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The Benefit of the Traditional Japanese Diet

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The medicine today has gone through a drastic change. The major causes of diseases shifted from infections to inappropriate lifestyle. The patients are too much dependent on medical care and clinics. In Japan, as a result, medical expense has increased too much, burdening national health insurance system. In the twenty-first century, preventive medicine should be more and more emphasized. Preventing diseases by diet and exercise rather than visiting clinics and paying large bills at the progressed stage of the diseases is obviously the goal that we must aim at.

Although traditional Japanese food has been thought to be healthy, it is not true any more. It is so westernized that the blood cholesterol level of Japanese youth is higher than that of American youth. So called "lifestyle diseases" including some kind of heart diseases and cerebral vascular diseases, cancers and allergic diseases are related to inappropriate lifestyle. Especially, dietary habit is important because the accumulation of inappropriate daily diet may lead to be harmful for health. On the other hand, appropriate diet can nourish vitality and prevent diseases.

We have introduced the special food named yojo (nourishing vitality) diet to our hospital, which is build based on the traditional Japanese food. We examined this yojo diet from the aspect of current nutrition, and among nutrient elements, only vitamin B₁₂ is short. We also revealed this diet stimulated immune system. We are still on the way to build the ideal diet, and in my presentation, I hope I can show how this yojo diet is beneficial.