



# EMTN Newsletter

for North America

**Welcome to the first issue of  
EM TECHNOLOGY NETWORK Newsletter!**



*EM seminar, Dr. Higa at Harvard University, MA Photo by T. Ichimura*

We hope that you will find it informative and enjoyable. The EM Technology Network (EMTN), a non-profit organization, promotes EM Technology throughout North America by providing up-to-date information and by networking with individuals and organizations concerned with our environment.

The EM Technology Network (EMTN), a 501(c)(3) non-profit organization, has the following mission: to serve as an information center to disseminate EM Technology related information in English; to support environmental education; to promote the dissemination of EM Technology, the EM philosophy, and EM related research; to hold meetings in various localities for information exchange; to train and support volunteers; and to cooperate with other NPOs working

with EM•1® in the Americas. Your support helps us greatly in keeping EMTN operational.

**If you haven't yet become a member, please join our growing list of environmentally conscious EMTN members.**

**All members will receive a 10% discount on items purchased from the [EMTN Library Shop](#). Visit EMTN's home page and click the "Membership" tab.**

To all members and friends of EMTN: We wish to express our sincere gratitude for your enthusiastic support throughout 2005. Your membership fees and generous donations have made EMTN's activities possible.



**Effective Microorganisms™ (EM)**

## **Support EMTN Donate Online**

Your generous support will help promote EM Technology in your community. EMTN is a 501(c)(3) organization. Your donations are fully tax deductible to the extent allowable by law. To donate: Visit EMTN's home page and click on the "Support EMTN Donate Online" box.

### **- EM Online Database:**

**<http://www.emtech.org>**

Over 600 of the latest and most up-to-date EM•1® related research reports/presentations in an online searchable database.

### **- EM Online Forum:**

**<http://www.emtechnologynetwork.net>**

Would you like to share your EM•1® experiences with everyone around the world? Would you like to know about others' experiences using EM•1® as well as the latest EM•1® related information? Please visit <http://www.emtechnologynetwork.net> to sign up for EM Online Forum today!

### **- EM email discussion group**

Enter your email address on our home page to join the EM Technology email discussion group today!

We also wish to thank EMRO, EMCO, EM Hawaii, EMRO USA, EM America, APNAN, INFRC and all other affiliate offices and businesses throughout the world.

## **EM TECHNOLOGY NETWORK**

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[info@emtechnologynetwork.org](mailto:info@emtechnologynetwork.org) Tel: 520- 629- 9301 Fax: 520- 844-1057

## “We Make our Own Future”: Dr. Teruo Higa Presents at Harvard Forum

On March 20th, 2005, a seminar on the “Beneficial Shift in Global Environment with EM (Effective Microorganisms™)” was held at Harvard University under the auspices of EM Technology Network (NPO) & Sunbow Vision, Inc. (MA). This was the first time such a seminar had been held on the East Coast of the US and the large audience and spirited Q&A that followed evidenced the growing interest in EM•1® throughout the US. Dr. Teruo Higa, professor of the University of the Ryukyus, Okinawa, Japan, and discoverer of EM•1®, delivered an inspiring keynote speech that set the tone for what proved to be an enlightening day of presentations on EM-related activities throughout the world. Presentations included a report on the use of EM•1® in the tsunami-ravaged areas of South Asia by Dr. Ravi Sangakkara and a report on education and field practice using EM•1® at EARTH University in Costa Rica by Dr. Panfilo Tabora. Highlights also included a presentation by Mr. Reinhard Mau on the application of EM•1® after the great Elbe River flood in Germany in 2002, and a talk on efforts to clean up the Seto Inland Sea in Japan by Mr. Murase and Ms. Ikemoto.

In his keynote speech, after describing how he came to discover the unique combination of Effective Microorganisms, Dr. Higa noted that “What is most important is that its use, although still being criticized by conventional scientists, has been very successful in large scale applications. This has been its success, its acceptance by users at the grass roots level where the problems really are.” After being introduced into Asian countries in 1989, EM•1® use has spread “from Australia to Zimbabwe,” in Dr. Higa’s words. “It is my belief that we make our own future,” Dr. Higa declared. “Human misdeeds in the past have made the problems of our environment and we can solve these simply. EM•1® is one of the best solutions.” For more information, please visit [www.emtechnologynetwork.org](http://www.emtechnologynetwork.org)

### Hurricanes Katrina and Rita Relief Effort

With the help of Dr. Teruo Higa, Chairman of the Board of EMTN, the Board members of EMTN, APNAN(Thailand), and EM Research Organization in Japan, the US, FUNDASES(Colombia) and other affiliate offices and businesses throughout the world, we gathered information from various entities about the efficacy of EM•1® in order to present these to relevant governmental agencies. We greatly appreciate your help. An executive of EM America, the marketing company for EM•1® products in the US, has visited the Gulf Coast and is beginning to organize local efforts to apply EM•1® in the affected areas. He reported to us that sufficient local volunteers are in place at this time to respond to any needs and plenty of EM•1® is available to apply in the disaster areas of the hurricanes Katrina and Rita.

All of this information is available from EM America and EMTN web sites.

Dr. Higa at Harvard  
Forum, p.2

***“This has been EM’s success, its acceptance by users at the grass roots level where the problems really are.” - Dr. Teruo Higa***

“An Earth Saving Revolution” vols. 1 & 2-written by Dr. Teruo Higa

-available from EMTN and EM America online shops.

[www.emtechnologynetwork.org](http://www.emtechnologynetwork.org)

[www.emamerica.com](http://www.emamerica.com)

#### Ways to Help with the Hurricane Relief Effort:

[American Red Cross](http://www.AmericanRedCross.org)

800 HELP NOW

(1-800-435-7669)

Spanish: 1-800-257-7575

[Hurricane Housing.org](http://www.HurricaneHousing.org) Offer Hurricane Victims Housing

[Oxfam America](http://www.OxfamAmerica.org) Responds to the Gulf Coast Hurricanes

[Habitat for Humanity](http://www.HabitatforHumanity.org) -- Hurricane Recovery Effort

[UNICEF](http://www.UNICEF.org) -- Care to the children affected

### EMTN Library shop: [www.emtechnologynetwork.org](http://www.emtechnologynetwork.org)

You can purchase EM related publications in English, Japanese, German, Chinese and Korean, an educational video tape and an indoor EM bokashi food waste fermenting bucket.

Please click the “EMTN Library shop” tab and choose the item you wish to order through the online shop.

## EMRO USA and EM AMERICA



**EMRO USA** [www.emrousa.com](http://www.emrousa.com) is the sole authorized manufacturer of Effective Microorganisms™ (EM•1® products) for North America and has partnered with EM America in 2005.



**EM America** has partnered with EMRO USA as the sales and marketing company and provides all tech support and consulting services on Effective Microorganisms™ in the United States. EM•1® & other EM•1® related products including EM-X can be ordered at [www.emamerica.com](http://www.emamerica.com) Tel: 1-866-369-3678

For Hawaii, please visit [www.emhawaii.com](http://www.emhawaii.com) for ordering EM•1® & other EM•1® related products including EM-X.

### EM AMERICA'S VISION

**Q: What sort of projects and activities are EM America engaged in now?**

EM America is currently involved in several projects ranging in each of the major categories our website is broken into: Agriculture, Environment, Household, and Human Health.

#### Environment

In the aftermath of hurricane Katrina, I traveled to New Orleans with a member of Earth Organization, to do a demonstration with a special version of Activated EM•1® to control the growth of mold in mildew. We were able to spray a mission (or meeting hall) with this mixture using a paint sprayer.

#### Agriculture

A watermelon trial has begun in California, testing the effects of EM•1® on the growth of melons in large-scale production. We have started developing a bit of a market in odor control in livestock and will be traveling to Arkansas soon to conduct a series of seminars for several groups of farmers in the mid-west.

#### Human Health

Dr. Myron Murdock is conducting research on the effects of EM-X® on advanced prostate cancer and will be presenting the methodology of his research in Okinawa at the 3rd International EM Medical Conference this November 19th.

#### Household

We have begun selling EM•1® Microbial Inoculant in Whole Foods Market this year. This involved a complete re-design of our packaging and methodology of selling EM•1®. The result was a label design for EM•1® Microbial Inoculant Lawn & Garden with an easy-to-read label for the retail market. EM•1® Microbial Inoculant Lawn & Garden is now in the floral departments of 71 Whole Foods Market locations in three divisions, with the expectation of entering into three more divisions in the spring of 2006.

In September, EM America began selling Organic Rice Bran EM•1® Bokashi. Plans are to have completely biodegradable packing that can all be used in the composting program.

**Q: What are the short term and long term goals you have for EM America? What is your "vision" for the company?**

The short term goals we have are to finish the transition from a direct sales system to a sales and marketing system that is very open to people who wish to try selling EM•1® and also to make EM•1® and other products from EMCO and EM America easy to access for the retail customer.

EM America would like to stay small (There are currently only 7 members of the company) and demonstrate that an environmental company can have a positive impact, yet be very profitable. We want to co-prosper with other companies by developing regenerative technologies that are in demand and go beyond sustainability. We don't want to just sustain, we want to rebuild and restore and create the ability for positive growth for future generations.

-interview with Eric Lancaster  
EM America  
Rt 1 Box 1591, Alto TX, 75925  
1-866-369-3678



EM•1® with new labels



Now "Whole Foods Market" carries EM • 1 ®



Currently, several Whole Foods Market stores in the US are carrying EM•1. The photo left is from the Paradise Valley Store in Phoenix, Arizona.



## Whole Foods Market & EARTH University in Costa Rica

**Ties between EARTH Univ. and the US** have been expanding recently with the interest shown by Whole Foods Market [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com) in EM•1®.

An executive of Whole Foods, the world's leading retailer of natural and organic products, visited EARTH a couple of years ago and was impressed by both the university's approach to agriculture and animal husbandry and its enthusiastic use of EM.

**EARTH University** (an acronym for Escuela de Agricultura de la Region Tropical Humeda), located in Guacimo, Limon, Costa Rica has long been using EM•1® in the production of one of Costa Rica's main crops, bananas. As Dr. Tabora pointed out in his recent talk at the Harvard Seminar, banana production produces more green waste than many other crops, and EARTH has been successful in composting this banana refuse and waste with EM•1® and recycling it. Whole Foods was so impressed by the entire production, and by the perfect fit between EARTH's philosophy and their company's own, that they are now importing 100 tons weekly of EARTH-grown bananas for sale in their stores. And most recently, this year Whole Foods has begun selling EM•1® in the floral section of many of their stores. (See interview on page 3.)

EARTH has been a pioneer in teaching about and using EM•1® since 1997. EARTH, a private, non-profit university is, according to their website: [www.earth.ac.cr](http://www.earth.ac.cr) "dedicated to education in the agricultural sciences and natural resources in order to contribute to sustainable development in the humid tropics by seeking a balance between agricultural production and environmental protection." Students from nearly twenty Central and South American countries, joined by a few from Uganda, Mozambique, Indonesia and Canada come to EARTH to study sustainable agriculture and have returned to their countries, and in some cases as agricultural interns in the US, to help spread EM Technology as part of sustainable agriculture. (Interns in the US have been supported through donations of EM•1® by EMTN.) EARTH also has close personal ties to EMTN and EMRO USA, with Prof. Panfilo Tabora, a faculty member at EARTH, serving on the Board of Directors of EMTN, and Mr. Masaki Shintani, former executive of EMRO USA, and Dr. Shuichi Okumoto, presently assigned to EMRO USA, having taught at EARTH for many years.

Mr. Keita Kojima from EMRO is now teaching at EARTH, continuing the close association between EMRO and EARTH.

**Through EARTH University's influence**, EM•1® is being used in a number of other ways in Costa Rica. Agricultural firms are using EM•1® in their production, and a landfill outside the capital city of San Jose has been successfully reducing odor from the 800 tons of garbage collected each day by targeted spraying with EM•1®.

## EM•1® grown Japanese vegetables from "Kuramoto Farm" in Ontario, CANADA



*"For over 30 years I have been cultivating the soil in my farm, so it only takes a little EM•1® to get great results because my soil is so rich already. A Sushi chef told me that his customers request cabbage rolls since they think my sweet cabbage is more delicious than the TORO, the expensive tuna fish!"*

EM Atlantic Canada Network, a charity group in Nova Scotia is a very enthusiastic group studying and promoting EM Technology and holding EM workshops and meetings. They are beginning to introduce the uses of EM•1® in local fisheries, large scale composting, mink farms and other businesses. Please see the contacts in Canada below for additional information.

**Kuramoto Farm**, 315 Concession 8, RR #5, Leamington, Ontario N8H3V8 CANADA Contact: Tom Kuramoto

**EM Atlantic Canada Network**, Barton, Nova Scotia  
Email: [ematlanticcanada@hotmail.com](mailto:ematlanticcanada@hotmail.com) Contact: Tom Haynes-Paton

**Yoshi Mabuchi**, Church Point, Nova Scotia  
Email: [yoshi@nantucket.net](mailto:yoshi@nantucket.net)

**EMX Technologies, (Canada) Inc.**, N. Vancouver, BC  
Email: [emxtechnologies@shaw.ca](mailto:emxtechnologies@shaw.ca) Contact: Hiromi Sugiyama

**Century Farm Ltd**, Aldergrove, B.C  
Email: [justagirlinthecity@yahoo.com](mailto:justagirlinthecity@yahoo.com)  
Contact: Hiromi Lochovsky/Hiroshi Ezaki



## EM HIGHLIGHTS FROM NEW MEXICO!

An 80 acre spread near Columbus, New Mexico is home to the **Living Foods Learning Center**, run by



EM•1®Bokashi workshop at the Living Foods Learning Center. Photos by Dwayne and Shu

Dwayne Madsen and Shu Chan, devoted practitioners of a sustainable lifestyle that includes the use of EM•1® as a major part of their daily lives. Dwayne and Shu use EM•1® not only in the soil for their extensive fruit and vegetable orchards, but also in composting kitchen waste so that it can enrich the soil. Their goal is a

completely self-sustaining farm that will, starting January 9, 2006, offer classes and therapy centered on healthful diet and living. As they get their operation up and running, they talked with us about their experiences with EM•1®.

**Q: When and how did you first learn about EM•1®?**

We learned about EM•1® a couple of years ago from a Permaculture magazine from England. After reading about EM•1® we bought Dr Higa's first book. That excited us and we then found out about EMRO in Tucson, came for a class in making EM•1® Bokashi, and have been using it ever since.

**Q: What role does EM•1® play in your daily life at your place? What sort of experiences have you gone through with EM•1®? What's been your greatest success with it?**

We take EM•1® internally on a daily basis, all of our kitchen compost is done with Bokashi, we use Bokashi in all of our gardening soil, we use it in our fermented foods, we include it in all our paints, in our septic system, and more. [Editor's note: EM•1® is not sold for human consumption. People who do take it internally do so at their own risk, and not on the recommendation of EMTN.]

EM•1® is one of the few things we have taken internally that made a no-

ticeable difference. In only 3 days we noted an improvement in digestion. Bokashi has helped to raise our tested soil organic matter from 0.5% to almost 5% in one year's time.

**Q: Recently you taught EM•1® Bokashi recycling to the Las Cruces Organic Gardening Club. How did the members react to your presentation, and what sort of questions did they have? Do you see the use of EM•1® in your area? How do you get the word out about EM•1®?**

The garden club members loved the workshop. Everyone bought and took home the Bokashi that they had learned to make, learned to make homemade Bokashi buckets, bought EM•1®, and Dr Higa's books. In our future school program, use of EM•1® and EM•1® Bokashi will be included in the curriculum.

**Q: What other activities or uses of EM•1® or EM•1®-related products are you planning?**

We are planning another Bokashi workshop for the month of November for a fledgling greenhouse group from Silver City, NM. A small group came down to our place this past Thursday for a tour and to ask questions about greenhouses and gardening. They were excited about EM•1® and Bokashi after hearing about our uses and experiences.

Contact: [livfoods@yahoo.com](mailto:livfoods@yahoo.com)

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## “THE EMERALD EARTH SHOP”

### THE FIRST EM SHOP IN THE U.S.A. OPENS! - SANTA FE, NEW MEXICO

The Emerald Earth Shop formally opened its doors in Santa Fe on October 30, 2005. Owners James McMath and Sabine Steinhardt said that it only seemed fitting that it be opened on the weekend of Halloween. All in all, there were about 50 friends and well-wishers attending the opening. There was a spirited atmosphere with good food, fun costumes, and face-painting. The event marked a first-of-its-kind occasion by selling a full variety of EM•1® products in America. As a complement to selling EM•1®, Emerald Earth is also selling “New-Mexico-Made” products and gift items, as well as a full variety of natural health products. The founders of the shop said they wanted to keep to the theme of “living sustainably” by encouraging community-based and environmentally-safe products.



All photos courtesy of J. McMath

“This is only the beginning,” states James, co-owner of the shop. “We’ve wanted to introduce EM•1® to our community for a long time. This is an incredible new technology that naturally cleans the environment without any negative side-effects. That’s because it’s the same technology that nature has been using for billions of years. The breakthrough is that we’ve learned to partner closer with nature. With EM•1®, wastes will become a thing of the past. Virtually anything and everything can now be recycled to produce biofuels, organic foods, recycled water, non-toxic fertilizers, natural building materials, and a host of other community-based enterprises. This new sustainable technology is moving very rapidly in Japan and Germany. What better place to start in the US than Santa Fe?” The Emerald Earth Shop is located at 1807 Second Street #30, next to the Cloud Cliff Bakery. James and Sabine invite you to stop by and learn more about how this new sustainable technology that can be applied at home or business.

Contact: [jameslmcmath@msn.com](mailto:jameslmcmath@msn.com)

***Stories from the Grassroots: We highlight the work of a different EM Grassroots Network group or individual in each issue. To have you or your organization profiled, please e-mail: [info@emtechnologynetwork.org](mailto:info@emtechnologynetwork.org)***

### **Transforming Waste to Wonderful...! -EM Bokashi Network USA**



*El Marino Language School*

Our school is a public elementary immersion school located in Culver City, CA. We have two programs, a Japanese Immersion program and a Spanish Immersion program. I teach the students about EM•1® in Japanese



Our garden project began in 1997 after we learned about EM•1® and how beneficial it is to the soil. My students and I received some land at school that was big enough for a garden, but the soil was clay-like and not conducive to a garden. We treated the soil with EM•1® for the next few months and also did experiments with EM•1® to understand and to see for ourselves the benefits of EM•1®. After a few months of treating the soil, it began to turn into usable soil for planting. The next year, we planted our first vegetable garden and worked on our garden. We would collect food scraps from lunch and make compost out of it. The students became very accustomed to making compost during lunch. (You should see all the food that is wasted at our school!) We used all this food and made many buckets of compost for our garden.

The vegetables grew beautifully and the harvest was delicious. We did not have any problems with bugs and the students enjoyed visiting the garden every week to see our harvest grow. I started introducing the students to different vegetables and we tried many different varieties of vegetables in our garden. The EM outreach group of Los Angeles helped us for the first few years with making EM•1® Bokashi and we now make EM•1® Bokashi every year. The students every year learn about EM•1® and I have continued the garden for my students for the past seven years. Parents also help us till the soil and make Bokashi. Now, other teachers are getting into gardening and so I have introduced the teachers to EM•1® and EM•1® Bokashi. The kindergarten classes plant squash and tomatoes. The first graders plant carrots and radishes. The second graders plant flowers. The third graders plant sugar cane and corn. The fourth graders plant flowers too and the fifth grade has a vegetable garden too. I am looking forward to working with EMTN for years to come.

*Alice Horiba*

Teacher

El Marino Language School

## Hot News from Japan!

### “Protecting the Environment to Revitalizing Nature”: The EM Shabondama Soap Story



**We would like to introduce one of the newest products, EM Natural Soap, an all-natural soap that’s sensationally popular in Japan.** EM Natural Soap utilizes the unique fermentation process called EM (Effective Microorganism™) Technology, which has proven effective in cleaning bodies of water, so each use of EM Natural Soap helps to create a healthier and cleaner environment.

Conventional soaps and detergents help clean clothes, dishes, and our own bodies, but at the same time contain chemical compounds that can be detrimental to humans and the environment. With this in mind, in 1974 Mr. Mitsunori Morita, president of the Shabondama Soap Corporation in Japan, changed his company’s policy from producing synthetic detergents and soap to producing a totally additive-free soap. Since then, his company has enjoyed great success, at the same time that its products have helped the environment. More recently he and Dr. Higa have worked together to produce an even more environmentally friendly product, EM Shabondama soap, which combines the best of two great technologies. (Shabondama, by the way, means bubbles in Japanese.)

Even before they joined forces, Mr. Morita and Dr. Higa had similar experiences that caused them to question the received wisdom in their respective fields. In Dr. Higa’s case, extended ex-

posure to pesticides and chemical fertilizers made him sick, an experience that led him to his research in more natural farming methods, and to the discovery of EM•1®. Likewise, Mr. Morita suffered from chronic eczema for ten years, which he eventually traced back to exposure to the synthetic detergents his company had been producing. In 1971, after trying some additive-free soap he made for a special order, he found his eczema gone. In 1974, overcoming opposition from those who wanted him to continue his lucrative business no matter what harm it did to the environment, Mr. Morita turned his company in a completely new direction, producing a new soap and detergent free of all additives and synthetic ingredients. Unlike the neutralization method employed in conventional soap making, Shabondama soap, which is 99% pure, is made through the saponification method, which maintains the healthful benefits of the soap. This is a careful, painstaking process that can take up to ten days per batch of soap, as opposed to the 4-5 hours for conventional soaps. The results, though, are worth it, as customers attest to the disappearance of atopy, rashes, and allergies brought on by conventional soaps and detergents.

Several years ago, Dr. Higa, who had been impressed by Mr. Morita’s soaps, suggested that EM be added as an ingredient in Shabondama’s products, and

together they began producing a new product--EM Shabondama soap. Since soaps and detergents eventually wind up in the environment, in rivers, lakes, and streams, Dr. Higa decided that the addition of EM, with its water purification powers, would mean that, in his words, when people do laundry, they will “participate, without knowing it, in a movement of purifying rivers all over Japan.” Experimental results indicate that with use of EM Shabondama soap and detergent, in bodies of water the growth of algae is suppressed, the concentration of nitric acid, which is taken up as nutrition by algae, is greatly reduced, and the activity of bacteria that are highly capable of decomposing chemicals is increased. This is a leap from “protecting the environment” to actively “revitalizing nature.” It might seem strange to think that doing laundry and washing dishes could help revitalize the environment, but with EM Shabondama soap it’s entirely possible. Households throughout Japan are now using this new soap, and if everyone did, imagine the beneficial effects on the environment! EM Shabondama soap is now available in the U.S. through EM America and Sunbow Visions, LLC [sunbowvisions@yahoo.co.jp](mailto:sunbowvisions@yahoo.co.jp)

[The information for this article was taken from Japanese Eco Pure magazine, December 1, 2004 issue, published in Japan by Eco Pure Johoshitsu. This issue is available from EMTN and EM America.]

• **Annual EM FESTA 2005: 11/19 & 20, 2005**

• **The 3rd International EM Medical Conference: 11/19, 2005**

**in Okinawa, Japan @ EM Wellness Center: Hotel Costa Vista (1478 Kishaba Kitanakagusuku-son Okinawa, Japan 901-2311)**



## EM UTOPIA

### THE EM WELLNESS CENTER & HOTEL



Grand Opening- September 16, 2005

*Imagine a place where you can be surrounded by the healthful properties of EM-24/7. Where the food is EM grown, where the drinks are EM produced, where everything from the sheets on the comfy bed to the paint on the walls, to the concrete walls themselves are imbued with the beneficial qualities unique to EM•1®.*

*Sound like a dream? Well, the dream has now come true!*

Open for business on September 16, 2005, EM Wellness Center and Hotel Costa Vista, Okinawa, Japan, is the world's first EM-based hotel and spa.

Several years ago EMRO Japan acquired a magnificent property in the lush green hills of Okinawa, overlooking the sea. Over the next few years the property, formerly a Sheraton Hotel, was transformed through the hard work and devotion of EMRO employees and many other supporting businesses into a 228-room luxury facility that truly made Dr. Higa's vision a reality. Dr. Higa was determined to create a unique hotel and spa that rejuvenates both mind and body through the use of EM technol-

#### - COSTA VISTA OKINAWA

ogy in every possible way. In refurbishing the hotel, over 500 tons of activated EM•1® were used, as were 8 tons of EM•1® ceramics and EMX that were mixed in with building materials. In each of the spacious guest suites, bedding and towels are treated with EM•1®, while each bathroom features an all-EM array of amenities, including EM shampoo and EM Shabondama soap. (See page 7 for more on this.) And when the hotel staff comes to clean your room, you can be sure that all their cleaning materials use EM•1®.

Food served in the hotel's fine restaurants is mainly EM-grown (including EM rice, milk, and eggs), and guests can relax in the cafe terrace with a glass of EM grown wine, beer, tea, or coffee. An EM shop features 500 EM•1® products from around the world—the only place where so many EM•1® products are found under one roof. Guests can enjoy a variety of classes on the arts, languages and other subjects as well as fitness classes, yoga and tai chi. They can stroll through the EM Gallery (which features displays of EM case studies from all over the globe) and take in the fresh Okinawa air up on the impressive rooftop EM vegetable garden. (You can find out what EM Glass-stone is!)

Most buildings tend to fall apart over time, but Dr. Higa's vision for the EM Wellness Center and the Hotel Costa Vista is to create a building that will, like greenery, actually grow stronger

#### EM Wellness Center & Hotel Costa Vista in Okinawa, Japan!

<http://www.costavista.jp>

This site is in Japanese, but you can enjoy many pictures.

**5 floors, 2 basements and 228 rooms**

#### RESTAURANT



Serves healthy EM grown food.

#### BAR LOUNGE



Serves EM wine, beer and more.

Photos are courtesy of EMRO

and be rejuvenated through EM technology. We're looking forward to hearing the impressions of the first guests who stay in the hotel, including those who attend the annual EM Festa, held this year at the hotel for the first time.

From check in to check out, the EM Wellness Center and Hotel Costa Vista will treat you to a one-of-a-kind experience. And when you do check out (you may not ever want to!), you will be refreshed and reinvigorated, all thanks to the power of EM•1®.

To change your address or unsubscribe: Contact EMTN [info@emtechnologynetwork.org](mailto:info@emtechnologynetwork.org) or Tel: 520-629-9301

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