Our Approach For Healthy Longevity. -including an introduction to Japanese hot springs-

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Abstract

Japan is known as the country with the greatest longevity in its population.

However, a lot of bedridden people are included in this.

It is important that we live longer be active and happy, without becoming bedridden. What is needed is to reduce the incidence of such as cerebrovascular incidents, events of the cardiovascular system, and cancer.

We hope to enlighten everyone that diet, exercise and the relief of stress can prevent diseases, when people don't have some illness. I'd like to introduce our approach in this presentation.

Further more, I will show that there are anti-aging effects of Japanese hot springs. Japan is a country famous for having many hot springs. We also have the custom of bathtub bathing. This has positive effects on wellness such as by the improvement of circulation, relaxation of sympathetic nerves, and the rejuvenation of the skin condition.

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