



February 3 is "Setsubun Day."

Setsubun" is the day before the seasonal turning points of Risshun, Risshatsu, Risshakyu, and Risshwinter, and as the Chinese character means, it is the day of "division of the seasons. Setsubun" actually occurs four times a year. In particular, it is thought that evil spirits can easily enter the "spring Setsubun" when the year changes, and people began to throw beans on Setsubun as an event to drive away demons and pray for good health, with the meaning of peace and safety for the year and to drive away evil spirits. The beans used in Setsubun bean-throwing ceremonies are called "fukumame," which are roasted soybeans. After the beans have been thrown, pick up the beans you have thrown and eat one more bean than the number of your age to wish for the health and happiness of your family.



Maybe it's a good thing?



In addition to mamemaki, "ehomaki" is also eaten on Setsubun. It is said that if you eat the sushi roll facing the direction of good luck for the year, "eho", your wish will come true and good fortune will be brought to you.

The direction of blessing this year is "south southeast."

This year, let's face "south southeast" and eat one ehomaki in silence. May it be a good year for all of you.

Pollen season will soon arrive!

Cedar pollen will gradually begin to be dispersed from early February. This year in particular, it is expected to be higher than usual. Hay fever is caused by an immune response to pollen from plants such as cedar entering the nasal cavity. Symptoms are mainly sneezing, runny and stuffy nose, itchy eyes, etc. Once hay fever symptoms appear, the mucous membranes of the nose become more and more sensitive and worsen, so early treatment is recommended even before symptoms become severe.

For hay fever control,...

- ①Wear masks, glasses, and hats
- ②Gargling, washing hands
- ③Wear clothes made of smooth, non-uneven materials.
- ④ Shake off pollen at the front door before going indoors.
- ⑤Facial washing with emphasis on eyes and nose

