

Gifu Shimbun Newspaper issued on Sunday January 14, 2018 (Page10)

Article Vol.11 covering an Interview Titled ‘This is Information We Want to Hear’ between the Managing Editor as Reporter and Mr. Yuki Hayashi as Talker with focus on

“Importance of Education to Prevent Diseases”

Mr. Yuki Hayashi is the president of Osato Research Institute and made a presentation on the importance of diseases prevention, especially of dementia, in Japan’s super-aging society at the International Conference on 'Addressing Global Health Inequalities' which took place in Vatican last November.

Mr. Hayashi has endeavored not only on researches of a fermented food, which was originally proposed by his father-in-law, but also on preventive education for children as a secretary general of World Foundation Aids Research and Prevention, Japan office, for a long time. We interviewed him about his research activities and the importance of preventive medicine.

**—Interviewer being Gifu Shimbun Managing Editor, Keiji Kiriya,
Assisted by Writer, K. Aoyama and Photographer, S. Ando**

What was the International Conference in Vatican about?

I had an opportunity to speak to Pope Francis about the importance of preventive medicine when I was invited to Vatican for the mass held for the World Day of the Sick in 2015. That led to my being invited to the conference. The Vatican is in the center of the medical network of numerous catholic hospitals and health care facilities all over the world, and takes charge of dementia as a global health concern at present. The conference is held annually in Vatican and the last year’s meeting was connected to a theme of 'Addressing Global Health Inequalities', where I explained that Japan is facing the super-aging society and so, that the urgent care was needed to find a preventive solution for dementia.

What is a clue to prevent dementia?

It is impossible for doctors to diagnose a disease and prescribe preventive medicines before people get sick. The best preventive medicine, therefore, I think, may be education firstly; It is important to teach young teens the value of disease prevention, which would lead to reduce medical costs. Secondly, it may be a key to long healthy life to take fermented foods daily since we have more botanical fermented foods in Japan compared with other countries. And thirdly, we need a plan to present how we can stay healthy after we get retired.

Why is education effective?

I started World Foundation Aids Research Prevention Japan Office in 1998 at the request of Prof. Luc Montagnier, 2008 Nobel Laureate in Physiology or Medicine, who founded the foundation with ex-founder of UNESCO (United Nations Educational, Scientific, and Cultural Organization). We started this activity because we believe that HIV infection can be avoided 100% with education. There are about 36.7 million people living with HIV in the world. On the other hand, there are 18,920 HIV carriers and 8,523 Aids patients in Japan (as of 2016). The number is relatively small in Japan, but the worry is that it has been constantly increasing. We teach young student at the age of 12-14 and teach them that they can prevent HIV infection by knowing characteristics of the disease.

Tell us about FPP (Fermented Papaya Preparation) you have been researching.

In the Vatican Conference, I explained the reason why FPP was thought to be effective for dementia, using several clinical trials that have been published in journals as well as our ongoing research. Our brain has blood-brain barrier (BBB) to prevent certain substances such as foreign materials from entering the brain, so it is very difficult to make a medicine for the brain. The main property of FPP is glucose, so it can pass BBB and act directly in the brain. When we get older, our sugar metabolism slows down, which influences our brain more than any other organ in the body. Thus, we cannot regenerate and sustain the brain any longer, running out of fuel. We have been proceeding with a FPP clinical trial at Florida University in USA to test the effect of FPP on the brain energy metabolism of elderly people. I hope it may prove the potential of FPP to be used prophylactically as a tool for preventing dementia.

Why did Dr. Osato give attention to papaya?

My father-in-law had something of a genius and a charming personality. He took interest in beneficial effect of papaya, and gave great importance to safety in terms of food. We seldom hear that Papaya has any side effect in long-term use or any harmful effect for use as food. People in Southeast Asia and South America take papaya as a “Granma’s Wisdom” when they have upset stomach.

What made you start supporting Aston Martin Racing in WEC?

I gave FPP to Aston Martin CEO at that time for coping with the situation of jet lag. That was what led me into supporting Aston Martin Racing (AMR) with FPP. I was asked to become their partner when the AMR team decided to be back to 24 Hours of Le Mans in 2005. They entered two machines each in 2007 and 2008 at Le Mans and the car #009 of the drivers who took FPP won each race.

How can we survive in the super-aging society?

The biggest problem for elderly people is to lose connection with their network within the society after they retire. It may help to keep them healthy if we can provide them with such a place that they can work pleasantly with young people. I think the best solution is agriculture. At my home town Ono, renowned as a leading growing region of persimmon called FUYU-GAKI, it is afraid that farmers have been getting old. Ono-town asked us if there was any solution for the effective use of increasing idle lands, so we started vineyards to aim for wine-making five years ago. It is a big challenge for us to make a Bio-Wine (Natural Wine) without using chemical fertilizers or pesticides from grapes which are difficult to plant and grow. It would not interfere with the production of local full-time farmers since we do not intend to aim for efficient production or stable earning. It is our hope that local elderly people may share the sense of challenge, job satisfaction, and achievement with this project even if it takes time and effort.

We can hardly wait for the wine you will make.

In France, they grow roses next to grape vines with the aim of protecting grape vines from diseases. In Ono-town, there are also many farmers to grow roses. I hope we can appeal it, too.

Thank you very much for today.

Yuki Hayashi was born in Gifu on April 30th 1957. After graduating from Gifu National College of Technology, he studied Business Administration in California State Rio Hondo College and Whittier College. As a president of Osato Research Institute (ORI) in Gifu, he focuses on research activities, aiming at achieving to reduce medical costs in the elderly society through preventive medicine, as well as educational activities for school children, reflecting his principle of “Best prevention is education”. He has been a secretary general of World Foundation Aids Research and Prevention, Japan Office since 1998 and a board member of World Foundation Aids Research and Prevention, Paris, UNESCO since 2012. He has also been a member of President Club of the Ohio State University, and a member of the Whittier College Board of Trustees since 2011.

<Editor’s eye-We are convinced >

Osato Research Institute had an opportunity of audience with 3 popes, which includes Mr. Hayashi’s audience with Pope Francis. It surprised me the fact that this amazing researcher lives actually near us, so I visited him for an interview. While conducting researches on fermented foods, Mr. Hayashi focuses on preventive medicine and gives lectures in Japan and overseas.

Mr. Hayashi has been involved in a wide range of activities. For example, he is the only Japanese official partner of Aston Martin Racing, which reminds us of 007’s car in the films. In the meantime, he recommends the agricultures by challenging a wine-making project in the area famous for persimmon production for the local elderly people to contribute towards their health maintenance. The keyword for his stream of ideas, which make a connection between Gifu and the World, seems to be health and long life.