



# Dr. Yoshimi Tanaka Lectures in Germany

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When the German EM Association received an enquiry whether they would be interested in organizing presentations by Dr. Yoshimi Tanaka in Germany, the board did not take long to agree: yes, this would be a good opportunity to have the chances offered by EM medicine explained to members and interested persons by an experienced practitioner. In collaboration with the Swiss EM Association it was decided to organize one presentation near the Swiss border so that the members there could also take part. This came out to be Singen/Hohentwiel, the other venues were in Munich, Siegburg/Bonn and Hamburg.

## The Lectures

Nobody had expected it: Dr. Tanaka had decided to hold his lectures in traditional Japanese costume. This was unusual but one soon became accustomed to the elegance of this mode of dress. He moves a lot and often mimics body postures for the purpose of illustration, resulting in a lively and humorous presentation.

A slight handicap to understanding were the breaks for the translation. Dr. Monika Lubitz, who has travelled for years as an interpreter with the well-known water researcher Masuru Emoto, was recruited for this task, and did an excellent job. Nonetheless, it would have been nice to hear the presentations in a continuous flow.

## Initial Experience with EM-X

Dr. Tanaka's presentation was divided into two parts: In the first he gave some case examples in which EM-X or EM-X Gold had achieved healing. In the second part he talked about modes of behaviour that can prevent illness.

Without any long introductions, Dr. Tanaka began to present his first case, which had opened his own eyes to the potency of EM medicine. At the time he was treating a patient who was suffering from a serious lung infection and, on top of that, was infected with multi-resistant germs. Even doses of 100-% oxygen were barely reaching the lungs. The doctors knew from experience that there was no remedy, and informed the family accordingly.

As no more could be done therapeutically, the family asked Dr. Tanaka to give the patient EM-X. Although he was not familiar with it, he had no objections, and administered 10 ml 3 times daily with a tube directly into the stomach.

On the first evening already the patient began to perspire heavily, developed a fever, however his breathing gradually stabilized. It was then possible to reduce the oxygen concentration step by step. After 4 days X-ray pictures verified that the infection had almost passed. For Dr. Tanaka this was such an impressive result that he – a convinced and experienced practitioner of conventional medicine, as he emphasized several times in his presentation – began to engage with alternative healing methods, and began using EM-X and, soon afterwards, the effect-enhanced EM-X Gold in therapy.

## Case Examples

He then described individual case examples from various areas. On the subject of Parkinson's disease he was able to cite a test series at the hospital where he used to work. In this case several patients were given daily doses of 60 ml EM-X Gold. In at least 45 % of the cases it was possible to stop the disease or at least alleviate the symptoms.

He gave an illustrative description of another impressive individual case concerning an old woman with Parkinson's. She suffered from all of the distressing, typical symptoms of the disease that make normal life impossible. Dr. Tanaka prescribed the daily administration of

EM-1 and 60 ml EM-X Gold. In the following months the symptoms diminished to the extent that the medication could be reduced, and she was again able to dress and generally take care of herself. She was so happy that she could laugh and jump again, but, unfortunately, she fell over in the process and injured herself.

## Skin Diseases

He described in detail the case of a 27-year-old patient with atopic dermatitis who had already considered suicide due to her severe skin rash, but then discovered EM. She had to bear a worsening of the symptoms when she first stopped using the steroid lotion. Instead she started taking 60 ml of EM-X Gold daily, applied zinc lotion with 5% EM-X Gold, bathed in water with EM and changed her eating habits, in particular by switching to natural products. After two years, according to Dr. Tanaka, she was hardly recognizable as she was completely symptom-free and happy.

## Cancer

He also presented several cases of successful treatments of cancer patients with EM-X Gold, including cases regarded as incurable. In all of these acute, life-threatening cases, the daily doses of EM-X Gold were 150-500 ml. Dr. Tanaka described an interesting observation. Surgeons operating on patients who had taken EM-X Gold before the operation came across largely encapsulated tumours which, of course, could be removed much more easily and safely. In general he would say that in around 80% of



3 Sattva Valk, President of the Dutch EM Association, hands gifts to Dr. Tanaka after the event in Siegburg.

4 Dr. Tanaka during his presentation in Siegburg

5 Dr. Tanaka in Hamburg

1 Dr. Tanaka with the interpreter Dr. Monika Lubitz

2 With his clothing Dr. Tanaka emphasizes his affinity with the Japanese tradition.



the cases in which anti-cancer agents are used in combination with EM-X Gold, there are no or only mild side effects. The patients are so improved up that they can eat normally and even leave the house.

Unlike Dr. Shigeru Tanaka (no relation) who wrote several books about EM-X and EM-salt, Dr. Yoshimi Tanaka is not the director of a clinic and thus did not have much opportunity to carry out serial investigations.

### Health Systems in Japan and Germany

As mentioned at the beginning, Dr. Tanaka has been interested in alternative medicine for some years now. He is currently receiving additional training as a homeopath. Several times in the course of his presentation he complained about flaws in the Japanese health-care system, which is based strictly and exclusively on conventional medicine, and complimented Germany for our diverse alternative therapy options. In all health problems, according to the doctor, treatment with EM alone leads to an improvement in the patient's condition and alliviates the symptoms. But patients who also change their lifestyle are more likely to experience improvements and be spared a worsening of their condition.

### Preventive Medicine

In the second part of his presentation he explained how to live so as to avoid illness. EM users with a conscious lifestyle among the listeners found a lot of things here that they already know and are certainly also practising. He said that it is important to listen to the body's voice. Symptoms of illness

are such voices. They indicate a weakened immune system. Illness is the result. This is why the self-healing properties have to be reinforced. He identifies four essential areas: healthy food and sensible eating, a healthy bowel and active bowel activity, musculature (exercise) and a happy, thankful soul. If the soul is liberated, he sums up, the illness will dissolve. EM, in particular EM-X Gold, brings about improvements in all of these areas.

### Questions for Dr. Tanaka

At the end of this report you will find a summary of the answers to questions which Dr. Tanaka was asked in writing by visitors at the various presentations. Obviously, the questions of 150 or 200 visitors could not all be dealt with at the event. Dr. Tanaka was happy to answer some questions from the audience, however, and the listeners found that he dealt with each question with seriousness, insight and care.

### Summary

There is still no recapitulative representation of all the experience with EM medicine (Be it in Japan or in other parts of the world). This is why anybody interested in this area has to try and gain an overview himself. The last three *EMJournals* have featured articles by Dr. Tanaka, several books by the recently deceased Dr. Shigeru Tanaka are available in German, and, of course books by Prof. Higa, which contain examples and recommendations, but in particular descriptions explaining the EM medicine system. Anyone to whom it was not already clear was aware after Dr. Tanaka's presentations: we are all called upon to accept responsibility for our own health. EM is a very helpful tool for this.

## Questions for Dr. Tanaka in November 2014

At the four presentations by Dr. Yoshimi Tanaka the visitors had the opportunity to write down their questions for Dr. Tanaka and many of them took advantage of this. A whole series of questions refers to the production of EM-X Gold and the difference to the predecessor product EM-X and to EM·1. Members of the audience also wanted suggestions for dosing and information about how EM-X Gold works. As many readers are also interested in this information, we would like to try and answer this complex of questions in the following. Notwithstanding this, we will also contact those whose questions are not answered here.



After the lectures Dr. Tanaka was always happy to answer questions from the audience.

### How Is EM-X Gold Produced?

**EM-X Gold** is Prof. Teruo Higa's further development of the predecessor product EM-X, which is no longer produced. There were already several stages of improvement for the old EM-X, hence the term "EM-X of the 1st generation" used by Dr. Tanaka.

While EM-X was derived from the fermentation of **EM·1** with organic materials such as rice bran, papaya and seaweed, for EM-X Gold Prof. Higa chose other ingredients for the fermentation in order to achieve a considerably enhanced effect.

**EM-X Gold** is the result of the careful fermentation of various materials with EM·1. These materials are: water, sugar cane molasses, yeast extract, coral calcium (Sango coral) and magnesium sulphate (nigari). When fermentation is concluded, the metabolic products of the microbes are filtered off to leave a liquid which no longer contains any cells. It is so fine that it is absorbed by the mucous membranes before it even reaches the colon.

### How Is EM-X Gold Taken?

**EM-X Gold** can be taken cold, hot or warm, pure or in drinks. It is recommended to heat **EM-X Gold** before taking it to around 85° C. In practice this can be done by adding the respective dose to hot tea, coffee or water. It only needs to be heated up once.

The improved effect is retained even when it cools down.

When food is heated there is always a sacrifice in terms of the vitality of the food as a giver of life. As, however, **EM-X Gold** contains no living cells, heating it up causes no damage. On the contrary, the forces in **EM-X Gold** increase their effect by a factor of 6.

### When Is EM-X Gold Taken?

The selected doses should be distributed over the day. If it suits your daily routine, three times a day, in the morning, midday and evening. If it is more convenient, however, then one dose in the morning and one in the evening is sufficient. Dr. Tanaka recommends taking it before meals.

### Which Doses Are Recommended? Overdosing?

For the maintenance of good health and for prevention purposes the manufacturer recommends 10-30 ml per day. Dr. Tanaka was asked this several times. He gave the non-binding recommendation to take up to 30 ml of **EM-X Gold** daily for prevention purposes, and to increase the daily dosage to 60 ml if one is ill or under heavy strain, and up to 150-500 ml daily in the case of serious illness. Needless to say, this should always be discussed with and, as necessary, overseen by a doctor or healing practitioner.

Listeners in rapt attention at Dr. Tanaka's first presentation in Singen, which was also attended by many members of the Swiss EM Association.



It is advisable to start with a small amount (e.g. 1 teaspoon) and then gradually increase this to the desired dosage. Just as with homeopathic or natural healing agents, there may be an initial reaction. This has been mentioned in various experience reports. In such cases the dosage should be reduced or briefly suspended and then increased to the desired dosage when the reaction has eased.

In Dr. Tanaka's experience, **EM-X Gold** cannot be overdosed.

### What Is The Difference between EM-1 and EM-X Gold?

**EM-1** is the basic product for the whole EM-technology. It is a mixture of living microorganisms developed by Prof. Higa. **EM-1** itself can be multiplied (= fermented) to EMa (= Activated **EM-1**) with water and sugar molasses. **EM-X Gold** is the concentrated form of the metabolic products of **EM-1**. It contains no microorganisms.

### How Does EM-X Gold Work?

**EM-X Gold** contains enzymatically active antioxidants. This means that the full anti-oxidation potential only develops its full effect on the basis of enzymatic chain reactions in the body cells. For this reason we can only measure a fraction of the anti-oxidant effect of **EM-X Gold**. In particular the energetic quality (resonances) of the ingredients, their interactions with the effective microorganisms as well as the resulting metabolic products determine the efficacy of **EM-X Gold**.

**EM-X Gold** does not work symptomatically like, for example, a drug. **EM-X Gold** is not a drug! It helps to improve the overall condition of the body and can thus have an influence on the symptoms of illness. It has a strong antioxidant effect, surplus free radicals are rendered harmless, many elementary functions of the body are revitalized. In this way it reinforces the immune forces and activates the body's self-healing mechanisms.

In his book "EM-X" (Jap. edition 1998/2002) Dr. Shigeru Tanaka notes that chemicals clearly work better when EM-X is taken in parallel. This observation, like most of the other observations of the effects of **EM-X Gold**, has not yet been scientifically researched.

Interactions with other medications have not been observed. As **EM-X Gold** works on a different level than chemical agents, one would not expect this.

### What Is the Difference between EM-X Gold and Manju?

The factory in which the first EM-X developed by Prof. Higa was produced began around 20 years ago to sell a beverage based on the same production technology in a different market sector. They called it "Manju". This has also been available in Europe for some years now. Neither the manufacturer nor the European distributor claims that this is EM-X. Because, however, it comes from the same factories in which EM-X used to be produced, some people believe it is.



→ EM-X Gold is a very valuable tool for maintaining the health of young as well as old people.

# What is EM?



**EM** is the abbreviation for **Effective Microorganisms**, a term coined by its discoverer, the Japanese agricultural scientist and university professor, Prof. Dr. Teruo Higa. EM technology has been in use around the globe since 1982. **EM-1**® is a multimicrobial mixture primarily consisting of lactic acid and phototrophic bacteria, yeast and fermentative fungi, most of which are used to manufacture foodstuffs or as ingredients. When this mixture of naturally occurring and non-genetically manipulated microorganisms comes into contact with organic materials, the microorganisms produce an abundance of natural substances such as vitamins, organic acids, mineral chelate compounds and various antioxidants.

The perfect symbiosis of microorganisms in EM generates powerful regenerative forces, which develop astonishing potentials in the various milieus. These potentials are put to use in the *EM Technology*. Originally viewed as an alternative to using chemical agents in agriculture, today EM is used around the world also in the fields of environment, industry and health.

When used in **agriculture**, EM promotes the rapid reproduction of beneficial microorganisms, a prerequisite for the generation of healthy soil, thus rendering optimal growth conditions for every type of plant. It is therefore possible to reach high crop yields of high-quality plants and fruits. EM creates an excellent microbial balance which contributes to suppressing pathogenic organisms and supporting beneficial organisms.

In the field of **animal husbandry**, a healthy environment can be created with the use of EM, in particular owing to the reduced usage of antibiotics and chemicals. In addition, EM-fermented organic materials used as a feed supplement contribute to animal health.

When treated with EM, instead of putrefying, organic **wastes** can be transformed into recyclable resources through the fermentation process. This takes effect not only on animal waste, but on domestic waste, compost and sewage as well. Unpleasant and hazardous odors are minimized, if not completely avoided.

In the **environmental field**, EM can be used to promote the biodiversity in various ecosystems, including water systems. EM expedites the breakdown of sediments, thus also improving the water quality.

In the **household**, EM can be used like a home remedy for a multitude of areas: from improving room climate to cleaning to treating organic waste.

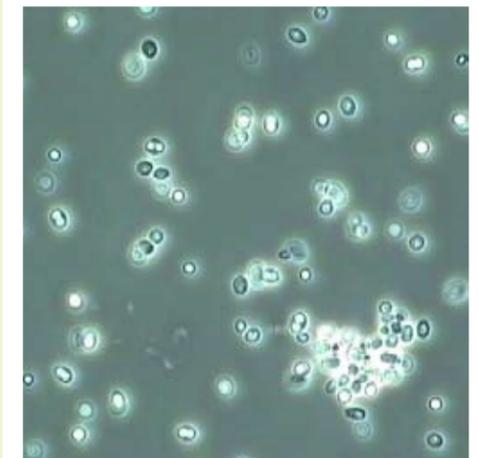
In addition, EM is being put to use successfully as a base for other products such as special cleansers, as a supplement for clays and construction materials, paints and varnishes.

In general, it can be said, that EM has a regenerative effect everywhere used. It strengthens life force and health and prevents degenerative, pathogenic processes.

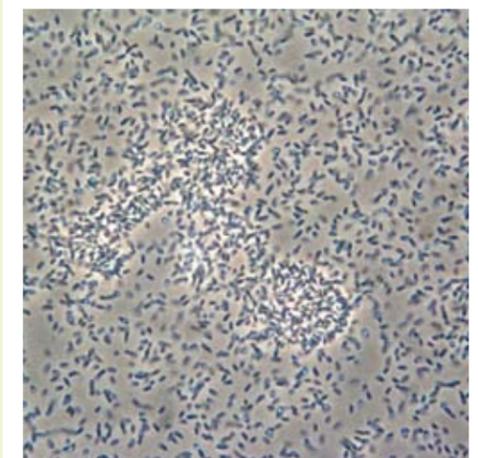
## The Main Groups of Microorganisms in EM-1®



Lactic acid bacteria ferment organic matter and produce organic acids that inhibit pathogens.



Yeasts ferment organic matter and contain vitamins and amino acids.



Phototrophic bacteria (Photosynthetic bacteria) work as key component in EM. They help maintain balance with the other beneficial microorganisms, allowing them to coexist and work together.