

Knowledge for well-being (よりよく生きるための知恵) を現代人へ

世界に発信、現代の「こころ」と「からだ」の健康課題を解決に導くバイブル
心身健康科学シリーズ『心身健康科学概論』英訳版 2月20日刊行

『Health Sciences of Mind and Body』 First Edition

監修／久住眞理 (人間総合科学大学学長、早稲田医療学園理事長、日本心身健康科学会理事長)



■判型 B5

■総頁 284 頁

■発行 2012 年 02 月

■定価 3,400 円＋税

ISBN=978-4-87738-828-7 C3047

【発行】

人間総合科学大学・HSMB Press

TEL.048(749)6111 FAX.048(749)6110

inoue@human.ac.jp

【発売】

紀伊國屋ウェブストア

<http://www.kinokuniya.co.jp/f/dsg-01-9784877388287>

現代社会の「健康」のキーポイントは、こころとからだの関連性（心身相関）を知ること。

世界の人々が背負う「生きる」に伴う苦難を乗り越えるための基本的な知識と思考方法の支えとなり、今を生き明日を生きるための礎となるバイブル。世界へ向けていよいよ刊行。

心身健康科学を世界へ発信

高齢社会、少子社会、高度情報化社会を迎えた日本をはじめとした先進国だけではなく、急成長著しいアジア諸国においても、心身の健康は今後の課題。『Health Sciences of Mind and Body / First Edition』は、人間総合科学大学が現代社会の健康問題解決に貢献するために創出した新概念をまとめた入門書『心身健康科学概論』の英訳版。心身健康科学は、心身の相互の関連性を軸にした総合的学問であり、世界の健康課題を解決に導くバイブルとなります。

【本書の特徴】

1. 本書では、生活者のための、暮らしの中における「よりよく生きるための知恵 ("Knowledge for well-being")」を創造するさまざまなアプローチを展開。

2. 世界中の人々が、今後抱えるであろう、現代人の「健康問題」を統合的に扱う、医療教育テキストとして最適。
3. 現代日本において蓄積された、心身健康科学のエキスを集約。「こころ」と「からだ」に関して世界トップクラスの研究者・専門家である人間総合科学大学教授陣が総力をあげて執筆・編集。
4. 医学・医療・保健・福祉系、サイエンス系の教育機関の、医学英語、科学英語の教材としては高い完成度。

私たちが推薦します

Prof. Donald P. Lauda

Dean Emeritus, California State University, Long Beach



I have known Dr. Mari Kusumi, President of the University of Human Arts and Sciences, for fifteen years and have always been impressed with her advocacy for “lifelong health” and the inherent connection of “Mind and Body”. Health Sciences of Mind and Body synthesizes her philosophy and cogent perspectives on health issues and lifelong health – “Knowledge for well-being”.

Her writing, as well as that of twelve contributing scholars, provides compelling evidence of the movement towards integrated medicine which empowers individuals to achieve “lifelong health”. The research presented is current, well documented and refreshing. Dr. Kusumi is to be commended for her insight and her foresight in remaining open to new ideas and advocating exemplary research.

As a refreshing view of health care with emphasis on interdependence. Her advocacy of knowledge for well-being is the common thread throughout the book. Health Sciences of Mind and Body will most certainly be widely read while adding a vital contribution to our knowledge base.

Prof. Bruce S. McEwen

The Rockefeller University, New York, NY, USA



In our increasingly fast-paced and often chaotic world, experiences of stress and their consequences for the mind and body are of central concern for many people, involving problems with maintaining both mental and physical health. Besides major life events such as death, divorce and job loss, these stress-related factors include frictions of daily family, commuting and working life, problems in relationships, financial concerns, irritations from seeing violence and disruptions depicted in the media.

Moreover, abuse and neglect of children is a problem that is not confined to the poor and is often a reflection of the troubles experienced by the parents themselves. Early life adversity has life-long consequences for mental and physical health 1) and early life interventions to facilitate positive parent-child interactions can have powerful and lasting benefits for individuals and society 2).

Coping with these concerns and educating the next generation of citizens and professionals toward the concept of “positive health”, also embodied in the notion of “well being therapy” 3), is a central mission of the University and Graduate School of Human Arts and Sciences. According to its President, Dr. Mari Kusumi “We have the mission of educating professionals who can support the health and happiness of people. We are trying to achieve an educational environment to bring up students to develop self-reliance and also interdependence through exposure to the health sciences of mind and body.” To achieve this mission, the University and Graduate School of Human Arts and Sciences have developed a teaching program with a textbook entitled “Health Sciences of Mind and Body”.

Reflecting the philosophy of the University of Human Arts and Sciences, the approach of the book is “holistic”, which is defined as “a comprehensive perspective of the whole person, not just parts” and including “the biopsychosocial perspective” that emphasizes the powerful role of the inter-personal and broader social environment upon health and disease 4). It is also noteworthy that “mind” is used instead of brain because the “mind” encompasses the feelings and sensations of the whole individual, in which, of course, the nervous system plays a central and essential role in responding to and coping with stressors 5, 6). Moreover, the more holistic view of the mind-body interaction recognizes the protective and damaging actions of the network of biochemical mediators in body and brain of stress and adaptation, including hormones like cortisol and adrenalin and inflammatory cytokines, that are embodied in the concepts of “allostasis” and “allostatic load” 5, 6).

In the text book there is chapter on “The Foundation of the Mind-Body Correlation” that systematically elaborates the basic functions involved in brain-body interactions, brain development and growth, and the brain in relation to mental health. The next chapter “Understanding the Mind-Body Correlation” includes sections on the immunology of mind and body, the effects of nutrition and diet, empathic communication between parent and child, successful aging and a woman’s life cycle. Chapter 4 of the book is entitled “The Development of the Health Sciences of Mind and Body” and includes sections on mental health management, health promotion, and a broad discussion of evolution and the history of biomedicine leading to the DNA era and the possibilities of genetic manipulations, along with a discussion of bioethics.

The authors of the sections in the book are themselves accomplished teachers and researchers with extensive experience and careers in psychology, neuroscience, endocrinology, biochemistry, pharmacology and other aspects of biomedicine. The supervising editor is Dr. Mari Kusumi, President of the University of Human Arts and Sciences and of the Japan Society of Health Sciences of Mind and Body, holding master of clinical psychology and doctor of medicine as well.

The Health Sciences of Mind and Body is a teaching program that is an essential part of the curriculum at the University and Graduate School of Human Arts and Sciences. It is required for students who do “distance learning” and hold jobs as well as other undergraduate programs in both the Faculty of Human Arts and Sciences and the Faculty of Health Sciences.

One can hope, not only that this will have a significant effect on the next generations of Japanese citizens, but also that the model of this very interesting text book and teaching program will spread within Japan and also to other countries and be propagated throughout the world.

1. Anda RF, Butchart A, Felitti VJ, Brown DW. Building a framework for global surveillance of the public health implications of adverse childhood experiences. *Am J Prev Med.* 2010;39(1):93-8. Epub 2010/06/16.
2. <http://developingchild.harvard.edu/index.php/activities/council/> and <http://www.dana.org/news/cerebrum/detail.aspx?id=34202/>
3. Fava GA, Rafanelli C, Cazzaro M, Conti S, Grandi S. Well-being therapy. A novel psychotherapeutic approach for residual symptoms of affective disorders. *Psychological medicine.* 1998;28(2):475-80. Epub 1998/05/08.
4. Engel GL. The need for a new medical model: A challenge for biomedicine. *Science.* 1977;196:129-36.
5. McEwen BS. Protective and Damaging Effects of Stress Mediators. *New England J Med.* 1998;338:171-9.
6. McEwen BS, Gianaros PJ. Stress- and allostasis-induced brain plasticity. *Annu Rev Med.* 2011;62:431-45. Epub 2010/08/17

Prof. Shin-Ichi Fukuoka

Professors at School of Cultural & Creative Studies, Aoyama Gakuin University



Health Sciences of Mind and Body is an excellent textbook, which explains life from the perspective of different relationships. Life phenomenon such as the mind and body, self and non-self (immune system), nutrition, metabolism, and nervous systems are all maintained through dynamic equilibrium. Problems concerning the relationship between elements and that between mechanisms are highlighted in the book. A special feature of the book is that it also considers the relations between life, culture, and ethics.

Prof. Shigeaki Hinohara



Honored director at St. Luke's International Hospital, Doctor of Human Letters from Jefferson Medical College of Thomas Jefferson University. Doctor of Science from McMaster University, Awarded Japan-United State Visiting Medical Scientist-1985 (The College of Physicians of Philadelphia)

Human beings have an ability to face any obstacles naturally. So, we can feel “life worth living” no matter what environment and health condition are. Health Sciences of Mind and Body provides “knowledge for well-being”, which, is the essence for human beings to obtain “life worth living”.

Prof. Hiroshi Kamimura



Senior Adviser of Tokyo University of Science, Emeritus Professor of Tokyo University of Science, Emeritus Professor of University of Tokyo, Honorary Fellow of Institute of Physics, Life Fellow of American Physical Society, Former President of Physical Society of Japan, Former chairperson of Semiconductor Commission of International Union of Pure and Applied Physics

In the 21st century, science is developing with astonishing speed beyond the boundary of existing academic fields. In this context, from a broader point of view it is now important to think of how an individual scientific outcome will develop into a wider new field.

One may call this way of thinking “Holistic Approach”. The Health Science of Mind and Body is a new academic discipline to understand the human beings as a whole by the holistic approach through interdisciplinary research on “life”, “health”, and “human”, in particular paying attention to the correlation of mind and body.. In this book readers can study a scientific approach to solve the health problem of mind and body, which is a modern health issue.

序文

What is “Health Sciences of Mind and Body?”

The 21st century has long been heralded as the age of the mind, and psychological well-being is now considered an integral part of health. The aim of “health sciences of mind and body,” an academic field of this book, is to address the organic relationship between mind and body and to scientifically, theoretically, and empirically map out various phenomena associated with mind-body correlation, and thus carry out a holistic inquiry into human health. It is an attempt to comprehensively view and integrate a wide range of fields outside of conventional health sciences, including life science, behavioral science, stress science, psychosomatic medicine, basic medicine, bioethics, and cultural science to thus elucidate the correlation between the mind and body as well as the mechanisms that govern life.

目次

Preface

Introduction

Chapter I The Goals of the Health Sciences of Mind and Body

Section 1.

Contemporary Societies and Health Sciences of Mind and Body by Mari Kusumi

Section 2.

The Goals of the Health Sciences of Mind and Body by Mari Kusumi

Chapter II The Foundations of the Mind-Body Correlation

Section 1.

The Basic Mechanisms Connecting the Mind and Body by Harue Suzuki

Section 2.

Brain Development and Growth by Yasumasa Arai and Nobuyoshi Koiwa

Section 3.

The Brain and Mental Health by Takeshi Kusumi and Nobuyoshi Koiwa

Chapter III Understanding the Mind-Body Correlation

Section 1.

The Immunology of Mind and Body by Koichiro Fujita

Section 2.

Mind, Brain, and Body from the Perspective of Nutrition and Diet by Shuhei Kobayashi

Section 3.

Empathic Communication with the Infant's Mind and Body by Takeshi Kusumi and Nobuyoshi Koiwa

Section 4.

Successful Aging of the Mind and Body by Hiroshi Kondo

Section 5.

Women's Life Cycle and the Health of Mind and Body by Yuko Sato

Chapter IV The Development of the Health Sciences of Mind and Body

Section 1.

Mental Health Management and the Health Sciences of Mind and Body by Sueharu Tsutsui

Section2.

Health Promotion and the Health Sciences of Mind and Body by Takeshi Kawaguchi

Section3.

Life Culture and the Health Sciences of Mind and Body by Kiyoshi Aoki

Final Chapter Prospects for the Health Sciences of the Mind and Body

From Systematization to Popularization by Mari Kusum

Keyword Glossary

Introduction to Authors

関連書

