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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

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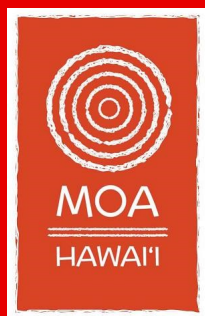
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 7

JULY 2015

Executive Director's Message

The theme for this month is "Saving America."

Mokichi Okada wrote an article entitled *Saving America* in January 1953.

"One of my followers, Mr. Bunji Tatematsu, had just returned from the United States where he had studied at the University of Notre Dame for one year, and he brought back statistical record scrutinizing major diseases of present day America. I was astounded in one glance. There were a great number of sick people in the United States, and it was even more than what was in my thesis. American medicine soared above even Germany, who had held supremacy in the world of medicine until quite recently; and thus, it was believed that such prosperous American medical science must have attained sufficient results. However, against our expectations, the facts showed a condition which I just could not bear to see. Furthermore, if the trend were to go on, who could deny saying that this tragic condition would become more serious and eventually become a growing problem, which the whole country would have to face.

Contemporary medical science itself has a tremendously serious defect. In spite of its process, people do not recognize the fact and rather contemporary medical science is going the wrong direction. As mentioned in the following statistical chart, the numbers of diseases of all kinds are likely to increase rapidly; and if this condition goes on, I predict that even a powerful country like America will go into decline within a century. ..."

In April, MOA International sponsored the international symposium "Healthcare toward the Future and the Communities: the Role of Local Communities" in Tokyo and Kyoto. Speakers included leading authorities of integrative medicine from Japan, United States, and England. One of the speakers was Dr. Andrew Weil, founder, professor, and director of the Arizona Center for Integrative Medicine at the University of Arizona.

In his talk, Dr. Weil spoke on the crisis of American healthcare. He said, "Americans spend more per capita on healthcare than any other people in the world, but our health outcomes are worse than those of most other developed countries. Healthcare spending now amounts to 18 percent of our GDP and continues to rise; this is not sustainable."

He said the reasons for this crisis are:

"1) The American healthcare system is actually a disease management system. Most of the diseases we try to manage are lifestyle-related conditions like obesity, hypertension, type 2 diabetes; and its consequences are all related to poor diet, lack of physical activity, stress, etc. These diseases are now epidemic, and conventional medicine is not very effective at managing them. 2) Our government and society do a poor job of disease prevention and health promotion.

3) The old and oldest old now make up a larger proportion of the population than

Continue to PAGE 2

ever before. Older people tend to be sicker, accounting for the majority of healthcare expenses.

4) American medicine is totally dependent on expensive technology and pharmaceutical drugs. Physicians are not trained in the use of low-tech alternatives. 5) Conventional medicine focuses entirely on the physical body, mostly ignoring the psychosocial aspects of health and illness. This narrow focus limits its effectiveness. 6) Insurers reimburse for interventions, not for prevention and health promotion.”

Dr. Weil also said:

“My view is that integrative medicine (IM) must be central to healthcare of the future. Its emphasis on lifestyle and the whole person makes it highly effective at preventing disease and promoting health and wellness. By bringing into the mainstream treatments that are not dependent on drugs and technology, it can lower healthcare costs dramatically. In America, increasing numbers of physicians want to learn and practice it, and increasing numbers of patients ask for it. ...”

“We must work to make more people more knowledgeable about self-care, so that they can be less dependent on health professionals and national healthcare systems. Community-based healthcare, grounded in the philosophy and practices of integrative medicine, is the way of the future.”

Our MOA Wellness Center is committed to improving people’s mind, body and spiritual health through Integrative Medicine. Our programs are geared so you will become more knowledgeable about your health and better able to utilize self-care. If you haven’t tried our OPT treatment, please call the MOA Wellness Center to schedule an appointment as I believe it is the ultimate wellness therapy. Please also inquire about our Healthy Life Network Program (HLN), which is MOA’s community-based healthcare system.

Members’ Testimonies

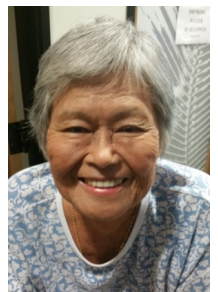
Many amazing stories are presented through the Purifying Therapy offered at the MOA Wellness Center. It is a form of energy healing technique based on Mokichi Okada’s (1882-1955) unique vision and years of experience. It views any illness and suffering as a form of the purification process. The therapy offers energy to areas where spiritual clouds has manifested in our body as toxins.



Hi, my name is Esther Takenaka. Last year, when I was diagnosed with health challenges, my nephew introduced me to MOA and its wellness program. Since then, I have been blessed with an improved quality of life through daily therapy by various therapists, including my nephew and my husband, Harold. I took the OPT Basic Course together with my husband, and today we are certified basic level therapists. We enjoy [not only] receiving and administering therapy, and attending various education classes offered by MOA on Purifying Therapy, healthy food, etc. In June, I visited the MOA centers, gardens and museums in Tokyo, Atami and Hakone to

further my understanding of MOA and its global activities. I hope my story will encourage others to experience the Purifying Therapy and improve their lifestyle through the MOA Health and Wellness Program.

Hello! My name is Jeanette Okido and I am 90 years old. I receive Purifying Therapy once a week from certified therapists at the MOA Wellness Center to improve my health condition. I’m so happy to have the wellness center near my home. I also thank my family for offering me the therapy at home. Although my husband left me last year to heaven, my children, 6 grandchildren and 4 great grandchildren keep me company. I’m so happy. Thanks to my friend, Karen Takane, who drives me to the MOA Wellness Center, I also attend additional education courses in art, Purifying Therapy and healthy food classes, including a class on making *Shio-koji* (rice malt and salt sauce). I hope many people will also come and receive the benefits of Purifying Therapy.



Aloha! My name is Delphine Shea. Many years ago, I was introduced to Purifying Therapy at the Okada Health and Wellness Program at the Pearlridge Shopping Center. MOA offers its programs at Pearlridge from 7:00-10:30 a.m. on the 2nd and 4th Mondays. At that time, I was going through an illness and my initial therapy made me relax so I began receiving the therapy weekly. Since the opening of the MOA Wellness Center in 2013, I have been receiving Purifying Therapy at the Center. Although I have various ailments, I truly appreciate MOA’s total support, including improvement of my diet. I am a certified basic therapist of Purifying Therapy and I hope to improve my practice to help many people. To learn and experience Purifying Therapy, call the MOA Wellness Center to schedule your appointment. Your first experience is complimentary.

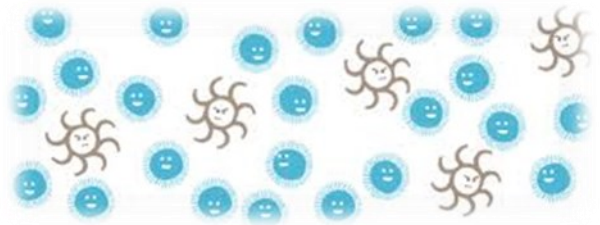
Save the Gut! (Save America)

By Mai Fujii, Natural Foods Program Manager

How do you know you are healthy? According to the World Health Organization (WHO), health is defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹ This definition tells us that the body, mind and spirit are all connected and a balance of these three factors is necessary to obtain one’s optimal health.

Intestines (small intestine and large intestine) are parts of the GI tract that are responsible for consuming and digesting foodstuffs, absorbing nutrients, and expelling waste. The large intestine hosts several different bacteria (aka gut flora, gut microbiota) that deal with molecules that the human body is not able to break down itself. Gut flora have many important roles including stimulating cell growth, repressing the growth of harmful microorganisms, increasing the immune system and more. It is said that improving and maintaining a healthy intestinal environment is the key for optimal health and longevity. Also, the intestinal environment not only affects one’s physical health but affects mental health as well. If you feel you are depressed or tired, it may be a sign that your intestinal environment is out of balance.

Maintaining an optimal intestinal environment is strongly connected with the foods you eat. While a plant-based diet is ideal to grow “good” gut flora, an animal-based diet feeds “bad” gut flora that distribute the state of optimal intestinal environment. Fermented foods are known to improve the intestinal environment because they contain probiotics (aka “good bacteria”) that helps keep your gut healthy. Examples of those probiotic foods are yogurt, cheese, kimchee, natto, miso, soy sauce, and vinegar. Every country has their cultural foods that contain probiotics. Daily intake of probiotic foods maintain an optimal intestinal environment that results in maintaining good health.



It is time to save your gut! Start the day with eating probiotic foods and make your body, mind, and spirit happy and healthy.

Source:

¹World Health Organization. Accessed June 5, 2015. Available at: <http://www.who.int/about/definition/en/print.html>

²Prebiotin, The Prebiotic Fiber Supplement. Accessed June 5, 2015. Available at: <https://www.prebiotin.com/foods-containing-prebiotics/>

Mai’s one point healthy advice: Probiotics vs Prebiotics

As mentioned earlier, probiotics are good bacteria that keep a healthy intestinal environment. **Prebiotics** are carbohydrates that cannot be digested by the human body. They are food for probiotics². They are available in certain plants, such as raw onion, raw garlic, banana and wheat flour, and are also available from nutritional supplement. Incorporating both probiotics and prebiotics foods would enhance an even healthier gut!

MOA Nature Garden

Schedule of Activities:

Summer time in Nuuanu is very exciting as the crops in the soil grow very quickly. Keeping up with the nutrient requirements of the plants requires not just inputs for the plants, but for the soil as well.

We are growing "cover crops" or "green manure" between harvest crops to keep feeding the soil the nitrogen, minerals and organic matter that it needs to support healthy plants.

The Soybeans are heavy with bean pods and more Tomatoes are climbing the trellis. Carrots, Daikon, Beets and Chard are filling out in their beds. Our second full bed of Manoa Lettuce is coming along, and our Kale beds are producing an abundance of beautiful leaves. Trying to confine the Long Green Squash to just a single bed rather than growing all over the place, seems to be working. We will see how much harvest we will have. The new Papaya grove that is interspersed with the beds is starting to show fruit. The Lilikoi, after a beautiful blossoming, is getting fruit ready for picking. The Green Bean beds and trellis are being reworked and re-planted. The Sweet Potato beds are now in place and looking lush with shoots. The Kabocha is winding its way around the back stone wall and putting out more blossoms in this second season at this location. A CaraCara Orange and Meyer Lemon trees have been added to the citrus grove.

We are doubling our capacity in worm composting so that harvesting of vermicast can happen every other month. It is very exciting and so healthy for the soil.

Mahalo for your support of the small Nature Farm in Nuuanu; we are growing.

The third Sunday morning is open for drop-in visiting. I will be glad to arrange a time to meet during the week to show you what MOA Nature Farming looks like in contemporary urban Honolulu. Mahalo, Tom Gibson—808-284-8129.



MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm
2nd & 4th Thursday 4:30 pm—6:30 pm

Kahala

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
 - MOA Kohrinka Textbook (\$20)
 - MOA Kohrinka Guidebook (\$8)
 - Kohrinka Notebook (\$1)



The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:
(808) 952-6900 • Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
- \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
- Charge my credit card
- VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

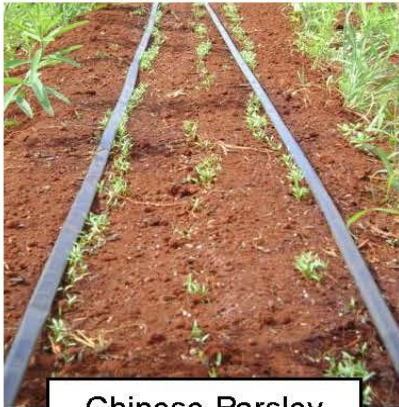
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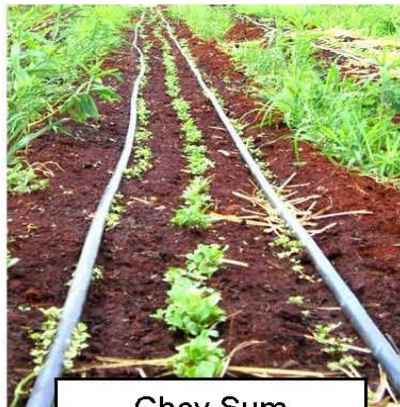
Make checks payable to: **MOA Hawaii**. Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

Hawaii Nature Farms, LLC at Mililani Agriculture Park

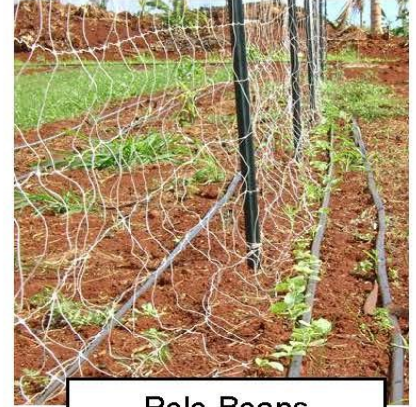
A Pictorial Update of just a portion of the farm (as of June 19, 2015)



Chinese Parsley



Choy Sum



Pole Beans



← Sprouted sunflower greens also known as microgreens contain up to 100 times the enzymes of regular, full-grown greens. This means your body can more easily assimilate important phytonutrients, vitamins and minerals. Sunflower greens offer one of the most balanced forms of a complete plant protein around. They provide all the essential amino acids and help to repair muscle tissue while supporting the enzymes of the body to do their jobs as well.



Sorghum, Alfalfa, Oats



Norman Oshiro talks about the seedlings to be planted

If anyone would like to help out at the farm, please call Norman Oshiro at 808-281-2331. All the planting of the seedlings have been done by himself and Daniel Mills and they are currently looking for volunteers to help thin out the seedlings to ensure they have enough room to grow.



Norman explains to Dick Mills the role of Sorgham at the farm



Future home of a variety of Fruit Trees



600 Queen Street, C-2, Honolulu,
Hawaii 96813
Tel: (808) 952-6900
Website: moahawaii.org



July 2015

New Evening Hours at the MOA Wellness Center

1st Wednesday of the month beginning August 2015

Time: 12:00 pm – 8:00 pm

What is Okada Purifying Therapy (OPT)

Through his experiences of treating many individuals, Mokichi Okada discovered that a fundamental cause of all illnesses was *clouding of the spirit* as well as its materialization, 'toxins,' and arrived at the idea that it was essential for people to eliminate all existing toxins without adding more to their bodies in order to attain genuine health. Okada Purifying Therapy (OPT) is based on this idea. It is a method to accelerate the elimination of the *toxins* by treating the concretions or stiffness of *toxins* with the healing energy. The thorough detection technique in Purifying Therapy aids to identify *clouding of the spirit* in the body and assist in reducing the *toxins* by enhancing the natural healing ability of the recipient.

Experiencing the 2-day Extended Session by Lester Nakamura



I decided to participate in the Extended Session on the recommendation of MOA Wellness Center Manager, Alan Aranaydo.

I was diagnosed with a medical condition several months ago that often involves onerous treatment procedures. I'm fortunate that my condition was determined to be in a very early stage and in non-aggressive form. Of the various medical treatments available to me, I opted for monitoring with a blood test every three months, as part of an integrative therapy program. I started this program recently, with the full support of my doctor, with OPT as the complementary therapy.

I am receiving OPT as often as I can with weekly visits to the MOA Wellness Center and a friend, and self-administration. In addition to my doctor, part of my monitoring process is monthly consultation with Dr. Garcia at the MOA Wellness Center.

Prior to participating in the Extended Session I anticipated a serene environment with concentrated OPT, and felt grateful that this opportunity was available. The experience exceeded these pre-session expectations. The environment was serene as anticipated during OPT, and the staff and volunteers were sensitive to, and caring about the participant's comfort. The Golden Tea Room presented a nice ambiance for enjoying tea and flowers. The pleasant surprises were the excellent vegetarian lunch prepared by Mai, and vigorous fan dance exercise led by Dick.

It was an enjoyable experience and raised my confidence in OPT as a viable complementary therapy in my integrative therapy program.



My Journey to MOA

by Richard "Dick" Mills

My love of tea has guided me to where I am today, working for the Mokichi Okada Association (MOA) Wellness Center. My journey to MOA began when I took the Bontemae tea class held at the Honolulu Museum of Art and taught by one of the Directors of MOA, Roy Goshi-Otaguro. In that class, we were taught the names and functions of the various tools used to prepare tea as well as gained insight into the spiritual significance of tea preparation.



After the session was finished, Roy invited all his students to experience tea and flowers at the MOA Wellness Center at its previous location on South King Street. For the first time, I was able to enjoy the energy from a single flower. I realized that flowers have a powerful energy that is both healing & heartening to all. I also received OPT for the first time. The experience was completely new to me. But since then, after much practice, I have a better appreciation for the benefits of OPT.



I began to perform Bontemae tea ceremony for the shoppers at Pearlridge every second and fourth Mondays of the month. During that time, I was able to receive OPT from the MOA members I nickname the "Pearlridge gang." I experienced positive results in my physical and mental state as a result of the therapy. After that, I decided to attend the OPT Basic course to receive my OPT Basic Therapist Certification. My interest has led me to continue to attend the monthly study sessions to practice OPT with the instructors.

I have since been able to practice OPT with the many visitors to our MOA Hawaii Wellness Center as an "in house" practitioner. I meet people with positive attitudes daily. OPT participants know that they are receiving healing energy each time they meet with their therapist. It is not uncommon for members to receive OPT several times a week. Most of the participants experience "lightness" or generally feel better than they felt when they walked in. If you haven't experienced an OPT session, you will be pleasantly surprised with the results.

Learning to be an OPT therapist can be challenging to a newcomer. Students practice the "body check" which helps the therapist determine those areas of concern for the participant. The therapist learns to build trust with the participants and it is due to this effort that the therapist creates a relaxing atmosphere. Being able to communicate in a sensitive and caring manner is another important skill for the therapist. Further questions asked relate to improving the quality of the OPT experience for the participant as well as the therapist. I look forward to assisting our members with the healing power of OPT.



Aloha, Mai!

Mahalo for establishing the Natural Foods Program here at MOA Hawai'i

**There are part-time positions available at the MOA Wellness Center.
Please call 808-952-6900 for more information.**

Using fermented foods, let's make a delicious Korean pancake!

Natto & Cheese Pancake

Ingredients:

1 pack (50g) natto
1 stalk green onion, chopped
1 oz. shredded cheese
1 tsp. dashi powder
3 Tbsp. wheat flour
1 Tbsp. potato starch (片栗粉)
1/3 cup-1/2 cup water
1-2 Tbsp. sesame oil

Directions:

Add wheat flour, potato starch, dashi powder and water in a bowl. Mix well.

Remove natto from package and chop finely. (optional)

Add natto, green onion, cheese into the mixture.

Heat sesame oil in a frying pan; spread the mixture evenly and thinly. Let it cook for several minutes, until one side is well cooked. Flip over and cook the other side as well.

Cut into bite size pieces, and serve with ponzu sauce.

Arrangements:

You can always add/substitute the ingredients of this pancake. Here are some suggestions for alternative ingredients: kimchee, chives, shredded carrot, thinly sliced pork, seafood.

Shout Out for Help!

Plant donations to Hawaii Nature Farms LLC is welcomed. Here's a list of plants that we are looking for:

- Shinobu Fern
- Leather Fern
- Bird of Paradise
- Heliconia
- Hydrandrea
- Camellia
- Protea
- Box Wood
- Huckleberry
- Pussy willow
- Curly willow
- Anthuriums
- Dogwood
- Forsythia
- Raphis Palm
- Areca Palm
- Panax
- Any Fruiting trees
- Dracaena
- Snake Plant, mother-in-law's tongue or Saint George's sword (in Brazil)
- Nandia
- Juniper
- Ixora
- Pua Kenikeni
- Etc.



MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813