

## Editorial

### *Recommendation of Addressing the “99”*

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The workings of the human body are gradually being brought to light, albeit little by little. For example, where it was previously thought that adipose cells simply accumulated fat, they are now recognized as an endocrine organ, and it has been found that the secretion of adiponectin, a type of good adipocytokine, decreases when visceral fat increases. Skeletal muscles also secrete a physiologically active substance that involves an effect on regulating metabolism. Irisin, which is secreted during exercise, increases energy metabolism by acting on fatty cells and causing precursor cells to differentiate into cells that have the properties of brown adipocytes, and improves glucose tolerance. With regard to estrogen receptors, they were found to exist on cell membranes (although it is a shame in terms of endocrinological classification that the clear distinction of water-soluble hormones binding to membrane receptors and fat-soluble hormones binding to nuclear receptors no longer applies). There are reports that this type of receptor, which differs from the conventional nuclear estrogen receptor, reacts to estrogen, and also responds well to daidzein and other such phytoestrogens. The elucidation of such workings fills us with a sense of amazement at their sophistication, and reminds us of the importance of such lifestyle habits as eating and exercising.

Yoshio Marumoto, an author and food researcher who has published many books based on the latest in nutrition, writes as follows in *How to Redeem Home Cooking*: “Say death equals zero, the onset of a disease equals 1, and health levels range from 1 to 100. We believe that medicine is a science that ranges from zero to 100, but it is actually a special skill that is applied between zero and 1. It is a skill for prolonging the life of patients who have finally consulted a doctor after their health level has gradually fallen to 1.” Addressing the 99 levels between 100 and 1 is precisely what preventive medicine is about, and the achievements of numerous researchers prove that there is no greater medicine than paying proper attention to lifestyle habits. It also stands to reason that Kampo and acupuncture are options for addressing the 99 levels.

We modern people have gained longer lifespans compared with the past. However, the existence of living beings appears to place weight on reproductive age, as can be seen by chronic inflammation caused by senescent cells and the involution of the thymus gland. We hope for health and long life, but the odds are somewhat against us. Only by practicing good lifestyle habits and receiving early treatment, we can age while maintaining quality of life.

It may be easy to understand the importance of addressing the 99, but there is a high barrier to execute it. We must act now to extend our health span. Let us strive to “live well and die well.”

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