

Manual for Your Bottom

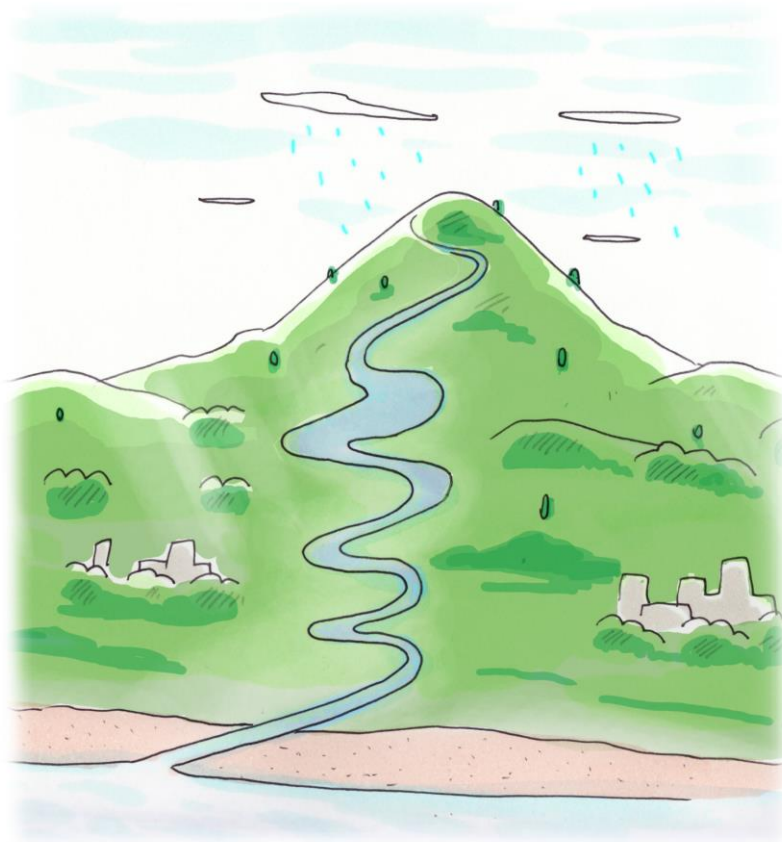
To solve your bottom problem, start from your mouth.
Because all organs in the body are connected.



Written by Kyoko Hirai
Illustrated by Toru Terashima
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Preface

The human body is similar to nature.
If river water flowing from the mountains is dirty,
the estuary will be damaged, too.
Let's think about the care of your estuary.



Illustrated and Written by: Toru Terashima

CORRECT TOILET POSTURE

How you should sit on a Western-style toilet . . . Which posture is correct?



The answer is the middle one.

What is wrong with the right and left ones?

With these postures, you cannot flex your stomach muscles, so you cannot strain to defecate. This will be explained further in the following chapter.

In order to solve anal problems, you need to think of all the digestive tracts, starting from the mouth. Mouth ulcers can be healed if you do not eat for a while. However, as the anus never rests due to natural everyday excretion, anal problems cannot be healed completely. Therefore, you should not completely rely on medicine to cure health problems, but make healthier lifestyle and food choices.

★First of all . . . You should stop unbalanced diet.

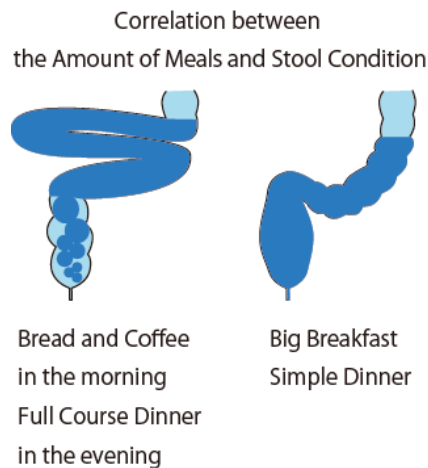
Aim to have a large breakfast, a light lunch, and a light dinner. Eating a lot of vegetables in the morning may help cure constipation.



If your diet tends toward Western style, you should change it to Japanese style. If you

want to eat the amount of vegetables needed daily in salad, you need to eat one whole bowl of salad a day, while you can have it more efficiently in Japanese meals.

What you eat for breakfast directly affects the amount of stool bulk. If you have only coffee and bread for breakfast, you cannot avoid having small, hard stools like those of rabbits.

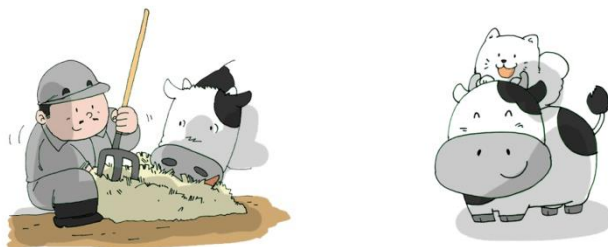


Eating a full breakfast and getting a good dose of sunlight in the morning resets your body clock, and in turn, facilitates better bowel function.

Furthermore, Kon-nyaku (Paste made from the arum root) is a very effective aid for constipation. Kon-nyaku is a valuable, traditional Japanese food, as it cleans the intestines.

Did Japanese ancestors ever consume milk and beef regularly?

It is said that Japanese people physically tend not to suit for digesting animal fat or animal protein.



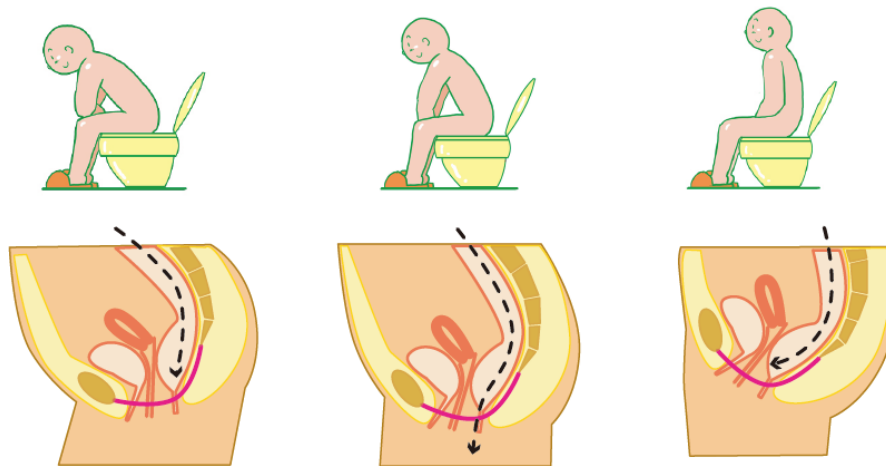
Your flatulence does not smell bad when you have healthy bowel movements, even though the amount of flatulence is large. It is a result of good diet, eating enough

vegetables.

However, your flatulence smells bad when you have poor bowel movements, and the amount of flatulence is often small and makes a little “Pu” sound. When it happens, you should realize that your stool has been fermented, and you should change your diet.

★Let’s change your toilet habits – how to pass stool properly

First of all, learn how to sit correctly on a Western-style toilet seat.

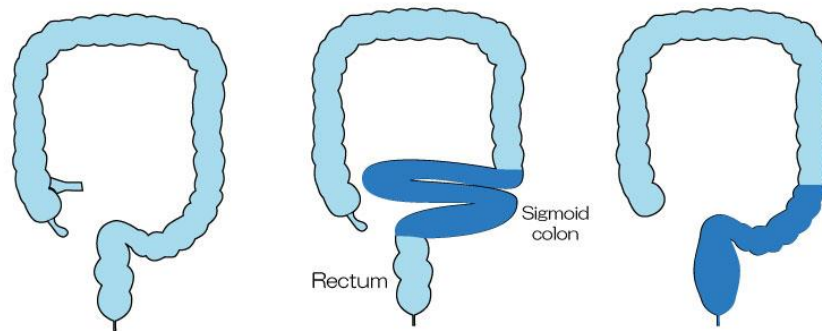


The correct sitting posture is the one in the middle, based on human anatomy. Sitting in the wrong posture like the left or right figure described above, you cannot pass stool smoothly, as the pressure is placed too far forward or backward.

If you are not sure about the right body angle when you sit on a Western style toilet, keep the same body angle as you squat on a Japanese-style toilet.

The sigmoid colon carries stool to the rectum. The sigmoid colon does not function if it is not in a relaxed state.

Bowel Evacuation Process



Stools Not Accumulated

Stools Accumulated

Nature's Call Happens

To allow ample time for the intestines to move, you should relax for one hour or so after eating breakfast. When your stomach starts to rumble, it is the sign that your intestines have begun to move.

Go to the toilet when you feel you want to go. You will feel the need to excrete when the stool comes down to fill your rectum, and it is the time to go to the toilet.

Try to relax when sitting on the toilet seat. This will allow your anus muscles to loosen up. You cannot let stool pass out if your anus is not relaxed.

Next, use your abdominal muscles to push your rectum which stays behind other internal organs. Contracting these muscles helps you to excrete stool from the rectum.

Stool stretches the anus as it goes out. The process is the same as when the cervical canal dilates when a baby pass through.

Bowel movement may be similar to baby's movement during labor. When labor starts, the mother breathes out with her mouth open in order to ease the process.

When stool starts to come down, the sigmoid colon synchronizes with the movement. This causes full bowel movement and let you pass long stool.

You should not sit on the toilet for more than one minute. Stool passes by bowel movement, which does not last for more than one minute.

After evacuation, any remaining stool will be pushed back into the intestines. Even if you feel a sense of incomplete evacuation, the intestines will push out the remainder

with additional stool at the next bowel movement. Therefore, you should not force yourself to push remaining stool out.

It is said that the intestines move three times a day. You do not have to take it seriously even if you experience incomplete evacuation. The remaining stool will be pushed out at the next bowel movement.

Remember, the worst thing is to disregard your natural bodily functions.

★Learn the mysterious functions of the human body.

Your anus relaxes when you open your mouth. To the contrary, your anus shuts tightly when you grit your teeth.

When you grit your teeth, your body recognizes that you are facing an enemy and you need to beware. On such a state of alert, the stomach and intestines stop moving, and more blood is delivered to the brain and muscles, then the muscles contract and the anus shuts.

On the other hand, when you open your mouth, your body gets relaxed. You open your mouth to yawn, eat or kiss as you relax.

Now bring your thoughts to somewhere other than the anus. The muscles in the area you focus your attention on tend to contract and get tightened up.

In women, the intestines stop moving before a menstrual period as they suspect the possibility of pregnancy, and are likely to accumulate stool. At this point, most women tend to think they are constipated, but they may not be. When a menstrual period starts, the body realizes that you are not pregnant, and the intestines start moving again and promote defecation.

Remember, the intestines are internal organs to excrete any existing stool. You can see that when you have loose stool following hard and dense stool like rabbits' one. It shows that the intestines wanted to empty themselves completely.

It is common and natural for many people to become constipated when traveling. Your body is always cautious, as it senses that you might face an enemy when you visit an

unfamiliar place. When you return to the environment where you can feel at ease, you will surely have bowel movements again.

★Remember that humans are animals.

The human body functions essentially the same as those of dogs and cats. You can learn from their pooping position as seen in the picture below. The cat is making its most natural pooping posture.



Similarly, the Japanese-style toilet had been best suited for Japanese people. Health problems occurred when they adopted the Western-style toilet without thinking much about how they should use it.



Japanese
style



Western
style



Children

When children use the Western toilet, you should put a footstool so that their feet can reach the floor. If your feet do not touch the ground, you cannot push stool out properly.

While the mouth rests when you are not eating, the anus never rests. Even while you are not eating, stool is still being made from remains of E. coli.

Frankfurter-shaped healthy stool is ideal. A good bowel movement makes your day full of energy!



When and where should you pass stool?

It is not important. The important thing is to release stool when your body feels the need to.

The body also sends you a warning. Bleeding, pain, etc... they all are warning signals from your body.

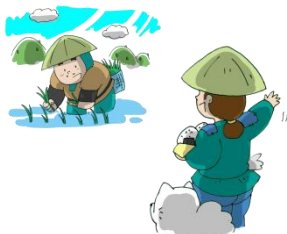
The areas you bleed heavily are important parts of your body, as a large amount of blood is necessary to restore them as quickly as possible. (They are the head and the anus.)

Most of illnesses are caused by human beings themselves. Yet, human body has the power to heal such illnesses spontaneously. We should use the natural healing power of our bodies.

★You can find some hints in our tradition and history.

Let's take another look at traditional Japanese culture. Neither a corset, nor girdle, nor cling-wear suits Japanese. A plump stomach is the traditional and typical image of Japanese people.

Since Japan used to be an agricultural society, Japanese are small in height as it is easier for short people to plant seeds.



Conversely, hunters were tall so that they could spot preys and enemies easily.

Cows were the labor force for farmers. Japanese farmers did not drink milk or eat beef

at that time.

★Some important points to remember...

Think about what traditional Japanese farmhouses looked like. Chickens would run freely in the yard.

Think about what a traditional Japanese farmer's dinner table looked like. There were plenty of boiled vegetables, and occasionally a dish of chicken from the yard.

Now, think about what a traditional Japanese fisherman's dinner table looked like. There were plenty of fish and seaweed.

Each food that locals used to eat in each place has meanings. People were consuming a good balance of protein and dietary fiber from vegetables.

You may ask where pickles came from. They were the vegetables that people ate during winter in snowy mountain villages, when fresh vegetables were scarce. Pickles also supplemented salt intake.

Salt comes only from the sea. Therefore, people used to salt and dry fish and carry it inland in order to take dietary salt through the fish.

If you move to a different place, the climate and water changes, so does your body condition. In order to adapt yourself to a different environment, you should eat local and traditional food; in Japan, eat more Japanese food. What you eat makes your body and helps you stay healthy.

★Make good use of medicines.

The following two medicines are recommended for constipation.

Magnesium oxide: Magnesium oxide moistens stool, making it soft and easily excreted. It should be taken with a lot of water. The soft stool will be excreted over the course of several bowel movements. The medicine is used for making stool soft, in order to allow the anus to rest when anal swelling is severe. Magnesium oxide only increases and

removes the stool bulk and is not indicated for stimulating contractions of the large intestine.

大黃甘草湯 (Daiokanzoto, Da Huang Gan Cao Tang): Daiokanzoto is one of Kampo herbal medicines. It stimulates the large intestine to send stool out. The medicine helps stool excretion over a short amount of time. Overdose of the medicine may cause stomachaches and diarrhea. In such cases, you should reduce the dose. As diarrhea can cause anal strain, Daiokanzoto should be administered for those who want to remove stool very quickly. If you can identify appropriate dose for you, you will be able to remove stool in a more solid form. When trying to improve your physical condition with Kampo herbal medicines, Daiokanzoto is the first choice for people who have constipation. In Kampo treatment, constipation is also considered to be the worst condition for human. By improving your physical condition, your body will heal the symptoms spontaneously.

Stool is what your intestines contract and push out, and is not something you force yourself or strain to do so.

Comic of Nature's Call

Title: "I wish I could ..."

Oh, no!
That cat is pooping in front of
our house again!

brr
brr

I wish
I could ...

Oh, it's
well-regulated,
isn't it?

My husband shuts himself
up in the toilet regularly
in the morning.
It's so inconvenient.

Nope, no, nothing!
Eh? Oh well,
Ah, yes!
I said, nice day, isn't it?!

What? What did
you say?

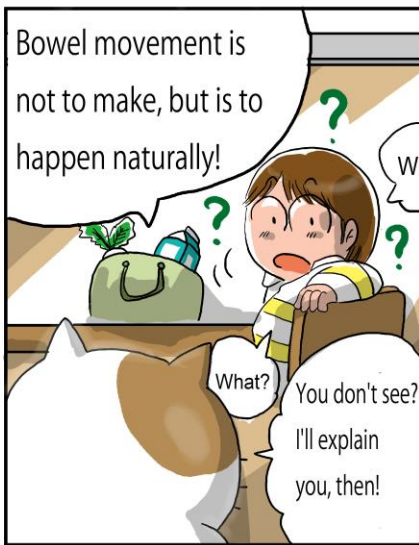
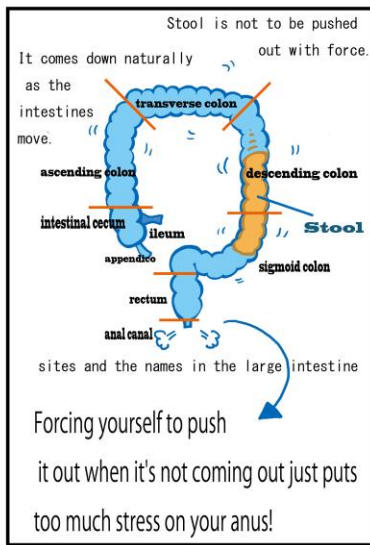
Eh? Oh no,
you do, what?

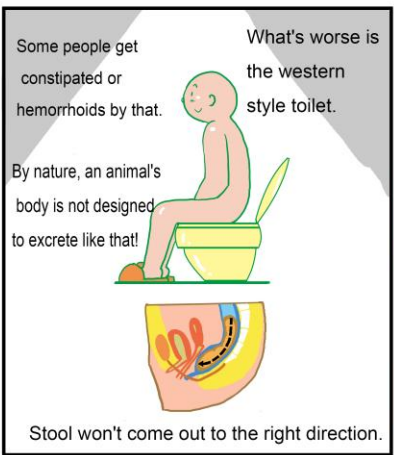
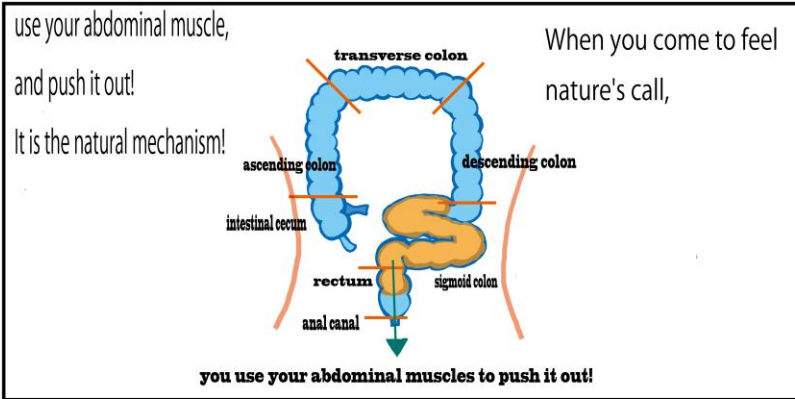
I, actually have,
constipation and piles...

Sigh....

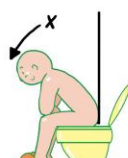
Oh, well.

K☆

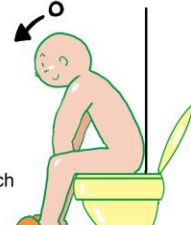




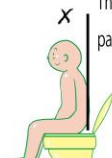
Or else, it is impossible for stools to come out completely.




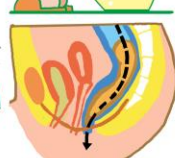
Bending forward too much may cause your anus to be closed.



The proper posture for passing stool is like this!



It varies between individuals, but try to bend yourself forward a little.

This angle (squatting posture naturally gives you this angle)


it will be cured!



But if you do...

Phew...

Ba-
Bumb



If you don't correct your posture, you will never get cured of constipation and piles.

naturally when it comes out, like us!



Pass it out with right posture,

Thanks, Catman!!



Epilogue

Hemorrhoids can be cured more easily.

This was the thought I had when I decided to develop this booklet. I would like people to care more about their own bodies, thinking about their bottoms as a start.

I also wanted to issue an English version at the same time. Even if you are different in race, you may have the same problems in common.

Human beings are one of the animals. It is simple if you go back to the basics.

Kyoko Hirai, Doctor

November, 2011

Written by: Kyoko Hirai

Illustrated by: Toru Terashima

English version supervised by:

Yumiko Matsushima

