourselves? We humans are the cause of most environmental pollution. We can try to minimize the pollutants that we contribute to the overall problem by practicing *reducing, reusing and recycling*. Let's conserve energy by turning off some of the lights in our home, walk instead of drive, and compost kitchen waste instead of using the garbage disposal. Oils, meats, etc. can be composted using the bokashi bucket (ask Norman for more information). For hazardous materials, go to the following website: ([http://www.opala.org/solid\\_waste-Household\\_Hazardous\\_Waste.html](http://www.opala.org/solid_waste-Household_Hazardous_Waste.html)). Install a water efficient toilet or put a brick or ½ gallon container in your standard toilet tank to reduce water per flush. Use environmentally friendly cleaners, soaps, detergents. Go organic.

Let us be mindful of our daily actions so that we can contribute to a safer environment.

Norman Oshiro  
Co-Executive Director

## MOA International Health and Wellness Forum

The Mokichi Okada Association is an international non-profit foundation which aims to create a new civilization where man lives in peace and health. To achieve its goal, MOA offers programs on healthy eating habits, chemical free farming methods, arts and culture programs and Purifying Therapy (energy healing). MOA's headquarters in Japan held their annual Health and Wellness Forum on June 14 in Hakone. This year's theme was "Salvation for Everyone and Creation of Healthy Communities." Dr. Wallace Fukunaga of the Sunrise Foundation of Hawaii and Dr. Gilberto Natalini, Councilman of São Paulo City, Brazil, spoke of their work in their community to create healthy communities based on spirituality and individuals supporting one another. The Forum was attended by 3,000 people, including 60 from outside of Japan.



Dr. Natalini is a licensed medical doctor specializing in digestive surgery and is currently serving as a City Council member of São Paulo. He met the Holy Pope in May and presented him the Honorary Citizenship of São Paulo. For the last 40 years, he has also been offering health consultations at the Catholic Church and began incorporating the MOA Wellness Program. In addition, in March 2015, he was able to gain enough votes in the City Council to pass a law to provide organic food items for school lunches for 1.1 million children.

Dr. Fukunaga spoke about the health conditions of the people of Hawaii and the reason for their longevity compared to other states. He also shared the vision and work of the Sunrise Foundation, which he founded in 2011, and shared his view on collaboration between Sunrise Foundation and MOA Hawai'i.

*Puaka'ana o ka la*, the Hawaiian for "sunrise," also means to "rise up." The Sunrise Foundation seeks to empower and enable people to "rise up" to a new reality with wellness of the body, mind, spirit and community.



Two things need to be noted about Sunrise Foundation's vision. One, it places a strong emphasis on the *spiritual*, acknowledging that healing comes largely from a spiritual presence that is within each person and the universe. Two, is its focus on *community*. Healing and wellness are best achieved when the community is healthy.

Programs that Sunrise Foundation offers include a support group, public forums, workshops, book studies and the annual "Journeys to Wellness" event. The event provides scholarships and has consistently drawn a diverse group of 180-200 attendees; many are repeat attendees. The vision of the Sunrise Foundation coincides with this year's MOA theme—"Salvation for Everyone."

MOA Hawai'i, a non-profit organization of the state of Hawai'i, opened its Wellness Center in Kaka'ako in 2013 to serve society by promoting its programs on health and wellness for the enhancement of healthy mind and body of the people in the community based on spirituality.

Dr. Fukunaga shared several philosophies of MOA he has been inspired and has recommended that his friends and family experience Purifying Therapy, which he feels is beneficial for their wellbeing. He also shared that he looked forward to strengthening relations between MOA Hawai'i and Sunrise Foundation to create healthy people and communities.

## COMMUNITY SUPPORTED AGRICULTURE (CSA)

From the writings of Mokichi Okada, he listed five (5) essential practices of a dietary plan that MOA promotes and practices. (1) Choose foods that are full of life-giving potency; (2) As you enjoy your meal, maintain a sense of gratitude towards the food and the people who prepared it; (3) Season your food lightly; (4) Eat mainly grains and vegetables; and (5) Maintain a healthy balance in eating and exercising.

In satisfying the first of the five essential practices of a person's dietary plan: to choose foods that are full of life-giving potency, the MOA Nature Farm will be offering CSA packages starting in September 2016. A CSA package will contain various vegetables and herbs that the farm produces and will vary from week to week. These vegetables include daikon (radish), collard greens, kale, bok choy, chinese cabbage, green onions and herbs such as basil, chives, sage, and lemongrass.

On the MOA Nature Farm, no manufactured pesticides or fertilizers are used to speed up the growth process of the vegetables or herbs nor is the ground fumigated prior to planting to kill all micro-organisms (both the good and bad), weed seeds, underground plant parts and insects that live in the soil. Currently, most vegetables, herbs and fruits that are not grown using the Nature Farming or organic methods involve man-made chemicals that will speed up the growth of the plant in order to meet supply and demand.

Plants on the MOA Nature Farm grow in soil enhanced with materials such as compost, compost tea (an aerobic water solution made from compost that increases the number of beneficial organisms) and mulch.



A CSA package will cost \$240 for 12 weeks. Vegetables will be harvested, packaged and refrigerated on Fridays. The CSA package can be picked up that same day at the MOA Wellness Center during business hours. If you are interested in purchasing a CSA package; or if you have any questions regarding the CSA package, please call Teri June Amuro at 952-6900.



## MOA Food Seminar

Come join us at the various food seminar and cooking classes announced in the monthly events calendar to learn and enjoy healthy eating habits.

On July 14, Fumiko Kikuchi, a certified MOA healthy food advocate, held a cooking class on Kohya Dofu (Freeze Dried Tofu). In addition to the various cooking styles she taught us, she also shared many interesting stories about the history and potential health benefits of Kohya Dofu.

- Kohya Dofu is a processed food product made by the Japanese similar to the famous cheese of foreign countries.
- It is made only of soybeans using the protein and fat from the soybeans. Its official name is Kohri Dofu (frozen tofu); however, in West Japan where Kohri Dofu is often consumed, they call it Kohya Dofu after Mt. Koya.
- One popular theory of how it was first made is the Buddhist monks, who ate lots of tofu for their non-meat diet, left the tofu outdoors in the cold winter by mistake and the tofu froze. When they defrosted the tofu and consumed it, they liked it.
- The fiber content in the protein of the Kohya Dofu seems to prevent cholesterol build up.
- The “isoflavones” in the tofu seems to prevent osteoporosis.
- The “iron” in the tofu seems to be good for one who suffers from anemia or lack of breast milk. Pregnant women and mothers with new born are highly recommended to consume foods like Kohya Dofu with “iron” contents.
- Kohya Dofu is a low calorie food with high protein content so it is considered ideal for one who wants to eat healthy and also lose weight. It contains calcium and isoflavone so is considered a healthy diet food.



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