

Creating a New Vegan Diet Culture through the Restoration of Washoku (Japanese Cuisine): a Proposal for “The Balance Sheet of Food and Life” Based on Yin-Yang Theory

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Abstract. A traditional grain based diet (Tubu-Tubu Future Food) suggests a new approach to vegan and vegetarian cuisine. Based on the wisdom and techniques of Washoku (Japanese cuisine), which has survived for over twenty centuries, this diet was creatively constructed without destroying the system of Washoku. It enables not only a physiologically but also a psychologically balanced, healthy, and morally rich vegan life by correcting unbalanced dietary practices and reexamining the adverse effects of focusing on modern dietetics. “The Balance Sheet of Food and Life” is the reference guideline for healthy food and a healthy body and it shows the yin-yang and acid-alkali balance.

Keywords: Balance sheet of food and life, Yin-yang theory, Vegan, Vegetarian, Traditional grain based diet (Tubu-Tubu Future Food)

1. Introduction

In Japan the Sannai-Maruyama site (Aomori Prefecture/1500 to 4000 years ago) is known as a settlement where people lived a warless, peaceful and sedentary lifestyle for over 1500 years during the Jomon period (16500 to 3000 years ago). Carbonized grains were detected from earthen ware, which has been excavated from Jomon period archeological sites around Japan. It is estimated that the origin of Washoku (Japanese cuisine) is based on a peaceful grain based dietary life [1,2].

According to a document provided by the Japan Millet Association, zakkoku is a general term in Japanese for gramineous crops such as Japanese barnyard millet, foxtail millet, and proso millet, which bear small caryopsis (a fruit seen on gramineous plants). These are the grains translated as millet in English. Pulse crops are referred to as beans, and pseudocereals are referred to as buckwheat, amaranth, and quinoa. However, as historical backgrounds and staple foods changed, how zakkoku is identified has also been changing. It is noted that the staple of modern Japanese is white rice yet zakkoku includes all of the following, gramineous crops such as Japanese barnyard millet, foxtail millet, proso millet, sorghum, Job’s tears, and barley, plants besides gramineous crops such as buckwheat, amaranth, quinoa, and sesame, and also beans such as soy and adzuki beans as well as brown rice including germinated brown rice,

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both of which are not commonly eaten. The remains found from the Jomon period archeological sites were gramineous crops such as Japanese barnyard millet, foxtail millet, and proso millet [3].

Since ancient time in Japan, there was a sense of value, which regards death as kegare (impurity). When worshipping gods and ancestors, it was viewed as important to maintain the minds and bodies of those who performed the worshipping rites as well as maintaining the purity of places for worshipping by avoiding eating dead flesh. This practice still remains in shojin ryori (vegetarian cuisine originally derived from the Buddhist diet) at temples and for Shinto rituals.

It has been over 1200 years since the first prohibition of meat-eating was issued in Japan in 675. This period continued until the revocation of the prohibition in 1871. It was during this time that the culture in which a meat diet was avoided for impurity was fostered. Hence, people did not rear livestock for meat production although they had horses and cows for labor. The history of people not owning domestic animals for producing meat is a major characteristic of Japanese cultural history, which considerably differs from other Asian countries.

After the Meiji Restoration a trend of proactively adopting Western wear and no-topknot bobbed hair as well as adopting a meat diet was regarded as advanced appeared. However, it took many years for a meat diet to grow in acceptance among common people. In *"Unbeaten Tracks in Japan"* written by English explorer Isabella Lucy Bird who travelled in Tohoku, which is the northeastern portion of Honshu (the main island of Japan) during 1899, there is a description of an encounter in which she asked farmers to sell chicken to her for a meal. In reply they cried that they were unwilling, while saying they could not do such a cruel thing and this was the only problem that she faced [1]. They considered chickens as their pets and not for food. In mountain villages in Tohoku people still practiced self-sufficient lifestyles eating a traditional grain based diet until around 1970. They did not have the custom of eating meat even if they made their living by raising cattle. These

people continuously had a traditional grain and vegetable based diet as the center of their lifestyle [4].

While the concept and practice of "Shokuyo" (Literally, food for health: prevention and cure of disease through diet) for improving health with food had been passed down as common knowledge in Japan, Sagen Ishizuka who was a military doctor and pharmacist in the early Meiji period indicated that the western diet has a physiological defect. He considered that mental and physical diseases are attributed to diet and he healed many by Shokuyo. He claimed that blood needs to be purified in order to cleanse people's minds and bodies and that food needs to be pure in order to clean the blood. He advocated "a theory that humankind is a grain-eating being" and "that there is a yin-yang balance of food," both of which received support from Emperor Meiji [5,6]. However, the Nutrition Institute (the current National Institute of Health and Nutrition) started and has continued since then focusing on studying and promoting western dietetics. Kenzo Futaki succeeded to the thought of Shokuyo by Sagen Ishizuka and established the Japan Association of Holistic Medicine. Yukikazu Sakurazawa (known internationally as George Ohsawa) developed Sagen's Shokuyo theory as the theory and methodology for Macrobiotics and promoted international public awareness.

Nevertheless, the history of Shokuyo had been led by scholars and activists. They were not based on the suggestions from the viewpoint of women who were responsible for everyday family meals or common people. Moreover, as illnesses such as lifestyle related disease have increased, the role of dietary cures for disease has received more attention; however the study and promotion of daily diet as well as the development of systemized food preparation to coincide with modern lifestyles and people's intuitive needs have been left behind.

2. The Balance Sheet of Food and Life (I)

The author published "The Balance Sheet of Food and Life" (Figure 1) in *"Mirai shoku"* in 1995 as a reference guideline for a diet that follows the human's life system in order to solve the common

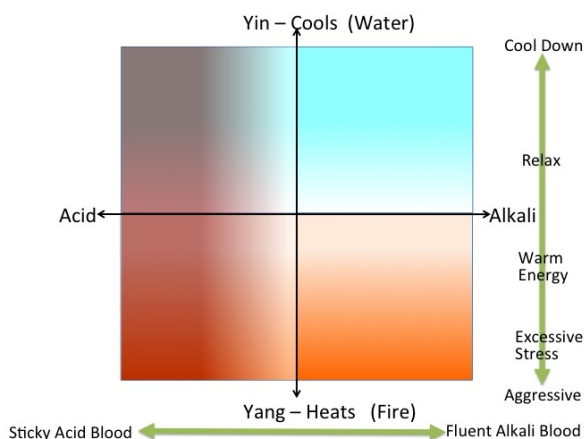


Figure 1. The Balance Sheet of Food and Life (1)

misunderstanding about modern dietetics. Based on the original form, which was proposed by Herman Aihara (who worked teaching and promoting macrobiotics on the West Coast of the United States over a period of fifty years), I created the current Balance Sheet of Food and Life through a collaboration with and detailed examination of Aihara's work [7,8] (Figure 1).

In modern Japan there are some background issues in the field of diet. Today we are still carrying on the knowledge of the initial dietetics, which is immature regarding the understanding of the life system of mankind. Moreover, the western style diet, which was promoted without considering the natural features of Japan as well as the physical constitution of Japanese and the dependence on processed foods including artificial additives have been adversely affecting the healthy function that our body is innately endowed with. Furthermore, today both valuable and invaluable information about natural food is jumbled together and spreading. There are numbers of people who are emotionally and sensibly practicing a natural food or vegetarian diet and as result are becoming unhealthy even though what they are seeking is better health [9].

The author advocates there is an urgent need to solve "the many health-threatening misunderstandings about health and food," which not only ordinary people but also many of those who seek natural food and who aim to be vegetarian believe in.

3. The foundation of Washoku is a vegan diet without sugar

Japanese experienced a major transformation in their sense of value and lifestyle twice; after the Meiji Restoration 150 years ago and after World War II seventy years ago, and especially after the war regarding diet. As a result serious mental and physical health problems began to appear clearly about thirty years ago. The severity of these issues has been increasing rapidly every year since [10].

The author's exploration of food began in 1982. The first step was to carefully read through "*Nihon no shokuseikatsu zenshuu*" (The complete collection of dietary life in Japan), which was written based on the nationwide personal interview survey by prefecture and region. The survey focused on the diet of ordinary people in the prewar time, most of whom had a traditional dietary life, which suited for the life system of nature and humans [11].

It depicts the dietary life specific to Japan, which was linked to the cycle of fields and nature. It is full of specific wisdom and skills for cooking, which utilize sun, salt, fine yeast, and bacteria to help digestion and heighten nutritional value. For example, various kinds of "preservation cooking skills" utilized to avoid spoiling food ingredients and to help maintain taste for long periods of time without refrigeration in a mild and humid climate zone as well as the methods for increasing the nutritional value while preserving the food. Through further research of various documents, the facts were brought to light that the basic structure of the ordinary Japanese diet was "a vegan diet without sugar" including "rice cooked with traditional grains called zakkoku," plus "salt, miso," and "pickles" as the core.

With this knowledge, the author began to cook grains and vegetables grown out of the land of Japan with traditional seasonings and techniques and discovered that it is possible to prepare delicious meals with simple processes without taking too much time. The practitioners of this diet have proven the maintenance of their mental and physical health. Simultaneously the author continued her quest into the forefront of quantum science, life science, cell biology, and study of

various natural food and vegetarian diets as well as the history of diet in Japan and the world. Consequently, it became clear that the traditional Japanese dietary life is the technique that follows the natural life system of both nature and people.

4. The Balance Sheet of Food and Life (II)

4.1. The basics of the diet shown in "The Balance Sheet of Food and Life"

The Balance Sheet of Food and Life is shown with both a vertical axis and horizontal axis. The vertical axis is the scale based on the yin-yang theory of food, which Sagen Ishizuka proposed with the understanding that diseases are caused when the yang sodium and yin potassium are out of balance based on the Eastern traditional concept of "Shokuyo" (food for nutrition). The higher a food is in the chart, the more yin it is. Water and yin (potassium natured) food functions as a cooler to cool our bodies and inactivate them while having the effect of relaxing our bodies when appropriately consumed. On the contrary, the lower a food is in the chart, the more yang they are. This kind of fire (sun) and yang (sodium) natured food functions as a heater to heat our bodies and activate them (Figure 1).

Then, what kind of diet can be regarded as preferable based on the yin-yang theory? The human body is a mass of sixty trillion cells and it is the role of blood to nurture the cells. Blood flows throughout the body to convey oxygen and nutrients necessary for the cells to survive and even form new cells if needed. It is also the role of blood to maintain body temperature and remove unwanted substances such as produced carbon dioxide, wastes, and dead cells. It is considered necessary to always maintain blood slightly yang in order to maintain proper body temperature as well as to sufficiently dissolve yin oxygen into the blood [7].

In the case where blood inclines to yin, the yin blood and yin oxygen repel each other. It becomes difficult to dissolve oxygen into the blood and it is unable to supply necessary oxygen to cells. Consequently the ability to cool down physical functions such as body metabolism declines and it becomes impossible to maintain optimal body temperature.

Hence, according to the yin-yang theory above, a slightly yang meal in total is essential in order to balance bodily functions and maintain proper body temperature.

On the other hand, the horizontal axis of the balance sheet; the other essential indicator for dietary health is acidity and alkalinity of food. Human body cells maintain a slightly alkaline pH level (pH7.2~pH7.4). The human body functions well when a balance is maintained in which the blood is slightly alkaline (pH7.4) on average and the surface of the skin and inside of intestines are moderately acidic (pH5 approximately) [12].

Acidity and alkalinity are two of the important characteristics of blood. From the viewpoint of medical physiology, the acidity of blood rises when the intake of the acidic food increases or the excretion of it decreases and consequently the concentration of acidic substance in the body goes up. At the same time, the acidity of blood also rises when the intake of the acidic food decreases or the excretion of it increases and the concentration of basic substance in the body goes down. Alkalinity of blood rises by a contrary process.

The balance of acidity and alkalinity in our body is called acid-base equilibrium. Blood is constantly performing equilibration to neutralize the acidic substance occurring in the body. The acid-base equilibrium of blood is strictly regulated and that is because even if it slightly strays off the normal value, it markedly influences many organs. The human body adjusts acid-alkaline balance in blood by various mechanisms [13].

Blood can maintain an overall slightly alkaline balance by wholesome breathing, alkaline water high in minerals, and by consuming a slightly alkaline meal composed of neutral to alkaline food.

There are two kinds of food, acidic and alkaline. Acidic food inclines blood to acid and alkaline food inclines blood to alkalinity. This indicates the degree of acidity and alkalinity not of the food itself but after the food is digested and absorbed. It is shown by the horizontal axis in the balance sheet. The more right the food is, the more alkaline it is and the more left, the more acidic.

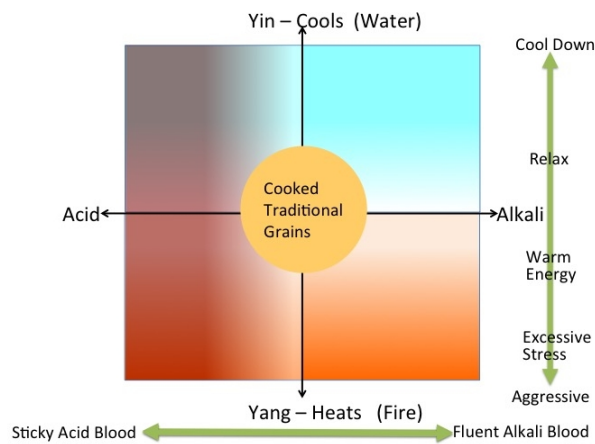


Figure 2. The Balance Sheet of Food and Life (2)

The mineral balance of blood may be allowed to have a little deviation from optimal. However, if it surpasses the limits, then life may be in danger; hence, it tries to achieve balance by dissolving the needed minerals from bones.

Additionally, some research presented in recent years shows that positive thinking and feeling lead blood to the alkalinity side and negative thinking and feeling lead blood to the acidic side.

It should be understood that having a meal with positive thinking and feelings such as joy, gratitude, happiness, and deep impression of the taste are other essential factors for health [7,8] (Figure 1).

The following shows what kind of food is located where in The Balance Sheet of Food and Life.

What is located in the center of The Balance Sheet of Food and Life is grain (Figure 2), especially traditional grains and unpolished grains such as brown rice. As the nutritional component displays, grain is the food that includes various necessary nutrients for the human body. It can be described as a food in which the energy for operating the body and almost all the essential nutrients for regenerating healthy cells are united (Table 1). In addition, the yin-yang degree is neutral and acid-alkali degree in blood is also adequate; hence a large intake of grains does not disrupt the physical balance of either indicator. It can be regarded as a consequential choice that mankind has had grains as their staple food.

Some of the yang foods that operate as heaters

Table1.

THE NUTRIENT VALUE OF MAJOR GRAINS (per 100grams/3.5 ounces)

	Protein (g)	Lipid (fat) (g)	Carbohydrate (g)	Fiber (g)	Ash (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)
White Rice	6.8	1.3	75.5	0.8	—	6	—	0.5	2	110	33
Brown Rice	7.4	3.0	71.8	1.0	1.3	10	300	1.1	2	250	—
Wheat Flour	9.0	1.8	74.6	0.2	0.4	20	75	0.6	2	100	—
Foxtail Millet (awa)	9.7	3.7	63.5	7.0	2.9	21	240	5.0	4	500	—
Barnyard Millet (hie)	9.3	4.8	61.3	8.3	3.3	33	330	3.5	2	380	—
Yellow Millet (kibi)	12.7	3.8	57.1	9.1	3.8	26	270	3.5	2	1200	—
Sorghum	10.3	4.7	65.5	1.7	1.8	9	330	3.0	2	510	—
Corn	8.6	5.0	68.6	2.0	1.3	5	290	2.3	3	290	—
Buckwheat	9.7	2.5	73.1	0.5	1.4	12	260	1.6	1	390	—
Barley	10.0	2.8	66.9	3.9	2.4	40	320	4.5	3	480	—
Quinoa	13.4	4.9	67.5	4.8	—	35	—	4.5	10	540	164

This chart is based on the Fifth Revision of the Standard Tables of Food Composition in Japan and references of Japan Food Research Laboratories(2012).

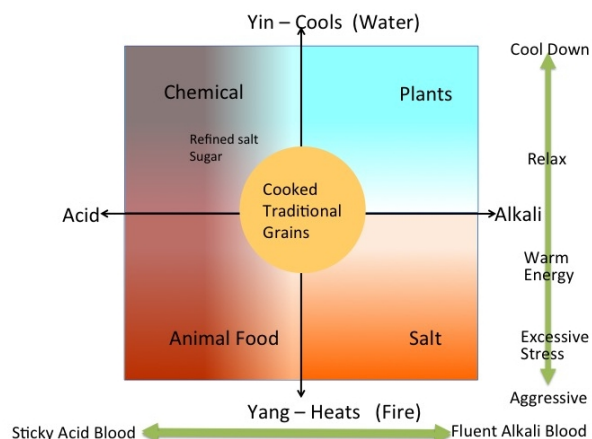


Figure 3. The Balance Sheet of Food and Life (3)

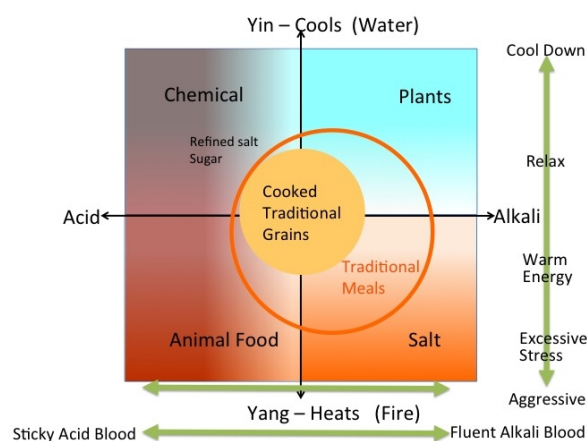


Figure 4. The Balance Sheet of Food and Life (4)

are sea salt; majorly composed of sodium and its congeners: miso, soy sauce, and ume plum vinegar. Another is animal food. The energy of fire is also and recognized as yang.

The food that functions as a cooler is yin plant food, which contains a large amount of potassium. The energy of water is also regarded as yin. Chemical substances and purified sweeteners such as sugar are highly yin. Among yin foods such as tropical foods, spice, and drinks are too yin to be balanced. A life based on meals full of chemical additives or only lightly seasoned vegetables with fruits and sugary desserts as well as meals with only fresh vegetables can lower the body temperature and this is the major pitfall of the vegetarian lifestyle (Figure 3). However, it is possible to make the yin type of food yang through cooking and this essentially requires cooking skills for yin-yang balance. Cooking with heat,

natural salt, and seasonings such as miso and soy sauce has the effect of elevating body temperature. This adjusts the yin-yang balance and maintains a preferable condition.

Meanwhile, the first category of the food that has the effect of keeping blood alkaline is natural salt, fermented seasonings containing salt, and plant food such as vegetables and seaweed. (Figure 3)

Vegetables are rich not only in vitamins that adjust physical conditions but also in medicinal properties that offer resistance to viruses and bacteria as well as adjustability to the temperature and humidity from changes of weather and season. Seaweeds are excellent in purifying qualities. Both foods have the effect of constantly purifying the body through healthy intestinal function and building the body while not promoting the accumulation of toxic components. Yet, both are yin and need to be cooked with yang salt and fire to be balanced.

4.2. "The Balance Sheet of Food and Life" and the traditional grain based diet

The excellence of Washoku (Japanese cuisine) may be recognized visually by applying The Balance Sheet of Food and Life. The main food of Washoku is traditional grain, which is a neutral food that includes perfect nutrients. The accompanying dishes are commonly alkaline foods; vegetables, salt, and fermented food such as miso and pickles, which control intestinal functions. Washoku in total draws a circle as slightly alkaline and slightly yang in the balance sheet (Figure 4). This clearly indicates that the Japanese traditional diet lifestyle, which mostly did not include daily animal food or sugar maintained a sound healthy balance. Unfortunately, the food viewed as Washoku by most of Japanese as well as the world is the descendant of special nobility meals or luxurious restaurant meals far from the primary Washoku. This type of food is based on a large amount of chicken, seafood, katsuobushi (dried bonito), and sugar. Contrarily, a traditional grain based diet (Tubu-Tubu Future Food) is a new diet system created to suit modern lifestyles and mind making use of the "fundamental rule" of wisdom and techniques of original Washoku.

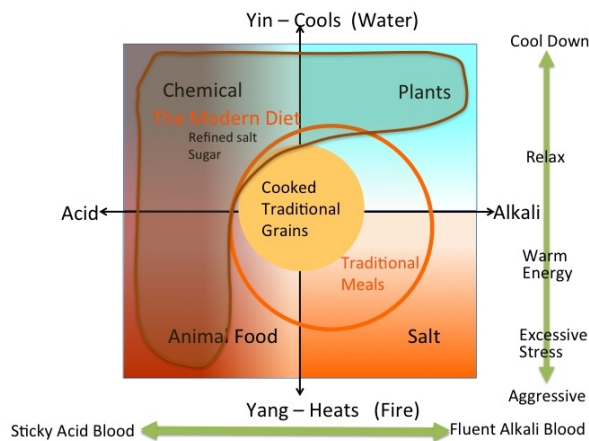


Figure 5. The Balance Sheet of Food and Life (5)

Acid-base equilibrium is continuously ongoing in the body of animals including humans in order to balance the acidity/alkalinity degree in the blood and body fluid. However, refined intense sweetness such as sugar is not only excessively yin but also lacks nutrients such as vitamins and dietary fiber, which foster digestion and metabolism, therefore it exhausts minerals in the body and inclines blood to the acidic side. Excessively yin or acid substances as well as chemical additives and medicines hinder the body life system (Figure 5). If the diet, which predominately includes animal food such as meat and eggs, intense condensed sweeteners like sugar, and acidic food such as processed food with chemical additives is constantly practiced, then the human body reacts to maintain life. For example, the minerals in bones dissolve and the bones become weak and fragile. This condition deteriorates over time and it is partially causing osteoporosis as well as the decrease of female hormones and menopause.

5. Common knowledge about diets filled with misunderstandings — protein intake, cooking with heat, types of sugar, reducing salt —

The fact that most of the commonly accepted knowledge about health does not match with the life system has been successively becoming apparent through the progress of life science including cell biology and quantum physics,

which explores the root of substance. The author has been continuing the attempt to construct the new common knowledge about diet through researching the latest information [14].

The following observation regards four commonly accepted understandings that urgently need to be solved: “protein intake, cooking with heat, types of sugar, and reducing salt.”

Information contrary to the fact has spread such as “You can become healthy if you eat a lot of protein. Cooked rice is a mass of starch, high in calories and the food lacks nutrition. The most important nutrition is protein and you can only intake this from animal foods” and many people end up believing this wrong but commonly accepted knowledge.

The latest research of cell biology has already revealed that cells have a system for recycling amino acids and the necessary intake is less than the nutritional requirement. Moreover, the bacteria in the intestine synthesizes protein from nitrogen in the swallowed air and also reproduces the food residue absorbed in the small intestine into a profitable substance. In addition, the body of dead bacteria is absorbed as “bacteria protein,” hence, fermented food can be noted as a protein providing food [15-17].

Nutrition facts clearly show that rice, wheat, and various traditional grains contain protein and other essential nutrients in appropriate balance, and that Japanese traditional processed food, miso, soy sauce, amazake (sweet fermented rice drink), fu (bread-like food made of wheat gluten), kori-dofu (freeze-dried bean curd), and seaweed such as nori (laver) include protein in appropriate balance.

Furthermore, various historical documents testify to the great physical strength of Japanese people who lived embracing a traditional dietary life.

Contrary to these facts a large number of people share as common knowledge that a diet without meat causes a shortage of protein and this in turn harms health. Additionally, it is recognized as a common understanding among vegetarians that it is necessary to sufficiently intake protein from soybeans to make up for meat; however, soybean is actually an indigestible food. Processing soybeans into

fermented seasonings such as miso or soy sauce helps easier digestion and prevents burdens on the body and this is also clearly shows the superiority of Washoku.

Since the research data in which cooking with heat destroys vitamins was announced, it has become generally accepted knowledge. Additionally, the information that can be called raw food worship has been spreading in some parts of natural food world and the vegetarian world. Some people believe cooking with fire is a dangerous act that destroys nutrients and that doing so not only destroys vitamins but also kill enzymes. However, facts which do not match well for the life system of humans have been found within this information. As one example, there is a diet known as the raw vegan diet, but it is indicated that it is difficult to digest and not effective for nutritional intake.[18] Additionally, there is also research informing us that the act of a vitamin C-decomposing enzyme in many vegetables can be stopped by boiling, frying, or adding a small amount of vinegar and therefore is improved by the cooking method.

The information that eating too much rice causes obesity and diabetes has spread and the number of people who do not eat the staple rice in order to enhance or maintain their health has been increasing.

However, the carbohydrate in rice is polysaccharide: an appropriate sugar which is decomposed at the right speed for the body system and completely combusted by the collaborative work of dietary fiber and other components and this provides continuous energy.

What causes obesity and diabetes is the excessive intake of monosaccharides and oligosaccharides in fruit, sugar, honey, and milk as these are inappropriate sugars. Both of these began to be called “sugar” usually and that is causing misunderstandings and confusion.

Without rice in the diet, wholesome energy is not provided and the body struggles through the situation by different schemes. This may cause many unbalanced conditions in the human body. The human body may begin to continuously want food containing sugar (monosaccharide and oligosaccharide) that include sweetness: the taste

implying the request of fuel. As a result, it is causing over eating of ice cream and cake and forming a vicious cycle of not being able to stop overeating sweets.

The misunderstanding that salt is a bad influence on health has spread and established although salt is essential for maintaining life. Diet guidance and food supply based on this misconception have been promoted by medical industries and food marketers under the leadership of the government. However excessively reducing salt is the act of un-tuning the function of the human body.

The reason is because optimal physical health is realized by maintaining the salinity concentration of blood and body fluids in a certain balance (the salinity of the ancient ocean water: the salinity of physiological saline). On a daily basis the salinity keeps decreasing from the body and constant supply supporting the salinity that the body requires is the foundation to maintain health. Salty flavor is regarded as an instinctively sought taste. The human body is endowed with the sensor for saltiness as we think salty dishes are delicious when our body needs more saltiness.

Moreover, somatic cells have a physiological mechanism to preserve salinity concentration. For instance, if only water is supplied when sweating and decreasing salinity, then the human body tries to prevent the further lowering of salinity concentration and lets out water content, which causes dehydration through sweat and urine. Adjusting the pH of the body is also the work of minerals including salinity. The shortage of salinity influences body fluid causing weakening enzymes and leukocytes and decreasing immunocompetence.

In addition, the human appetite continues until satiating salinity needs are met; hence, a low salt diet causes compulsive appetites and bulimia and contributes to obesity.

In fact, the salinity problem for nutrition and health among current Japanese is an over-intake of salt with 99% purity sodium chloride salt (refined processed salt). Also animal food is rich in sodium therefore the need for sodium intake decreases as in the case of the animal food diet [19].

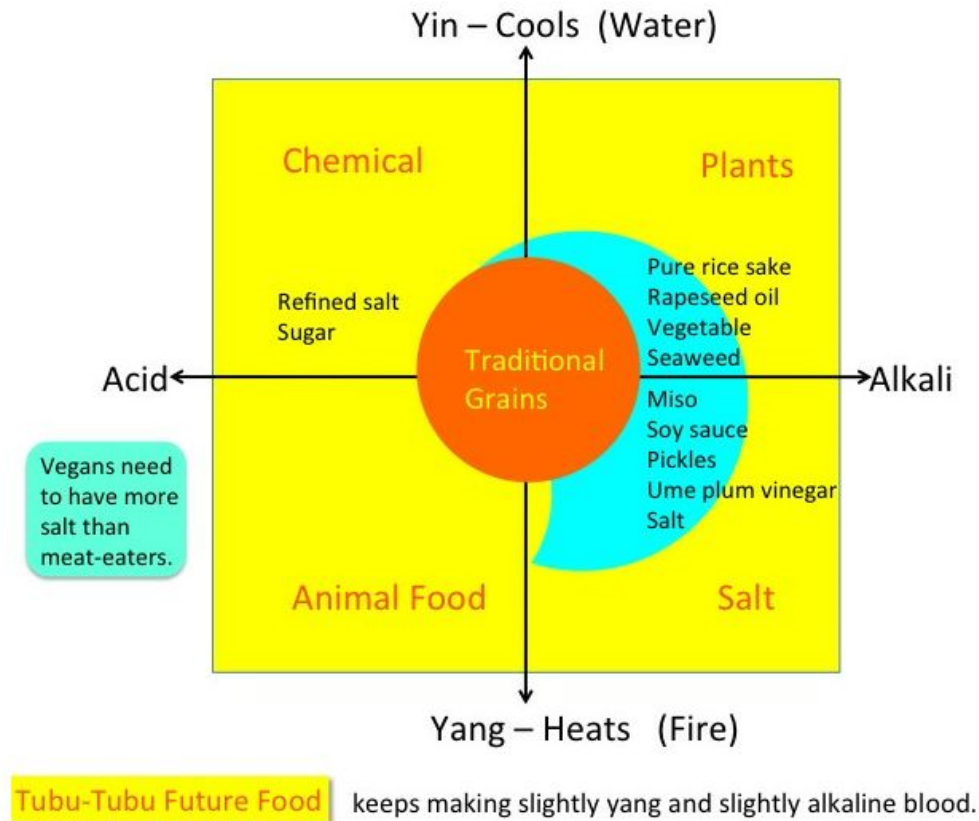


Figure 6. Tubu-Tubu Future Food.

The factor in salt (sodium chloride) related to high blood pressure is sodium. Sodium contracts blood vessels and increases the moisture content in blood. As in the phenomenon of sending a large amount of water into a skinny hose, the pressure in blood vessels increases. Continuing such a diet heightens the risk of high blood pressure. However, recent medical research clarified that potassium works against the sodium in our body. Potassium connects with excessive sodium in the human body and exhausts out of the body and this prevents blood pressure from rising.

The amount (milligram) of sodium (Na) and potassium (K) in 100g of traditional grains in Standard Tables of Food Composition in Japan (2010) by Ministry of Education, Culture, Sports, Science and Technology is as follows: Amaranth (Na:1,K:600), sorghum (Na:2,K:590), foxtail millet (Na:1,K:280), proso millet (Na:2,K:410), and Japanese barnyard millet (Na:3,K:240). The numbers in parenthesis are the milligram of sodium and potassium. A traditional grain based diet exhausts excessive salinity and prevents

blood pressure increasing and also does not easily cause excessive intake of sodium because the sodium originated from animal products is not ingested [20].

6. Creative restoration of Washoku, traditional grain based diet (Tubu-Tubu Future Food)

Environmental pollution and the trend of a social system against life have been progressing with tremendous momentum. These conditions cannot be changed immediately however distressed we are; yet, it is possible to stop the destruction of the life system as well as environmental pollution inside of our bodies through the transformation of diet adjusting to and with the life system of the earth and people.

The traditional grain based diet “Tubu-Tubu Future Food” is the new system reconstructed as a dietary method to draw out the human’s ability to survive in modern times. It was created by studying and practicing the common people’s

Washoku, which had been constructed and examined in the process of surviving the natural features of Japan and verified through the latest research information and practice [8]. “Tubu-Tubu” was originally the nickname for traditional grains that the author gave but it is now the nickname for grains and nuts. The author has been educating and promoting this dietary system since 1995, which is twelve years after the author began the research and practice.

“Tubu-Tubu Future Food” is the software of the new diet in which people can realize the fundamental desire that everyone has, “maintaining a healthy mind and body until the moment of death.” This dietary system originated in Japan and has the potential to achieve a peaceful coexistence with animals and society where people can co-exist without future war. Practicing “Tubu-Tubu Future Food” may become the major power to turn the future of humankind from destruction to creation.

However, there is a reality that modern Japanese, who grew up separated from the traditional diet, are not able to be satisfied without exciting and topical dishes based on commercialism. There is a reality the modern life does not allow to spend much time for cooking. There is a reality that many women are addicted to sugar and are living with guilt. “Tubu-Tubu Future Food” is the new vegan/vegetarian diet style of creative restoration of Washoku that solves all these problems. I am certain that it has the role as a dietary system that can foster the further mental and physical progress of humans as the most evolved form of animal [6].

Surrounded by an environment full of temptation, modern people grew up thinking meals with lots of dishes besides rice and snack-like a-la-carte items are treats. For this influence, they cannot be satisfied on their “tongue” and in their “hearts” with a simple meal consisting of cooked rice as the core staple and cannot escape from the temptation of sweets in spite of the good nutritional balance. It is indispensable to have cooking skills to help in gaining a healthy lifestyle while enjoying exciting meals instead of restraining ourselves. Based on these needs the sophisticated traditional grain based diet “Tubu-Tubu Future Food” was

developed [21-26]. If traditional grains are utilized as food ingredients for nouvelle cooking, with their rich flavor and texture, we can cook foods like ground meat, eggs, cheese, milk and fish without meat, eggs, or dairy products that in actuality do not match the nature of the Japanese. Any type or kind of modern people’s favorite food can be created.

Tubu-Tubu Future Food uses amazake (sweet fermented rice drink) as a sweetener. Amazake is a Japanese-origin sweet drink, which is made to be more easily digested and to have a higher nutrition value by fermenting appropriately nutrition balanced cooked rice with traditional grains. Although “sake (or -zake)” which means rice wine or alcohol is in its name, it has no alcohol content. In Japanese sake originally means drink with heightened energy through fermentation. With grains as main ingredients and amazake as a sweetener, both Japanese and Western confectionary as well as ice cream can be made without any sugar or dairy products. The effective sweets for developing healthy intestines came into the world. The sweets of Tubu-Tubu Future Food means we do not have to feel the guilt of taking in excessive sugar, which is typical for modern people and allows us to enjoy the delicious sweetness shamelessly.

The cooking method of Washoku by ordinary people who survived with a handmade life in nature is very simple. Moreover, foods with long-lasting delicious taste can be made. When people had a large family and there was no refrigerator, heat-retaining system, or measuring devices, they could not cook well without the instinctual training transmitted from their predecessors. In addition, they had to cook a large number of portions and it was a lot of work even though it was simple. However, today families are smaller and the refrigerator and heat-retaining system as well as measuring apparatus are easy to use so that once people master the system and guidelines, it is much easier to prepare for the table. It enables people to shorten the total cooking time significantly by cooking a large amount at one time and enhancing the preservation cooking skill. It also enables an easy home cooking lifestyle.

7. Paradigm shift from dietetics to fields of quantum science

The progress of physics and life science has completely changed previous accepted theories of our bodily functions.

First, there is a view that all the substances including our bodies are made from light that is essentially particles as well as waves. Quantum physics clarifies the fact that all the existence of this world consists of light, which is the origin of elementary particles known as photons. It is a fact that cells are radiating. It is also known that the healthier cells are the more they radiate.

The second view is that there are foods that switch on good genes and foods that switch them off or harm them [15].

Third, all of existence radiates at its own frequency. According to this view, food and lifestyle create the patterns in our brain waves and this influences the health of our bodies and the quality of our lives.

Dietetics views the human body mainly from the physiological aspect. Once quantum theory appeared, the ongoing study of it surpassed Newtonian mechanics and it continues to expand our awareness. The food system and related cooking skills that regard the body as a crystal of light and human beings as a spiritual existence is the vegan/vegetarian system “Tubu-Tubu Future Food” the author has created.

The time is upon us when people known as real gourmets will be those who have the right knowledge of a diet, which is consistent with “the mechanism of the global ecosystem” and “the essential physiological mechanism of the healthy mind and body.” True gourmets will be seen as those who have mastered the wisdom and skills to manage a peaceful and creative diet that does not cause environmental pollution or the destruction of the natural ecology.

8. Conclusion

Perhaps the fundamental desire that everyone has from the bottom of his or her heart is “We want to make the most of the possibilities of our life and live every day lively and full of vigor!” “We wish to live a healthy life by our own will

until the moment we die!”

Everything is connected in this world. It is apparent that the light of the sun, air, water, all the lives on the earth coexist with people and all the other lives. Nothing can exist independently.

Animals and people who live on the earth absorb oxygen by breathing and are given the energy, water, and ingredients in order to live through eating and drinking. For humans, food can be regarded as something like an umbilical cord to connect with the earth. Just like infants get all they need to live from their mother’s body since the time when they are in her womb until one year after they are born, animals and humans are living given all they need to live by our mother earth.

One of the ways to easily make the fundamental desire common among humanity come true is to simply receive the food that the life system of the universe and the earth has prepared for humans.

The Balance Sheet of Food and Life created by the author revises the deviation of dietary life, reforms the abuse from totally committing to modern dietetics, and makes it possible to practice a physiologically and psychologically balanced, healthy and morally rich vegan life.

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大谷ゆみこ (つぶつぶグランマ・ゆみこ) * :
和食の復興と新しいヴィーガン食文化の創造 - 陰陽
理論による「食といのちのバランスシート」

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紀元前からの長年に渡って歴史を生き抜いてきた和食の知恵と技法を基にして、そのシステムは崩さずに創造的に構築した、新しいヴィーガン・ベジタリアン料理の提案が雑穀菜食（未来食つぶつぶ）である。食と体の健康を推し量る指針の一つとされている、陰陽バランスと酸アルカリバランスをシンプルに表す「食といのちのバランスシート」によって自らの食生活の偏りを修正し、近代栄養学一辺倒の弊害を見直し、生理的のみならず心理的にもバランスのとれた健康で心豊かなヴィーガン生活の実践を目指す。

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