

A Study on Stress Relief Method of Japanese Salaryman

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Introduction



Figure 1: Japanese salaried worker with stress.

The difficulty of Japanese office workers is that they need to go to a fixed place every day at a fixed time.

They worked overtime late into the night but the next day is another nine o'clock in the morning It is already stressful.

They are seniority system, they do not have the ability, but I work overtime due to spirit and guts.

The only thing left to them is that the boss will die or wait for retirement age.

A good thing also for Japanese salaried workers is that monthly salary has been secured.

Japanese salaried work life does not save money, but it seems that stress alone has been accumulating abnormally. They are also hard to get up early and sleep well at night.

For that reason, Japanese salaried workers often drink nutritional drinks. Lipovitan D is the best seller in particular. Lipovitan D is cumulative total more than 30 billion. However, this is derived from the alcohol and caffeine being compounded, not anti-stress drink in its original meaning.

Therefore, Combining this temporary drink and GreenSap makes it the strongest anti-stress drink.

(There is no big difference in nutrition drinks in any product).

About stress

1. Factor
 - a. Internal factor

Characteristics of people who are easy to accumulate stress

- Responsibility is strong
 - Active, Active, Person with Leadership and Behavior
- b. External factor
- Things do not progress as expected
 - Unfamiliar environment, disliked environment, unpleasant environment
 - Load situation exceeding permissible
2. Symptoms that occur when stress accumulates
- a. Physical
- Stiff shoulder, headache, low back pain, dizziness, tinnitus, insomnia
 - Frequent stool, abdominal pain, urticaria
- b. Mental
- Anxiety, anxiety, gathered sensation, depression

Main components and efficacy of Lipovitan D and Efficacy of GreenSap



Figure 2

In 100 ml of Lipovitan D, ingredient details

- Taurine 1,000 mg: Taurine is a component that supports such liver.
- Inositol 50 mg 50 mg: A kind of vitamin B. Avoid accumulating extra fat in the liver
- Nicotinic acid amide 20 mg: A kind of vitamin B group. It has an action to keep the skin and mucosa normal and a function to improve blood flow.
- Thiamine sulfide (vitamin B1) 5 mg: It helps carbohydrate metabolism and turns it into energy, and since it gets tired, it works effectively.
- Riboflavin phosphate ester sodium (vitamin B 2) 5 mg: Activated vitamin B 2 which can be quickly absorbed in the body, acts to keep skin and mucous membrane normal, it breaks down active oxygen to make it less fatigue.



Figure 3

Major efficacy of Green Sap

- Appetite Improvement
- Protective effect of gastric mucosa
- Improved intestinal transit
- Liver protection effect

How to use

Compounding method: Add 5 ml of green sap to 100 ml of drink.

Consideration

- In middle-aged and elderly Japanese salaried workers, in a stressful society, ingestion once a day is the necessary amount (including cost).
- Eliminate accumulative stress
- Physical and mental stress relief
- Residual stress relief in young people and housewives

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