

Lifestyle improvement with the philosophy of Hinohara-ism in the current challenging circumstances of COVID-19 worldwide

Hiroshi Bando^{1,2*}

¹Tokushima University / Medical Research, Tokushima, Japan

²Integrative Medicine Japan (IMJ), Shikoku Island Division, Tokushima, Japan

Abstract

Measures against COVID-19 are roughly divided into two, which are for infection and lifestyle. The latter including three groups are described. The first is a basic life style with meal/exercise habits, sound sleep, natural healing power, and mind/body. The second is a concrete lifestyle with manage stress, smoking, alcohol, health check-up. The third is a habit easy to forget with art/culture, social being, never forget death. Furthermore, Dr. Shigeaki Hinohara was a supreme physician who established New Elderly Association (NEA) proposing Hinohara-ism. This philosophy is powerful to give people behavior changes, and hopefully to save the world in the future.

Keywords: Lifestyle improvement • COVID-19 • Cranial nerves • New Elderly Association (NEA) • Hinohara-ism • Smart Senior Association (SSA)

Background

Since last year, due to the new infectious disease in the world, various interventions have been required in the world [1]. We have to resist against COVID-19 while living well together [2]. The tips for these problems are roughly divided into two aspects, which are for infection and for lifestyle. In this article, the author would like to explain the latter in 3 categories with 10 items, and then enlighten Hinohara-ism by Shigeaki Hinohara, a supreme physician who continued extraordinary activity until the age of 105 [3].

The first is a basic lifestyle. To prevent infectious diseases, it is important to maintain one's immunity by appropriate lifestyle.

1. **Meal and exercise habits:** Keep regular rhythm of three meals at the same time every day. As for the dietary content, the low-carbohydrate diet (LCD) is recommended with decreasing sweets late at night [4]. Continue exercise about 20-30 minutes once a day with heart rate around 110-120/min [5].
2. **Sound sleep:** Sleeping time should be about 7 hours. Keep the wake-up time constant rather than going to bed. Quiet music for music therapy or aromatherapy can be helpful [6].
3. **Natural healing power:** Do not take medicine immediately when you feel sick. Always improve and stimulate the immunity and natural healing power. Some procedure of integrative medicine (IM) can be applied [7].
4. **Mind and body:** Mental and psychological states always influence on one's health greatly. Always control the mind well objectively, think about the shiny side of things, and try to live a cheerful life. The second is a concrete lifestyle. In order to maintain and improve the health, it is important to take concrete actions every day.
5. **Manage stress:** In daily life, various stresses always come down. There is a wide variety of stressors such as physics, chemistry, physical, psychological, social, human relationships, the changes from

conventional situations, and so on [8]. We have to respond adequately to each stress.

6. **Smoking and alcohol:** There is no benefit to smoking because it is harmful. Taking a small amount of alcohol is beneficial to physical and mental health in daily lives.
7. **Health check-up:** It is recommended to take a health check-up a year for detect subclinical abnormality [9]. The third is a habit easy to forget. The tips mentioned above have some positive effects on your daily life. In addition, please recall the following matters.
8. **Art and culture:** Humans may be able to live by eating only bread to maintain just their bodies. However, a person has a heart. It is recommended to nourish the mind with a sense of art and culture and a philosophy on true goodness [10].
9. **Social Being:** People are social beings. In primary care medicine, holistic medicine, and integrative medicine, three perspectives are required for medical practice. In other words, it is important to treat the patients from bio-psycho-social points of view.
10. **Never forget or afraid of death:** Dr. Shigeaki Hinohara in St. Luke International Hospital, who was loved by everyone in Japan, was also a living master and widely communicated the importance of thinking about life and death [11]. He wrote for the musical "The Fall of Freddie the Leaf: A Story of Life for All Ages, by Leo Buscaglia", where the stage was performed at Carnegie Hall in New York [12]. Our life always circulates and connects like four seasons.

Dr. Hinohara has been known worldwide for his humanity and divine Christianity. He worked as not only a physician, but also a philosopher and a musician. He wrote down more than 6000 published articles and more than 400 books [13]. He was physician, Oslerian scholar, peace advocate, prolific author and devout Christian [14]. He has published a newsletter "Educational Medicine" for many years, in which he advocated the name of the lifestyle-related disease for the first time in 1978 [15]. For years, he developed Japanese medicine and taught many medical staffs. In 2000, he established the New Elderly Association (NEA) for the next-coming 21th century (2001-2100) to educate and disseminate his philosophy, Hinohara-ism.

NEA has set the doctrine for the theme, mission and goals as follows [16]: i) Theme; to love, to initiate, and to endure, ii) Mission; to transmit the importance of peace and love to children, iii) Goals; to acquire a favorable lifestyle, to provide loving care for other and feel gratitude to daily life, to be aware that it is never too late to initiate or create something, regardless of age, and so on. NEA has been an international association and has many branches. The author

*Address for Correspondence : Bando H, Tokushima University / Medical Research, Tokushima, Japan, Integrative Medicine Japan (IMJ), Shikoku Island Division, Tokushima, Japan E-mail: pianomed@bronze.ocn.ne.jp

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Figure 1. The book cover of the textbook.

The title of the book is "Let's start with NEA aiming for the significant life". The names of the authors are Hiroshi BANDO, MD and Shigeaki Hinohara, MD. 3 C's were proposed as for challenge to myself, contact to others, and communicate to society.

has founded the Tokushima branch for development of Hinohara-ism. Various activities include lectures of medicine and anti-aging medicine, seminars of LCD, music therapy, art therapy, concerts, and publication of newsletters. Among them, the book published with Mr. Hinohara is shown in Figure 1. The title is "Let's start with NEA aiming for the significant life". Concerning the important future direction, 3 C's were proposed as for challenge to myself, contact to others, and communicate to society.

Dr. Hinohara continued the challenge throughout his life. He started the facebook at the age of 100 and published related-book. NEA has a Smart Senior Association (SSA) division that deepens communication through facebook [17]. SSA was selected the model case of world's facebook for elderly association across the world. He passed away a few years ago, but we have received his one-point advice beneficial to our lives every morning via internet. Currently, the world is in a difficult situation due to various problems such as covid-19. The philosophy of Hinohara-ism would be certainly powerful to give people some behavior changes, and hopefully to save the world in the future [18].

Conflict of Interest

The authors declare no conflict of interest.

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