
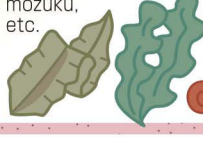





“O Na Ka Ha Su Ki Ya Yo” is the key to intestinal health!

Dr. Koichiro Fujita, an emeritus professor at Tokyo Medical and Dental University, wrote it in his book, “Only do what’s good for your gut!” Consuming such foods improves your intestinal environment, which is responsible for maintaining and improving your immunity.

<p>O</p> <p>Oligosaccharides</p> <p>Onion, leek, burdock root, asparagus, garlic, corn, bananas, honey, etc.</p> 	<p>Dr. Fujita particularly recommends unpeeled bananas that are grilled for about 5 minutes.</p> 	<p>Na</p> <p>Natto and other soy products</p> <p>Besides natto, tofu, soy milk, okara (soybean pulp), etc.</p> 	<p>Ka</p> <p>“Kaisou-ru” (seaweed)</p> <p>Kelp, wakame, nori, hijiki, mekabu, mozuku, etc.</p> 	<p>Ha</p> <p>“Hakkou shokuhin” (fermented foods)</p> <p>Miso, soy sauce, natto, yogurt, cheese, vinegar pickles, kimchi, salted rice bran pickles, etc.</p> 
<p>Su</p> <p>“Su” (vinegar)</p> <p>Besides vinegared dishes, prepared pickled onions, pickled cabbage, garlic vinegar, vinegared kelp, etc.</p> 	<p>Ki</p> <p>“Kinoko-ru” (mushrooms)</p> <p>Shiitake, shimeji, nameko, enoki, king trumpet mushrooms, etc.</p> 	<p>Ya</p> <p>“Yasai” (vegetables)</p> <p>Various kinds of vegetables</p> 	<p>Yo</p> <p>Yogurt</p> <p>Foods containing lactobacillus such as Bifidobacterium, L. bulgaricus, and L. casei</p> <p>Dr. Fujita wrote, “Everyone has a type of lactobacillus that is best for their intestines.” So, take the time to compare them and “Find the yogurt that’s best for you!”</p> 	

Reference: Koichiro Fujita, “Chou ni ii koto dake wo yarinasai!” (Only do what’s good for your gut!), Fusosha 2018 Revised paperback edition, Chapter 1 Column 1

● Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

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