

Your Island Source for Military Life

FREE

VOICE

P A P E R

2025 SPECIAL COLLECTOR'S EDITION

Complete "The Review" 2025

Featuring Okinawa's Top Spots

Museums • Waterfalls

Starry Skies • Holiday Lights



www.voice-paper.com

Issue 24 >>> December 10, 2025

Lunch & Sweets Buffet

THE SNOWY & the WITCH'S MIRROR

A Sweet Tale of Snow White

SUN MON P.H.
SAT MON

2025 10/4 SAT 2026 1/12 MON

DoubleTree by Hilton Okinawa Chatan Resort (2F)
Restaurant "MaTiira"

43 Mihama Chatan-cho Nakagami-gun Okinawa 904-0115, Japan
TEL 098-901-4600 FAX 098-901-4601

TIME 12:00~14:30 PRICE Adult ¥4,500/Child ¥1,500 [6-12]
*L.O. 13:45 *Price includes tax and service charge

season's Greetings

VOICE PAPER

BLOOM Better Life

VOICE PAPER features Okinawa's local events, off-base locations, and U.S. military activity on the island and across the Asia-Pacific region.

Duty on the island

Airpower out of MCAS Futenma

(U.S. Air Force photo by Airman 1st class Karina Lopez)

U.S. Air Force pilots from the 4th Expeditionary Fighter Squadron, deployed to Kadena Air Base, board F-35A Lightning II's for a mission during BH 26-1 at Marine Corps Air Station Futenma, Nov. 5. Located near U.S. Marine Corps Camp Foster and Kadena, Futenma provides premiere air support for Marine Corps Forces Pacific, working with U.S., joint, combined, and allied forces to deter aggression, respond to crisis or contingency operations, and sustain readiness within the region.

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広告掲載のお問い合わせは
voice.paper.okinawa@gmail.com



USO OKINAWA

Holiday Munchies & Festivities

Gift Wrapping Station @ USO Foster
December 1st - 25th 10:00am - 6:00pm

Cookies & Cocoa @ USO Hansen
December 19th 11:00am - 1:00pm

Crafty Kids - Snowman Craft @ USO Kinser
December 2nd 2:30pm - 3:30pm

End of Year Luau BBQ @ USO Futenma
December 19th 12:00pm - 2:00pm

Tomato Soup & Grilled Cheese @ USO Schwab
December 3rd 11:00am - 1:00pm

Open Mic & Karaoke Night with Ugly Sweater Contest @ USO Hansen
December 19th 5:00pm - 9:00pm

Cookies & Cocoa @ USO Foster
December 5th 11:30am - 1:00pm

A Taste of Home - Friendsmas @ USO Schwab
December 24th 11:00am - 1:00pm

Cocoa Corner @ USO Schwab
December 9th 11:00am - 3:00pm

Xmas Eve Pancakes @ USO Hansen
December 24th 11:00am - 1:00pm

Tasty Tuesday - Very Merry Brunch @ USO Kinser
December 9th 11:30am - 1:30pm

Christmas Eve Luncheon @ USO Foster
December 24th 11:30am - 1:00pm

BBQ Sweet Meatballs @ USO Schwab
December 10th 11:00am - 1:00pm

Pancake Brunch @ USO Schwab
December 17th 11:00am - 1:00pm

For more details, please
visit the Facebook page of
the respective center.

USO COFFEE CONNECTIONS

USO OKINAWA COFFEE CONNECTIONS



USO Coffee Connections are gatherings happening around the world to connect military spouses with new friends or reconnect with old ones! Join USO Okinawa for Coffee Connections at the following locations:



Dec. 18th : USO Kadena @10:00am
Dec. 18th : USO Kinser @10:30am

USO.org/CoffeeConnections



GET STARTED TODAY!

VOLUNTEERS NEEDED

Be a part of the legacy!

For over 80 years the USO has been supporting our service members and their families around the world.

We Need Help With:

- Center Support
- Program Support
- Administrative Support
- Event Support
- Content Creation



Contact your local USO for more information

USO Kinser
USO Kadena

USO Futenma
USO Hansen

USO Foster
USO Schwab



1st MAW demon- strates combat power during “elephant walk” on MCAS Futenma



(U.S. Marine Corps photo by Cpl. Jeremiah Barksdale)
U.S. Marine Corps aircraft and vehicles with 1st Marine Aircraft Wing stage on the runway at Marine Corps Air Station Futenma, Oct. 24. 1st MAW performed an elephant walk to demonstrate combat power and a show of force.

374 AW Airmen Mobilize to Support Philippine Disaster Relief Efforts after Typhoons Kalmaegi and Fun-Wong

U.S. Air Force Airmen assigned to the 374th Airlift Wing prepare to board a C-130J Super Hercules in preparation of foreign disaster relief operations at Kadena Air Base, Nov. 11. At the request of the Government of the Philippines, the U.S. military is working alongside the Armed Forces of the Philippines to provide foreign disaster relief support to communities affected by consecutive Typhoons Kalmaegi (Tino) and Fung-Wong (Uwan), which caused extensive damage and tragic loss of life. Members of the 374 AW rapidly mobilized a Logistics Quick Reaction Force and tactical airlift to deliver relief supplies.



(U.S. Air Force photo by Staff Sgt. Spencer Tobler)

U.S. Marines join family of Private Dale Hansen to dedicate monument in his honor



(U.S. Marine Corps photo by Cpl. Meshaq Hylton)

U.S. Marine Corps Col. Joshua Mayoral, the commanding officer of III Marine Expeditionary Force Information Group and the camp commander of Camp Hansen, and members of the Hansen family observe a monument during an official visit honoring Pvt. Dale Hansen at Camp Hansen, Oct. 16. The visit, coordinated by Marine Corps Installation Pacific and the Camp Hansen commander, included the dedication of a monument to Hansen's legacy, with his family present to honor his memory alongside the Marines and local community.

U.S. Marines join Okinawa community for annual Moon Festival

U.S. Marine Corps Cpl. Juan Maldonado, left, a combat videographer with 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force Information Group and Cpl. Peter Eilen, right, a combat photographer with 3rd Marine Division light sparklers with a resident of Ginoza Village during the annual Moon Festival at the Hikarigaoka Nursing Home in Ginoza Village, Oct. 25. The festival strengthened long-standing ties between the local community and the U.S. Marines through shared cultural traditions and friendship.



(U.S. Marine Corps photo by Cpl. Meshaq Hylton)

Okinawa International University Students visit Camp Kinser



(U.S. Marine Corps photo by Sgt. Yasmine De La Rosa)

U.S. Marine Corps Col. Paul B. Bock, center, commanding officer, Combat Logistics Regiment 37, 3rd Marine Logistics Group and students with the Okinawa International University pose for a photo during a class field trip at Camp Kinser, Nov. 6. The field trip allowed students to tour the base's historical museum and discuss the importance of the Marine presence in Okinawa.

DECEMBER 2025 JANUARY 2026 bulletin



NAHA

Shuri Castle Park New Year's Celebration
Jan 1 - 3

首里城公園
新春の宴
2026年
1月1日-3日

首里城で迎える、新春の慶び

1/1(土)・1/2(日)・1/3(月) 沖縄県民の方と大規模な祭典を開催！
1/1(土) 10時～12時 / 1/2(日) 10時～12時 / 1/3(月) 10時～12時

QRコード

OKINAWA

第49回
沖縄市産業まつり
1/24(土)・1/25(日)
コザ運動公園
(沖縄市体育館・沖縄市多目的運動場および周辺駐車場)
午前10:00～午後6:00

Okinawa City Industry Festival
Jan 24 & 25

QRコード

NAHA

Okinawa Flower And Food Festival
Jan 24 & 25

おきなわ
花と食の
フェスティバル
STIVAL

ていだサンサン
食べたらがんじゅう
沖縄産！
地産地消

1/24(土)・25(日)
奥武山公園・コミュニティセンター及び周
沖縄セルラースタジアム那覇周辺(外周)

QRコード

GINOWAN

Mori No Nigiwai
Jan 24

杜の娘に
沖縄
MORI NO NIGIWAI

伝統と創造の舞台へ
未来へ響く琉球の誇り
民俗芸能と現代の演出が創り出す
感動のエンターテインメント

JTBサテライトイベント(第139回) 2026年1月24日(土)

QRコード

YOMITAN

Kitagama Pottery Market
Dec 13 & 14

北窓
陶器市
・12月13日(土)14日(日) 9時～18時・

QRコード

URASOE

International Friendship Martial Arts Demonstration
Dec 14

沖縄県空手道連合会創立35周年記念
沖縄伝統空手古武道 国際交流演武大会
Uchinae Karate Kempo International Friendship Martial Arts Demonstration

2025年
12月14日(日)
開場 12:30開演 13:00
場所: 国立劇場おきなわ

QRコード

GINOWAN

Dinosaur Lab! Giga Mission
Dec 20 & 21

アイツがやってくる!
恐竜ラボ!
ミカ・ミッション

QRコード

OKINAWA

Music Power 2025
Dec 21

OKINAWA MUSIC MONTH
MUSIC POWER 2025
IN OKINAWA CITY

12.21 (SUN) 15:00 FREE

QRコード

NAHA

Beethoven 9th Symphony
Dec 27

第11回 沖縄国際音楽祭
第九 in NAHA
2025年12月27日(土) 14時開演(13時開場)
那覇文化芸術劇場 なは一大劇場

QRコード

GINOWAN

Prince Hotel New Year Event
Dec 31 - Jan 3, 2026

Okinawa Prince Hotel Ocean View
Ginowan
2025-2026
New Year Event
新春イベント

QRコード

MOTOBU

New Year event Ocean Expo Park
Jan 1 - 3

海洋博公園で迎える
新春果報デー

QRコード

GINOZA

Yanbaru Food & Culture Festival
Jan 18

やんばるの食文化
フェスティバル
～やんばると発酵～

2025年1月18日(土)
宜野座村文化センターがらまんホール
時間 / 10:30～17:00
入場無料

QRコード

MOTOBU

Okinawa International Orchid Show 2026
Jan 24 - Feb 1

沖縄国際洋蘭博覧会
2026年1月24日(土)～2月1日(日)
海洋博公園 熱帯ドリームセンター 8:30～17:30(入館料1700)

QRコード

NAHA



AIR FESTA 2025
美ら島
令和7年12月14日(日)
9時~15時

JASDF Air Festa
Dec 14



GINOWAN



Kyushu Correctional Products Fair
12/13・14
12/13 9時~15時
12/14 10時~15時
入場無料

Dec 13 & 14



CHATAN



Belly Dance Show
Dec 28

BELLYDANCESHOW with FREE SHISHA
2025/12/28 sun.
13:00PM
15:00PM



CHATAN



Countdown Laser Show & DJ Event
Dec 31



URUMA



Okinawa Saxophone Fes
Jan 4



URASOE



Hawaiian Artist SHINGIHIHI Paris Louvre Carousel Homecoming Exhibition
Jan 14~18



NEWSPRINT



(U.S. Air Force photo by Senior Airman Erin Currie)

U.S. and Japan enhance ACE capabilities at Kadena

U.S. Air Force and Japan Air Self-Defense Force members observe as a F-15J Eagle assigned to 304th Tactical Fighter Squadron, is refueled during joint hot pit refueling operations at Kadena Air Base, Japan, Oct 15. Joint exercises like this enhance interoperability and strengthen the bond between U.S. and Japanese forces.

9 EBS departs for fifth mission



(U.S. Air Force photo by Senior Airman Emma Anderson)

U.S. Air Force aircrew assigned to the 9th Expeditionary Bomb Squadron walk toward a B-1B Lancer assigned to the 9th EBS during a bomber task force deployment at Misawa Air Base, Japan, Nov. 3. BTF missions demonstrate achieved interoperability in support of a free and open Indo-Pacific, showcasing Pacific Air Forces' ability to deter, deny, and dominate adversary or competitor influence and aggression.

Active Shield 26



(U.S. Marine Corps photo by Sgt. Daniel Guerrero)

A Japan Ground Self-Defense Force member with 17th Infantry Regiment, 13th Brigade, Middle Army, give instructions to JGSDF members and U.S. Marines with Marine Wing Support Squadron (MWSS) 171, Marine Aircraft Group 12, 1st Marine Air Wing, for a simulated chemical attack during exercise Active Shield 26 at Marine Corps Air Station Iwakuni, Japan, Oct. 24. Active Shield is an annual bilateral exercise hosted by MCAS Iwakuni that strengthens interoperability between U.S. and Japanese forces and enhances the defense capability of USINDOPACOM.

Veterans Day in Yokota



(U.S. Air Force photo by Airman Carissa McSwain)

U.S. Air Force Airmen assigned to the 374th Airlift Wing and veterans salute as the national anthem plays during a Veterans Day ceremony at Yokota Air Base, Japan, Nov. 12. The ceremony was held to commemorate the temporary ceasefire between Allied nations and Germany during World War I on the 11th hour of the 11th day of the 11th month of 1918. After World War II and the Korean War, the observance was expanded to recognize all U.S. military veterans, evolving into what is known as Veterans Day today.

III Marine Expeditionary Force Band Performs at the 2025 Japan Self-Defense Force Marching Festival



(U.S. Marine Corps photo by Lance Cpl. Kendrick Jackson)

U.S. Marines with the III Marine Expeditionary Force Band and Japan Self-Defense Force members perform together at the 2025 Japan Self-Defense Forces Marching Festival at the Nippon Budokan, Tokyo, Nov. 13. The festival is an annual event in Tokyo, featuring various Japan Self-Defense Force bands and the III MEF Band demonstrating unity and comradery through music.

NOW SHOWING

Avatar: Fire and Ash

The legendary series that holds the world's No.1 and No.3 box-office records returns! Experience the ultimate 3D spectacle as Pandora's fate unfolds in an epic battle of fire, vengeance, and survival between humans and the Na'vi. A new legend is born this winter.

Director, Producer & Screenwriter: James Cameron
Cast: Sam Worthington, Zoe Saldana, Sigourney Weaver, Oona Chaplin

IN THEATERS DECEMBER 19, 2025



**CINEMA RYCOM
MIHAMA 7 PLEX
CINEMA Q
SOUTHERN PLEX**



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Holiday Lights in Okinawa

1 Stardust Fantasia
Kanucha Resort
Okinawa




2 Okuma Illumination
Okuma Private
Beach & Resort




3 Moonlight Illumination
Ryukyu Hotel & Resort
Nashiro Beach




4 Mihama American Village Illumination




5 Christmas Tree Flower
Bios no oka




6 Okinawa Tropical Illumination
Southeast Botanical Gardens




7 Hotel Nikko Alivila Patio Illumination




8 Kariyushi Dream Fantasy
Kariyushi Beach Resort Ocean Spa




9 Ryukyu Lantern Festival
Mura Saki Mura

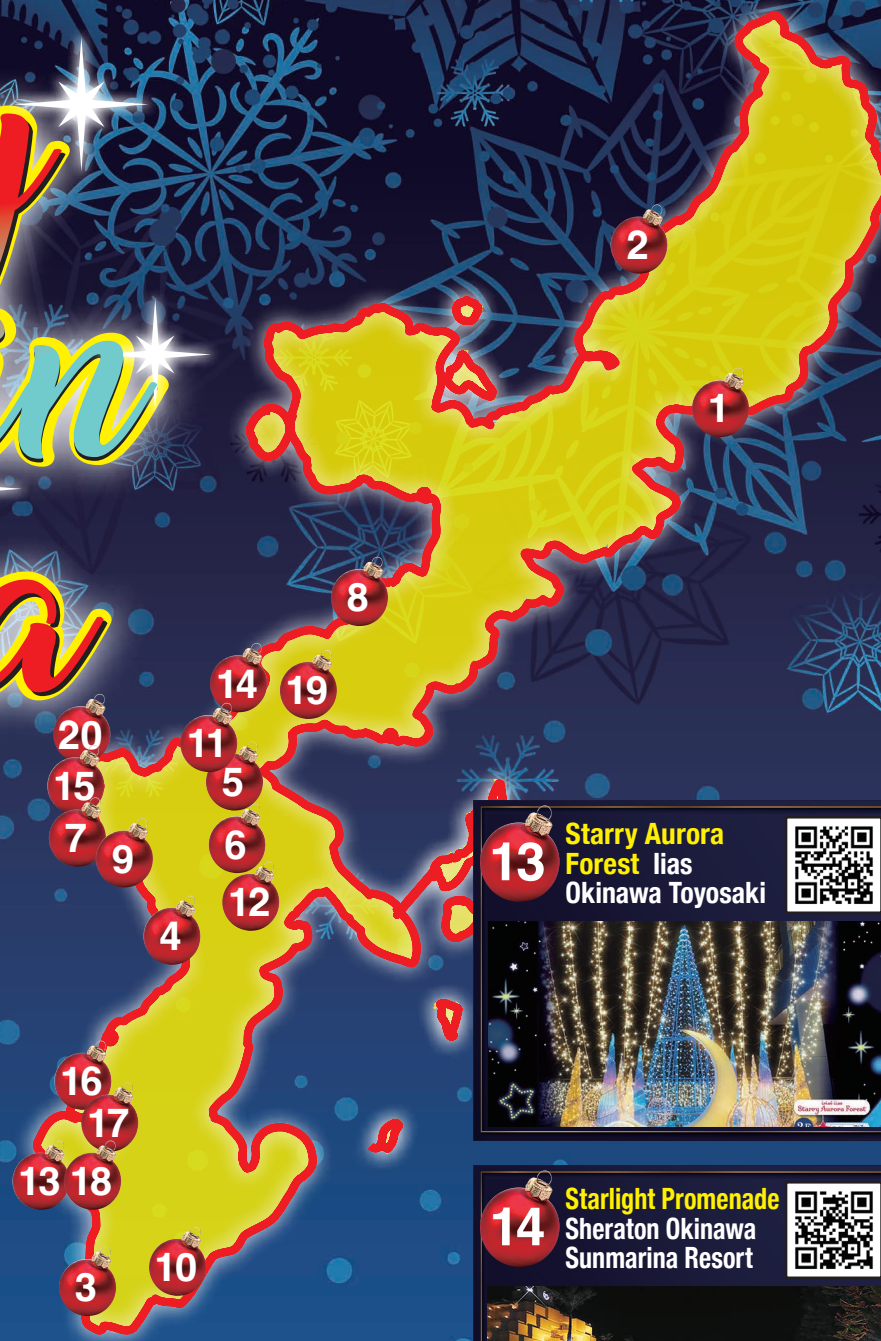



10 Itoman Peaceful Illumination




11 Sweet Sweet Christmas
Renaissance Resort Okinawa





Please check the place's website for the latest information before your visit!

12 Christmas Fantasy
Okinawa Zoo & Museum




13 Starry Aurora Forest
Iias Okinawa Toyosaki




14 Starlight Promenade
Sheraton Okinawa Sunmarina Resort




15 Illumi-Banta
BANTA CAFE by Hoshino Resorts




16 Kumoji Illumination
Palette Kumoji




17 Kafuna Asahibashi Illumination
Kafuna Asahibashi




18 Winter Elegance
Okinawa Outlet Mall Ashibina




19 CoCo Candle Night
CoCo Garden Resort Okinawa




20 Zampa Illumination
Grand Mercure Okinawa Cape Zampa Resort




THE REVIEW

★ ★ ★ OF A PLACE ★ ★ ★



The winner of the Stars and Stripes Best of the Pacific Off-base restaurant award 2024

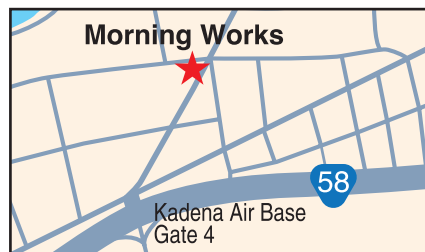


The terrace seating is pet friendly. Enjoy meal with whole your family.

Open early in the morning! You can enjoy wide variety of Hawaiian foods. Find your favorite!



"Ubelate" Okinawa purple sweet potato and ube menu. Be sure to try them!



Morning Works

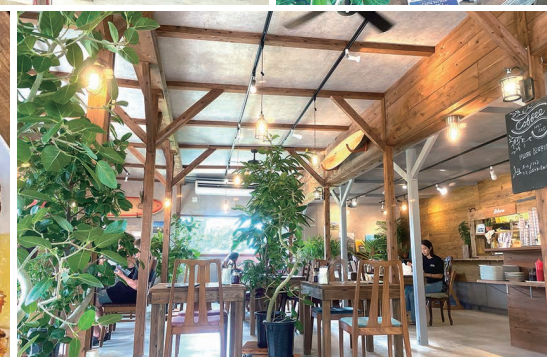
155-I Mizugama, Kadena Open: 7:00 – 15:30
\$¥/Credit Cards (Last Order 15:00)

THE REVIEW

★ ★ ★ OF A PLACE ★ ★ ★



Recently refurbished! The terrace seating is pet-friendly.

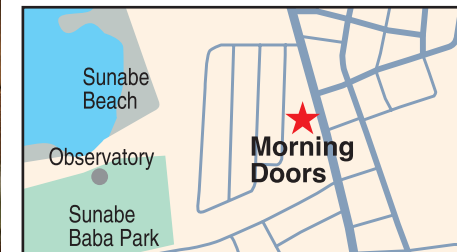


The interior is spacious and filled with green plants, creating a very relaxing atmosphere.

Enjoy a hearty Hawaiian meal with coffee or cappuccino.

Morning Doors

155 Sunabe, Chatan
7:00 – 15:30
(Last Order 15:00)
\$¥/Credit Cards



Wake Up with Aloha

All ToGo OK



Kale Smoothie

Dragon Fruits Smoothie

Mango Smoothie

Poke Bowl



Omlet Chicken & Shrimp



Choco Banana



Cinnamon Caramel



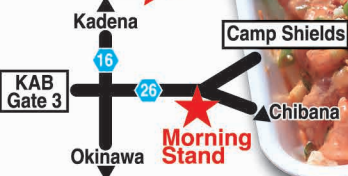
Bacon Egg Sausage



Bus Stop • Parking

Baba Park

Morning Doors



Kadena

Camp Shields

Chibana

Morning Stand

MORNING STAND

MORNING DOORS

7 a.m. - 3:30 p.m.

098-901-7644

155 Sunabe, Chatan Town



VISA

9 a.m. - 3 p.m.

098-901-7656

4-45-24 Chibana, Okinawa City



VISA

m

MORNING BOWLS GROUP.

Hawaiian foods company.



Chicken Lover

MORNING WORKS

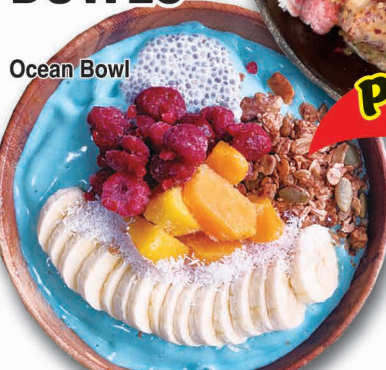
MORNING BOWLS



Works Plate



Elvis Plate



Ocean Bowl

Poke Bowl

KAB Gate 1

JP Post Office

Sea Wall

Morning Bowls

8 a.m. - 5 p.m.

098-988-5273

1-456 Miyagi, Chatan Town



VISA



Torii Station

Morning Works

KAB Gate 4

7 a.m. - 3:30 p.m.

098-988-5860

155-1 Mizugama, Kadena Town



VISA

Newly Opened Morning Hills!
Your Aloha Morning Awaits
in Yaka, Kin!

m

Hawaiian pancakes & Coffee

Hills



Hawaiian pancakes & Coffee

Hills

Open everyday!

7:30 a.m. - 5:30 p.m.
(L.O. 5 P.M.)



2569-1 Yaka, Kin Town
PH. 098-989-8631



VISA



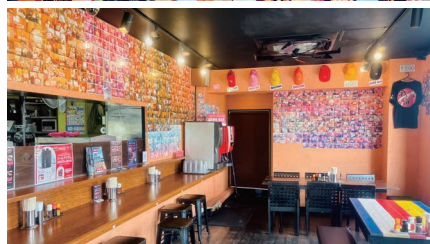
THE REVIEW

OF A PLACE



Many Americans have taken on the spiciness challenge!

Available combos at reasonable prices during lunch time!

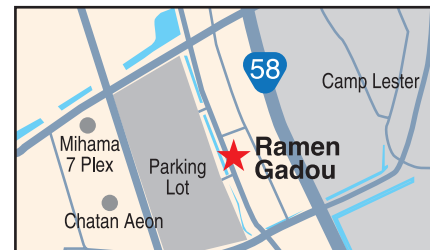


Ramen Gadou

2-2-11 Mihama, Chatan
11:00 – 21:30 (Last Order 21:00)

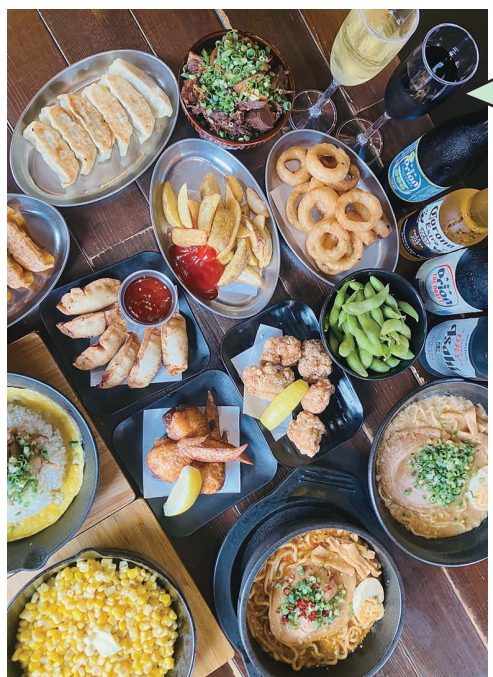
¥ Cash / Credit Cards

Pets friendly



Also you can enjoy so many other side dishes. They're the perfect combination with beer.

How about watching the weekend fireworks from spacious terrace seating?



VOLCANO SPICY NOODLE

Level 1 > 1000

HOW HOT CAN YOU GO?!

我道 RA-MEN GADOU

11 a.m. - 9:30 p.m.
(L.O. 9 p.m.)

2-2-11 Mihama, Chatan

American Village To Kadena
Camp Lester To Naha

OK TO-GO!
YEN CASH / CREDIT CARD

Uber Eats

"THANK YOU FOR COMING!"

THE **REVIEW** OF A PLACE



Here, you'll find bicycle sales, services, and rentals. You can also customize a one-of-a-kind bike just for you.

Of course, kids' bikes are available too!



Inside the spacious store, you'll find countless bicycles, parts, and accessories. All your bicycle-related wishes come true here!

A very stylish electric bicycle made in Okinawa! You can ride this without a motorcycle license. Enjoy taking it for a test ride!



SHUHARI BIKE WORKS -OKINAWA-

34-1 Mihama, Chatan
Open: 10:00 - 19:00
Closed Thursday
¥ Cash / Credit Cards





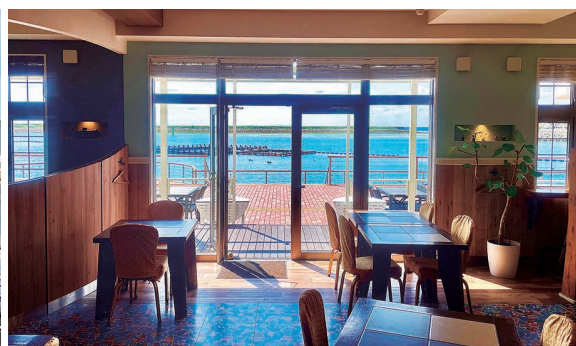
SHUHARI BIKE WORKS

Your Perfect Bike, Crafted for You!

OPEN 10:00-19:00
CLOSED THURSDAY




THE **REVIEW** OF A PLACE



There is also a comfortable terrace with ocean views, and it's pet-friendly!

There are a whopping 40 different kinds of sushi!



You can enjoy 15 rare types of craft beer.



Besides sushi, appetizers, tempura, grilled dishes, and more... Enjoy all the dishes!

You might even get to meet the adorable standard poodles Moca and Melody!



Sushi on La Cienega

Open: 17:00 – 22:00 (L.O. 21:30)
Closed Wednesday
Ph. 098-989-8339
\$ / ¥ Cash / Credit Cards



51-3 Mihama, Chatan



Relax as the sunset spreads out before your eyes.



Watch the fireworks while dining every Saturday night.

SUSHI ON LA CIENEGA

Where Sushi Goes Wild – A New Twist by the Ocean



Vegans available



A selection of carefully selected whiskeys and sakes. Non-alcoholic drinks also available.



THE **REVIEW** OF A PLACE



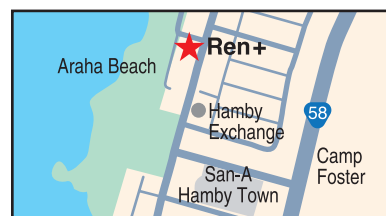
It's the main entrance to Araha Beach, located just behind the sailboat playground.



Spacious and relaxing. Private rooms are also available.



KOREAN FOOD & BAR **Ren+** CHATAN



2-15-1 Chatan, Chatan

Dinner: 17:00 – 23:00
(Last order 21:45)

HAPPY HOUR 17:00-19:00

Closed Sunday

Ph. 098-988-7033

Pet-friendly terrace seating

¥ Cash / Credit Cards



Enjoy a colorful and abundant variety of Korean dishes, along with Korean beer and soju. You can also choose your preferred level of spiciness. Feel free to ask the staff!



Most popular dish, cheese dakgalbi, and the healthy bulgogi kimbap. Enjoy them together.



Located in a prime spot in Araha

Kimchi Jjigae

Bulgogi

Enjoy Spicy Korean Cuisine

**KOREAN FOOD & BAR
CHATAN**

Ren+

**Homemade
Sauce**

Sauce

Plain

Yangnyeom

Kalbi

Spicy Mayo

Honey Garlic

Powder

Honey Butter

Cheddar Cheese

You can choose

between bone-in or

boneless!

Korean Chicken



Bibimbap



EVERYDAY
17:00-19:00
Happy Hour

- ✕ Orion DRAFT
- ✕ Ashahi SuperDRY
- ✕ NIKKA Highball

ALL ¥300

Business Hours (Closed on Sunday)

17:00-23:00 (L.O. 21:45)

Ph. 098-988-7033

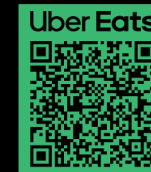
Pets
welcome
on the
terrace



¥ cash

VISA

Master



THE REVIEW

OF A PLACE



In the American residential area of Sunabe. Look for the yellow cute van.



Five types of bases, including acai, imported from Hawaii, with homemade non sugar granola, fresh fruits, seeds, flakes, nibs. Enjoy your favorite flavor ♪



Have you ever had Bullet coffee? It's very rare, mild and creamy. Really good!!



Coconut chips, cacao nibs, and original T-shirts are also on sale.

The Sunrise Shack Okinawa

Open: 7:00 – 19:00
Beach Side Town 5-B
247-20 Sunabe, Chatan
\$ / ¥ Cash / Credit Cards



Enjoy the authentic Hawaiian bowl

COFFEE [HOT/ICED]

Bullet Coffee

• Coconut butter	S \$ 7.00
Coffee, Coconut creamer, Grass-fed butter, MCT oil, Coconut oil	M \$ 9.00
	L \$ 11.00
• Classic	S \$ 6.00
Coffee, Grass-fed butter, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Mocha classic	S \$ 6.00
Coffee, Cacao creamer, Grass-fed butter, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Coconut	S \$ 6.00
Coffee, Coconut creamer, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Golden	S \$ 6.00
Coffee, Coconut creamer, Turmeric powder, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00

Coffee

• Original black coffee	S \$ 4.00
	M \$ 6.00
	L \$ 8.00

SMOOTHIE BOWLS

Step.1 Choose Size Regular \$13.00 / Large \$19.00

Step.2 Choose Flavor

Açaí	Tropical	Blue Dream	Green	Monkey
Açaí Blueberry Banana	Mango Pineapple Banana Honey Coconut milk	Spirulina Coconut milk Banana Mango Almond milk Honey	Mango Pineapple Banana Coconut milk Spinach Honey	Banana Peanut butter Dates Coconut Creamer

Ingredients for the paste

Step.3 Choose Granola

Simple	or	Cacao +\$1.00
--------	----	---------------

Step.4 Choose 6 Toppings

Honey	Peanut butter	Pitaya sauce
Banana	Blueberry	Manago
Goji berries	Chia seed	Coconut flake
		Cacao nibs
		Hemp seed

※ It is also possible to select the same topping multiple times.
※ Additional \$1.00 after 7th item

Step.5 Extra Toppings

+ \$2.00	Fresh pineapple	Fresh Kiwi	Protein	Dark chocolate	Mac nut butter	Almond butter
+ \$3.00	Simple granola	Dates	Cacao granola			
	Fresh strawberry					



OPEN EVERYDAY 7:00-19:00



\$ / ¥ Cash VISA



Beach Side Town 5-B
247-20 Sunabe, Chatan

THE **REVIEW** OF A PLACE



1st floor in front of the park in American Village.



The interior is spacious and stylish with a relaxing feel!



Their wood-fired steaks and burgers are popular. Also enjoy hearty and healthy salads, garlic shrimp and tacos.



In addition to craft beer, you can also enjoy wine and cocktails.



FRANKEY TAVERN

Open: 11:00 – 23:00 (L.O. 22:00)

34-1 Mihama, Chatan
Lequ Okinawa Chatan Spa & Resort 1F

¥ Cash / Credit Cards



CRAFT BEER STAND



COME ENJOY OUR WOOD FIRE GRILLED STEAK, BURGER, TACOS, CRAFT BEER, & MORE!



CALL FOR RESERVATION!
098-988-5621

OPEN EVERYDAY!
11:00-23:00 (LO 22:00)



Small French Fries
or
1 Drink
Coupon
Valid until
DEC 31
2025

THE **REVIEW** OF A PLACE



Beautiful blue sky, the emerald ocean, the amazing food... what a happy moment in a spacious and open space.



If you like it spicy, try Okinawa Green Chili Spicy Burger.



You can also enjoy homemade special cheese cakes and coffee.



The popular and hearty chili cheese fries and truffle fries.



There is also an adjacent athletic big park, and a splash pool just below. Enjoy it with kids!

GINOZA FARM LAB

Weekday
11:00 - 15:00

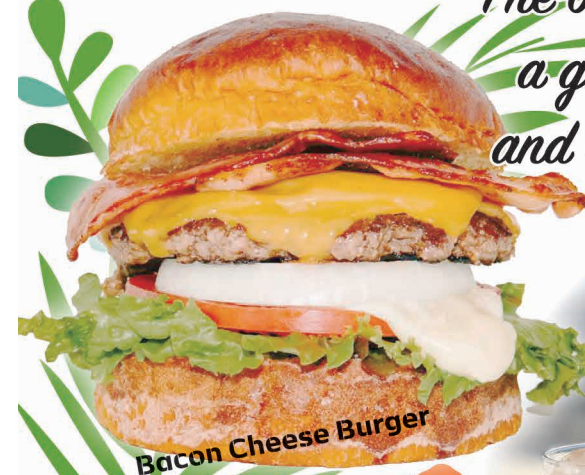
Weekend & JP Holidays
11:00 - 17:00

Ginoza Roadside
Station 2F
1663 Kanna, Ginoza
¥ Cash / Credit Cards



COFFEE & BREAK
GINOZA FARM LAB

*The ocean, greenery,
a gentle breeze -
and the best burger!*



Bacon Cheese Burger



Mozzarella
Mushroom Burger



Strawberry
Latte



Okinawa Green Chilli
Spicy Burger



Avalanche Burger

Open

Weekday : 11:00-15:00

Weekend & JP Holidays : 11:00-17:00

Ph. 098-988-5516

Ginoza Roadside Station 2F
1663 Kanna, Ginoza

¥ cash

VISA

MasterCard

UnionPay



Terrace
Seating



THE REVIEW

OF A PLACE



In front of the Farmers Market in Chibana, Okinawa City. You can find the sign!



The most popular item is the NEW YORK PASTRAMI. It's so tender and juicy, you'll definitely become addicted to it!!



This hearty and satisfying CHICKEN ALLA VODKA It's an exquisite combination of chicken, mozzarella, and basil sauce.



Urban modern NYC style interior.



Each of the 12 sandwiches is packed with great flavor and made with the ingredients. Generous portions.

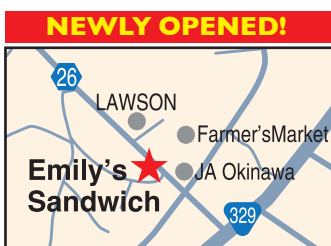


EMILY'S SANDWICH

Open 9:00 – 18:00
Closed Wed & Thu
Ph. 098-923-2233



¥ Cash / Credit Cards



5-33-21 Chibana, Okinawa City



Emily's Sandwich



With love, We ♥ E.

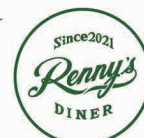
This sandwich shop opened when our daughter Emily was just two years old. Keep enjoying life in your own way.



SISTER STORE



PIZZA STAND NY



Renny's Diner



5-33-21, Chibana, Okinawa City
Tel 098-923-2233
Hours 9am-6pm
Closed Wed & Thu

PICK UP & DELIVERY



SCAN ME

THE REVIEW

OF A PLACE



They have a spacious location with parking for 80 cars and seating for 180 people.



You can also take these dishes home if you order. How about adding them to your collection as a souvenir?



Popular dishes include tender sirloin steak and coconut fried shrimp, served with original mango chili sauce.



You can enjoy a wide selection of authentic, satisfying steak, lobster, seafood main dishes, side dishes, and cocktails.

For those who like fish, this popular main dish will satisfy with the flavors of three different types of white fish.



SAM'S By-the-sea

SAM'S By-the-sea
Awase

Naval Radio Transmitter
Facility Awase USN

1-41-15 Awase, Okinawa City
Lunch: 11:30-14:00 (L.O.13:30)
Dinner: 17:00-23:00 (L.O.22:00)

¥/\$ Cash / Credit Cards



TIRE & WHEELS SHOP SAKUMA

- ✓ New & Used Tires
- ✓ Great Prices
- ✓ Plenty in Stock
- ✓ No Appointment Needed
- ✓ Installation Included

Ph: 098-938-7766
Open: 10:00-18:30 bootire@gmail.com
2-588-2 Matsumoto, Okinawa City ¥Cash/Credit Cards

More Than 30 Varieties of Delicious Bread!

RIN
Smile Factory BAKERY / SWEETS

8:00-18:00
Closed on Wednesdays
1-11-4 Kitamae, Chatan

SAM'S BY-THE-SEA
Fresh Island Seafood & Charbroiled Steaks

Dec. 11 - 26
CHRISTMAS Specials

Best Date Night Restaurant

Fillet of Salmon with Saffron sauce

Fillet Mignon Steak topped with Foie Gras

Okinawa City Awase TEL: 098-937-3421
■ 11:30~14:00 (L.O.13:30) ■ 17:00~23:00 (L.O.22:00)
Dinner hours on Dec. 24th & 25th will be from 16:00 to 23:00

SAM'S ANGROR INN
Supreme Teppanyaki Steak & Seafood

55th Anniversary

The Art of Teppanyaki

Ginowan City
TEL: 098-897-5555
■ 17:00~23:00 (L.O.22:00)
Dec. 24th & 25th will be from 16:00 to 23:00

Call for Reservation 098-932-1819

sams-okinawa

• Open everyday
• Free Parking

VISA
MasterCard
\$ / ¥ OK

COUPON FREE SOUVENIR CUP

• One Coupon valid for one cup.
• Valid with lunch or dinner orders only.
• Not accepted with any other coupons or discount tickets.
Accepted at All Sam's Restaurants. Expires Feb. 28, 2026

PHONE FIX OKINAWA

**SAME-DAY REPAIR
NO APPOINTMENT NEEDED**
SAVE YOUR MONEY, SAVE YOUR TIME, SAVE YOUR DATA

iPhone/Galaxy/Pixel/iPad/Mac Book/Apple Watch

CELL PHONE FAST REPAIR

DISPLAY REPLACEMENT BATTERY WATER DAMAGE LOGIC BOARD
BACK GLASS CAMERA ISSUES CHARGING ISSUES

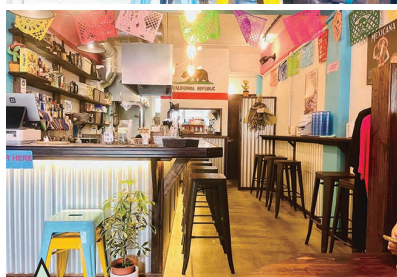
Phone Fix Okinawa 9:00AM - 6:00PM
OPEN EVERY DAY
080-6063-2069 Forest Market Rycom

THE REVIEW

★ ★ ★ OF A PLACE ★ ★ ★



Enjoy the flavors of Mexican cuisine with 7 types of tacos, a wide variety of side dishes, dessert, drinks, and more.



Most popular TACO SET. It's a good deal and very filling plate!

The interior is pop and modern, with mostly counter seating, but table seating available as well.



13 types of rare tequila!



Cinnamon tortilla with vanilla ice cream dessert.



Try this Frozen Spicy Margarita.

Taco Petes Okinawa

Monday & Tuesday: 17:00-22:00
Friday: 17:00-23:00
Saturday: 12:00-15:00 / 17:00-23:00
Sunday: 12:00-20:00
Closed: Wednesday & Thursday
Ph. 098-989-0700
1-464 Miyagi, Chatan



¥ Cash / Credit Cards

Hola!

TACO PETES OKINAWA

Monday & Tuesday: 17:00~22:00
Friday: 17:00~23:00
Saturday: 12:00~15:00 / 17:00~23:00
Sunday 12:00~20:00
Closed on Wednesday & Thursday
Last order: 30 minutes before closing

Ph. 098-989-0700 1-464 Miyagi, Chatan ¥ cash VISA

Locations: Sunabe, Hamagawa Elementary School, San-A, Sea Wall

QR codes for social media and Uber Eats.

Performance Details

It is unclear how the dances that inspired the Kumidori "Shushin Kaneiri," "Wakashuteibushi," and "Nufuabushi" were performed during the Ryukyu Kingdom era. However, the stage structure differed between the 1719 premiere and the 1800s, and there were also changes during the Meiji period, when the art form shifted from being for the samurai to being for the common people. This project will shed light on the early Ryukyu performing arts by examining records related to the stage, costumes, and performances from ancient documents and drawings from the Ryukyu Kingdom era and recreating and performing them. Please come and see.

Synopsis of "Shushin Kaneiri"

A beautiful young man named Nakagusuku Wakamatsu asks for a night's lodging at a house on his way to Shuri Royal Court to serve as a servant. The innkeeper initially declines, citing his parents as being away, but upon discovering that the man is Wakamatsu, she changes her tune and offers him a room. The woman flirts with Wakamatsu, but he refuses. Wakamatsu becomes distressed and flees to Sanyoshi's temple, seeking help. The woman desperately pursues Wakamatsu and arrives at the temple. Unable to find him, she transforms into a demon woman...

Part 1: Tripartite Discussion on Two Dances and Shushin Kaneiri
Ryukyuan Dance: Senu Odori/Onnagasa Odori
Part 2: Kumidori "Shushin Kaneiri"

2025/12/13 SAT
Start time: 14:00
End time: 16:00 (scheduled)
Venue: Grand Theater
Free multilingual synopsis available.
Free English subtitle tablets available.
(Limited number, first come, first served)

Part 1: Ryukyuan Dance

金子美子	金子美子	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹
神谷明子	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹

Part 2: Kumidori "Shushin Kaneiri"

金子美子	金子美子	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹
神谷明子	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹	山田瑞樹

Ticket Price
(All reserved seats)
Adults ¥3,700—
University students, etc ¥2,000—
High school students and younger (13 years old and over) ¥1,000—

国立劇場おきなわ
Reservations and inquiries
098-871-3350
Office: 10:00-18:00 (phone: 10:00-17:30)
Telephone/Ticket office

The Confessions of a Self-Hating Uncle Tom Negro

How I Became a Muslim

Mujahid Abdullah

Available
Amazon.co.jp Amazon.com

THE REVIEW

OF A PLACE



A striking pink building with an entirely pink interior.



Spacious covered terrace seating is available.

The Garlic Shrimp



1355-2 Afuso, Onna Village
Open: 11:00 – 20:00
Tuesday Closed
¥ Cash / Credit Cards

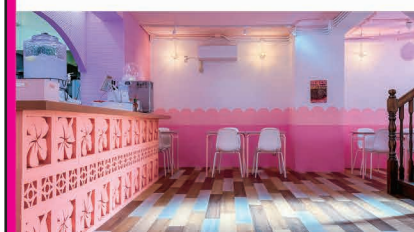


As the name suggests, they serve the ultimate garlic shrimp! You can also enjoy steaks.



Challenge yourself with the spiciness! It goes great with beer or sour cocktails.

THE GARLIC SHRIMP in Onna



TAKE OUT

EAT IN



Open 11:00 - 20:00 Tuesday closed
1355-2 Afuso, Onna Village

¥ Cash VISA

For inquiry please send a message to our instagram

VERSES FROM THE HOLY QUR'AN

With The Name of The One True *G-D,
The Merciful Benefactor, The Merciful Redeemer

Al Mu'minoon (The Believers)

Repel Evil with that which is best: **WE are well acquainted with the things they say.

And say: "O my Lord-Creator! I seek refuge with YOU from the suggestions of the Evil Ones".

"And I seek refuge with YOU O my Guardian-Lord! Lest they should come near me."

(In falsehood will they remain) until, when death comes to one of them, he then says:

"O my Lord-Creator! Send me back (to my earthly life)- In order that I may work righteousness in the thing I neglected" – "By no means! It is but a word he says" –

Before them is a Partition till the Day they are raised up. Then when the Trumpet is blown, there will be no more relationships between them that day, nor will one ask after another!

Then those whose balance (of good deeds) is heavy – they will attain salvation:

But those whose balance is light, will be those who have lost their souls; in Hell will they stay.

The Fire will burn their faces, and they will therein grin with their lips dislced.

"Were not MY Messages explained to you, and you did but treat them as falsehoods?"

They will (then) say: "Our Lord-Creator! Our misfortune overwhelmed us, and we became a people astray.

[End of Part 3]

*G-D instead of God. God when spelt backwards is *dog*. This is not a proper spelling for a word, that is used for The All-Mighty Creator of the Heavens and Earth.

** WE, Ourselves, US as revealed in the Qur'an is a reference to the Angels who have been assigned by The Creator to control everything in HIS creation.



Listen to Imam
Yahya Abdullah



Translation of the
Qur'an in Japanese
日本語訳版PDF

Beyond the Blue

Understanding Okinawa Through Art & History

1 Okinawa Prefectural Museum & Art Museum



2 Nanjo Art Museum



3 Chatan Museum



4 Okinawa Rail Ecology Center



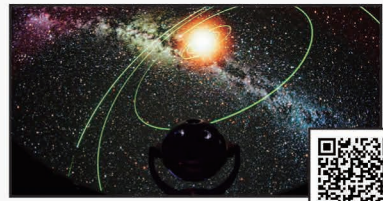
5 Nago Museum



6 Yuntanza Museum



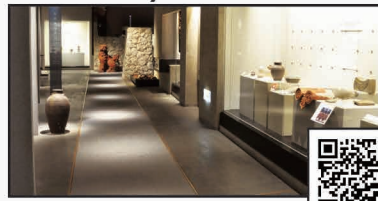
7 Oceanic Culture Museum Planetarium



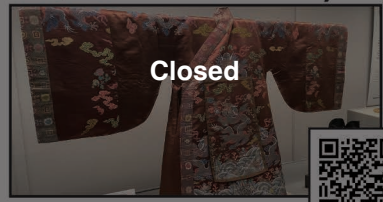
8 The Former Japanese Navy Underground Headquarters



9 Naha City Tsuboya Pottery Museum



10 Naha City Museum of History



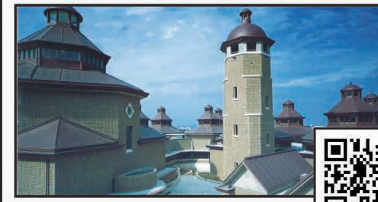
11 Itoman Tourism and Cultural Exchange Center



12 Onna Village Cultural & Information Center



15 Urasoe Art Museum



16 Okinawa Municipal Museum



17 Okinawa Prefectural Peace Memorial Museum



13 Okinawa Karate Kaikan



14 Okinawa Traditional Craft Center





Stripe

Noodles

You can satisfy STEAK TOOTH and RAMEN TOOTH both only here!!

Vegan menus available



OPEN: 11:00 ~ 20:00
Wednesday closed
Ph. 098-923-2227

1-15-9 Kuwae, Chatan

↑ KAB Gate 1
FamilyMart
Stripe
McDonald's
Camp Lester
LAWSON

QR codes for Stripe, Facebook, and Uber Eats.



KATSU-AN

100% harvested in Japan

TAKE AWAY AVAILABLE

Chicken Cutlet Rice Bowl (M)
Udon (S) & Seasonal Side Dish Combo
+Coca Cola **¥1,060**

Recommended Combo
Curry Rice with Aged Pork Loin Cutlet
+Coca Cola **¥1,130**

58号北谷店
Katsu-an 58gou Chatan
2-18-6 Ihei Chatan-cho,
Nakagami-gun, Okinawa-ken
HOURS
10:00 AM
~ 2:30 AM daily

ABLOうるま店
Katsu-an ABLO Uruma
9-15 Toyohara,
Uruma-shi, Okinawa-ken
HOURS
10:00 AM
~ 11:30 PM daily

Web Site
QR code

VISA, Mastercard, JCB, American Express



Delicious Okinawa Marsamun!

イナムドゥチ

Inamuduchi

Inamuduchi is a soup dish made with pork, featuring thinly sliced pork belly, konnyaku (konjac jelly), fish cake, shiitake mushrooms, and fried tofu, all simmered in a sweet white miso broth. It is traditionally prepared in many households during festive occasions such as the New Year or Obon and can also be found on the menus of local restaurants.



WELCOME TO MANGASOUKO

お宝発見 マンガ倉庫

USED OUTLET SHOP

We sell and buy anything at Mangasouko Treasure Trove!

Books / Second Hand Clothes & Fashion Items / Games / Cards / Musical Instruments / CDs, DVDs & Blu-ray Discs / Fishing Tackle / Home Appliances / Super Brand Items / Cellular Phones / Cheap Sweets / and more!

Open Daily

Urasoe Store
Open: 9:00-24:00
Ph. 098-874-4455

Nago Store
Open: 9:00-22:00
Ph. 0980-54-3344

Naha Store
Open: 9:00-24:00
Ph. 098-891-8181

Awase Store
Open: 9:00-24:00
Ph. 098-931-9911

All stores accept credit cards.

Maps showing locations of Urasoe, Nago, Naha, and Awase stores.

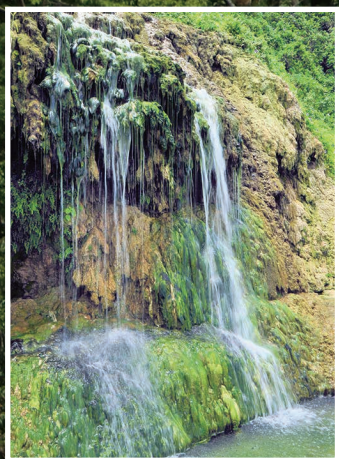
ISLAND FALLS

Discover Okinawa's Serene Cascades



1

**HIJI
WATERFALL**
(Hiji Otaki)



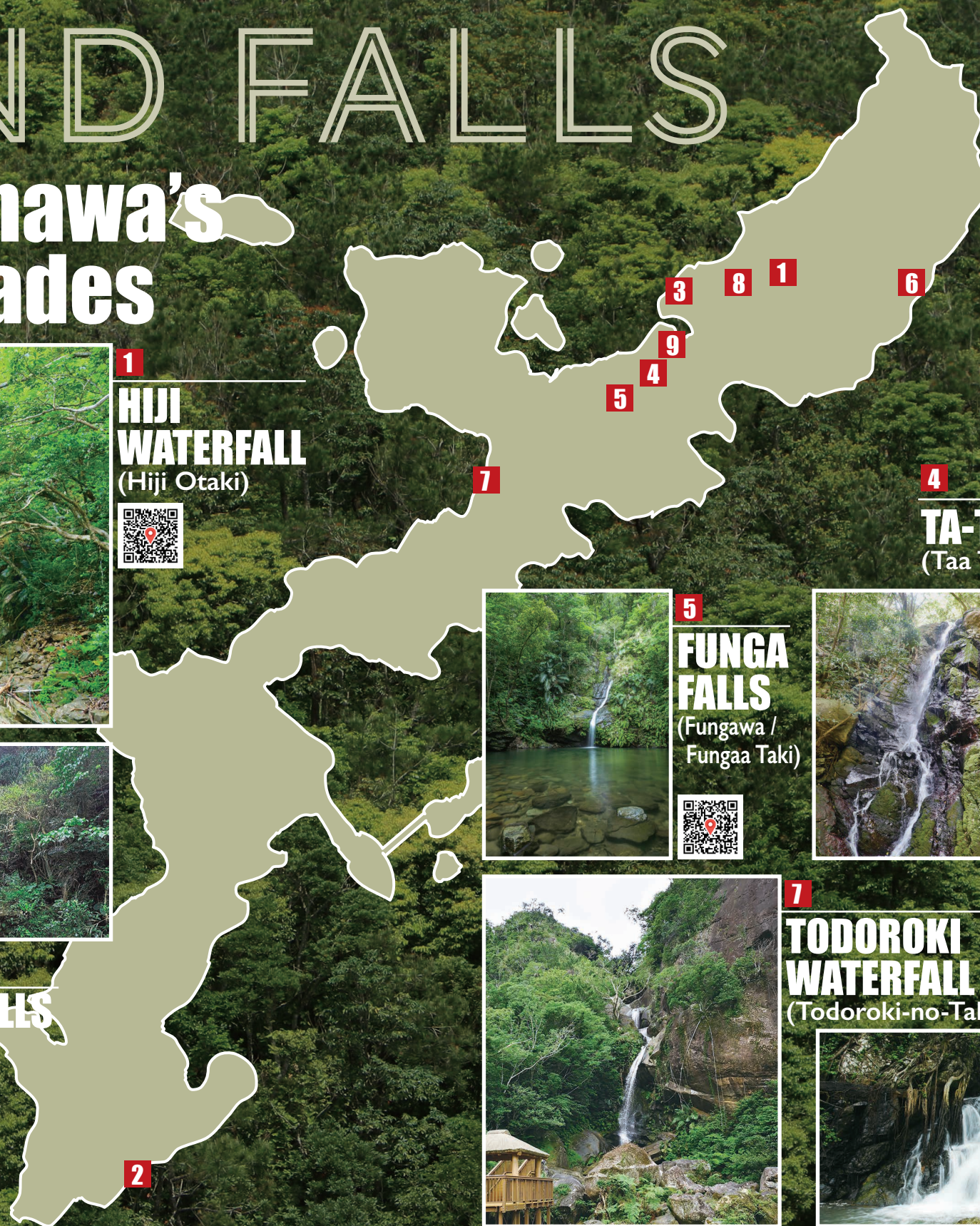
2

GIZA CLIFF
(Giza Banta)



3

OYAKAWA FALLS
(Ue-Gaa Daki)



5

**FUNGA
FALLS**
(Fungawa /
Fungaa Taki)



6

**TAKIGA
FALLS**
(Takigaa-no-
Taki)



8

**NANATAKI
WATERFALL**
(Kijyoka-no-Nanataki)



7

**TODOROKI
WATERFALL**
(Todoroki-no-Taki)



9

**AZAKA
FALLS**
(Azaka Taki)



4

TA-TAKI WATERFALL
(Taa Taki)



Located in central Naha
Main Kokusai Street

Ryukyu Costume Rental
Karoke Stage
Okinawan-style Bar
Karaoke
Darts
Shisha
Cheerful Staff

ゆいま〜る BAR
YUI MARU BAR

10 P.M. - 6 A.M.

5F 1-1-60 Asato, Naha City

¥ Cash VISA

Drink responsibly

All you can drink!

A-side SMASH BURGER

1-10-15 Chuo, Okinawa-shi
Okinawa-ken 904-0004
TEL-098-979-7940

ONLINE ORDER

INSTAGRAM

GOOGLE MAP

SMASH BURGER
OKINAWA GATE 2 STREET KOZA

A-side SMASH BURGER

1-10-15 Chuo, Okinawa-shi
Okinawa-ken 904-0004
TEL-098-979-7940

ESTD 2020

Dining THE VERONA Dining & Cigar Cigar

Bienvenido!
Latin music, savory smoke
and mouth-watering sip meet here!

The top floor of Depot Central Bldg. in American Village, with a pink shark by the entrance

Okinawa's largest selection of cigars!
Premium cigars from Cuba, Dominica, Nicaragua, and elsewhere.
Welcome only to buy cigars!

Best spot to watch the weekly fireworks at 20:00 Saturday nights.

Also a wide selection of craft gins, craft beers, mezcal, and other specialties.

Dining and Cigar THE VERONA
Open 18:00 - 24:00 (Fri. & Sat. 17:00-02:00)
For Reservation TEL 080-4281-1650

8F

A Sky Full of Stars

Exploring Okinawa's Starlit Horizons



1 Ishiyama Observatory



2 Cape Hedo



3 Kunigami Forest Park



4 Kayauchi Banta Cliff



5 Kouri Island



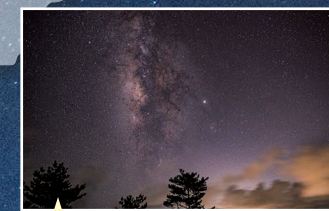
6 Cape Manzamo



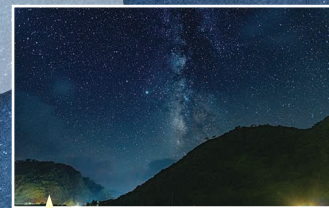
7 Cape Zanpa



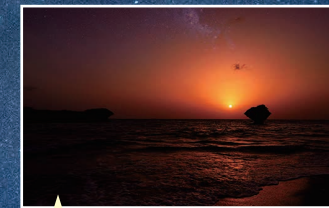
8 Hamahiga Island



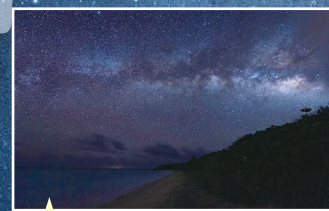
9 Kanucha Resort



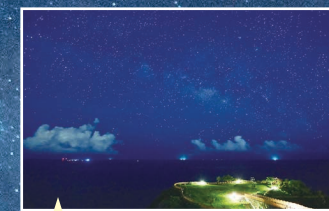
10 Oku Yanbaru no Sato



11 Toguchi Beach



12 Hyakuna Beach



13 Chinen Cape Park



ORIONIDS
Oct 21 – 22



LEONIDS
Nov 16 – 17



GEMINIDS
Dec 13 – 14



URSIDS
Dec 21 – 22

OFF-BASE Please call before visit the hospital / medical clinic.

Local Hospital & Medical Clinic **DIRECTORY**



General

Urasoe General Hospital	1-56-1 Maeda, Urasoe / 098-878-0231	Emergency
University of the Ryukyus Hospital	1076 Kiyuna, Ginowan / 098-894-1301	Emergency
Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
Nakagami Hospital	601 Noborikawa, Okinawa / 098-939-1300	

Internist Clinic

Life Care Clinic Nagahama	1530-1 Nagahama, Yomitan / 098-982-9000
----------------------------------	---

Nishihira Clinic 2-2-2 Akamichi, Ginowan / 098-896-1116

Eye Specialist

Gushiken Eye Clinic 1371-1 Gushikawa, Uruma / 098-975-1010

Hayakawa Eye Clinic 2-2-2 Nodake, Ginowan / 098-893-8155

Pediatrics

Aiwa Clinic 766-2 Ikeda, Nishihara / 098-946-5558

Matsushima Clinic 894-2 Senaha, Yomitan / 098-958-6888

Gynecology & Obstetrics

OBGYN Yui Clinic 2444-3 Noborikawa, Okinawa / 098-989-3801

Dental Clinic

Sunabe Smile Dental Clinic 1-105 Miyagi, Chatan / 098-926-4618

Yara Dental Clinic 2-17-6 Chatan, Chatan / 098-936-7515

Sakura Dental Clinic 4-7-9 Mihara, Okinawa / 098-989-9986

White Dental Clinic 813-2, Kamisedo, Chatan / 098-989-3780

Nakawaka Dental Clinic 468-3 Kuwae, Chatan / 098-926-4180

Komesu Dental Clinic 4-18-2 Matsumoto, Okinawa / 098-939-6123

Grace Dental Clinic 364-1 Minamiuehara, Nakagusuku / 098-895-6868

Physical Therapy

ABC Physio 4-9-9 Yamauchi, Okinawa City / 090-2203-9524

Okinawa Sports And Spinal 1-477 Miyagi, Chatan / 050-4560-4830

Parklife

Kin Taamu Land
(Kin, Kin Town)



- 0-3 years old zone
- 3-6 years old zone
- 6-12 years old zone
- Swings
- Tarzan rope

Newly Opened in Onna



Juicy, Hearty Onna's New Burger Spot.



ONNA
Open 11:00~16:00
(Thurs & Fri closed)
2654-1 Maeda, Onna Village

HARVEST HAMBURGER

URUMA

Open: 11:00~18:00

183-2 Maehara, Uruma City

KOZA

Thu, Fri, Sun: 11:30~19:30

Sat: 11:30~23:30

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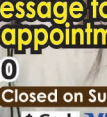
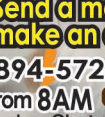


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CORTISOL

Friend or Foe?

Dr. Ceabert J. Griffith

Cortisol is a steroid hormone produced by the adrenal glands that influences numerous biological processes. Known euphemistically as “*The Stress Hormone*,” cortisol is an indispensable part of our biology. However, excessive cortisol can have a negative impact on our health. Besides its production and release in response to short- and long-term stress, cortisol also helps regulate blood



pressure and is responsible for converting fat, carbohydrates, and proteins

into energy. Cortisol plays a pivotal role in regulating the sleep-wake cycle.

Stanford University’s Neuroscientist, Dr. Andrew Huberman, notes that many Americans experience spikes in blood cortisol in abnormal amounts, for the wrong reasons, and at the wrong time of day. Huberman refers to the proper level and timing of cortisol production as the *Cortisol Rhythm*. Normally, the brain tells the adrenal glands when and how much cortisol to produce. Cortisol levels should be high in the morning, upon awakening, to help you start your day. You want cortisol levels to be low in the evening before sleep and during the early hours of sleep. As you approach early morning, you want your cortisol levels to be high. What can you do daily to ensure healthy cortisol levels?

Lifestyle Strategies

Lifestyle strategies that can lower

cortisol levels include getting good quality and quantity of sleep, engaging in regular physical activity, ensuring proper hydration, and managing excess stress.

Good Sleep Quality and Quantity: To accrue the full benefit of early morning cortisol production, you need to sleep between seven and eight hours every night. After waking up, it is essential to expose your eyes to bright light to help prolong your cortisol levels for the next few hours.

Physical Activity: Engaging in daily physical activity (45-50 minutes per session) can help regulate the production and release of healthy cortisol levels. Choose from activities such as dancing, walking, and swimming. Resistance training, done three times a week, helps maintain

lean body tissue and reduce the percentage of body fat.

Hydration: Consuming fluids—especially warm water—first thing in the morning and throughout the day can help boost adrenal gland function and promote adequate cortisol production. Caffeine can prolong cortisol’s effects by reducing the drop in morning cortisol release.

Stress Management: Cortisol helps you respond quickly to stressful events. However, chronic emotional stress leads to prolonged cortisol production and release, as well as disruption in metabolic functions, including immune suppression and abdominal fat deposition. Breathing exercises, meditation, and gratitude have been shown to quiet the mind and reduce cortisol levels.

Dietary Supplements

The following dietary supplements have been shown to reduce stress-induced elevations in cortisol levels.

Omega-3 Fatty Acids: These healthy fats help reduce cortisol by regulating the body’s response to stress. Aim for between 1500-2000 mg daily.

Magnesium: Magnesium helps manage anxiety by reducing cortisol levels. Aim for a daily intake of 250-400.

Vitamin C: This ubiquitous vitamin can lower stress by modulating functional areas in the brain that regulate cortisol production in the adrenal glands. Aim for 100 mg daily.

Rhodiola: This plant-based adaptogen is popular among individuals seeking to fight fatigue and boost energy levels. Rhodiola can reduce the body’s cortisol load.

Ashwagandha: This adaptogen can mitigate the body’s response to stress, thereby lowering blood cortisol levels. The research was done with 250-600 mg of Ashwagandha root.

L-Theanine: This amino acid is found in green tea and has been shown to reduce cortisol levels in saliva. Aim for one to two cups of green tea daily.

Despite its reputation as a foe, cortisol is actually an indispensable friend. Lifestyle strategies and selected dietary supplements can help the body achieve a healthy *Cortisol Rhythm*—the right amount, for the right reason, and at the right time.

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More detail

ABOUT THE AUTHOR: Dr. Ceabert J. Griffith is trained in public health and family medicine and is an Adjunct Professor of Health Sciences at Touro University Worldwide. He is based in Okinawa and is the author of the recently released book “*15 Power Habits of Wellness*,” and co-author of “*11 Power Habits to Defeat High Blood Pressure*.” Both books are available from Amazon.com.

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Before

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Physician:
A. Morello,
M.D.
Procedure:
Lip filler
injection
Risks
Bruising,
Swelling

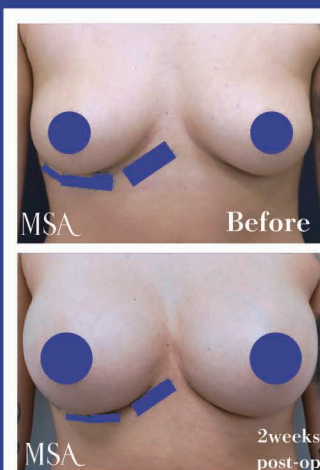


Physician: A. Morello, M.D.
Procedure: Botox injection
Risks
Bruising, Swelling

MSA

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Procedure:
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Risks
Bruising,
Swelling, Infection,
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Austin M.
Morello, M.D.



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- The American Academy of Cosmetic Surgery (AACS)
- The Japanese Society of Aesthetic Surgery (JSAS)
- The Japanese Society of Aesthetic Plastic Surgery (JSAPS)
- The Japanese Society of Aesthetic Dermatology (JSAD)

Brief Background

Dr. Morello was born in South Carolina in 1989.
His unique upbringing has given him a global perspective
and the skills to communicate with both English and Japanese.



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Dr. Austin Morello

Morello Surgical Arts (MSA) is a boutique cosmetic & plastic surgery clinic in Naha, Okinawa. We provide free, doctor-led consultations in English and Japanese with Dr. Austin Morello.

Our specialties include precision fillers (botox, hyaluronic acid), rhinoplasty (nose surgery), and facelifts using deep-plane concepts. We also offer Rejuran, Juvelook, HIFU, RF tightening, and laser/peel options for tone and texture.

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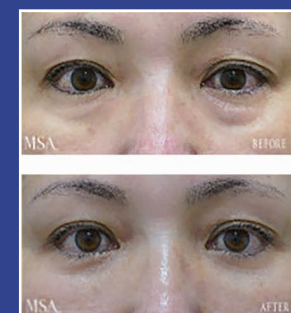


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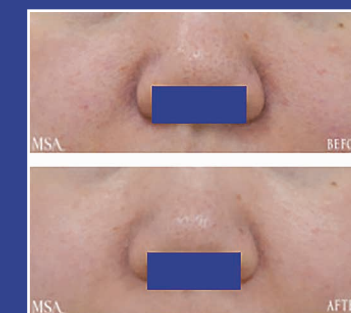


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Risks

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Pain



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Risks

Bruising, Swelling,
Pain



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Happy Rainbow Candle

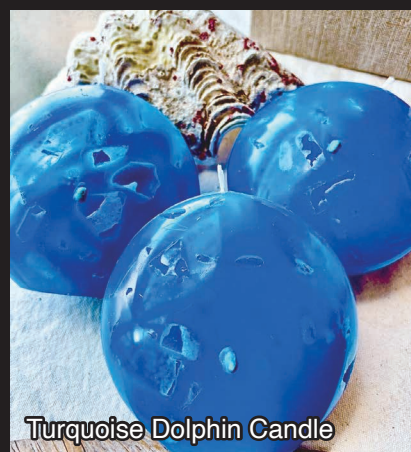


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