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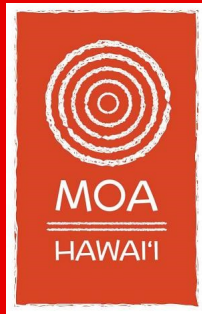
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MOA Hawai'i Newsletter

VOLUME 1, ISSUE 7

JULY 2014

Executive Director's Message

Aloha Everyone,

The following is an excerpt from Mokichi Okada's article "Saving America."

"Contemporary medical science itself has a tremendously serious defect. In spite of its progress, people do not recognize the fact that contemporary medical science is going in 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.

As I look over every civilized country in the world today, I find the United States as the top country to have been established on Christianity, and the citizens believe in God and that justice will be carried out. This is the base of prosperity and motivating power which made the United States such a great country. Thus, it is needless to say that there is no other country but the United States that can maintain world peace in the present-day world. Such being the case, it is a matter of urgent concern to develop the wellness of American citizens and an essential requisite for creating world peace and the welfare of all human beings. Therefore, through my writing, I will urge people and raise their awareness of disease prevention, and consequently make the United States free of disease. ..." January 1, 1953

Okada's desire behind the publication of "Saving America" comes from his plan of bringing peace to the world and happiness to humanity by requiring that citizens of America

improve their lifestyle and health. Okada also stated in 1954 that Hawai'i may be the key to uniting the civilizations of East and West and he chose Hawaii as the first step to saving America.

We can accomplish this by centering on our MOA Wellness Center and Healthy Life Networks. Please come and participate in our wellness center as a therapist (training is available) or as a participant in the various Okada Health and Wellness Programs.

I will be speaking more about this matter on Saturday, July 19, from 10:00 a.m. at the MOA Wellness Center 'Ohana Room.

Roundup and GMOS – Are We Gambling with the Future of Food? We are very concerned about the various issues that affect our health and wellness such as Roundup and genetically modified organism (GMO). On Friday, July 11, we are co-sponsoring—along with Kokua Market and Seeds of Truth—a panel on this topic from 7:00 p.m. at the Toho No Hikari Church's social hall. Dr. Stephanie Seneff, Senior Research Scientist of MIT and Dr. Hector Velenzuela, Professor and Crop Specialist of the University of Hawaii, CTAHR, will be on the panel.

Dr. Seneff, Dr. Lorrin Pang, MD, and Fred Lau, will be on another panel on Saturday, July 12, from 10:00 a.m.-12:00 p.m. at Mari's Garden in Mililani.

On Saturday, July 12, from 3:00-5:00 p.m. at the MOA Wellness Center 'Ohana Room, Dr. Steve Blake, Doctor of Science in Nutritional Biochemistry, will be speaking on "Arthritis Relief" that outlines dietary approaches to relieving pain, restricted movement, and inflammation.

Mahalo to everyone for your continuous support!

**Extended OPT Session
at the MOA Wellness Center**

Two Day Session
Thursday 9:00am—1:00pm
Friday 9:00am—12:00pm

- Consultation with Dr. Garcia
- 2-hours OPT Therapy
- Tea Therapy & Flower Therapy
- Includes a healthy nutritious lunch by Mai Fujii, MOA Nutritionist
- Limited to 3 participants per session
- There will be two therapists per participant

**Intensive OPT Session
at the MOA Wellness Center**

Saturday from 9:00am—4:00pm

- Consultation with Dr. Garcia
- 4-hours OPT Therapy
- Includes a healthy nutritious lunch by Mai Fujii, MOA Nutritionist
- Limited to 1 participant per session
- There will be three therapists per participant

If you are interested or want more information, please call the MOA Wellness Center.

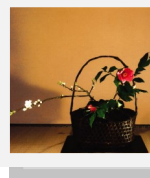
MOA Nature Garden

Schedule of Activities:

For the month of July, Tom and Brian will be in the garden at various times so call or text Tom at 808-284-8129 to coordinate your visit. A peaceful hour or two of calmly tending to the garden, watching butterflies looping about, listening to birds singing, noticing blossoms sending their great scents, is the perfect antidote for our busy modern lives.

Vegetables from the MOA garden are harvested, packed and delivered to the MOA Wellness Center every Monday.

The "Open Garden" is on the third Sunday, July 20th, from 9:00 a.m. to Noon. Please come and bring your friends who are interested in growing organic vegetables. We will also be working on Vermicomposting, bin harvesting and switching sides per latherer flow system. We have a DIY build a worm composting bin for latherer flow system.



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 & Steve Ichikawa
 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

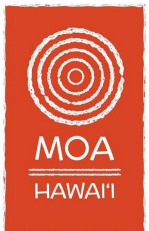
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

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 Support 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 _____

Security code _____

Signature _____

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

MOA HAWAII

JULY 2014

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-5611 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am–6:00pm, Sat. 9:00am–5:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive		1 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm	2 OHWP @ Kaneohe Community Center 8:30–10:30am MOA Board Meeting 6:30pm	3 Yoga 5:00–6:00pm	4 INDEPENDENCE DAY (Holiday)	5
6	7 Yoga 5:00-6:00pm	8 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Shodo – Japanese Calligraphy Class 2:00-3:00pm Yoga 5:00-6:00pm Nakata/Ichikawa *Kohrinka, 6:30pm	9 OHWP @ Kaneohe Community Center 8:30–10:30am	10 Yoga 5:00-6:00pm Nakata/Ichikawa *Kohrinka, 4:30pm	11 Yoga 5:00 - 6:00pm Roundup and GMO @ Toho No Hikari Social Hall 7:00-9:00pm	12 Takane/Kikuchi Kohrinka 9:30am-12:00pm Arthritis, A Natural Approach Seminar 3:00-5:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
13 Sushi Making Workshop 11:00am-1:00pm	14 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00–6:00pm	15 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm	16 OHWP @ Kaneohe Community Center 8:30–10:30am Iwamoto Continuous Care Mililani Branch 7:00pm	17 Yoga 5:00–6:00pm	18 Yoga 5:00-6:00pm	19 Saving America Seminar (MOA Members Only) 10:00am-12:00pm
20 Nuuanu Garden Volunteer Day 9:00am-12:00pm	21 Yoga 5:00-6:00pm	22 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Shodo – Japanese Calligraphy Class 2:00-3:00pm Yoga 5:00–6:00pm	23 OHWP @ Kaneohe Community Center 8:30–10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm	24 Sushi Making Workshop 11:00am-1:00pm Yoga 5:00–6:00pm	25 Kobayashi *Kohrinka 9:30-11:00am Suenaga/Iwata *Kohrinka 9:30am-12:00pm Yoga 5:00–6:00pm "Introduction to MOA Hawaii" 6:30pm	26 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
27 Kanikapila Time 2:00pm	28 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00-6:00pm	29 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00-6:00pm Nakata/Ichikawa *Kohrinka 6:30pm	30 OHWP @ Kaneohe Community Center 8:30–10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm	31 OHWP Extended Session 9:30am-1:00pm Yoga 5:00-6:00pm Nakata/Ichikawa *Kohrinka, 4:30pm	Aug 1 OHWP Extended Session 9:30am-12:00pm Yoga 5:00-6:00pm	2 OHWP Intensive Session 9:30am-4:00pm

Diet for Saving America

by Mai Fujii, Natural Foods Program Manager

The obesity rate in the U.S. has dramatically increased and has placed America as one of the highest countries in the world in the prevalence of obesity. In the 1900s, people's diet was based on who they were (ethnic heritage), where they lived (seasonal diet), and how much money they had (rural, urban, or poor). Today, they eat a so-called "Western diet" that includes such foods as hamburgers, pizza, and hot dogs, and so on.

In addition, people over consume foods that are nutritionally depleted, processed, and chemically contaminated. As a result, people develop nutritional deficiency and suffer from diseases, so they start relying on medications or supplements that accelerate the disease process. The problem of eating habits in modern American society is that their diets are lacking in the spirit of foods.

Mokichi Okada emphasizes the relationship of food to the functions of the human body. He states that "the spiritual energy of foods nourishes the human spirit, and their physical components nourish the human body¹." Our body is created based on what we eat. Foods that are fresh or incomplete* are full of energy and spirit that give vitality to human beings while old, processed, and chemical added foods lack those components and lead to the development of diseases.

The Western nutritional sciences are all based on numbers; i.e., how many kcals/day, how much mg, IU, g/day of vitamins/minerals, and so on. They are lacking the concept of what Okada emphasizes—*the spirit of foods*. We are not only taking nutrients from foods but also their life force. People whose diet consists of fresh, local foods have strong vitality and have a long life span. In fact, Okada states that "the basis of the source of illnesses is clouding of the spirit¹." He also states that "the spiritual energy of foods is true nutrition²." Thus, carefully selecting foods that are fresh and full of vitality is more important than calorie and nutrition calculation in order to nourish the human spirit and body.

Lastly, we must not forget the feeling of gratitude for the food. Nature creates trees, flowers, animals, and water; and human beings can survive by acquiring their life force.

In Japan, there is a custom to "finish all the dishes served to you because it contains the feeling of the person and provides us with the power of life. Bless the water and foods that are given to you, and enjoy the flavors of the foods!"

*According to Okada, *incomplete foods* means plant foods such as seaweed, grains, beans and vegetables; while *complete foods* are animals and nutritional supplements.

Sources:

¹Mokichi Okada and Health (2004)

Summer has come! Summer vegetables and fruits are effective in cooling the body. Some examples of those vegetables and fruits are cucumber, eggplant, bitter melon, banana, mango and other tropical fruits. Today, let's try bitter melon with Indian spices that increase appetite!



Bitter Melon Subji

Ingredients (Serves 2~3):

- 1 bitter melon
- 1/2 turmeric
- 1/2 cumin powder
- 1/2 coriander powder
- 1/4 tsp. black mustard seeds (optional)
- 1 clove garlic
- 1/2 inch ginger
- 1 tsp. organic sugar (optional)
- 1/2 tsp. salt
- 1 tbsp. oil

Directions:

Cut bitter melon in half, remove the seeds and wash, then slice it very thin. Mince garlic and ginger.

In a medium size fry pan, heat oil and add mustard seeds. When the seeds start popping, add ginger and garlic.

Add bitter melon and cook until soft. Add turmeric, coriander and cumin. Next, add salt and sugar (if you dislike the bitterness of bitter melon). Cook for another few minutes.

Serve warm with rice and other dishes.

Bitter melon is an excellent summer vegetable for cleansing the liver and kidneys and purifies the blood. It also acts as a way to lowering blood sugar level naturally and used for diabetic patients in traditional medicines. It contains vitamin C, potassium, fiber and phytochemicals.

Okada Purifying Therapy



If you are interested in taking the OPT Basic Course, re-certification, or to practice your OPT skills, please contact the MOA Wellness Center to schedule a time with one of our trainers.

MOA Wellness Center Hours

Monday	9:00am—6:00 pm
Tuesday	9:00 am—6:00 pm
Wednesday	9:00 am—6:00 pm
Thursday	9:00 am—6:00 pm
Friday	9:00 am—6:00 pm
Saturday	9:00 am—5:00 pm
Sunday	Closed



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