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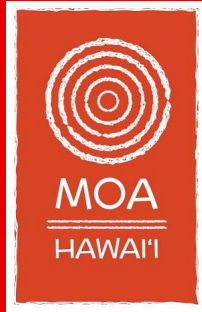
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MOA Hawai'i Newsletter

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Executive Director's Message

Aloha,

June is "Purification" month for us at MOA. Mokichi Okada said *"It is the function of the natural healing ability in the human body. That is, the purification process is being constantly carried out without even a second's pause. The purification process is the elimination process of every possible toxin contained in the human body. The toxin is what we call impure blood. It would be better to say that this impure blood is such that it permeates blood more than being contained in it."*

On Saturday, June 7, we will be having a free seminar on *Purification* to learn how we accumulate (physical, mental and spiritual) toxins, how it manifests in us, and ways we can eliminate these toxins.

I would like to thank all of the students statewide who participated in our 26th Annual Children's Painting Contest. Congratulations to the contest winners and to the "Best of Show" winners of each district whose paintings will be exhibited at the Honolulu Museum of Art Linekona Art School Gallery from May 31 to June 7. These paintings will then be sent to the MOA Museum of Art in Atami, Japan and entered into the international division competition. Good luck! Hawaii was fortunate to have Devan Budd's painting, *The Racer*, selected as a "Judge's Prize" in the 25th annual competition this past spring. His painting will be exhibited at Linekona, along with the other winners of the international competition.

We will be participating in the Hawaii Wellness Lifestyle Business Expo from June 13-15 at the Neal Blaisdell Center. You can enjoy the most respected experts in motivational speaking, social media, business, health and wellness, career development and personal growth to educate and inspire. Food demonstrations will be presented to showcase the culinary talents of the talented chefs in Hawaii. Hope to see you there!

Exercise to Enhance Purification Naturally

By: Danny Asami

Mokichi Okada promoted the principle that exercise supports the body's natural purification process. He wrote, "Exercise induces fatigue but it also involves movement of the legs and back. These movements induce a process that purifies the body and eliminates toxins in these areas. Since this process eliminates toxins, the fatigue is not harmful. ... People who get a lot of exercise and subject themselves to regular fatigue enjoy good health." The National Kidney Foundation notes other health benefits of regular exercise:

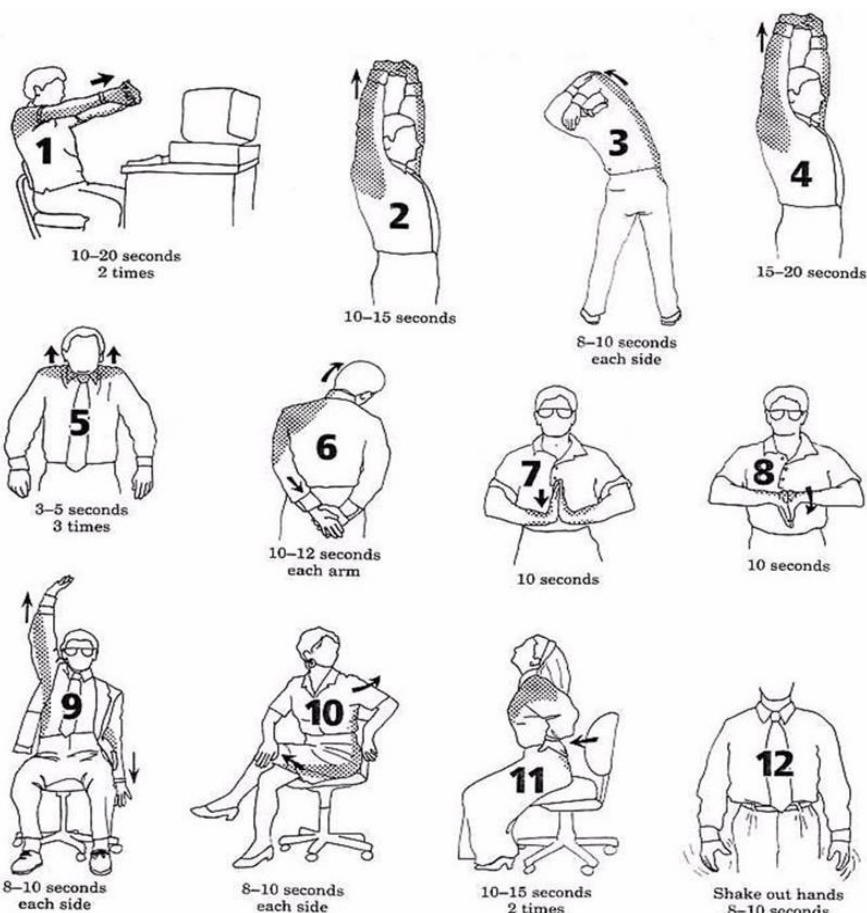
- Helps you lose excess weight and keep the weight off
- Helps prevent many diseases including diabetes, heart disease, osteoporosis and arthritis
- Helps prevent high blood cholesterol
- Helps relieve constipation
- Helps prevent injuries
- Builds strength and endurance
- Builds self-confidence while reducing stress and anxiety

Okada also encouraged people to make exercise a part of daily life, which he did by walking as much as possible, particularly outdoors. "Exercising outdoors is better than indoors because you are in touch with the subtle energy of the Earth." He also supported participation in diverse forms of exercise to "address imbalances" by avoiding accumulation of toxins in "areas of concentrated nerve activity or [repetitive] movement." Some convenient, low / no-cost examples of exercise include: gardening, taking part in a sport(s), doing household chores. If you are confined indoors due to work or weather, there are simple stretching techniques to keep your muscles limber. (See illustration)

According to the U.S. Department of Health, adults should do at least 150 minutes a week of moderate-intensity (e.g., brisk walking, dancing) or 75 minutes a week of vigorous-intensity aerobic physical activity (e.g., singles tennis) on at least 3 days spread throughout the week. If you have any chronic illnesses, it's important to check with your doctor before you start.

Regular exercise is called a "pillar of healthy living" in The Truth About Your Immune System, a special health report published by the Harvard Medical School. In addition to a healthy diet, it states that exercise can contribute directly to a healthy immune system by promoting good circulation, which allows the cells and substances of the immune system to freely move through the body and do their job efficiently. Okada also explained, "The healthier the immune system is the greater our vitality ... the better our circulation. "... the more we contaminate our blood and allow ourselves to become sedentary, the more the circulatory system declines and the weaker our immune system becomes." Both views support the view that exercise is essential for health.

In order to improve your commitment to being more physically active, it can help to find a partner to exercise with you and occasionally alter your routine to keep your experience new. It is also important to stay positive and not worry if you do not see progress right away. The final key ingredients to success are to keep exercise fun; and, as Okada believed, "you should always do what feels most natural."





MOA Nature Garden

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, June 15th, from 9:00 a.m. to Noon. Please come and bring your friends who are interested in growing organic vegetables.

The plant sale on Sunday, May 18th was success. We may hold another plant sale in August, so keep an eye on that.



MOA Koirinka 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 Koirinka 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

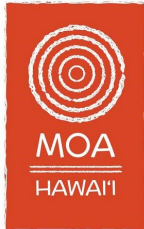
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

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 Koirinka Textbook (\$20)
 - MOA Koirinka Guidebook (\$8)
 - Koirinka 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 of 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'

JUNE 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
1	2 Yoga 5:00–6:00pm	3 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm Nakata/Ichikawa *Kohrinka, 6:30pm	4 OHWP @ Kaneohe Community Center 8:30–10:30am MOA Board Meeting 6:30pm	5 Miso Making Workshop 11:00am-12:30pm Yoga 5:00–6:00pm Nakata/Ichikawa *Kohrinka, 4:30pm	6 Yoga 5:00–6:00pm	7 Purification Seminar for MOA Members 10:00am-12:00pm
8	9 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00-6:00pm	10 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	11 OHWP @ Kaneohe Community Center 8:30–10:30am	12 Yoga 5:00-6:00pm	13 Yoga 5:00 - 6:00pm Hawaii Wellness Lifestyle & Business Expo @ Neal Blaisdell Center 5:00-9:00pm Okazaki/Liu *Kohrinka, 7:00–9:00pm	14 Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm Hawaii Wellness Lifestyle & Business Expo @ Neal Blaisdell Center 9:00am-6:00pm
15 Nuuanu Garden Volunteer Day 9:00am-12:00pm Hawaii Wellness Lifestyle & Business Expo @ Neal Blaisdell Center 9:00am-5:00pm	16 Yoga 5:00–6:00pm	17 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm	18 OHWP @ Kaneohe Community Center 8:30–10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm Iwamoto Continuous Care Mililani Branch 7:00pm Essential Oil Seminar 7:00-8:00pm	19 Yoga 5:00–6:00pm	20 Soba Making Workshop 11:00am-1:00pm Yoga 5:00-6:00pm	21 Miso Making Workshop 4:00-5:30pm
22 Kanikapila Time 2:00pm	23 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00-6:00pm	24 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm Nakata/Ichikawa *Kohrinka 6:30pm	25 OHWP @ Kaneohe Community Center 8:30–10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm Everyday Okazu 11:00am-1:00pm	26 OHWP Extended Session 9:30am-1:00pm Yoga 5:00–6:00pm Nakata/Ichikawa *Kohrinka, 4:30pm	27 OHWP Extended Session 9:30am-12:00pm Kobayashi *Kohrinka 9:30-11:00am Suenaga/Iwata *Kohrinka 9:30am-12:00pm Yoga 5:00–6:00pm "Introduction to MOA Hawaii" 6:30pm	28 OHWP Intensive Session 9:30am-4:00pm Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
29	30 Yoga 5:00-6:00pm					* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

Foods That Help Us to Detox

By: Mai Fujii, Natural Foods Program Manager

The symptoms of illness such as fever, cough, pain, etc., are natural curatives. They are the manifestations that the body's purification or immune system is working to eliminate toxins. The more intense these symptoms are, the healthier the immune system is. The healthier the immune system is, the greater our vitality. The greater our vitality, the better is our circulation¹. This is what it means when we say that the blood is "pure."

In today's society, we are constantly exposed to toxins in some form, including food additives, agricultural chemicals, air pollution, and emotional stress. In order to protect our body from those toxins, foods can help to increase our vitality and help to eliminate waste matters and toxins from our body. There is an old Chinese saying "*Ishoku Dougen*" (医食同源) which can be translated as "medicine and food come from the same origin," or "food is the key to health." Like human beings, animals and plants, including vegetables and fruits, have their own characteristics and share some similarities and differences.

Let's take a look at some of the foods that help us to detox/cleanse our body.²

Lemon/citrus fruits: are rich in vitamin C, which is a powerful antioxidant that protects cells from free-radicals. In addition, vitamin C increases the immune system. Lemons are an excellent alkaline food that balances the pH in our body. They also aid digestion, act as a gentle natural diuretic, and help to keep skin clear. Drinking a cup of warm water with lemon or water with lemon and raw honey daily is a powerful detox drink!

Brazil nut: is rich in monounsaturated fatty acids and it helps to lower LDL (bad)-cholesterol while it increases HDL (good)-cholesterol. It contains vitamin E, an antioxidant that protects lipids (fats) in our body. In addition, Brazil nuts are an excellent source of selenium, another powerful antioxidant besides vitamin C and E, which activates the thyroid, aids in weight loss and in improving mood. Just 2 or 3 nuts a day meet the daily requirement of this antioxidant.

Cilantro: is one of the oldest herbs used in many cuisines. It is very dense in phytonutrients, and also rich in magnesium and iron. More importantly, cilantro has its ability to cleanse our body of toxic metals. The chemical compounds in cilantro bind to and loosen toxic metals, including mercury, from the body's tissues. Garnish your daily dishes with a sprinkle of cilantro!

Miso: is a fermented soybean paste, made with *koji* and sea salt, traditionally eaten in Japan. Miso has many health benefits, including purifying blood, preventing cancer cells to grow, nourishing one's body and many more. After the atomic bomb in Nagasaki, Japan, Dr. Akizuki fed his patients a diet rich in sea vegetables and miso and limited their consumption of sweets and sugar. They were only one mile from the bombsite but everyone survived from exposure to radiation. Adding a bowl of miso soup daily to your diet will enhance your overall diet and health.

You can make your own organic miso with me at the Miso Making Seminar at the MOA Wellness Center on Friday, June 20, from 11:00 a.m. to 1:00 p.m. Please call 952-6900 to register.

Dandelion Greens: are detoxifying for the liver and have a diuretic effect on the body. Dandelion leaves and roots stimulate digestion and provide essential minerals and vitamins for our body. Adding these leaves to your green juice makes a great addition.

These are just a few foods that have detoxifying properties and there are many more. Remember that a balanced diet is the key to obtaining optimal health. Make your dish colorful and nutritious with whole grains, and a variety of vegetables and fruits!

Sources:

¹ The Okada Wellness Program - Food and Exercise

² <http://thechalkboardmag.com/category/food-nutrition/superfood-spotlights>

Cleansing and Nourishing Miso Soup



Ingredients (2 Servings):

2 inches daikon root
A few leaves of daikon
1/2 medium carrot, yam or okinawan sweet potatoe

A few leaves of kale or other leafy green vegetables
1/4 cup silken tofu or deep fried thin tofu (abura-age)
1 tbsp. dried seaweed
A handful of cilantro
1-1/2 cups water
1 to 2 tbsp. miso paste
1 tsp. *dashi* (soup broth powder/paste)

Directions:

Slice daikon and carrot into thin pieces. Cut leafy green vegetables into small pieces. Chop cilantro leaves finely.

Cut tofu and/or abura-age into 1 inch cubes. Heat water and add dashi and root vegetables. Boil until vegetables are cooked. Then, add leafy vegetables and tofu/abura-age for a few minutes.

Turn off the heat. Add miso paste and stir gently until miso paste dissolves.

Garnish with cilantro leaves. Serve warm with organic rice.

*The important point for making miso soup is that miso must NOT be boiled. It would lose its flavor and all the good properties of miso.

** You can substitute the vegetables with your favorite or seasonal veggies.

**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 Session
- Includes a healthy nutritious lunch by Mai Fujii, MOA Nutritionist
- Limited to 1 participant per session
- There will be three therapist per participant

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

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

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