

## **Use sound vibration to prevent disease and to age healthily Most comfortable sound purify water in the body**

All life on earth is supported by water. Our bodies are made up of more than 60% fluid. A healthy baby has about 80% in its body and a baby with a lot of saliva is said to be healthy. Our bodies lose fluid as we age, and we get more wrinkled. The water in our bodies becomes more prone to oxidation and the body's inflammation response is elevated.

Water plays an important role in carrying oxygen and nutrients into and around the body. Sound vibrating in longitudinal waves activates the important functions of water and facilitates the removal of bodily waste. We try to eat fresh vegetables every day to be healthy, why not also bring the power of sound into your life for health and disease prevention?

喜田圭一郎 講演内容 2025.9.5  
**病気を予防し健康的な老化をもたらす音の力**  
ここちよい音の振動は体の水をきれいにする

地球の全ての生命は水によって支えられています。私たちの体は約60%以上が水で構成され、弾力のある赤ちゃんの体は水分が多く約80%あり、唾液の多い赤ちゃんは健康だと言われています。年を重ねると体内の水分が減り、しわが増え、体の水は酸化し炎症を起こしやすくなります。

水は酸素や栄養を体内に運び、老廃物を外に出す大切な役割をしています。縦の波で振動する音は水の働きを活性化し、体内の老廃物を外に出しやすくします。新鮮な野菜を毎日食べるよう、健康をもたらし、病気の予防に役立つ音の力を生活にとり入れませんか。