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| 1)　言×最健治防 | 2)一度持 病ありそうかなり金〜のため必 治療＆投薬 | 3)ある場合かも既に遅すぎ治病 | 4)加人生↓楽時悩む心配〜ついて悪健&問生 by 病苦 | 5)ために激変日本食戦後，平均日人1日摂取動物タ&脂大きく↑ |
| 6)これ 貢献→削減（感病，脳血）↑(以前 広 被　和人）bt見返病（ガン，心病，卒中，糖尿）↑広 | 7)もち↑懸念 | 8)しかし多呼生活病主避もし積極注防 | 9)2方法防生習関病適運動&健食 | 10)誘食↓健食時提供利便or満　望 |
| 11)けど単避その食我可与自身恩防 幾生習病 | 12)確より単無言↓痛より治病後 | 13)他利点予防 | 14)例少人々→病↓低国公健費↓要税支これ | 15)故これら理由かなり明白予↑重要より治 |

Healthcare: prevention versus cure

1) Needless to say the best health care is prevention. 2) Once you have developed a disease, it is likely that it will cost a considerable amount of money for the necessary treatment and medication. 3) In some cases, it might be already too late to cure the disease. 4) Besides, your life is much less fun when you are plagued with worries about your ill-health and the problems caused by the disease you are suffering from.

5) Due to dramatic changes in the Japanese diet after World War, the average Japanese person’s daily intake of animal protein and fat intake have increased enormously. 6) This has contributed to a reduction in infectious diseases and cerebral hemorrhages previously widely suffered by Japanese people, but in return, diseases such as cancer, heart disease, strokes, and diabetes have become much more prevalent. 7) This is of course a growing concern. 8) However, many of these so-called lifestyle-related diseases are largely avoidable if we actively pay attention to preventing them.

9) Two key ways to prevent such life-style related diseases are appropriate exercise and a healthy diet. 10) It is tempting to eat less healthy foods when they offer convenience, or when they satisfy a craving. 11) However, by simply avoiding such foods, we can give ourselves the gift of preventing some of these lifestyle-related diseases. 12) Surely this is much simpler, not to mention less painful, than having to cure the disease later. 13) There are other advantages to the prevention. 14) For example, the fewer people that become ill, the lower the nation’s public health bill and the less required in taxes to support this.

15) Because of these reasons, it is quite obvious that prevention is much more important than cure.