

**“BIOPHILIA 2009”**  
**Health and Aging International Workshop**  
**on the 80th anniversary of diplomatic relations between Japan and Cuba**  
**Seventh International Biophilia Rehabilitation Conference 2009.**

**Greetings;**

In preparation for this conference, I enlisted cooperation from many officials of the Cuban embassy in Japan, especially Counselor Tania Dominguez, whom I appreciate and would like to thank from the bottom of my heart. Moreover, we will be holding the Health and Aging International Workshop on the 80th anniversary of diplomatic relations between Japan and Cuba, although I am a president of the International Biophilia Rehabilitation Academy, I serve as the co-chair of IBRC 2009.

When I co-hosted the first IBRC 2002 with the Saipan government, there were participants from the Department of Education for the Republic of Belau. When they participated again in the IBRC 2004, Philippines Manila, there was the presentation that the Biophilia Rehabilitation which is composed mainly of Takizawa Method and Motivative Exercise was carried out in their country. I heard of it and reviewed the report of the newspaper about it, and found that it was beneficial that I had organized the international conference.

Because Dr. Pokorski who had been the chair of the IBRC 2008 in Poland last year recommended Cuba to hold the IBRC 2009, I asked Dr. Casaco to be a chair if we held it there due to me being just a visitor and wanting someone more knowledgeable on the yearning island in the Caribbean Sea where Captain Drake and the pirates had sailed so many years ago. At the meeting with the Cuban embassy in Japan, I have known both the spirit of innovation of Cuba's medical science and the big influence to the Latin American countries.

These are contributing factors for not only holding our conference, IBRC 2009 but also a major factor in holding the workshop at the 80th anniversary of the Japan - Cuba diplomatic relations. In the workshop, we will present the autonomous rehabilitation by kinetic exercise which the patients do using the devices with help of the unaffected side movement proposed affected side passive movement that we named Motivative Exercise. I am expecting that students who participate and will be doctors upon graduation from their Latin American schools can perform the Biophilia Rehabilitation by the Takizawa Method and Motivative Exercise in their mother countries as demonstrated at the Saipan conference.

In facing a super-aged society, it is important and requested for disabled elderly not slip into "acceptance of disabilities and remaining disabilities" by the previous rehabilitation medicine but focus on "regaining physical functions as much as possible and enabling an independence living" by the Biophilia Rehabilitation.

The preparation of IBRC 2009 is going smoothly due to efforts of Dr. Diadelis, as the chair of the organizing committee who is a vice president of the Cuban Pharmacological Society. We are also recruiting general participants from Japan and other countries, providing conditions for them to participate in the opening ceremony. Participants are also increasing in number every year and our social mission is getting larger.

If we can continue increasing momentum in this conference, I expect that a Biophilia Rehabilitation Academy will be organized in Cuba, subsequently to Japan and Poland by focusing on the participation from Cuba. Moreover, it is sure that you, the participants from your countries, can be provided with substantial content. I wish you a fruitful BIOPHILIA 2009 and IBRC 2009.

Thank you very much...

Taki TAKIZAWA, Shigeo

Chair of BIOPHILIA 2009 and Co-chair of IBRC 2009

President of the International Biophilia Rehabilitation Academy