

[Reviewer's notes:

In the section on Hay Fever on page 7 of this Word document there is a reference in Japanese to cedar pollen, which is the most common variety in Japan, and other pollens. In the UK, 90% of hay fever sufferers are allergic to grass pollen and the pollen seasons are different, so the text has been altered to suit. The new plant types and season dates are referenced from the BBC's Pollen Index: <http://www.bbc.co.uk/weather/pollen/>

Question 15 on page 37 of this Word document relates to BSE and the dangers of using cow placenta. This seems a little out of date, and may as well be omitted as it is no longer such a big issue in Europe.

Similarly, Questions 16 and 17 relate specifically to Japanese products, clinics and salons. These would be of little use to European readers.]

Section 4
More Conditions Treatable with the Power of Placenta

Placenta is known to be effective for chronic rheumatoid arthritis, osteoarthritis, neuralgia, atopic dermatitis, bronchial asthma, hay fever, Alcoholic Hepatitis, Hepatitis B, and Hepatitis C.

Chronic Rheumatoid Arthritis, Osteoarthritis, and Neuralgia

[Chronic Rheumatoid Arthritis]

Chronic Rheumatoid Arthritis is a disabling disease which causes painful swelling in multiple joints such as fingers, the wrist or the knee, and is an autoimmune disorder. In severe forms the patient is unable to unfasten buttons and in the worst cases the patient may be unable even to stand and be wheelchair-bound.

The phrase autoimmune disorder is not terribly well known, so let’s take a look at what bodily processes cause these diseases. When foreign substances like viruses or toxins (antigens) enter our bodies, antibodies are produced which convert the invaders into non-toxic substances, thus denaturing or killing them. We call this antigen-antibody reaction process the immune system. However, occasionally the immune system can overreact causing damage to the body, and this phenomenon is known as allergies.

Normally, the immune system does not react with other materials from the same body, but in the case of rheumatism, antibodies are produced in reaction to the combination of some material (it could be several things from a virus to a hormone) and proteins which form part of the body. Because these proteins will always exist in the body, they can thereafter be mistaken for the foreign body and attacked again, leading to allergies which can then easily worsen and become chronic.

Rheumatoid arthritis is often treated with immunosuppressants, but treatment is difficult. Placenta has also been confirmed as very effective against rheumatoid arthritis, and I have personally treated many patients using placenta with excellent results.

Firstly the placenta has an Anti-inflammatory Function, which boosts the function of the adrenal gland and acts as a powerful tranquiliser, relieving the pain of rheumatism. Secondly, the placenta is also known to have an Immune System Function which acts to suppress an abnormal immune system and return it to a normal state. It also has an Anti-allergy Function and a Constitution Function. These functions work to combat the disease from its onset. Placenta not only suppresses the symptoms of rheumatism but also combats its root causes, as well as having minimal side-effects.

Presented below is data relating to the use of “Melsmon” and “Laennec” placenta injections for rheumatism sufferers who have visited my clinic [Table 4-1].

Here, CRP (C-reactive protein) and RF (rheumatoid factor) are used as indices for rheumatism. CRP is a specific protein which appears at sites of inflammation, building up within 6 to 8 hours of the onset of inflammation in the body, and reducing when the inflammation is healed. RF is an antibody directed against the body’s own tissues (an autoantibody).

The data shows that the indices improve over a relatively short period due to the placenta injections.

Patient	Placenta Injections	Indicator	Before Treatment	1 Month Later	2 Months Later
Female, 56	1 / week	CRP	0.6	0	
		RF	287	28	
Female, 72	1 / week	CRP	4.6	2.6	1.7
		RF	21	18	24
Female, 54	2 / week	CRP			
		RF	231	303	32

Table 4-1 – Rheumatism

[Osteoarthritis]

Osteoarthritis is an inflammation which arises due to degeneration (deformation) of the joints, and has no connection to allergies. A joint is where two or more bones meet, but to make the connection smooth the ends of the bones are covered in cartilage. When bones grow old this cartilage can wear out or be punctured, and the pain of two bones directly rubbing against each other is osteoarthritis. The condition can go unnoticed if it isn’t very severe, often with bouts of sudden pain.

Placenta can be used to effectively treat osteoarthritis. While placenta's Anti-inflammatory Function can counter the pain, its Tissue Repair Function promotes repair of the damaged tissues. Another form of attack is its "Insulin-Like Growth Factor" which promotes growth of cartilage and smooth muscle cells, and is remarkably successful at preventing and treating osteoarthritis.

A research team led by Professor Kazuhito Asano at Showa University's Medicine Department reported that high levels of active oxygen were observed in the joints of sufferers of rheumatoid arthritis and osteoarthritis, and that this is likely to be a cause of symptom degradation and pain.

Asano's group detected active oxygen in the joints of 19 rheumatoid arthritis patients and 40 osteoarthritis patients who visited their university hospital, and detected no active oxygen in the joints of healthy people. The severity of the symptoms of each patient were graded into four levels, and those with the most severe symptoms had on average five times the levels of active oxygen in the case of rheumatoid arthritis patients and 2.5 times in the case of osteoarthritis patients, compared to those with the least severe symptoms. They surmised that active oxygen was destroying the tissues in the joints and causing the condition to deteriorate. In veterinary medicine, treatments to reduce active oxygen are already successfully used with racehorses to improve joint conditions, so this evidence of its use in humans seems to make good sense. Asano commented that "We expect that these diseases can be prevented from advancing if active oxygen is suppressed at an early stage."

As placenta has an Active Oxygen Removal Function it can play this additional useful role in treating rheumatoid arthritis and osteoarthritis.

[Neuralgia]

The three main forms of neuralgia are trigeminal neuralgia, sciatic neuralgia and intercostal neuralgia. Trigeminal neuralgia is pain in three thick nerves routing from the temple to the eyes, cheeks and mouth (trigeminal nerves), sciatic neuralgia is pain in the sciatic nerves which run from the buttocks to the rear of the thighs and calves, and intercostal neuralgia is pain in the intercostal nerves running from the back to the front of the twelve ribs.

One cause of this pain is pressure on the nerves from surrounding blood vessels or bones. Blood vessels or bones which normally exert little pressure are moved for some reason causing the onset of neuralgia. In trigeminal neuralgia, arteries in the face lose elasticity and harden (arteriosclerosis), which is thought to be the reason for the pressure, and sciatic neuralgia is often due to pressure from a slipped vertebral disc.

Bad cholesterol and active oxygen are assumed to be the primary causes of arteriosclerosis, both of which are preventable and treatable through the Secretion Regulatory Function and Active Oxygen Removal Function of placenta. The trigger for bone deformation is thought to be a reduction in bone density and a loss of support from surrounding muscles due to muscle weakness. Here too, placenta can help by increasing bone density and strengthening muscles. Not only does it possess a Secretion Regulatory Function and Basal Metabolism Function which act to strengthen bones and muscles, but it also has an Insulin-Like Growth factor which promotes the growth of cartilage and muscle cells.

Conventional symptomatic treatments for trigeminal neuralgia include the use of drugs to dull the nervous system however this is often problematic as sensation is dulled along with the pain. For sciatic neuralgia a corset can be used to reduce pressure on the lumbar vertebrae or traction can be put on the spinal cord, but none of these are likely to lead to recovery and in severe cases surgery will be required.

The preferred method in my clinic is to treat the causes of the illness with placenta while using tranquilisers over a short period if the pain is severe.

Nerve pain can also occur due to inflammation, something which is completely unrelated to pressure from bones or blood vessels. A good example is trigeminal or intercostal neuralgia occurring after a case of herpes. The herpes virus can easily affect nerves through inflammation.

The Anti-inflammatory Function of placenta plays an active role here too. Herpes attacks when the body's resistive power is low, but placenta helps to strengthen the whole body through its Basal Metabolic Function, Immune System Function and Fatigue Recovery Function, boosting the natural healing power of the body.

As well as pain arising from specific regions of nerves, pain can also arise due to a stagnation of blood in the limbs or shoulders. Placenta enables blood to flow in the body's capillaries thanks to its Circulation Function, and is a valuable tool in relieving such pain.

Atopic Dermatitis

□ Allergies in those with an Atopic Disposition

Atopic dermatitis is a skin complaint which affects people with an "atopic disposition", where the uppermost layer of skin becomes red, swollen, very dry and itchy. In recent years there has been a growing trend towards adult onset as well as the more usual childhood onset.

The word "atopic" comes from a Greek word meaning "uncommonness". Until recently the cause and mechanism of action were not clear, but it is now fairly well understood. Our bodies have an immune system which produces antibodies which attach themselves to foreign substances entering the body (antigens). They cause an antigen-antibody reaction which denatures (exterminates) the foreign substance. However, the reaction does not finish at this point, but it continues for a short time causing damage to the body, a symptom which we call allergies. Atopic dermatitis is thought to come about by a similar mechanism but it differs from normal allergies in that the person must have an atopic disposition by nature.

In short, both an atopic disposition and the presence of an antigen play a part in the onset of atopic dermatitis. A very wide variety of things can act as the antigen, including dust, mites, bacteria, pollen, foods or medicines. Therefore, even if someone has an atopic disposition, as long as they don't come into contact with a specific antigen the disease won't manifest.

The mechanism at work in atopic dermatitis is generally as follows. Most people with an atopic disposition produce large quantities of the antibody "IgE" to fight antigens. "IgE" adheres to mast cells, which are found on the skin (both the epidermis on the surface and the dermis beneath) and mucous membranes, and when an antigen enters the body an antigen-antibody reaction takes place on the surface of these mast cells stimulating them to emit an inflammatory substance called histamine, which causes the inflammation. People with an atopic disposition produce "IgE" in large quantities, meaning large amounts of histamine are emitted from their mast cells. This is why the inflammation is often so extreme.

Recent research has shown that "IgE" also adheres to langerhans cells on the top layer of the skin, producing an allergic reaction with antigens penetrating the skin above the langerhans cell layer, and causing skin rashes (contact dermatitis). Because atopic skin can easily become very dry it is easy for antigens to penetrate, which can further compound skin rashes.

Often, it is not the antigen-antibody reaction alone which causes mast cells and langerhans cells to emit histamine, and it has been found that dirty and sweaty skin, itchy clothes and exhaust fumes can also stimulate these complaints. Dry skin is another factor which promotes inflammation. Dry skin is indicated by a thin layer of sebum, and as well as reducing the barrier function which prevents foreign substances from penetrating, as skin becomes drier it further increases the severity of atopic dermatitis on the uppermost layer of the skin.

Atopic dermatitis is a serious disease with a complex and intertwined set of causes.

□ Treatment Combining Placenta and Steroids

Typical treatments for atopic dermatitis include preventing scratching and use of steroids (ointments) to curb inflammation. However, there are side-effects if steroids are used for long periods.

The original steroids were corticosteroids, which are hormones secreted from a small organ called the adrenal gland towards the top of the kidneys. Applying steroids to the skin for an extended period leads to corticosteroids being taken in through the skin, which causes an imbalanced hormonal system. Essentially, the use of steroids over an extended period will cause the adrenal gland to become unresponsive, and its functions will decline. This can lead to a vicious circle whereby the patient must increasingly rely on steroids, throwing the hormonal system into disorder. It also results in a thinning and weakening of the skin making infection by viruses and bacteria more likely. There are also side-effects affecting the whole body such as a round, swelled face known as moon face, diabetes, gastric

ulcers, high-blood pressure, and depression. If steroids have been used for a long period and are then suddenly discontinued when symptoms improve, this can trigger a relapse. It is very important to consult a doctor and when using steroids, and to use them appropriately.

Placenta, however, has a composite action across a wide range of functions, and is a successful treatment for atopic dermatitis. Placenta act against the causes of atopic dermatitis in multiple ways, including a Secretion Regulatory Function which maintains the body's hormone balance, an Immune System Function which boosts the skin's resistive power, an Anti-inflammatory Function which calms inflammation, a Basal Metabolism Function and Tissue Repair Function which produce healthy skin, and a Granulation Tissue Formation Function, Anti-Allergy Function and Constitution Function. In addition, placenta has minimal side-effects meaning there are no concerns over relapses after treatment has completed.

Also, for those who have already undergone a course of steroid treatment for atopic dermatitis and want to try placenta treatment, it is a good idea to initially use steroids and placenta together, before gradually reducing steroid use and finally using placenta treatment alone. While both treatments are used together, even if steroid use is temporarily stopped, the placenta's ability to maintain a hormone balance and strengthen resistance can prevent relapse.

There have been many cases of atopic dermatitis patients who have seen marked improvements using this treatment technique, and one such case is presented below.

The patient was a 25 year old female who worked for a computer company. Beginning with the face, the skin on her whole body became very dry and red, and I immediately recognised the symptoms as atopic dermatitis. I remember her worrying, "I'm not going to get a boyfriend in this condition". After a treatment of twice weekly placenta injections over three months the symptoms improved, and she stopped coming to the clinic. Around 18 months later she returned to the clinic completely changed. Her name had changed, her atopic dermatitis had recovered, and she had a positive attitude, a boyfriend and was looking forward to her wedding. The atopic dermatitis had returned recently so she had come to ask for further placenta injections, and asked with a sparkle in her eyes, "Even though it came back it isn't as bad as before, and when I remember I can get a placenta injection it makes me feel better. It's good to know that even if I stop the injections it won't come back again like with steroids."

Testimonies of patients like these not only make my job worthwhile, but they reconfirm the amazing power of placenta.

Bronchial Asthma and Hay Fever

[Bronchial Asthma]

Bronchial asthma is a paroxysmal respiratory distress syndrome whereby the bronchial tube constricts and narrows and it becomes difficult to breathe. There are three main classifications depending on the cause, (1) atopic, (2) infectious, and (3) mixed.

(1) Atopic

This is bronchial asthma triggered by an allergic reaction. An antigen-antibody reaction takes place on the surface of mast cells in the lining of the bronchial tube due to the presence of an antigen such as dust mites, mould, pollen or bed fibres. This causes the mast cells to emit an inflammatory material such as histamine which constricts the muscles surrounding the bronchial tube, making the lining swollen, increasing mucous levels, and narrowing the respiratory tract, making it difficult to breathe.

(2) Infectious

The respiratory tract is made sensitive due to infection by a bacteria or virus, and breathing becomes difficult in reaction to a stimulus such as dust, dirt, toxins or cold air.

(3) Mixed

Breathing becomes difficult due to a combination of (1) atopic and (2) infectious factors. Other factors including psychological factors like stress can also act as causes.

Typical treatment includes sympathetic nerve stimulants and bronchodilators to open up the respiratory tract, steroids and anti-allergy medicines. Antibiotics are also used to counter any infection.

However, sympathetic nerve stimulants also stimulate the heart and there are side-effects which come with using bronchodilators and steroids, so these treatments must be used with care.

This is where placenta can be of immense help, because it is both an efficient treatment for bronchial asthma and it has next to no side-effects. Its Nervous System Regulatory Function strengthens the function of the sympathetic nerves, widening the respiratory tract. Its ability to regulate the immune system can boost the body's resistance to viruses and bacteria as well as dust mites, mould, pollen or bed fibres, and together with its Anti-allergy Function, Anti-inflammatory Function and Constitution Function, this makes placenta an extremely powerful treatment. The additional spark which makes these functions so vigorously powerful is placenta's various growth factors, including the Nerve Growth Factor which promotes growth of sympathetic ganglion cells, the Epidermal Growth Factor which promotes growth of epidermal cells in the bronchial tube, and the Colony-Stimulating Factor and Interleukin 1, 2, 3 and 4 which increase growth of various immune cells.

[Hay Fever]

In the grass pollen season from late May to early August many people suffer from hay fever, and it's no exaggeration to say that hay fever can impact heavily on one's work and private life. Hay fever is an allergic disease caused by pollen with symptoms including sneezing and a running nose, allergic rhinitis, itchy eyes, teary eyes and allergic conjunctivitis. Also, the large number of hay fever sufferers in cities tells us that the cause is seeds carrying pollen combined with air pollutants.

In addition to the well-known grass pollen in summer there are other allergens such as birch, alder and hazel pollen in spring, weed pollens such as ragweed, nettle and mugwort in August, and in autumn fungal spores from fallen leaves have a similar effect.

Hay fever's mechanism of action is thought to be as follows. An allergy-prone person has pollen (the antigen) arrive at the conjunctiva in their eye or the mucous membrane in their nose, and is recognised as a foreign substance by the immune system. The immune system produces the antibody IgE and an excessive antigen-antibody reaction takes place, causing inflammatory substances like histamine to be emitted. Some hay fever antigens such as cedar pollen can be very powerful meaning that even people who aren't allergy-prone can suffer effects at peak times of year. This is why people can suddenly be affected by hay fever even though they have never had a problem with it in the past.

Steroids and anti-allergy medicines are common treatments, but these are at their core merely symptomatic treatments, have undesired side-effects and a relapse is common when treatment ceases. Just as with other allergic diseases, there is no silver bullet for hay fever.

This is where placenta comes in. Just as with other allergic diseases, placenta is remarkably effective. As well as normalising immune reactions, placenta controls inflammation, and has an Anti-allergy Function and Constitution Function, thus combating both the symptomatic and the root causes of hay fever. In addition, only placenta can offer next to no side-effects and no concerns over relapse.

Before you give up and allow an allergic disease like hay fever to plague your whole life, I would recommend you try placenta as a treatment.

Liver Functions

□ "Laennec" Placenta Extract Injections and Liver Diseases

Placenta injections currently approved by the Japanese government are "Melsmon" for menopausal disorders and failed lactation, and "Laennec" for liver diseases. Melsmon has been approved for almost half a century which is an effective guarantee of the power and safety of placenta. In my clinic too, fresh evidence of the wonderful effects of placenta injections on liver diseases comes up again and again.

Before presenting the mechanism of action of placenta on liver diseases and associated clinical data, below is a simple summary of some of the basics of the liver and liver diseases.

The liver is the largest organ in our bodies, weighing 1.5kg in an adult male, 1.3kg in an adult female, and containing around 250 billion liver cells. It has powerful regenerative abilities, to the extent that even if 60 or 70% of the liver is removed the remaining 30% will grow back and return it to its original state. The three main functions of the liver are (1) Metabolism, (2) Toxin Removal, and (3)

Bile Secretion. The liver uses around 200 types of enzymes, and more than 500 chemical processes, and is often called “the body’s great chemical factory”.

(1) Metabolism

Our bodies receive nourishment from food, but can’t use it just as it is. The proteins in beef, for example, are different to the proteins in the human body. The process of chemically processing nutrients from our food and converting them into nutrients that our bodies can use is called the “metabolism”, and the liver plays a role in the metabolising the three main nutrient groups: sugars, proteins and fats. Anything left over which is not needed by the body is either expelled or stored. Vitamins and minerals are also activated and distributed by the liver, enabling them to be used around the body.

(2) Toxin Removal

The liver detoxifies and excretes poisons and toxins. Alcohol and drugs are considered foreign substances and are also detoxified.

(3) Bile Secretion

The liver synthesises and secretes bile, which breaks down and absorbs fats in the duodenum and absorbs vitamins. Bile also acts to extract bilirubin (the yellow element of bile and the reason faeces can be yellow and why the skin turns yellow when someone has jaundice.) as well as cholesterol, which are poisonous to the body. The liver is also the body’s “blood store”, holding more than 10% of the body’s blood, and regulates the flow of blood around the body.

□ Progression from Hepatitis → Cirrhosis of the Liver → Liver Cancer

Liver diseases include fatty liver, Alcoholic Hepatitis, Viral Hepatitis (Hepatitis B and C, etc.), cirrhosis of the liver, and liver cancer.

- Fatty Liver
Fatty liver is a very common disease where large quantities of fats are stored in liver cells preventing its normal function, and is caused by drinking excessive amounts of alcohol, obesity and bad nutrition. In my clinic, ultrasonic wave examinations show more than half of patients have fatty liver.
- Alcoholic Hepatitis
The liver’s cells become inflamed due to excessive alcohol consumption, hindering the functions of the liver.
- Viral Hepatitis
Viral Hepatitis arises due to infection by the Hepatitis virus, which has 6 varieties called A, B, C, D, E and G. The varieties which present the biggest problem are Hepatitis B and C, both of which infect through the blood. While Hepatitis C is not very infectious, Hepatitis B is very infectious. They can also be contracted via saliva or other bodily fluids.
- Cirrhosis of the Liver
Cirrhosis of the liver is a condition where the liver hardens and atrophies, so that blood cannot diffuse throughout the whole organ, thereby reducing the function of the liver. When the inflammation of liver cells is at its end stage in Hepatitis B or C, the cells are destroyed and are replaced with fibroblasts (cells formed from hardened parts of tissues). As fibroblasts increase, cells throughout the body grow hard and atrophy. It is common for cirrhosis of the liver to be triggered by Hepatitis C.
- Liver Cancer
Liver cancer is a cancer affecting the liver cells. Generally, there is a progression from Hepatitis to cirrhosis of the liver to liver cancer, and of the original Hepatitis, 60% begin with Hepatitis C, 25% with Hepatitis B, 5% with a combination of the two, and finally 10% begin with Alcoholic Hepatitis. Clearly a cure at the Hepatitis stage is very important in the prevention of liver cancer.

□ Interferons and Side-Effects

Currently the only drugs which can completely remove the Hepatitis C virus are “interferons”. When used by Hepatitis C patients it is very effective in 20 to 30% of cases, and the virus is eliminated.

Interferons were originally tested as a treatment because they “inhibit viral replication within infected cells”, but in addition to inhibiting viral replication they also inhibit replication of the infected cells themselves. There are, however, many problems with interferons, for example they are not effective for 70 to 80% of Hepatitis C patients (based on two weeks of treatment), and even when effective there are a range of side-effects including fever, chills, headaches, muscle pain, nausea, loss of appetite and bodily fatigue, and can lead to depression, schizophrenia, pneumonia and thyroid dysfunction. Interferons are also one of the most expensive treatments and this economic factor can't be ignored. It is common sense to use interferons to treat Hepatitis C, however it should be remembered that interferons are not a wonder drug which will work for everyone.

Nevertheless, sufferers should not be despair about this progression from incurable Hepatitis to cirrhosis to liver cancer. Life expectancy is rarely drastically affected by a viral infection, whether Hepatitis B or Hepatitis C, and it can take 10 to 30 years before the disease progresses to cirrhosis. As mentioned earlier, it is repeated inflammation which causes the symptoms to progress, meaning anti-inflammatory medicines present an effective treatment. Although such treatment cannot eliminate the Hepatitis virus it can provide symptomatic relief and prevent the disease from advancing. This strategy is not to continually fight the virus in vain, but to enable the patient to live a normal life while co-existing with the virus.

□ Weak Immune System and Inflammation

The key to treating liver diseases is to prevent inflammation from manifesting. In order to understand how to live without triggering inflammation, firstly we need to take a closer look at how liver cells reach an inflamed state. Let's take viral hepatitises such as Hepatitis B and C as an example.

When a virus enters our body our body's defence system, or immune system, acts to exterminate the virus. The immune system starts a battle between the immune cells and the viruses, but the main weapon used by the immune cells is something of a “double-edged sword”. They use active oxygen. While in proper quantities, active oxygen destroys invading viruses, if it is over-produced it will also destroy the body's own cells. When active oxygen is over-produced in order to combat an unusually strong viral infection it is not the viruses alone, but also the surrounding cells and organs which are damaged (oxidised). It is this which produces the inflammation. In other words, Viral Hepatitis is the inflammation of liver cells caused by active oxygen being used by immune cells as a weapon against Hepatitis B and C viruses. If the immune system is in a weakened state, active oxygen is produced in even larger quantities, leaving the body very susceptible to inflammation.

Therefore, a strong immune system and the removal of active oxygen are central to the prevention of Viral Hepatitis.

□ Alcoholic Hepatitis

Alcoholic Hepatitis is an inflammation of the liver cells due to excessive alcohol consumption, and occurs because large amounts of alcohol trigger an over-production of active oxygen and this oxidises the liver cells. Excessive consumption of alcohol and over-eating can also lead to the storage of fat in the liver, which forms a second source of large quantities of active oxygen. When all this active oxygen attacks fats they turn into lipid peroxides, which are prime candidates for creating a damaging chain reaction in the body. Lipid peroxides are unstable and react with surrounding cells in order to become stable, a reaction which once again creates a further lipid peroxide. This process then continues in a chain reaction. The reason cooking fat turns black when used for a long time is because of this peroxidation process. You can imagine the damage caused when this occurs in the liver.

The liver is known to be susceptible to producing large quantities of active oxygen not just through viral infection, alcohol or over-eating, but through a range of other factors as well. For example, toxins and drugs are detoxified in the liver by various enzymes, and this produces active oxygen. The enzymes scatter amongst the non-poisonous toxins and drugs and can easily over-produce active oxygen. Above all, every cell in our bodies contains minute organs called mitochondria which cause glucose and oxygen to react creating energy. This process converts 2 to 3% of the oxygen into active oxygen, and when you consider the liver contains 250 billion cells with 2 or 3 mitochondria in each cell, this shows how easily an excess of active oxygen can be produced.

The liver, then, is a breeding ground for active oxygen and liver cells are at high risk of being damaged by oxidation, causing inflammation. Of course, our bodies contain enzymes such as SOD

which remove active oxygen, and the liver also has superb regenerative abilities and does not stand idly by and let oxidation happen. However, these active oxygen removing enzymes start to decline after about the age of 40, allowing the fight against the damage caused by active oxygen to be slowly forgotten. This is one of the reasons that liver damage is more likely to manifest in those in their middle to late years.

□ How the Placenta Removes Active Oxygen

Although secretion of enzymes which remove active oxygen declines in ones middle to late years, that doesn't mean the body has completely given in. Active oxygen is also removed by antioxidant vitamins such as Vitamin A, Vitamin C, Vitamin E and B group vitamins, antioxidant minerals such as salen, manganese, iron, copper and zinc, and other antioxidants such as flavonoids, carotenoids, proteins and uric acid.

In addition to these, placenta's superb ability to remove active oxygen has recently been confirmed in animal testing. Doctors Satoshi Watanabe and Tetsuya Fukui from Hoshi University in Japan carried out tests examining the antioxidant functions of Placenta Extract using mice. The report below was published via the internet. As we know, one role of the placenta is to protect the infant from oxidation, which is why it is thought that placenta possesses a powerful antioxidant effect. The animal testing showed that Placenta Extract also has an antioxidant effect when taken orally, preventing oxidation of liver tissues and liver damage.

Research into Antioxidants in Human Placenta Extract

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Human Placenta Extract is used in beauty products and in medicines, and there are suggestions that it contains components which display an anti-inflammatory function, anti-tumour function, and melanin production suppressant function. One role of the placenta is to protect the foetus from oxidation stress; therefore it is likely that there is a powerful anti-active oxygen component within the placenta tissue with an active oxygen and free radical removal function. Consequently, Placenta Extract's anti-active oxygen function and associated component were investigated.

When Placenta Extract was added to an active oxygen generator *in vitro*, a reduction in the product of the reaction between the substrate and the active oxygen was confirmed. The 50% inhibition concentration was 0.45%, and there was antioxidant activity equivalent to 71 μ M of α -tocopherol, an antioxidant vitamin. Next, an experiment was conducted using a mouse model with acute alcoholic hepatopathy to determine whether there is an antioxidant effect when Placenta Extract is within an organism. This suggested that acute alcoholic hepatopathy arose in accordance with oxidation stress caused by increased active oxygen formation in the liver tissue due to ethanol and decreased antioxidant enzyme activity. Placenta Extract was orally administered and ethanol abdominally administered over three days to a ddY mouse, and serum GOT and GPT activities were measured as parameters of liver damage. Again, levels of thiobarbituric acid reactive substance (TBARS), levels of glutathione (GSH), and antioxidant enzyme activity were measured as parameters of oxidation stress. In the group receiving ethanol GOT activity was 1.9 times that in the control group, GPT activity was 1.4 times, whereas these were suppressed to 1.3 and 1.1 times respectively in the group also receiving Placenta Extract. Additionally, TBARS in liver tissue was 2.5 times higher and GSH was reduced by 0.7 times in the control group, however these were suppressed to 1.4 and 0.9 times respectively in the group also receiving Placenta Extract. Further, activity of the antioxidant enzyme administered to remove active oxygen and free radicals was 0.6 times the control group in the group receiving ethanol, but recovered to 0.9 times in the group also receiving Placenta Extract. The above results show that Placenta Extract shows an antioxidant function and suppresses onset of liver damage and liver tissue oxidation stress due to ethanol, when orally administered.

□ Placenta Can Treat Cirrhosis of the Liver

As well as having the ability to remove active oxygen which can damage the liver, placenta possesses the following range of functions which help to prevent liver damage and promote a healthy liver.

- Boosts the function of the whole liver

- Improves the liver's ability to detoxify
- Boosts immune resistance to overcome the Hepatitis virus
- Strengthens the ability to detoxify alcohol and drugs
- Promotes self-production of interferons
- Suppresses alcoholic and viral Hepatitis
- Promotes repair of tissues damaged by Hepatitis, etc
- Accelerates new cell formation

As mentioned in Section 1, placenta has a "Hepatocyte Growth Factor" which acts as a cell and organ regenerator and is considered to be excellent at healing damaged liver cells. The reason that a liver has the miraculous power to grow back even if 70% is removed is because of this Hepatocyte Growth Factor, which protects, repairs, and regenerates liver cells from damage such as inflammation. This is why placenta is so effective in the treatment of cirrhosis of the liver. Placenta is currently the only medical product approved by the Japanese government for the treatment of cirrhosis.

"Gene therapy", or administering Hepatocyte Growth Factor genes by injection, is only in the preparatory stage in the medical world, and it is expected to take some considerable time before it can be used in actual treatments. However placenta, which contains this Hepatocyte Growth Factor, is easily available now and shows very beneficial effects.

In my clinic, patients with liver damage regularly see their GOT, GPT and γ -GTP values reduced in just one or two months, by taking Placenta Extract injections. Data for Alcoholic Hepatitis and Hepatitis B and C patients who received Placenta Extract injections can be found below in [Table 4-2]. Please check them for yourself.

γ -GTP has a strong correlation with alcohol consumption, so much so that it is sometimes called the "alcohol consumption liver test", as it increases in the blood with alcohol intake and liver damage. In cases of Alcoholic Hepatitis, the γ -GTP is almost always high.

Female, 55, Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	264	46	
GPT	246	67	
γ -GTP	118	118	

Male, 44, Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	47	35	23
GPT	93	66	37
γ -GTP	114	463	568

Male, 62, Twice Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	64	53	43
GPT	86	77	59
γ -GTP	1095	873	417

Male, 58, Twice Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	70	60	42
GPT	72	68	61
γ -GTP	287	167	110

Male, 60, Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	37	52	
GPT	35	40	
γ -GTP	117	37	

Male, 50, Twice Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	29	28	38
GPT	30	29	29
γ -GTP	640	578	645

Female, 59, Three Weekly Placenta Injections

Test	Before	1 Month	2 Months
GOT	64	43	
GPT	95	50	
γ -GTP	102	70	

Table 4-2-1 – Alcoholic Hepatitis

Test	20 th May	25 th May	1 st June
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Protein Total	7.8	7.9	8.2
A/G	0.81		
TTT	10.2	9.7	9.7
ZTT	22.3	23.1	26.3
GOT (AST)	768	229	122
GPT (ALT)	807	375	184
LDH	372	282	285
CPK (CK)	78		
γ-GTP	138	115	89
LAP	83	74	70
ALP	305	255	209
Cholinesterase	2.71	2.88	3.38

Table 4-2-2 – Hepatitis B

General Tests								Specific Tests			Injections		
	Date	GOT	GPT	LDH	γ-GTP	K	PLT	KCV-RNA	AFP	Hyaluronic acid	Laennec	Kyomino	Other
1	1/8	256	333	538	48	4.3	8.9	841.6		141.5	2A	2A	
2	1/19	84	104	600	52	3.9	9.6	1211.6	95.0				
3	2/6	129	190	578	43	3.6	6.8	883.1	81.8		2A		
4	2/14	67	84	522	40	3.4	8.2					2A	
5	2/19	56	54	526	38	3.6	9.7	477.7	46.1	217.7			
6	3/11	60	68	447	45	3.8	9.0	185.7	35.1	126.0	2A	2A	
7	3/23	91	95	480	44	3.9	6.6	371.0	32.2	134.5		1A	Vit. C
8	4/11	56	60	441	39	3.3	7.3	491.9	32.1	119.8	2A	2A	Tachion
9	4/17	68	77	436	40	3.2	7.6						
10	4/23	64	67	417	38	3.5	7.5	936.8	33.0	152.9			

Table 4-2-3 – Hepatitis

□ Placenta Boosts the Body’s Natural Healing Power

Active oxygen is a factor in causing 90% of modern diseases. Changing that around, placenta’s Active Oxygen Removal Function is effective for 90% of modern diseases. Also remember that placenta’s Hepatocyte Growth Factor is not limited to the liver but prevents, repairs, and regenerates damage to cells in almost all organs. Animal tests have shown it to be effective not only for liver diseases, but also for kidney diseases, diabetes, gastric ulcers, heart attack, stroke, lung diseases, and muscular diseases.

The “Active Oxygen Removal Function” and “Hepatocyte Growth Factor” are trump cards in the fight against a wide range of diseases, and placenta has both of them. Not only this, but placenta also has a triplet of functions we call the “Nervous System Regulatory Function”, “Secretion Regulatory Function”, and “Immune System Function”.

Our bodies by nature have a homeostasis function which tries to return any changes or abnormalities to normal and we know that this operates by a combination of the “nervous system”, “hormonal system”, and “immune system”. When a nervous system such as the central nervous system or autonomous nervous system stimulates the hormonal system, various hormones are secreted, these activate immunocompetent cells, and this activity in the immune system causes the nervous system to act... and so on. All three systems together form a homeostatic network.

Placenta strengthens this network by healing each of the nervous, hormonal and immune systems, and strengthens the body against illness and disease, in other words it boosts the body’s natural defences. The “Basal Metabolism Function”, “Circulation Function”, and “Blood Production Function” take this ability to boost the body’s natural defences to the next level.

Placenta can treat a range of diseases with minimal ill effects after a stoppage in treatment, has a rejuvenating effect working against ageing, and builds up the body’s constitution. It is also believed that placenta holds many more unknown components and functions which are yet to be discovered. We may not yet know its full potential.

The amazing power of placenta is continually confirmed to me in my treatment of patients. Of course, it can't treat every disease under the sun, but it is a wonder indeed that at least the diseases below can be treated.

- Menopausal Disorders
- Pre-menopausal Disorders
- Psychological Diseases like Sleeplessness or Depression
- Diseases caused by Active Oxygen (most modern diseases including liver diseases, heart diseases, cerebrovascular diseases, and cancers)
- Diseases treated using Steroids (including chronic rheumatoid arthritis, bronchial asthma, atopic dermatitis, and collagen disease)

Section 5

Examples of Treatment of Menopausal Disorders and Pre-Menopausal Disorders: Rheumatism, Atopic Disorders, and Liver Disease

I often ask patients who visit the Yoshida Clinic who are taking Placenta Extract injections to fill out a short questionnaire as follows. (1) What first sparked your interest in placenta? (2) How have your symptoms changed since using placenta? (3) What are your thoughts about placenta? Presented below are extracts from some of these questionnaires.

These testimonies demonstrate the immense power of placenta to treat a wide range of diseases for which winning therapies have yet to be found in this modern age, such as menopausal disorders, premenopausal disorders, liver damage, rheumatism, and atopic diseases.

My menopausal disorders have calmed and my hormone levels have increased

(Female, 48)

I was sick with menopausal disorders and spent every day being quite moody. My friend was worried about me and suggested a clinic saying, "I heard you can use placenta to treat menopausal disorders. There aren't any side effects with it so there's no need to worry. I got injections at the Yoshida Clinic. You should go."

That was three months ago and I've been coming in to the clinic for Placenta Extract injections two to three times a week since then. I feel like my menopausal disorders have calmed down, and also in tests my estrogen (E2) levels have risen from 37 before the treatment to 105 after just two months. It seems my estrogen levels dropped and caused my disorders, and then the placenta treatment raised the levels again and alleviated the symptoms.

Also, my cholesterol level before the treatment was pretty high at 258 (standard value should be less than 220mg/dl), but two months later it had dropped to 209. You hear a lot about people getting hyperlipidaemia or atherosclerosis when they reach the menopause so it's a relief to get my cholesterol back to normal.

I'm really glad that I found out about Placenta Extract, but the real person to thank is my friend who introduced me to it.

Comment: Some, but not all, placenta injection patients see increased estrogen levels and even a revival of previously shut down menstruation.

It helped me with my hot flashes, heavy perspiration, tiredness, and irritability

(Female, 51)

I didn't know that menopausal disorders could be so severe. The rushes of blood and perspiration were extreme, I got hot flashes at night as well, I would have to change my pyjamas the perspiration was so bad, and I had trouble sleeping. All of this made me tired easily, I was very irritable and I couldn't bear to look at myself in the mirror. When I told a friend about this she told me that placenta injections were getting popular because they help menopausal disorders and there are hardly any side-effects. I thought I have nothing to lose so I might as well give it a try.

For half a year now I've been taking Placenta Extract injections three times a week. At first I just felt less tired but after three months or so I noticed my rushes of blood and perspiration got a lot better. Then, something I hadn't expected from Placenta Extract, a skin complaint with a painful purplish-red rash I occasionally get called "lichen planus" stopped reappearing. I had no idea that Placenta Extract injections could do this sort of thing. I'm going to spread the word around that if you're suffering with menopausal disorders you should try placenta. It was very good fortune that I happened across Placenta Extract.

Comment: Placenta injections don't only relieve symptoms of menopausal disorders, many people find they heal skin complaints and rejuvenate the skin, and many patients continue to visit the clinic even though the symptoms of menopausal disorder have receded.

Menopausal disorders and low-blood pressure both improved with twice weekly injections

(Female, 47)

My symptoms were tiredness, stiff shoulders, headaches and a swelled tongue and my physical condition was poor, so about one year ago I went to the nearby Yoshida Clinic. Since then I've been

taking twice weekly Placenta Extract injections and I really feel that my health has gradually improved.

Before, I had low blood pressure and occasionally had spates of dizziness, but my blood pressure stabilised and I don't get the dizziness anymore, all thanks to Placenta Extract.

I plan to continue having the injections to get through the menopause smoothly.

Comment: Placenta injections can help whether your blood pressure is high or low. Unlike Western medicine which is one directional, the placenta is special because it has a regulatory or normalising effect.

I have improved health and feel emotionally brighter

(Female, 45)

I was talking with a friend about using placenta to treat a run-down body, and I'd read about placenta being a good treatment for menopausal disorders and pre-menopausal disorders occasionally in magazines. Well, I felt unhealthy and sometimes just couldn't get my energy up, and I remember being anxious and wanted to just stay in bed. That is what made me decide to go to the Yoshida Clinic for placenta treatment.

After regularly going to the clinic for around six weeks and receiving the Placenta Extract injections I feel totally healthy. I no longer get period pain and I get through it without taking medicine. Not only that but I feel psychologically brighter. In tests as well my estrogen (E2) levels have risen from 10 before the treatment to 41 after just one month.

They say Placenta Extract has hardly any side-effects, so I plan to continue using it for health reasons.

Comment: Placenta is effective for pains like headaches, hip pain and menstrual pain. Perhaps because giving birth can be a painful experience the placenta has the power to relieve pain.

I now have improved bodily and psychological resistance, and better physiological strength

(Female, 41)

The whites of my eyes were whiter than normal, I had a depressed feeling, and low menstrual discharge. Even though it didn't really impact on my life I was worried. Then I read about placenta in a magazine and I wondered whether it would work for my symptoms as well.

I received Placenta Extract injections three times weekly for nearly two years, and I was very glad to get over my problems one after another over the first year thanks to Placenta Extract raising my body's power of resistance. A lot of bad things happened such as my mother getting cancer, me having a car accident and going to hospital and to court, and there were endless days of physical and psychological stress, and I don't know how I would have managed normally. It seemed like God had given me placenta just to make it through the last year.

Now I can look back I see that my estrogen (E2) levels rose from 13 to 35 and my menstrual discharge increased. The depression went away and the whites of my eyes returned to a normal colour. I think the outcome was a result of continuing with the injections and taking care every day. My symptoms have now all improved, but I'm going to keep taking the injections to maintain my body's resistive power.

Comment: A mentor of mine, Doctor Hiro Hara at Tagawa in Kyushu says placenta works very well for depression. In my personal experience too, it is effective for depression as well as a whole range of psychological diseases.

I woke up refreshed the day after the injection, and am already feeling the effects

(Female, 31)

When I first heard about it I thought placenta was a ridiculous treatment. Then I read an article about how "human placenta is being used in operations in Swiss beauty salons" but I still didn't think of it as something for an ordinary person. Then a friend of mine suddenly came across a book called "Placenta Power" by the director of the Yoshida Clinic, and I found out that it isn't just useful for beauty but also for a wide range of health reasons, so I decided I wanted to try it out. I don't have great physical strength, have low blood pressure and always tend to be a bit negative.

For around six months now I've been taking weekly Placenta Extract injections. The morning after my first injection I could already feel the effects. Usually I find it very hard to wake up due to my low blood pressure, but that morning I woke up so refreshed I felt like I was reborn. It was a very strange feeling to wake up with such a good feeling. I was so happy that I went for a stroll in the park. In the end, placenta is part of the human body, so I suppose it is absorbed into the body without a fight, which is why modern medicine can't explain all of its effects. Anyway, when I have the injections I can say from my own experiences that I wake up refreshed, and feel really healthy.

Comment: I hear about his experience of waking up fully refreshed the morning after the first injection again and again.

It relieved a range of disorders like chills, stiff shoulders, constipation, and irregular menstruation

(Female, 27)

After I moved to my current company the year before last I suddenly started to get chills, and even though I was in bed my feet would be as cold as ice making it hard to fall asleep. I would also quite often wake up randomly in the night. Even on hot summer nights I would have to put socks on to go to sleep. Not only that but I also had many other symptoms like stiff shoulders, headaches and constipation, and my general health was awful. I wasn't sure whether I should go to see the doctor or not, and then while reading a women's magazine I found a special report that said that these are the symptoms of pre-menopausal disorder, and that placenta can help to relieve them.

So, I ended up having Placenta Extract injections two or three times per week and after about three months the chills, stiff shoulders, headaches and constipation had all got a lot better. At the same time, almost as a bonus, my irregular periods started being very regular at exactly 28 days.

I've now been having the injections for about half a year and I've decided to keep up with the treatment to maintain my good health.

Comment: Some people have a warm feeling throughout their bodies for a few hours after a placenta injection. We often hear that women who previously had to wear two pairs of socks even in summer can now get to sleep with bare feet after receiving placenta injections.

I was treated for Hepatitis C, my wife for menopausal disorders and my daughter for menstrual pain

(Male, 56)

My office is just a few minutes' walk from the Yoshida Clinic. Two years ago I overheard a conversation between the owner of a coffee shop I go to and another customer: "People with liver problems and allergies come a long way to visit that clinic over there. It seems they've really got something." For more than ten years I had suffered with Hepatitis C and had been treated with interferons, but my health was poor and getting worse, and I was in considerable pain. I went for an examination straight away and found out for the first time about Placenta Extract.

I could see the effect of tri-weekly Placenta Extract injections immediately. Before the treatment my GOT and GPT were high at 60 and 80~90 (*standard values should be GOT 8~33 IU/l and GPT 4~45 IU/l), but they started to fall after I had the injections and have now fallen to 35 and 45 respectively. I feel that placenta has very few side-effects and has been more successful than interferons.

I recommended it to my wife and my daughter and they also had Placenta Extract injections. My wife's menopausal disorders improved and my daughter, who had been very worried about menstrual pain, couldn't believe it when it disappeared, and she can now get on with work without taking time off.

So I'm happy to say that my whole family can thank placenta for our good health.

Comment: Just like this family, there are many family groups who visit my clinic. Although they all have different ailments, symptoms and problems, the treatment is the same, placenta injections.

My GOT and GPT went down from 3 to 2 figures, and there was no relapse of liver cancer

(Male, 52)

I was first diagnosed with Hepatitis C around 20 years ago. Since then it has progressed in the worst possible way from Hepatitis C to cirrhosis, and then liver cancer. Ultrasonic tests have already found cancers three times, and each time I've somehow got through it using embolus therapy to starve the area by blocking the blood vessels which supply nutrients to the cancerous area. I had been taking strong minophagen intravenous injections for three years without improvement and thought I had reached a dead end, when a friend told me "there is a clinic where you can get Placenta Extract injections which are effective for liver disorders", and introduced me to the Yoshida Clinic. That was one year ago.

Since then I've had Placenta Extract injections three times per week and my GOT and GPT values have gone from three to two digits. Taking the figures from before the treatment, two months later and four months later, my GOT values have gone from 120 to 165 to 84, and my GPT values have gone from 116 to 182 to 76. For some reason the figures increased for the first two months, but after that they got a lot better and they are currently stable at around 80. And in cancer tests, no abnormalities have been seen since starting the Placenta Extract injections.

Also, I often go on overseas business trips with my work and while I'm away and can't take my Placenta Extract treatment my GOT and GPT values go up, but recently I was away for two weeks without any ill effects. This is the real proof that the damage to my liver has improved.

I strongly feel that Placenta Extract injections are a wonderful treatment offering hope to those concerned about liver cancer.

Comment: Placenta is considered to be the only treatment for cirrhosis of the liver, and also helps to prevent cirrhosis and liver cancer.

I have Hepatitis C, but after 1 month my GOT dropped 103 to 27, and my GPT 85 to 28

(Female, 70)

Seven years ago I contracted cancer of the larynx and later my condition deteriorated with high blood pressure, loss of appetite, and hyperthyroidism. I quite often buy health foods, and around two years ago heard about placenta in a health food shop. I heard that it could help with my blood pressure as well as in maintaining a general healthy condition.

When I paid a visit to the Yoshida Clinic, which offers placenta treatment, I found out that I had also contracted Hepatitis C. I began taking Placenta Extract injections once per week and my GOT and GPT levels, which were 103 and 85 prior to the treatment fell to 27 and 28 after one month and have now fallen to 21 and 16. I also feel much healthier. I will continue to have the treatment and expect see more and more benefits.

I think there are many ways to help maintain your health, but I'm betting on placenta.

Comment: This isn't the only example of weekly injections for two years without a break reducing GOT and GPT levels to normal.

I was hospitalised in Taiwan with Hepatitis B, but felt dramatic effects from daily treatment over 2 weeks

(Male, 35)

I am Taiwanese and resident in Taiwan. I contracted Hepatitis B and received treatment, but even though test results were extremely bad there was no sign of improvement and I didn't know what to do. Then I heard about a treatment from someone I knew in Japan, and in a momentous decision I travelled to the Yoshida Clinic for that treatment.

Before treatment my GOT was 768 and my GPT 807, both extremely abnormal and even Dr. Yoshida was surprised. He asked whether "a hospital with in-patient facilities might not be better", but I stayed in a hotel and went to his clinic every day. Amazingly, after two days of placenta injections my GOT was 229 and my GPT 370, and after ten days both were below 100 and stable. At first I could just about walk, but then the colour came back to my face along with my appetite, and after five days I could even eat out.

After two weeks I returned to Taiwan and could no longer get the Placenta Extract injections. I continued my normal treatment in Taiwan and my current GOT and GPT levels are both below 100.

The placenta doesn't have the ability to attack or kill viruses, so this effect must be through its regulation of the hormone system, nervous system and immune system, boosting the body's natural defences, as well as the Hepatocyte Growth Factor working to repair and regenerate the cells of the body.

Just with a daily injection of three ampoules over a two week period I went from worrying about how much time I had left to my current stable state of health. My case reveals the real power of the placenta in the fight against Hepatitis.

Comment: When I first met this patient I said "check into a hospital immediately", but his test values and visual condition rapidly improved and after two weeks he even drank a small amount of alcohol when we were out for a meal. He remained healthy after returning to Taiwan.

My tests for fatty liver and high-blood pressure improved, and I feel great

(Female, 53)

I had high blood pressure for three years and checked in to the local university hospital, but my liver tests just kept increasing and I started not to trust the hospital. Then, a friend recommended the Yoshida Clinic saying they also use Western medicines but prefer those with few side-effects.

I got my first diagnosis two months ago and started taking Placenta Extract injections for fatty liver and high blood pressure. I was pretty relaxed because placenta has so few side-effects. The evening after my first injection, rather than my normal sleeplessness I slept like a baby for the first time in ages and awoke the next morning thoroughly refreshed. I was completely surprised. I received three injections each week and could feel my body getting healthier, but when I had my blood tests after one month I was surprised all over again. My total cholesterol had gone from 277 to 238, neutral fats from 211 to 104, GOT from 80 to 45, and GPT from 199 to 91. Even my blood pressure had started to shift downwards.

Dr. Yoshida told me that "it's because you were so consistent with outpatients visits", but I thought of it as my source of energy for the day so it was no trouble to visit whatsoever. It made me realise that diseases have this psychological side to them as well.

This is something that was in Dr. Yoshida's book, but the guaranteed effect of placenta is to "boost the body's natural defences". I now know how to tackle my disease and where to go from here. I'm going to continue taking placenta injections, boost my body's defences, and hope to be healthy inside and out.

Comment: Many patients experience improved blood test results with placenta injections, but effects such as "sleeping well", "feeling healthy", or "feeling relaxed" are results that can't be measured.

My bronchial asthma fits were reduced and my symptoms improved

(Male, 40)

About one year ago I found out through the internet that placenta can be used to treat bronchial asthma, and was pleased to find that Yoshida Clinic, a company close to my office, use placenta. I immediately paid them a visit.

I went for treatment once per week for around six months, and at first received a combination of Placenta Extract injections and oral medicine, but later had the injections alone. My fits have been dramatically reduced and I feel reassured that things are moving in the right direction. I plan to patiently continue with the injections until I'm completely cured.

Comment: Often placenta injections have a faster effect the younger the patient. Sometimes primary school children with serious asthma fits who have been admitted to hospital can recover completely through injections.

My rheumatism pain disappeared, but I will continue use it to maintain my health

(Female, 49)

Several years ago I was diagnosed with digestive cancer and had regular blood tests, but my liver test values got worse and worse and I worried that my rheumatism was also deteriorating. At that point I

found out through the internet about a “placenta treatment which works for Hepatitis and menopausal disorders with minimal side-effects”, and wanted to try it as soon as I could.

So, since almost a year ago I’ve been having Placenta Extract injections twice a week as well as a daily placenta-based oral medicine. First of all, rheumatism. Most years on cold winter days I suffered with finger joint pain and a dull hip pain, but this year there was no pain at all. Both my GOT and GPT liver test values had fallen to around 50 after four months, putting me completely at ease. Having said that, there’s still a little more to go before I get down to normal values. Every time I have a blood test I am happy to see the gradual effect of the placenta treatment.

When I first contracted cancer I experienced the terrible side-effects of anti-cancer drugs, which make you twice as sensitive. More than anything, it is the fact that placenta has so few side-effects which makes me happy. I have heard there are people who continue treatment for many years without side-effects, which puts my mind completely at rest. I also plan to use placenta for a long time to come.

Comment: One often hears that the more effective a drug is the more side-effects it has. But while placenta has very few side-effects it remains very effective.

The pain from my osteoarthritis disappeared and now I even enjoy dancing

(Female, 63)

Almost 18 months ago I went to the Yoshida Clinic because of a bad cold, and in the waiting room there I had a conversation with another patient. At the time I had sharp pains in my knees and hips, perhaps because of my hobby as a dancer. The person I met in the waiting room told me about injections which could relieve this pain, and suggested I have Placenta Extract injections.

Since then I’ve been receiving twice weekly Placenta Extract injections. My knee pain was due to osteoarthritis, but after several injections the pain subsided. I also tried having Placenta Extract injections in acupressure points and to my surprise the pain totally disappeared. It’s true that good things can come out of the blue. And of course, I told all of my dancing friends who often have similar pains about this treatment and they were so thankful.

Not only did my hip and knee pain disappear when I started taking Placenta Extract injections, I was so happy to find I felt less tired, my oily skin improved, and was even a little whiter. My friends were also impressed with similar effects. I plan to continue using the power of placenta so I can dance to my heart’s content and enjoy life.

Comment: Placenta injections work well at reducing pain, but unlike painkillers which have only a temporary effect, placenta has a long-lasting effect.

It worked for my knee pain. Evidence from more than 10 years of personal experience

(Female, 58)

I had knee pain and have used placenta as a treatment for over ten years. At first I had implanted treatment where placenta is injected subcutaneously at a clinic in Nezu, Tokyo, and I later changed to placenta injections but I found it difficult to commute to the clinic so I stopped using it. Then by chance I found out that the nearby Yoshida Clinic offered Placenta Extract injections and I’ve now been going there twice a week for about a year.

To cut a long story short, I have found placenta to be very effective at reducing knee pain over ten years. Also, when using the injections I feel a lot healthier and even a cold seems light and quickly recovers. I plan to continue using placenta.

Comment: Several years ago my clinic offered implanted therapy (where placenta is injected subcutaneously) and many patients benefitted from it. Although the technique is very new, the placenta as a treatment has been forgotten for decades.

It improved my atopic dermatitis and I can now even use foundation cream

(Female, 25)

I suffered with atopic dermatitis and whenever a related article appeared in a magazine I would read it searching for new information. I read an article about the Yoshida Clinic in the women’s magazine “Vingtaine”, and went on to read Dr. Yoshida’s book and had found out that it would help with my

atopic dermatitis as well as with the anaemia and constipation which I have had for many years. So, I decided to have Placenta Extract injections.

I went to the clinic twice a week for Placenta Extract injections and an anti-allergy medicine called “Zyrtec” for about a year. My anaemia and constipation were relieved quite quickly, and my atopic dermatitis also started to get better. Although I felt better than before I started having the Placenta Extract injections I was still worried about redness and dryness. I still have some dryness, but the rough skin disappeared and now I can even use foundation. I like to reflect on the compliments I get about the change in my appearance every time I use foundation. I want to continue receiving the treatment and hope to get off the anti-allergy drugs soon.

Comment: This is an example of the effect when combined with a Western medicine. Placenta is almost an all-purpose drug because it has such a wide range of applications. It is sometimes very successful when combined with other treatments.

My contact dermatitis was cured in 1 month. My health is good and my skin clear

(Female, 42)

I was diagnosed with contact dermatitis, but after one month of Placenta Extract injections once per week it was cured. Not only that it helped with my constipation, my tiredness, and I then decided to have an injection once or twice a month. It’s amazing how time flies because that all started two years ago. I am now healthy, and my skin has a healthy glow. They say that an ounce of prevention is worth a pound of cure, so I’m going to continue the treatment to prevent illness and skin ageing.

Comment: Placenta isn’t just a treatment for illness, and patients who come for treatment often keep coming after the illness is cured because of placenta’s preventative effect for illness and ageing.

My poor vocal cords improved. I’ve even been told I sound “rejuvenated”

(Male, 71)

My vocal cords degenerated badly after a bout of flu and I felt generally unhealthy, when my daughter told me to look into placenta as a treatment. I went to the Yoshida Clinic and for around two years now I’ve been taking twice weekly Placenta Extract injections.

My vocal cords have recovered and now, if I am careful, I can go about my day-to-day work and use the phone without problems. I can feel that it works along with Kampo remedies I am taking. My general health has recovered exceptionally and a few days ago I even met an old acquaintance who said “You look so rejuvenated. What have you been doing?” I have a better appetite and I feel my stomach starting to wake up straight after each injection. My tests also show that my cholesterol and blood pressure are being kept in check, all thanks to the Placenta Extract injections.

Often when you use drugs or health foods for long periods the body gets used to them and they stop being of benefit, but this isn’t the case with placenta. It feels like a natural healing, taking you back to when you were a child. I have great respect for the character and passion of doctors who use this medicine.

Comment: A stronger voice is a common result of placenta injections, as is improved voice quality. It acts on all five senses and can also improve vision, tinnitus and hearing problems, and loss of smell or taste.

My incurable sarcoidosis was alleviated and there were no side-effects

(Male, 54)

Seven years ago I contracted an incurable disease called sarcoidosis (*Sarcoidosis is named after the Greek word sarcoid, and is the development of granuloma, or small inflammatory nodules. It is a complex condition affecting the whole body and its cause is unknown.) I had been receiving treatment at another medical institution, but the condition worsened and I was put on steroid treatment. This produced side-effects, so I looked around for alternative treatments. Then, at work I heard of a colleague who “contracted Hepatitis C and had it cured through treatment at the Yoshida Clinic”, and I became interested in placenta and its ability to treat a disease with no known cure.

For the last three months I've been taking Placenta Extract injections two or three times a week. Before then the bottom half of my body would feel like lead in the afternoon making me out of breath on stairs, but this was considerably improved. Also, if I didn't have regular massages it would be impossible for me to work, but now I'm pleased to say I don't have to have a massage as often. The busy season for my work is coming up soon, but thanks to placenta I hope to be able to get through it without any problems. I also hope that if I consistently attend the clinic and continue my treatment, that I'll be able to gradually discontinue by drug treatments.

Comment: One of the amazing things about placenta is that it can even be effective for so-called incurable diseases with no solution in modern medicine. In addition to sarcoidosis, placenta has been shown to work for Behcet's Syndrome, rheumatism, collagen disease, and ageusia.

Section 6
Beauty Tips! Improve Your Skin with Placenta

Placenta is Highly-Valued in the World of Beauty Products

Placenta, with its multiple effects and medicinal functions, is not simply a source of good health but also very powerful in beauty treatments.

It is a well known fact that world famous beauty product manufacturers and high-class beauty salons value placenta very highly. In recent years more and more people value a clear complexion, and magazines frequently highlight placenta in their articles, with a lot of the attention being targeted at young women. The many people who use placenta are raising their voices about its effectiveness.

The amazing thing about placenta is firstly its skin whitening effect, as well as its wide ranging power to improve the big three skin problems: spots, wrinkles and acne, not to mention dry skin, rough skin, sensitive skin, and skin ageing.

This is all the work of placenta's various functions which improve the skin, the most important of which are listed below.

- Skin whitening function
- Moisturising function
- Tissue regeneration function (improves regeneration of skin cells, promoting replacement)
- Connective tissue renewal function (produces collagen, actively renewing connective tissue)
- Cell growth and regeneration function (not only a direct nutrient but also promotes growth and regeneration of cells)
- Circulation promotion function (promotes circulation in the skin, providing nutrients and removing waste products)
- Active oxygen removal function (antioxidant function)
- Anti-inflammatory function
- Anti-allergy function
- Immune system function

These functions have a cumulative effect on skin problems, giving a clear complexion. Let's look in more detail at why placenta is so effective at improving skin problems like spots, wrinkles and acne.

When using placenta for beauty, the most effective method is injections. However, under make-up cream product regulations the amount used doesn't have to be stated on the package, so the user has to evaluate the effectiveness while using it.

Blemishes Disappear with Placenta

□ Blemishes form from left over Melanin Pigment

Blemishes, or liver spots, are caused by a brownish pigment called "Melanin" creating pigmented skin. [Figure 6-1] shows how skin is divided in two main layers, the epidermis and the dermis, and below these is a connective tissue called the hypodermis. The epidermis contains pores for sweat glands and sebaceous glands and contains no nerves or blood vessels, meaning sensitivity to pain and bleeding can only occur when the dermis is stimulated. The epidermis also converts old cells into new cells, or metabolises skin cells.

- The Epidermis
The epidermis is 0.1 to 1.0mm thick and is composed of 4 or 5 layers called the stratum corneum, stratum lucidum (only in the palms of the hands and soles of the feet), stratum granulosum, stratum spinosum, and the stratum germinativum. At 0.05mm thick, the stratum corneum in particular functions as a barrier protecting the skin itself from temperature, humidity, ultra-violet light, and bacteria. A reduction in this barrier function tends to lead to blemishes, dryness and irritated skin.

Figure 6-1 – Structure of the Skin

[Labels: left 3, top to bottom] Epidermis, Dermis, Hypodermis

[Labels: main column of 7, top to bottom] Stratum Corneum, Stratum Granulosum, Stratum Spinosum, Stratum Germinativum, Papillary Layer, Sub-papillary Layer, Reticular Layer
[Labels: other 4, clockwise from top left] Dead Skin, Coming Unstuck, Melanin Pigment, Melanocyte

- The Dermis
The dermis is 0.1 to 3.0mm thick and is formed from fibres called collagen and elastin, giving skin its strength and elasticity. It also passes nutrients and oxygen to the epidermis through capillary blood vessels as well as disposing of waste materials, participating in the metabolic function. Waste materials are also disposed of through perspiration.
- The Hypodermis
The hypodermis connects the skin to internal tissues such as muscles and bones.

So, let's find out how melanin pigment works. Melanin pigment is produced in the lowest layer of the epidermis, the stratum germinativum. When ultra-violet light strikes the skin, pigment cells called melanocytes, which are dotted around the stratum germinativum, are stimulated, activating an enzyme inside the melanocytes called tyrosinase and producing melanin pigment.

Melanin pigment is essentially produced to protect tissues below the dermis from ultra-violet light, and is one of our biological defences. The reason our skin turns darker after exposure to sunlight is because melanin pigment has been produced to protect the skin from large amounts of ultra-violet light, and results in a melanin layer being formed in the epidermis.

Normally, although melanin pigment is constantly under production, it is constantly pushed up towards the surface where it eventually comes unstuck and falls away, maintaining a regular balance. The problem is when too much melanin is produced and it can't fall away fast enough, upsetting the balance between melanin production and loss. When this happens, melanin pigment is often stored in particular parts of the skin, and this is what forms blemishes. When blemishes form after exposure to sunlight, this imbalance is often the cause.

□ Placenta Suppresses Melanin Pigment Production and Advances Shedding

Placenta has been confirmed to prevent and improve blemishes.

Firstly, let's look at prevention of blemishes. The most common cause of blemishes is an overproduction of melanin pigment. Melanin pigment is initially produced by an enzyme called tyrosinase inside pigment cells called melanocytes when they are stimulated by ultra-violet light. Specifically, when large amounts of ultra-violet light strike the skin this produces large quantities of active oxygen in the epidermal cells, and this excess of active oxygen causes oxidation and irritation of the skin. Then, this irritation itself causes the pigment cells to be abnormally stimulated, resulting in the production of large amounts of melanin pigment.

But what role can placenta play in this process? Placenta possesses an Active Oxygen Removal Function and an Anti-inflammation Function, which can remove the root causes of blemishes, normalising the levels of melanin pigment produced. As has been mentioned, active oxygen is a factor in causing 90% of modern diseases, but in many aspects of beauty too, it is the source of a wide range of problems. Blemishes are one of them. Placenta's function of raising the metabolism activates cell division in the stratum germinativum and promotes shedding of melanin pigment, preventing a build-up. However, the shedding of blemishes which have already built-up is also stimulated, making blemishes lighter or removing them altogether.

This process of production at the bottom of the epidermis cells, the stratum germinativum, and rising to the surface before falling away, is called "turnover", and by repeating this process the skin constantly renews itself. The lifespan of an epidermis cell, from its production in the stratum germinativum to reaching the uppermost stratum corneum, is around 14 days, and it then takes another 14 days for it to turn into dust and fall away, making the total around 28 days. If this turnover is disturbed and the skin's regenerative ability drops, it gets harder to shed melanin pigment. Placenta's ability to activate the stratum germinativum and boost the metabolism regularises this turnover and enables cells containing melanin pigment to quickly rise to the surface and fall away.

Sometimes the dermis can become pigmented and visible through the epidermis due to overproduction of melanin. Blemishes of this type are difficult to clear. Placenta, though, is a strong

ally against dermal blemishes. Placenta's Circulation Function raises the metabolism in the dermis, enabling it to expel the melanin pigment. Even stubborn blemishes can be lightened and removed. This is how placenta helps to suppress melanin pigment production in the epidermis and dermis, as well as promote the shedding of cells containing melanin pigment, thus both preventing and improving blemishes.

Also, placenta's pigmentation prevention function doesn't only work for blemishes but it also has a strong skin whitening effect. This means that many patients using placenta injections as a menopausal or premenopausal treatment find that they not only feel healthier, but their skin is a lighter shade, too. Most skin whitening products actually contain placenta in some form. The only problem is the amount used is often not written on the label. Of course, the more placenta it contains the more impressive the effect should be.

Wrinkles Improved with Placenta

□ Removal of Fine Wrinkles with Placenta

First, let's take a look at how fine wrinkles form. Fine wrinkles are formed when the skin is dry, due to a drop in the ability of the outermost layer of skin, the stratum corneum, to hold water, and a drop in the secretion of sebum.

Healthy skin maintains a balance between moisture, sebum and natural moisturizing factor within the stratum corneum. If any of these three is reduced and the balance is lost, the skin can lose moisture and become dry, or become oily. When sebum levels drop and the skin becomes dry, oil and moisture must be replenished, and when natural moisturizing factor levels drop, moisturiser must be replenished.

Placenta maintains the balance between these three factors and prevents and improves dry skin. In other words, placenta's moisturising function fully replenishes moisture in the stratum corneum, and as well as regulating moisture, boosts the function of the sebaceous glands through its tissue regeneration function, returning sebum secretion to normal levels. This reduces the appearance of fine wrinkles and can even remove them.

□ Placenta Improves Deep Wrinkles and Sagging Skin

Unlike fine wrinkles which are formed in the epidermis, deep wrinkles are formed lower down in the dermis. As shown in [Figure 6-2], the dermis is an elastic jelly-like tissue with collagen fibres in a crystal arrangement joined by elastic fibres called elastins, and filled with moisture such as hyaluronic acid. These give the skin its elasticity and strength.

Collagen, elastins and hyaluronic acid are produced in fibroblasts. In other words, fibroblasts are the factories for collagen, elastins and hyaluronic acid, and ensuring vigorous metabolism here is the key to youthfulness in the dermis.

Figure 6-2 – Structure of the Dermis

[Labels: top diagram, 4 labels, clockwise from top-right] Fibroblast, Hyaluronic Acid, Elastin (Joint), Collagen

[Labels: middle 2 labels, top to bottom] Normal State, Wrinkles Appear When Oxidised Cells Aren't Replaced

[Labels: bottom diagram, 4 labels, clockwise from top-right] Fibroblast, Elastin, Hyaluronic Acid, Collagen

However, as the years wear on fibroblasts weaken and levels of collagen, elastin and hyaluronic acid reduce. This causes the dermis tissue to lose its elasticity and strength, resulting in deep wrinkles and sagging skin. The effect of long or intense exposure to ultra-violet light can also penetrate into the dermis. When ultra-violet light strikes cells in the dermis, active oxygen is produced producing a variety of damage as below leading to deep wrinkles and sagging skin.

- Damage to fibroblasts, reducing collagen, elastin and hyaluronic acid production.
- Promotes activity of collagen-destroying-enzymes, reducing collagen.
- Oxidation of collagen, elastins and hyaluronic acid.

Normally when oxidation occurs it produces new material and the skin is rejuvenated. However, if fibroblasts are weakened this conversion is slowed and the oxidised collagen, elastins and hyaluronic acid are deformed by twisting, stretching and cutting, causing a loss of elasticity and strength.

The first step to preventing and improving deep wrinkles and sagging skin is to recover such “weakened fibroblasts”. One of the growth factors of placenta is the “Fibroblast Growth Factor”, which activates the growth of fibroblast cells and promotes repair and regeneration. By activating fibroblasts, collagen, elastin and hyaluronic acid levels are increased, renewing cells and returning the elasticity and strength to the skin. This repairs deep wrinkles and sagging skin. Placenta’s Active Oxygen Removal Function also acts to reduce active oxygen, mitigating its negative effects.

While replenishing collagen, elastin and hyaluronic acid as a cream is a good strategy to repair deep wrinkles and sagging skin, it isn’t quite that simple. The problem is that the collagen, elastin and hyaluronic acid molecules are quite large and can’t penetrate deep into the dermis. However, collagen, elastin and hyaluronic acid do act to preserve moisture on the surface of the skin and prevent evaporation of moisture from the epidermis, so they do play a role in preventing and improving deep wrinkles.

Materials which are known to penetrate into the dermis include lipid-soluble vitamins (vitamin A, D, E, and K), steroids, and placenta. Placenta, then, can penetrate through the skin and activate fibroblasts. This also increases levels of collagen, elastin and hyaluronic acid, regenerating cells, restoring the skin’s elasticity and strength, and repairing deep wrinkles and sagging skin. Placenta also has the function of removing active oxygen, a circulation and metabolic improvement function to promote metabolism, and a function to improve respiration in skin tissues, all of which work together to hide those deep wrinkles and sagging skin.

Placenta’s ability to improve deep wrinkles and sagging skin makes it a unique ingredient in beauty products.

Acne and Acne Scars Improved

□ Placenta Fights the Causes and Symptoms of Acne

Acne is an inflammation and aggravation around the pores of the skin caused by sebum which blocks the pores being infected with bacteria. Acne is common during puberty it is closely linked with hormonal imbalances. When the balance of male and female hormones breaks down, cell growth is stimulated the stratum corneum and it thickens. This causes dead skin cells to enter the pores making them narrower, and allowing them to be easily blocked with sebum. A hormonal imbalance can also be triggered by stress, and many people in their 20s and 30s can develop acne in a similar way. Medically, there is no difference between spots and acne and they are both referred to as “acne vulgaris”. Acne can occur at any age and any time.

Acne occurs due to an oxidation of the sebum blocking the pores which leads to inflammation, but while conventionally this “oxidation – inflammation” process was thought to be due to acne bacteria, advances in modern dermatology lead us to believe that it is actually due to a combination of acne bacteria and active oxygen. Acne bacteria is a bacteria which exists on all normal human skin. When the substance which secretes acne bacteria, coproporphyrin, is struck by ultra-violet light, active oxygen is produced. This active oxygen oxidises sebum blocking the skin pores, turning it into lipid peroxide, and it is this which stimulates and inflames the surrounding cells.

Unfortunately, no cure for acne has been found to date. However, as young people mature their hormone balance usually improves and acne clears up. This has led to a common view that “Acne is simply a symbol of adolescence and can safely be left untreated. Wash often with antiseptic soap and use unscented cleansing lotion.” While this may be a sensible approach, washing your face more than is necessary is counterproductive. If too much sebum is removed it will actually have the opposite effect and increase sebum secretion.

An obvious solution for those with stress-related acne is to remove the source of the stress. However for others, the solution is more difficult. One effective treatment is placenta, and at my clinic I regularly see the incredible improvements that Placenta Extract injections make to acne sufferers. Placenta combines the following functions:

- Secretion Regulatory Function which regulates the hormonal balance

- Active Oxygen Removal Function which prevents oxidation
- Immune System Function which raises the resistance to bacteria
- Anti-inflammatory Function

As well as treatment to remove the causes of acne, placenta provides a comprehensive approach by also relieving the symptoms.

□ Using Placenta to Repair Acne Scars

While acne itself is unpleasant, scars such as pitted skin left by acne can be all the more worrying. If acne becomes very inflamed micro-bacteria can multiply at an alarmingly fast rate. Our bodies react to this by setting the immune system to work to remove the bacteria. Immuno-competent cells are sent to the affected area, scattering a type of active oxygen with the ability to destroy the bacteria. Acne is red because of this reaction between active oxygen and bacteria, and pus is the remains of the bacteria and immune cells.

Unfortunately, it isn't just the targeted bacteria that feel the force of the active oxygen, but surrounding cells are also affected, and the destroyed tissue collapses forming an acne scar. Therefore the key to preventing acne scars is to prevent the inflammation from progressing.

Placenta is known to effectively constrain inflammation and repair acne scars. Placenta combines an anti-inflammatory function and a function to remove excess active oxygen to prevent acne scars from forming, as well as a function to promote formation of granuloma (a tissue which stimulates cell growth helping wounds to heal) and a Tissue Repair Function, which help to repair existing acne scars. This ability to repair tissue also applies to other wounds such as cuts or burn scars, making placenta a highly valued substance in the field of dermatology.

Placenta Doesn't Distinguish Between Skin Types

□ Applies to Dry Skin, Chapped Skin, Oily Skin, etc.

In modern life we are constantly exposed to harsh environments which make us susceptible to skin problems. An increased level of ultra-violet light because of damage to the Ozone Layer is just one example, and another is air pollution. We also often find ourselves in dry, enclosed rooms due to the ubiquity of offices and equipment like computers. External stimuli like these can damage the stratum corneum and interfere with turnover (skin cell regeneration), making it difficult for skin cells to be produced as normal. Internal stimuli such as bad nutrition and stress can also upset blood circulation in the capillaries of the dermis, reducing its ability to pass nutrients and oxygen to the stratum germinativum, and again interfering with turnover making it difficult for skin cells to be produced as normal.

If skin cells are not produced correctly the skin's ability to act as a barrier is reduced making it easy for foreign substances to penetrate the skin and for moisture to be lost from within the skin. This disrupts the balance of moisture and sebum in the stratum corneum and the skin can become dry and chapped, or oily. Also, if the regeneration of skin cells is obstructed and they build up the skin can become rough.

Placenta simply acts to improve skin quality, whether it is dry, chapped, oily or rough skin. This multiplicity of effectiveness is the core strength of placenta as a treatment, and is a result of its regulatory effect. If there is a lack of moisture placenta replenishes moisture, while if there is a lack of sebum placenta replenishes sebum, to maintain the moisture sebum balance. Alternatively, if either is present in excess placenta suppresses it, thereby constantly adapting itself to the needs of the moment. Moreover, placenta maintains skin turnover, the root cause of skin problems, through its effect of increasing cell metabolism. It also acts to repair skin cells which have been damaged by external stimuli, through its damaged tissue repair function. Repair of the stratum corneum also succeeds in locking out foreign stimuli which can easily penetrate damaged areas.

Ultra-violet light also produces active oxygen as it constantly rains down onto the skin's cells and tissues. This can be a trigger for wrinkles, deep wrinkles, sagging skin, acne and acne scars, and is one of the biggest threats to good skin. The most important factor in achieving good skin is to avoid excess ultra-violet light.

Works for Young, Mid-Life, and Elderly Skin

As we grow older our bodies undergo a range of phenomena associated with ageing. Skin can lose its elasticity and ability to retain moisture and can develop wrinkles or start to sag. Often, the metabolic rate of skin cells slows, making skin renewal weak and disrupting skin turnover. This throws the levels of moisture and sebum in the epidermis out of balance causing dehydrated or chapped skin. This dehydration can then be compounded by a tendency for intra-cellular moisture to reduce as we age. Cells called fibroblasts in the dermis are also weakened with age, causing a reduction in the levels of collagen, elastins and hyaluronic acid which they produce. This results in a loss of elasticity and strength in the cells of the dermis and can lead to deep wrinkles and sagging skin. As we grow older levels of enzymes which remove active oxygen start to fall, which has a big impact on the skin. The negative effects of active oxygen often continue unchecked, causing pigmentation and blemishes such as liver spots, carving out fine and deep wrinkles and increasing the risk of sagging skin. Placenta has been shown to delay the start of this ageing process and rejuvenate the body. Its various functions raise the metabolic rate of cells and promote cell regeneration, as well as helping skin to retain moisture and boosting circulation in capillary blood vessels. It also compensates for the reduction in active oxygen removing enzymes through its Active Oxygen Removal Function.

We can form a simple checklist for beautiful skin.

- The surface is moist and has freshness
- The skin has elasticity and strength (texture is balanced and smooth)
- Blood flow and colour is good

You can see from this checklist alone that placenta is a powerful tool in the maintenance of beautiful skin, whether you are young or old.

I personally take Placenta Extract injections when I am particularly exhausted, but as well as improving your health the most visible effect of placenta is that it makes the skin smooth, even after shaving. Placenta treatment is not only for women and is an effective remedy for men with poor skin too.

Placenta Stimulates Hair Restoration

Hair grows from the dermis, and the part within the skin is called the root, while the part outside the epidermis is called the shaft. Hair grows a small amount every day. Head hair grows roughly 10mm per month and grows for 2 to 4 years in men and 3 to 4 years in women. Eyebrow hair and eyelashes are replaced every 3 to 4 months. An average person has around 100,000 hairs with about 50 to 100 being replaced each day. Hair replacement takes place by the following sequence of events.

- (1) Growth period: In the base of the root are cells called mother cells, and it is here that cell division occurs and hair is grown.
- (2) Regression or rest period: When hair has grown to a certain length the mother cells cease to perform cell division, hair growth stops and the hair dies and falls out.
- (3) Pre-growth period: Cell division starts once again in the mother cells, and a new hair grows.

If mother cells don't restart cell division after a hair falls out, the amount of hair will gradually reduce. Also, if there are insufficient nutrients in the blood due to bad eating habits or stress for example, this will actually hinder cell division in the mother cells, and hair won't grow to its full natural length and will gradually fall out without producing new hair. Thin hair and baldness occur because of these sorts of reasons.

Until recently there have been no treatments or cures for baldness whatsoever, but we now know that placenta can help here too. Placenta provides energy to cells and acts to regularise blood circulation, provision of nutrients, and removal of waste. These functions enable placenta to improve cell division in mother cells, and help normal hair growth and orderly hair turnover.

We also know that active oxygen plays a role in both hair loss and baldness. Excess sebum is secreted due to the influence of the hormonal system and blocks pores. Active oxygen then oxidises this sebum

creating lipid peroxides, which exert a negative effect on the mother cells causing hair loss and preventing hair growth.

Placenta plays an active role here too, preventing oxidation by removing this active oxygen. Placenta also maintains the hormonal balance, thereby preventing overproduction of sebum, eliminating one of the primary causes.

Elderly patients at my clinic often boast about their hair colour, saying “Placenta means I don’t have many grey hairs, but lots of coloured ones”, and they are right about the reason. Grey hairs occur because the ageing process prevents nutrients from reaching mother cells, reducing production of melanin pigment. Melanin pigment is a blackish-brown pigment and a lack of it will cause hair to lose its deep colour and quickly turn grey or white. Placenta can combat this effect by stopping melanin pigment from being suppressed, by providing energy to cells, and replenishing nutrients through improved blood circulation. Even elderly people have a youthful and energetic appearance if they take care to keep their hair colour.

Section 7
Placenta Questions and Answers

Q1 Why is placenta thought to be effective for so many ailments?

The use of Placenta Extract as a remedy was first introduced to Japan by a research group led by Professor Kentaro Hieda. Their pathological studies found it to be effective for the following conditions: menopausal disorders, menstrual pain, fatigue, constipation, diarrhoea, anaemia, migraines, high blood pressure, low blood pressure, Hepatitis, cirrhosis of the liver, stomach ulcers, bronchial asthma, neuralgia, enlarged prostate, impotence, cataracts, tinnitus, deafness, and postoperative peritoneal adhesion.

The placenta carries out all the functions needed to grow the foetus inside the mother prior to birth. Perhaps this is why so many diverse medicinal effects have been observed, and why it is so effective in the treatment of the various ailments above.

Of all of the amazing functions performed by the placenta, one which deserves special attention is its regulatory effect. The placenta is a remedy for both high and low blood pressure, both of which are good examples of the regulatory effect. If blood pressure is high, placenta will lower it, and if blood pressure is low, it will raise it. Whichever the direction, the placenta's regulatory effect will act to restore blood pressure to normal levels.

Q2 At the time of the menopause, to some extent everyone experiences miscellaneous symptoms such as hot flashes, headaches, stiffness in the shoulders, or irritation, but is it better to simply wait the symptoms out or is it better to see a doctor?

You are recommended to see your doctor if the symptoms are impacting on your life or you are in pain. Each person's experience of menopausal disorders is different so you will have to make your own judgement. Naturally, menopausal disorders have a deep connection to the menopause itself. Generally, the five years either side of the menopause is known as the perimenopause, and during this period the ovaries begin to lose their functionality and secretion of female hormones rapidly declines. This causes the hypothalamus, a part of the brain which controls hormone secretion, to stimulate the hormonal system more and more, and this inadvertently over-stimulates the autonomous nervous system which is also located in the hypothalamus, causing an imbalance of the nervous system. A chaotic nervous system is the cause of this general malaise which we call menopausal disorders.

In my clinic we use "Melsmon" Placenta Extract injections, which have been approved for use as a treatment for menopausal disorders, often in combination with Kampo herbal remedies. Placenta Extract shows powerful effects, such as its Secretion Regulatory Function and its Nervous System Regulatory Function.

Recently, the topic of hormone replacement therapy has been in the media quite regularly. However, people who have tried to fight menopausal disorders with hormone replacement alone often find that when they stop the treatment, the symptoms return, and side-effects are common. This is the area in which Placenta Extract excels, as it normalises the balance of the hormonal and nervous systems, and presents no concerns about side-effects.

Symptoms of menopausal disorders can be varied, from very severe to very mild, which is largely due to the nature and lifestyle of the sufferer. This is why it is recommended not to get worried about the symptoms and try to relax. Placenta Extract can calm the nerves and brighten the mood.

Q3 Are menopausal disorders the same as "pre-menopausal disorders", menopausal disorder-like symptoms which affect pre-menopausal women in their 20s and 30s?

Because there is some time to go before reaching the menopause, the causes of pre-menopausal disorders are not a reduction in the functionality of the ovaries and a decline in hormone levels. Therefore, there must be an alternative explanation. The cause is a disturbed body clock caused by things like stress, bad diet and irregular sleeping patterns. This type of strong and extended stimulus to the brain has a disruptive influence the hormone and nervous centre, the hypothalamus, and eventually leads to hormonal imbalance, irregular menstruation, menstrual pain, which then adds to the nervous distress causing chills, stiff shoulders and constipation, etc.

Pre-menopausal disorders can also be effectively treated with Placenta Extract injections, which act through the Secretion Regulatory Function and Nervous System Regulatory Function. In addition to

improving one's general health, it often has an effect on beauty including smoothing the skin and removing wrinkles. Many sufferers of menopausal disorders also see this kind of beauty benefit. And vice versa, people using Placenta Extract for beauty reasons often see actual health benefits such as waking up refreshed, feeling less tired and a general improved healthiness. In cases like this the patient will often continue to visit the clinic to keep up these health effects.

Q4 I was diagnosed with Hepatitis C in tests at a university hospital and am taking interferon treatment. My uncle also had interferon treatment for Hepatitis C, but had severe side-effects. Are interferons really the best treatment for me?

Currently interferons are the only treatment which can kill the Hepatitis C virus. However, unfortunately interferons are only effective in around 30% of Hepatitis C cases. It takes around two weeks to determine whether or not the treatment will be effective. The current thinking is that it would be very hopeful to expect to beat the virus if it hasn't disappeared after those initial two weeks. Where required, I often recommend another clinic to patients so they can receive two weeks of treatment.

What I would like you to keep in mind is that treatment of Hepatitis C does not necessarily have to mean eliminating the virus. By returning GOT and GPT levels to normal and activating the functions of the liver, many people are able to live normal lives while co-existing with the virus. Then depending on the case and the various circumstances, the virus can even disappear naturally.

In my clinic, we use a placenta-based injection called "Laennec" to treat all kinds of liver damage, including Hepatitis C, Hepatitis B, Alcoholic Hepatitis, and cirrhosis of the liver. Where GOP and GPT levels are into three digits this is combined with other injections and Western medicines. 70 to 80% of patients find their GOP, GPT and γ GPT levels fall after taking placenta treatment. While this isn't 100%, even if the values don't shift the general health benefits of placenta can be seen, and general symptoms of lethargy and lack of energy are improved. And of course, with placenta there are minimal side-effects.

Q5 I have heard that Placenta Extract injections can be used for cirrhosis of the liver, but do they also prevent the progression from Hepatitis C to cirrhosis to liver cancer?

Yes, you could put it that way. The Placenta Extract treatment "Laennec" was originally used for cirrhosis of the liver, and indeed it is the only available treatment for cirrhosis. The liver has amazing regenerative power and even if 70% of it is removed it will still grow back, and this regenerative effect was discovered to be down to the Hepatocyte Growth Factor. In later research Hepatocyte Growth Factor was found to prevent cell death in most bodily organs, not just the liver, as well as repair and regenerate them. Placenta contains this Hepatocyte Growth Factor, giving it another line of attack in treating cirrhosis and stimulating new cell growth. It goes without saying that it also acts to repair and regenerate cells damaged by Hepatitis.

Q6 For many years I have used steroids to treat my chronic rheumatoid arthritis, but it has not improved at all. I read about a story in a magazine where somebody was treated for rheumatism with placenta injections, but should I get my hopes up?

Many patients at my clinic have used placenta injections to control rheumatoid arthritis. Placenta has an Anti-inflammatory Function which can improve the pain of rheumatism. It also has an Immune System Function, an Anti-allergy Function and a Constitution Function, which work in unison with it. This means that in addition to the symptomatic reduction of the pain of rheumatism, placenta suppresses the causes of rheumatism, the over-stimulated immune system, and improves the health of the whole body. Rheumatism patients often say just shortly trying out placenta is enough to see benefit, and this is why I recommend it.

Steroids are used to treat rheumatism because they have an anti-inflammatory effect and suppress the immune response, but there are big concerns about side-effects which make its use a problem. A strong feature of placenta treatments is that there are very few side-effects and no need for such concerns. When someone switches from steroids to placenta treatment, they are recommended to first

combine both treatments and gradually reduce steroid usage as symptoms improve, before dropping steroid use altogether. Once symptoms have stabilised, even if placenta treatment is stopped the symptoms do not relapse.

A further amazing power of placenta is that it demonstrates the ability to treat almost all diseases for which steroids are used, such as rheumatism, atopic dermatitis, bronchial asthma and collagen disease.

Q7 How many types of Placenta Extract injections are there?

Currently there are two types, “Melsmon” for treatment of menopausal disorders and failed lactation, and “Laennec” for treatment of liver diseases. They have been designated for these specific purposes by approval of the Japanese government because data relating to other symptoms has not yet been fully prepared.

Both injections use human placenta, but the extraction and processing methods do differ, so there are differences in some aspects of the finished products. Many patients receive these injections every day and we know the extent of the difference between the two, but more data will have to be accumulated before this is ready for publication.

Q8 Are there any safety concerns regarding placenta treatments?

Only placentas from healthy women who have no disease or ailment whatsoever are used, paying particular attention to AIDS and Hepatitis. The extract is also heat treated at over 120°C, killing all micro-organisms such as viruses and bacteria. There are also repeated safety checks as part of the manufacturing process.

Placenta in its natural state has large quantities of blood and hormones, but these are 100% removed in the manufacturing process, ensuring that no blood or hormones are present in the injection.

○ Materials from Melsmon Pharmaceuticals relating to the “Safety of Melsmon Injections” and “Melsmon Injections and Safety Issues such as HIV (AIDS)” are reproduced below.

◆ Safety of Melsmon Injections

Melsmon uses human placenta as its ingredient, so prevention of contamination such as viruses is of vital importance. Melsmon has always verified safety and product quality through donor screening, control of the manufacturing process, and sterilisation of the final product.

1. Placenta selection in medical institutions

(1) The placenta donor is tested by the medical institution for syphilis, HBV (Hepatitis B), HCV (Hepatitis C) and others, and only placentas with no risk of contamination are accepted.

(2) All participating medical institutions are based in Japan. This is to enable virus tests to be carried out on the donor, and should any problems arise, to enable them to be easily traced back to the source. This is an essential step, not only to protect the safety of patients and medical staff, but also to prevent infection of manufacturing staff.

2. Safety in the manufacturing process

(1) Hydrolysis with hydrochloric acid and tens of hours of heat treatment.

(2) Final sterilisation.

In the final stage of the manufacturing process, the product is high-pressure sterilised for 30 minutes at 120°C in an autoclave. This process causes all viruses to lose their infectiveness.

3. Countering prion diseases

Bovine Spongiform Encephalopathy (BSE) and Variant Creutzfeldt-Jakob Disease (vCJD) are thought to be caused by the mutation of ordinary cell proteins called prions. Animal testing has shown that BSE and vCJD are not the same pathogen, and conventional sterilisation methods are ineffective. The following measures and manufacturing processes are required to protect against the vCJD pathogen.

(1) Placenta selection in medical institutions

Similarly to the prevention of contamination through viruses, screening of placenta donors is essential.

(2) Denaturing of prions using hydrolysis with hydrochloric acid

For Melsmon injections, if by any chance the source placenta is contaminated with prions, those prions are denatured in the manufacturing process.

As described above, prions are proteins. Although it is possible to break proteins down into amino acids using acid, alkali, and hydrolytic enzymes, in practise acid hydrolysis is most widely used. Melsmon uses hydrochloric acid from this acid hydrolysis method to carry out hydrolysis. This hydrolyses and denatures the prions along with other proteins.

The constituents of Melsmon, amino acids, nucleic acid components and minerals, are confirmed in the manufacturing process.

* On 12th December 2000, the Japanese government released a notice to ensure the safety of medicines stating that “cow, deer and sheep products are not to be used as ingredients in medicinal products”. Also, overseas trips must now be disclosed in blood donation interviews, and as of 31st March 2001 blood donations may not be taken from people who have lived for over six months in Ireland, Switzerland, Spain, Germany, France and the United Kingdom since 1980.

◆ **Melsmon Injections and Safety Issues such as HIV (AIDS)**

1. Placenta collection and selection in medical institutions

(1) Placentas are individually sealed in plastic bags at the time of birth in the medical institution and put into cold storage, but those contaminated with HB (Hepatitis B), W (syphilis), and HIV (AIDS), etc. are noted as such, sealed in coloured bags, and stored in a separate container in cold storage (special care is taken in cases of HIV).

(2) All are collected, and contaminated placentas are incinerated by a waste disposal operative.

(3) Cases of HB (Hepatitis B) and W (syphilis) are rare, and to date there has been no single case of an HIV contaminated placenta being collected.

2. Safety in the manufacturing process

(1) Heat treatment

Heat treatment is carried out at over 100°C for 15 to 17 hours (total) using a break down and transpiration process.

(2) Final sterilisation

After filling the ampoules, they are high-pressure sterilised at 120°C for 30 minutes.

3. Enquiries have been made with the Japanese government regarding HIV, the above selection and manufacturing process officially filed, and its safety confirmed.

Q9 What exactly are the side-effects of Placenta Extract injections?

The “Melsmon” Placenta Extract injection has been approved for medical use since 1956, and “Laennec” since 1959, and both have been in use for over 40 years, and yet no single case of side-effects such as infection or shock has been reported in that time. In my clinic alone we have treated around 50,000 people over the years without a single case of serious side-effects.

Minor side-effects are listed below, but all are quickly cured and leave the body feeling light and in good health.

- Redness or pain at point of injection (recovers in one or two days) 5% of cases
- Heaviness in upper limbs (recovers in half a day) 0.1 to 5% of cases
- Nausea or whole body fatigue (recovers in half a day) Extremely rare

Q10 How long does it take before I see results?

There can be large differences depending on the individual however you can look up the time taken for an outpatient visit and the frequency of visits by ailment in the table below as tentative rough figures for my clinic.

Of course it depends on the person, but if for example a liver disease patient with GOT/GPT values of 300 were to suspend treatment for whatever reason, it is rare for the levels to jump back up to 300. If the Placenta Extract injections lower the levels to 80, in many cases they will thereafter only ever increase to around 150.

	Condition	Length of Visits	Frequency of Visits
Health Insurance	Hepatitis / Cirrhosis	1 Year	1 to 3 per week depending on severity
	Menopausal Disorders / Failed Lactation	3 Months	1 to 2 per week
	Condition	Length of Visits	Frequency of Visits
Self Funded	Atopic Dermatitis	6 Months	1 to 2 per week
	Chronic Rheumatoid Arthritis	1 Year	1 per week, 2 for severe cases
	Collagen Disease	Over 1 Year	1 per week
	Menstrual Pain / Irregular Menstruation	3 Months	1 to 2 per week
	Bronchial Asthma	6 Months	1 per week, 2 for severe cases
	Nutritional Supplements / General Health / Cold Prevention	1-2 Months	As desired
	Chapped Skin	1-2 Months	As desired

Q11 What is the cost of treatment?

Menopausal disorders, failed lactation and liver diseases are covered by health insurance in Japan, but other conditions require the individual to pay for the treatment. In these cases, each medical organisation will set their own prices. There is a wide range, from outrageous prices for some beauty treatments to reasonable medical expenses.

For reference, typical prices for self-funded treatment at my clinic are around £10 for a first diagnosis and the same for Placenta Extract injections.

Q12 How is the placenta used aside from injections?

It is also used in oral medicine, health foods and in beauty products. The raw material for health foods and beauty products is typically pig placenta. The effect is hardly any different to that of human placenta.

The quality of health foods can vary quite widely from those you can trust to those which don't contain hardly any placenta at all. It is important to check the ingredients before you buy, and watch out for products which are suspiciously cheap. There may even be safety and infection issues with very cheap products. You should expect a one month course of treatment using a product which is both safe and effective to cost no more than around £50.

Q13 Is there anywhere other than clinics where placenta is available?

Injections are only available in hospitals and clinics, but some beauty salons have been using it for a long time. Recently, foot massage (reflexology) centres have also begun to use placenta. Foot massage combines two well-established Japanese therapies called Spiro and Sports Club Exercise, and uses placenta oil in foot massages after sports.

Q14 I have heard that placenta can be used in beauty therapy to remove fine wrinkles and even make deep wrinkles less noticeable. I also heard that it removes blemishes and whitens skin. Are all these things true?

The skin is composed of three main layers of tissues which are, from the outside, the epidermis, the dermis, and the hypodermis. The epidermis regenerates at a regular rate (a turnover of around 42 days), but if this period is disrupted moisture and sebum levels are reduced and the skin becomes dry

forming fine wrinkles. As well as its moisturising effect, placenta normalises any disruption to skin turnover, which is a very good way to repair fine wrinkles.

Deep wrinkles on the other hand do not form in the epidermis, but are a result of damage to the dermis layer beneath. The dermis contains collagen, elastins and hyaluronic acid, which give the skin its elasticity and strength. They are all produced by cells in the dermis called fibroblasts, which degrade with the ageing process. This causes the dermis to lose its elasticity forming deep wrinkles and sagging skin. Placenta actually activates these fibroblasts, boosting production of collagen, elastins and hyaluronic acid and returning some elasticity and strength to the dermis. This visibly improves deep wrinkles and sagging skin.

The molecules in Placenta Extract reach the dermis because they are relatively small, but collagen, elastins and hyaluronic acid are relatively large molecules so even if they are applied to the surface of the skin they cannot penetrate down to the dermis. However, collagen, elastins and hyaluronic acid do play a role in maintaining moisture levels at the surface, so they are useful as a beauty cream in this sense.

Another important issue here is the serious influence of active oxygen on fine and deep wrinkles (it snatches moisture from the skin and degrades collagen and elastins). Here too placenta can help due to its Active Oxygen Removal Function.

Placenta also demonstrates an ability to improve blemishes. Blemishes are formed when melanin pigment is over-produced or remains in the skin for long periods. As well as the ability to normalise excess or insufficient melanin pigment, placenta promotes the shedding of melanin pigment, thus preventing and improving blemishes at the same time. This effect applies not only to blemishes, but is also effective for atopic dermatitis and acne scars.

Many women visit my clinic for placenta injections seeking healthy and beautiful skin, and are soon surprised to see health improvements saying “I don’t get tired so easily any more”, “I wake up feeling refreshed”, or “I get to sleep much more easily now”. Many others say “I feel more beautiful and healthier with the placenta injections”.

So, if you’re looking to placenta as a beauty therapy and find it hard to visit a clinic, you can expect results on par with injections when using high quality health supplements and beauty products which contain placenta.

Q15 I have heard that traditionally cow placentas are mainly used in make-up products, and there are always stories about BSE infections in magazines. Are there really any concerns in this area?

As of 12th March 2001, the Japanese government have banned the use of cow placenta as an ingredient in Placenta Extract. For this reason, the focus has shifted to pig placenta as key ingredient in beauty products, and there are no concerns whatsoever about its safety.

Also, at the moment there are actually no confirmed cases of BSE in Japan or the USA, and it is perfectly acceptable to eat beef, so it does seem a little harsh to ban the use of placenta. It has even been admitted that no laboratory has verified any danger. Tests are urgently required here to clarify the matter with the public.

Q16 What ingredients are in beauty products which use Placenta Extract?

The three main active ingredients used in many beauty products are Placenta Extract, collagen and hyaluronic acid. Below is a selection of such products which have an established reputation as providing real benefits through the power of Placenta Extract. Prices are of 25th July 2001 and exclude VAT.

- Yukibijin Skin Care Series (Jukobi KK)
 - Yukibijin Cleansing Cream 120g, 4,500 Yen
 - Placenta Extract, Mixed Plant Extract, Aloe Extract
 - Yukibijin Crystal Soap 90g, 3,000 Yen
 - Placenta Extract, Aloe Extract, Scwaran
 - Yukibijin Pure Essence 6.5ml x 6, 20,000 Yen

<ul style="list-style-type: none"> - Placenta Extract, Hyaluronic Extract, Anthemis Nobilis Extract Yukibijin Skin Conditioner 150ml, 6,000 Yen - Placenta Extract, Hyaluronic Extract, Mixed Plant Extract Yukibijin Milky Lotion 150ml, 6,000 Yen - Placenta Extract, Hyaluronic Extract, Mixed Plant Extract Yukibijin Moisture Clean 30g, 12,000 Yen - Placenta Extract, Hyaluronic Extract, Snowfat Yukibijin Beauty Sheet x4, 6,000 Yen - Placenta Extract, Collagen Yukibijin UV Skin Care Base 30g, 3,800 Yen - Placenta Extract, Vitamin E
<ul style="list-style-type: none"> • Yakuyokisokeshohin Series / Non-Medicinal Product (Vita-X Medicine Industry Co., Ltd.) VX Cleansing Foam 100g, 3,600 Yen - Placenta Extract, Elastins, Scwaran, Tocopherol Acetate, Glycyrrhizinic Acid K New VX Cream 38g, 6,800 Yen - Placenta Extract, Collagen, Tocopherol Acetate, Carrot Oil New VX Lotion 120ml, 8,500 Yen - Placenta Extract, Collagen, Scwaran, Tocopherol Acetate, Carrot Oil
<ul style="list-style-type: none"> • Laprecia Series (UTP KK) Laprecia II Cleansing Oil 150ml, 5,000 Yen - Placenta Extract, Seaweed Extract, Herbal Extract, Castor Oil Bean Laprecia Lotion Non-Medicinal Product 80ml, 9,000 Yen - Placenta Extract, Carrot Oil, Scwaran Laprecia Cream Non-Medicinal Product 31g, 8,500 Yen - Placenta Extract, Soluble Collagen, Carrot Oil Placenta Dew 100, 100ml/25,000 Yen, 50ml/15,000 Yen, 30ml/9,000 Yen - 100% Placenta Extract Placenta Hyaluronic Dew α100, 30ml/9,000 Yen
<ul style="list-style-type: none"> • BX Series (Melsmon Pharmaceuticals) Physical Bio Shinro, 30ml/7,800 Yen Physical Gold Moist Cream BX, 55g/16,000 Yen Physical Secure Bio Face Wash, 100g/7,000 Yen
<ul style="list-style-type: none"> • Supplements Placenta 100, 12,000 Yen (Moriya Kenko Shokuhin) Placenta EX20000, 10,000 Yen (UTP KK)

Q17 Where can I receive Placenta Extract treatment?

You can find a list at the back of this book. If there isn't a medical institution or clinic near to your home, visit your own doctor and enquire whether it is possible. A good doctor wants the best for her patients, and may even provide new insights or research.

Afterword

It is my heartfelt belief after using it in my treatments that Placenta Extract is truly amazing. It would be such a waste for such a substance which can be used for both health and beauty, has minimal side-effects and is anything but expensive to remain unknown to the world. And so it was to bring the benefits of Placenta Extract to the world that I was compelled to write this book.

My patients and I well know the power of Placenta Extract. Indeed, the original reason for opening my clinic was in response to the requests of patients who had already been using Placenta Extract injections. It all seems a long time ago now, but I shall briefly describe the chain of events from when I first came into contact with placenta to the present day.

I have always had an interest in medicines and treatments with minimal side-effects, and have tried to prioritise such treatments in my work. It is a subject rarely touched, but it is true to say that the state of medicine today is incredibly complex. In fact, most medicines are in the end “foreign substances” to our bodies, and this of course means side-effects in one form or another. Generally speaking, medicines which use chemical compounds have harsh side-effects while those which use natural ingredients have few. This is why I try as much as I can to use natural ingredients in my treatments, and my “great discovery” in this area is of course Placenta Extract. I made this discovery around seven or eight years ago when I worked as a physician in a general hospital.

I found it listed in the NHI Standard Price List. The NHI Standard Price List is a booklet covering all the medicines available via Japan’s National Health Insurance scheme, and lists the name of each medicine and its ingredients, applicable diseases, side-effects, and manufacturer. When treating a patient, I always took time to flip through the pages of the book searching for a medicine without side-effects, and then one day my eyes suddenly stopped on “Laennec: Hepatitis Medicine”. It said it contained the natural ingredient, “Placenta Extract”, and it was close to the long-sought side-effect free substance. I quickly collected papers and materials on placenta treatments and set to work. After acquiring information on production methods and safety from the manufacturers I decided I would put it to use in my work.

Around that time, an old school friend was admitted to hospital with alcoholic hepatitis. We talked about placenta treatment he decided to try it. Before long, he was taking two to three injections per week. You might say the results were dramatic. His GOT, GPT and γ GPT test scores improved as follows in terms of the values before treatment, after two months, and after four months. GOT from 433 to 41 to 32, GPT from 196 to 67 to 24, and γ GPT from 1017 to 814 to 334. My friend had no side-effects whatsoever and even looked visibly healthier. I was amazed that such a medicine existed. I began to prescribe placenta treatments to other liver disease patients such as those with Hepatitis B and Hepatitis C, and was impressed to see the same kind of improvements in test values, as well as a feeling of improved health.

Despite these successes, there were objections from the hospital. It was around the time the issue of AIDS came into the spotlight and it could often be seen in the news. This led to some unfounded concerns, initially brought up by a nurse, that it might be possible to be infected with AIDS through placenta treatments. In its natural state, the placenta contains large amounts of blood and hormones, but these are 100% removed in the manufacturing process, making placenta treatments completely blood and hormone free. There are in fact no concerns whatsoever regarding AIDS. Although a professional nurse, this person held a narrow view and ignored the evidence. In the end the director of the hospital also came down against the use of placenta. It’s sad to say that it’s possible that profit may have been an issue here, as the Japanese government approved it as a medicine for use by doctors and it can be prescribed under the National Health Insurance scheme, which means it isn’t a very expensive treatment. In any case, placenta treatments do not directly attack diseases, but act on the hormonal, nervous and immune systems, helping the body’s natural healing power to cure disease. So it is also likely that this concept does not fit in with the standard view of modern medicine. Heavy use of antibiotics is typical in Japanese hospitals, and there is a tendency to highly value medicines and treatments which attack the cause of diseases or treat the disease itself, and to marginalise other treatments.

To return to my story, the hospital’s stance was to stop the use of placenta treatment. The initial result of this was of course a backlog of patients who wanted placenta treatment. In the end, as a desperate

measure, I rented a modest room without a window in Shimokitazawa, Tokyo, and, with no nurse or reception staff, opened my own clinic, the “Yoshida Clinic”. I used my two days off each week to treat patients with placenta injections. That was in February 1997.

In the meantime, the numbers of patients gradually increased through word of mouth and by September in the following year I quit my position at the hospital and moved the Yoshida Clinic to Uehara in Tokyo, where it has remained ever since.

As well as confirming that placenta treatment is effective for liver diseases, menopausal disorders, pre-menopausal disorders, atopic dermatitis, chronic rheumatoid arthritis, osteoarthritis, neuralgia, and bronchial asthma, and other diseases, I discovered that it is also an effective beauty treatment.

It was a patient from the modelling industry that prompted me to realise this. She lived nearby and came in after seeing a sign saying “Internal, Allergy, Skin and Rehabilitation Clinic”, and asked “Is there anything you can do to get rid of my skin blemishes?” She had burned her skin on holiday using tanning oil, leaving a large mark in the middle of her face. Her boss was angry and had told her she would be sacked if she couldn’t fix it. Prior to this, many patients had said that as well as seeing health improvements their skin had gotten whiter or smoother, so I knew there was also some sort of beautifying effect, but I wasn’t confident that it could cure such an obvious mark. Nevertheless, within two weeks the mark was gone. The girl visited the clinic every day for a placenta treatment injection. Each day the intensity of the mark reduced until it finally disappeared completely.

This story was spread from the girl to other models, then to editors of girl’s magazines, and appeared in the beauty sections of a variety of magazines, all of which contributed to a large number of young women visiting the clinic. When they do they always come for beauty treatment, but are then thankful for the unexpected health benefits. It might be because these women then recommended it to their mothers and other friends, but around that time there was an increase in patients suffering from menopausal disorders. Many of these women continue to visit the clinic for the health and beauty benefits. However, there are also cases where it works the other way around.

Again and again, when a person who works at a nearby office visits the clinic, soon afterwards lots of their colleagues or their bosses will visit, and then members of staff from related companies also come for treatment. I often hear about psychological changes from patients such as “I get along with my boss better since he had the injections”, or “My boss doesn’t get so irritable any more”. At first I thought this was an effect whereby a good healthy body will naturally put you in better psychological health, but recently I’ve realised that this isn’t necessarily the case, and that in some cases placenta has had a direct psychological effect. Placenta has essentially lived up to its reputation as an “all-purpose medicine” by acting on the physical, beauty, and psychological fronts.

We now see more than 200 patients per day in my clinic. Around 80% of those are receiving placenta treatment injections.

In the end, this is the result of a treatment which is kind to the body, which aims to not rely on drugs and surgery but rather boost the body’s own healing power, and when drugs are used it aims to choose those medicines with few side-effects, adopting Kampo and natural remedies. Patients combining Eastern medicines such as specialist acupuncture and massage and Western knowledge report the most effective treatment. Western medicine has made amazing progress in surgery and in the field of bacterial infections, and can offer drugs which are finely honed to specific symptoms, so these should also be used to their full potential for patients who need them.

Adding in this kind of treatment means that my clinic is only closed the third Sunday of each month and on Bank Holidays, and we also deal with out-of-hours treatment and house visits.

It would be such a waste to ignore something which is can be of so much benefit. Placenta can honestly claim to make something wonderful happen every day when new patients try it out. I would like everyone to consider placenta as one option for the prevention and the treatment of disease, and yet there are still many doctors who don’t even know it’s available. This is why I personally want to spread the word about the power of placenta across the world.

Finally, it is my hope that you find this book to be a simple guide to placenta, opening up the possibility of using it for your own health and beauty. And, in the spirit of taking responsibility for your own health through your own body’s healing capacity, I wish you all a healthy and bright life.

○ **List of Clinics Offering Placenta Injections**

Abe Iin, 43-3, Nakayachi, Toyosama-shi, Hachinohe-shi, Aomori-ken, 0178-23-2021
Asahi Clinic, 3-2-23, Asahi, Kooriyama-shi, Fukushima-ken, 024-921-2525
Hari Gaika Naika, 376-8, Yoshidamachi, Mito-shi, Ibaraki-ken, 029-247-2232
Teppozu Shinryosho, 1-5-4, Irifune, Chuo-ku, Tokyo-to, 03-3551-1616
Azabujuban Naika Ichoka Clinic, 3F Janome Azabujuban Building, 2-20-6, Azabujuban, Minato-ku, Tokyo-to, 03-5439-5386
Yoshida Clinic, 1-32-19-302, Uehara, Shibuya-ku, Tokyo-to, 03-5478-6115
Sakae Clinic, 3F AT Building, 3-7-14, Nishiki, Naka-ku, Nagoya-shi, Aichi-ken, 052-953-9676
Yagoto Ladies Clinic, 810 Otokikiyama, Tenpaku-ku, Nagoya-shi, Aichi-ken, 052-834-1060
Jinushi Clinic, 251 Kitade, Okurodacho, Matsuchika-shi, Mie-ken, 0598-23-5101
Kinoshita Clinic, 3-53-12, Hieidaira, Ootsushi, Shiga-ken, 077-529-0550
Yamagi Iin, 4F Kawaramachi Building, Tsuushijokudari, Kawaramachi, Shimokyo-ku, Kyoto-shi, Kyoto-fu, 075-353-5630
Taikoku Shinryosho, 2-5-24, Sonezaki, Kita-ku, Osaka-shi, Osaka-fu, 06-6312-8423
Yoshimoto Shinryosho, 2-17-9, Yunagi, Osaka-shi, Osaka-fu, 06-6574-2841
Chikae Ladies Clinic, 1F Laserck Central Building, 14-4, Ojiharacho, Tennouji-ku, Osaka-shi, 06-6761-0735
Matsumoto Clinic, 6-6-3, Morikitamachi, Higashinada-ku, Kobe-shi, Hyogo-ken, 078-431-0021
Miyake Clinic, 369-8, Oofuku, Okayama-shi, Okayama-ken, 086-282-5100
Anne Clinic, 2F Funatsu Building, 4-4-20, Hakataekimae, Hakata-ku, Fukuoka-shi, Fukuoka-ken, 092-431-2731
Midera Junko Clinic, 6F IS Building, 2-3-2, Tenjin, Chuo-ku, Fukuoka-shi, Fukuoka-ken, 092-761-0210
Gyotoku Clinic, 7F, 1-2-24, Kyomachi, Kokurakita-ku, Kitakyushu-shi, Fukuoka-ken, 093-511-3838
Juntendo Clinic, 1-13-1, Tomari, Naha-shi, Okinawa-ken, 098-866-1036

○ **List of Beauty Salons Offering Placenta**

Yugen Kaisha Dew, 269-3, Niida, Tagajoshi, Miyagi-ken, 022-368-1977
Solfege, 3-18-22, Nankodai-minami, Izumi-ku, Sendai-shi, Miyagi-ken, 022-251-8040
Natural, 32-25-106, Kuroisocho, Mito-shi, Ibaraki-ken, 0287-62-7078
Saisons a Coeur, Shopping Town Aozora, 930-1, Higashiwada, Nagano-shi, Nagano-ken, 026-259-5115
Esthetic Salon Fragrance, A-201, 3-28-18, Honmaru, Iwatsuki-shi, Saitama-ken, 048-757-7434
La Flamme, R's Aoyama, 3-13-3, Kita-aoyama, Minato-ku, Tokyo-to, 03-3486-0357
Esthe de Artnature, 2-5-20, Mizue, Edogawa-ku, Tokyo-to, 03-3676-7356
Ginza Clinic Slim Ginza Salon, 6F Inoue Shokai Building, 3-5-6, Ginza, Chuo-ku, Tokyo-to, 03-5250-0910
Ginza Clinic Slim Shinjuku Salon, 9F Sigma Sankomachi Building, 3-11-10, Shinjuku, Shinjuku-ku, Tokyo-to, 03-3356-9236
Pure Esthe, 5F Sun City Kamioooka, 1-12-3, Kamioooka-nishi, Konan-ku, Yokohama-shi, Kanagawa-ken, 045-845-6581
Kampo Biyo Clinic Haruka Club, 6F Tosen Sagamihara Building, 3-5-4, Sagamihara, Sagamihara-shi, Kanagawa-ken, 042-758-6241
Ishii Beauty Shizuoka Branch, 2F Hiyoshi Sakae Building, 2-21-8, Takajo, Shizuoka-shi, Shizuoka-ken, 054-254-2721
Ishii Beauty Fujie Branch, 2-6-8, Ekimae, Fukie-shi, Shizuoka-ken, 054-643-7141
Nishio Beauty Clinic, 3-39, Takabatacho, Nishio-shi, Aichi-ken, 0563-56-0987
Marionette, 4F Tower Building, 3-15-10, Nishiki, Naka-ku, Nagoya-shi, Aichi-ken, 052-972-7860
Vizaju KOH, 54-3, Kabemachii, Juu-jo-minami, Minami-ku, Kyoto-shi, Kyoto-fu, 075-681-0544
Esthetic Salon Fine, 202 Shonan Residence Takeo, Takeomachi, Takeo-shi, Saga-ken, 0954-23-1932
Mariko Biyoushitsu, 14, Minamisoencho, Beppushi, Oita-ken, 0977-24-2714

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- “What is P.L. Treatment?” Hiro Hara (Hara Surgery Clinic)
- “New Edition: Women’s Medicine”, Etsuko Nozue (Shufunotomo Co., Ltd)
- “Menopausal Disorders”, Hideki Mizunuma (Hokendohjinsha Inc.)
- “Understanding an Imbalanced Autonomous Nervous System”, Ikuko Ikeshita (Nihonbungeisha)
- “Psychological Stress”, Tomonobu Kawano (PHP Kenkyusho)
- “Resurrect the Power of Your Cells”, Immunology Kenkyusho / Shigeruko Iijima (Toyo Shuppan)
- “Atlas of the Body”, Kodansha / Takeo Takahashi (Editing and Commentary) (Kodansha)
- “Kampo Misunderstandings Explained”, Taiki Ryu (Kodansha)
- “Visibly Whiter Skin with Placenta”, Hiroshi Ikeno (Makino Shuppan)
- “Welcome to My Acne Clinic”, Hiroshi Ikeno (Kaiensha)