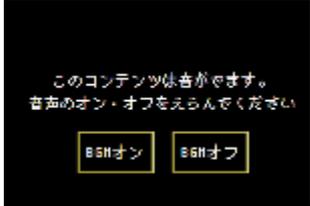
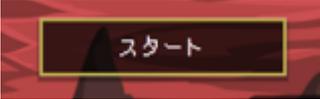
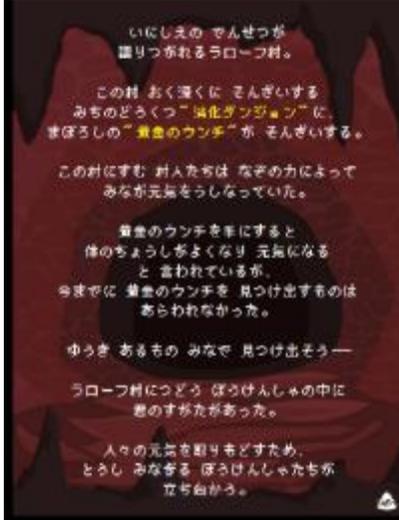




## How to play the "Digestion Dungeon" game explanation (English version)

<p>このゲームは、体の調子が良くなるという幻の“黄金のウンチ”を求めて未知の洞窟“消化ダンジョン”へ挑む勇者達の物語である。いざ、挑もう！！</p> <p><b>ゲームのあそびかた</b></p>  <p>口のなかから奥へ進めるとお尻でダンジョンを探索する！ 各ステージに待ちかましているミニゲームを順番にクリアしてレベルをあげていこう。</p> <p>ゲームをうまくクリアすれば、経験値がたたまれ、レベルがあげられ、新しいミニゲームが手に入るよ！ 消化めしむを喜びながら、レベルをあげていこう！</p> <p>消化ダンジョンは、 人アレイトリアンなどの異種と対戦、勇者のよき友を捜すという冒険の道。</p>	<p>This game is about a hero who challenges the unknown Digestion Dungeon cave, searching for the Golden Poop that makes you healthy.</p> <p>Let's start the challenge!</p> <p><b>How to Play</b></p> <ul style="list-style-type: none"> <li>You have to travel through Digestion Dungeon, from the mouth, through the esophagus and into the stomach.</li> <li>There are mini challenges waiting at each stage. You have a set amount of time to complete them. But if you do, you'll gain experience points.</li> <li>The higher the level you get, the better Poop you'll have! Get a higher level while you learn all about how digestion works!</li> </ul> <p><b>Dungeon:</b> A space with a maze inside; a place where role-playing games happen.</p>
<p><b>ゲームスタート</b></p>	<p><b>Starting the game</b></p> <p>Press the red button to start the game.</p> <ul style="list-style-type: none"> <li>To quit the game, go to the “X” at the top right of the screen and choose End Game. You'll be returned to the main screen.</li> <li>If you read the Adventure Book in a mission, you automatically save your game at that place.</li> <li>Even if you quit during the game, the game restarts with the same character, and at the same mission where you read the last Adventure Book.</li> </ul>

	<p><b>Sounds</b></p> <p>You can choose if you want sounds during the game or not.</p> <p>To play sounds, click the left button.</p> <p>To play without sound, click the right button.</p>
	 <p>Click this button to start the game.</p>
	<p><b>The Story</b></p> <p>The village of LaRoffe has many ancient stories, passed down by the people over the centuries.</p> <p>Far below the village is the unexplored Digestion Dungeon; within the Dungeon is the mysterious Golden Poop.</p> <p>Because of some negative power, the people of LaRoffe have lost all their energy.</p> <p>It is said that, so far, no one has found the Golden Poop!</p> <p>Brave hero, let's discover more!</p> <p>You are one of the adventurers who have come to LaRoffe.</p> <p>Now, it's your task to restore the peoples' energy.</p>  <p>Click this to move to the next step</p>



Select your character, using the "<>" marks to move.

**Hero:** Higher power.

**Soldier:** Slightly stronger all of abilities.

**Wizard:** She can control "time".

Once you've chosen your character, click:

このキャラクターにする



This is a dark, gloomy place!

It's very muddy, so it's hard to walk.

Could Golden Poop be in a place like this?

Click this button to move to the next stage:



**The Mouth**

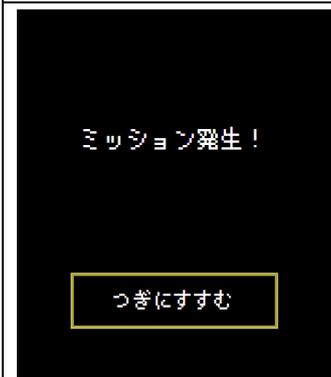
Click this to move to the next stage:

つぎにすすむ



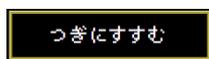
There's a sticky liquid all around your feet.  
You are surrounded by what looks like white rocks.

Click this to move to the next stage:



**You have a mission!**

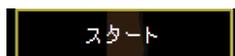
Click this to move to the next stage:



Click more than 30 times on the food that appears to really break it down!

Click on as many items of food as you can!

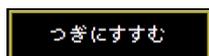
Click this to start the mission:



**Mission cleared!**

The display shows how many times you hit, bonus points, level change and current level.

Click this to move to the next level:





**Part 1**

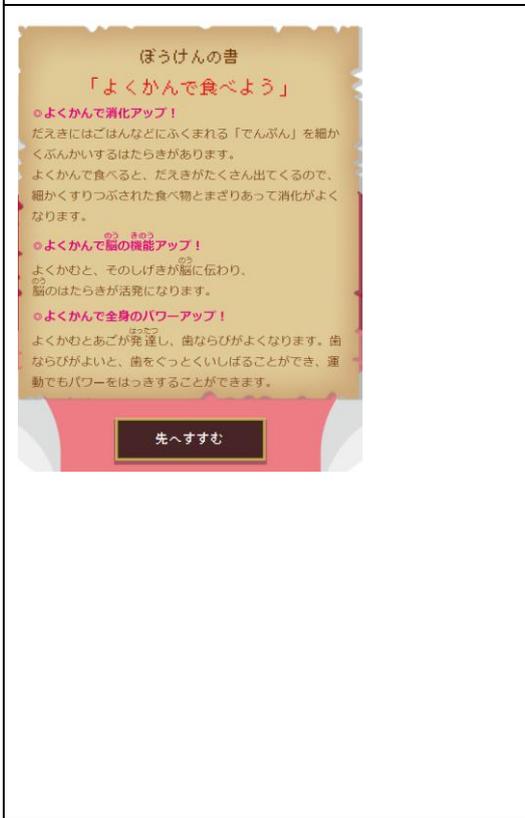
This is the adventure book “Let’s Eat by Chewing Well”

Let’s read it!

When eating, chew your food well—about 30 times—which releases more saliva and makes the food easier to digest.

Click this to move to the next step:

**ぼろけんの書をよむ**



**Adventure book “Let’s Eat by Chewing Well”**

- Improve digestion by chewing well!  
Saliva helps to break down the starch in rice and other food. When you chew food well, you release a lot of saliva, and the finely ground food and saliva improves digestion.
- Improve your brain by chewing well!  
When you chew well, it stimulates your brain—the whole brain becomes more active!
- Chew well, and make your body stronger! Chewing well makes your jaw stronger, and makes your teeth straight. With straight teeth, you can hold your teeth tight together when you exercise.

Click this to move to the next step:

**先へすすむ**



There’s a narrow path that’s stretches ahead.  
Is this some food they just had?  
It’s scattered all over, so you might trip and hurt yourself.

Click this to move to the next stage:

**つぎへすすむ**

	<p><b>The Esophagus</b></p> <p>Click this to move to the next step:</p> <p><a href="#">つぎにすすむ</a></p>
	<p>Is the wall moving? One side of the wall looks like muscle.</p> <p>Click this to move to the next stage:</p> <p><a href="#">つぎにすすむ</a></p>
	<p><b>You have a mission!</b></p> <p>Click this to move to the next step:</p> <p><a href="#">つぎにすすむ</a></p>
	<p>Let food pass through the esophagus! Pass the quiz, and you'll go to the cafeteria.</p> <p>Read the questions, and click on "O" for "Yes" or "X" for "No".</p> <p>Click this to start the game:</p> <p><a href="#">スタート</a></p>

 <p>せいがい数 0問</p> <p>のこり 29秒</p> <p>よくかんで食べると、 脳がよくなるようになります。</p> <p><input type="radio"/> <input type="checkbox"/></p>	<p>Chewing well helps your brain work better.</p> <p>Please click on "O" for "Yes" or "X" for "No"</p>
 <p>せいがい数 1問</p> <p>のこり 6秒</p> <p>口から入った食べ物は、 食道でウンチになる。</p> <p><input type="radio"/> <input type="checkbox"/></p>	<p>Food that enters the mouth becomes poop in the esophagus.</p> <p>Please click on "O" for "Yes" or "X" for "No"</p>
 <p>せいがい数 1問</p> <p>のこり 21秒</p> <p>食べた後にさか立ちをすると、 食べたものがどつてきてしまう。</p> <p><input type="radio"/> <input type="checkbox"/></p>	<p>If you stand on your head after eating, you'll throw up.</p> <p>Please click on "O" for "Yes" or "X" for "No"</p>
 <p>せいがい数 0問</p> <p>のこり 26秒</p> <p>だえきには、食べ物を消化（ごまかく分解）する 成分が入っている。</p> <p><input type="radio"/> <input type="checkbox"/></p>	<p>Saliva contains materials that digest food.</p> <p>Please click on "O" for "Yes" or "X" for "No"</p>



You should eat milk and dairy products (like yoghurt) every day.

Please click on “O” for “Yes” or “X” for “No”



**Mission cleared!**

The display shows how many times you hit, bonus points, level change and current level.

Click this to move to the next level:



This is the adventure book “Food Passes Through the Esophagus”.

Let’s read it!

Food crushed in the mouth, as well as drinks, are carried by the esophagus to the stomach.

Click this to move to the next step:



ぼうけんの書  
「食べ物を運ぶ食道」

食道は、のどと胃をつないでいるくだのような器官です。きんにくの動きで食べ物を押し出し、胃に送りこむはたらきをしています。

のどからつながるくだは、食道のほかに、ごきゅうをするための「気管」もあります。食べ物を飲みこむときには気管にフタがされて食べ物が気管に入らないようになっていますが、何かのきっかけで食べ物が気管に入ってしまうと、ちっそくして命にかかわることもあります。

食べるときは歩き回ったり遊んだりせず、しっかりすわって食事に集中するようにしましょう！

先へすすむ

### Adventure book “Food Passes Through the Esophagus”

The esophagus is a tube-like organ that connects the throat to the stomach. Its muscles push food into the stomach. Along with the esophagus, the trachea, which is used for breathing, is also connected to the throat. When you swallow food, the trachea is covered, to keep food from entering it. If food does accidentally enter the trachea, choking or even death can happen.

So, when you're eating, don't walk around or play! Sit down and concentrate on your meal.

Click this to move to the next step:

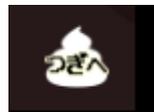


海のような たいりょうの えきたいで あふれている。これはさうとう深いぞ...

ゆうしゃ

There's a lot of saliva here—it's like the ocean!  
It's really deep.

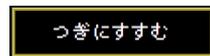
Click this to move to the next step:

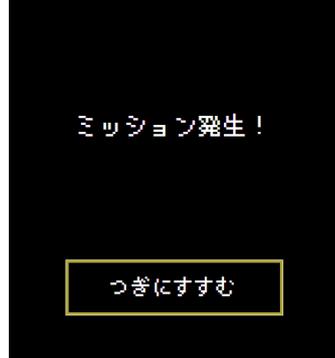


つぎにすすむ

### The Stomach

Click this to move to the next step:



 <p>わあ...とても大きな くらどうだ。 さっき 仕分けた食べ物 どんどん えきたいの中 おちていくね。</p> <p>ゆっしや</p>	<p>Wow! This is a big cave.</p> <p>More and more of the food that got broken down earlier is falling into the liquid.</p> <p>Click this to move to the next step:</p> 
 <p>ミッション発生!</p> <p>つぎにすすむ</p>	<p><b>You have a mission!</b></p> <p>Click this to move to the next step:</p> <p>つぎにすすむ</p>
 <p>胃を クリックしながら やじるしの方向に かたむけて、左右にいえき を たくさん シェイクして食べ物をとこそう!</p> <p>つかんで</p> <p>スタート</p>	<p>Click on the stomach and tilt it in the direction of the arrows. Let's dissolve the food by sloshing the gastric (stomach) juice to the left and right!</p> <p>Click this to move to the next step:</p> <p>スタート</p>
 <p>★ミッションクリア★</p> <p>くだいた回数 16回</p> <p>ゆっしやボーナス: +10回 レベル: 2+Lv↑↑ げんざいのレベル: 3Lv</p> <p>つぎにすすむ</p>	<p><b>Mission cleared!</b></p> <p>The display shows how many times you successfully sloshed the juice, bonus points, level change and current level.</p> <p>Click this to move to the next step:</p> <p>つぎにすすむ</p>



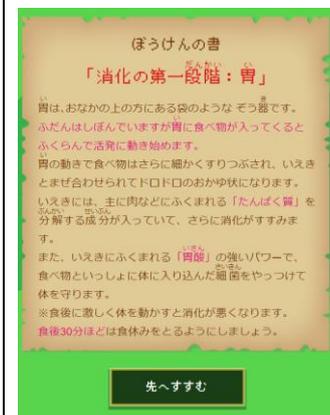
This is the adventure book “The Stomach: The First Stage of Digestion.”

Let’s read it!

In the stomach, food and gastric juices mix together to make something like a porridge, which is then sent bit by bit to the next stage of digestion, depending on how fast things are breaking down.

Click this to move to the next step:

ぼうけんの書をよむ



**Adventure book “The Stomach: The First Stage of Digestion”**

The stomach is a bag-like organ located in the upper part of your belly. Normally it’s shriveled and small, but as food begins to enter it the stomach swells and starts to move a lot.

The motion of the stomach grinds the food into very small pieces, while the gastric juices mix with the food to make a muddy pudding.

At the same time, the very strong gastric acid in the gastric juice protects the body by killing bacteria that comes into the body with the food.

Exercising after you eat can cause poor digestion. Also, take a break of about 30 minutes after eating before eating anything else.

Click this to move to the next step:

先へすすむ

	<p>What?!</p> <p>It looks like other adventurers have also survived the missions so far.</p> <p>Click this to move to the next step:</p> 
	<p>I'm a wizard!</p> <p>I can give you strength.</p> <p>Click this to move to the next step:</p> 
	<p>I'm a soldier.</p> <p>You can trust us to support you!</p> <p>Click this to move to the next step:</p> 
	<p>Now you have more friends to fight with!</p> <p>With three people, you'll be invincible!</p> <p>Click this to move to the next step:</p> 

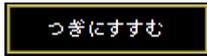


Your level has gone up.

Current level:

Level increased by:

Click this to move to the next step:



Now we're entering the duodenum.

There's a much tougher mission ahead!

Let's work together, and do our best!

Click this to move to the next step:



There's a fork in the road!

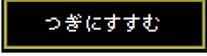
Click this to move to the next step:

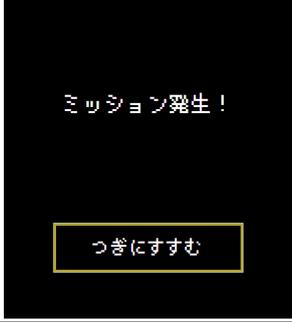
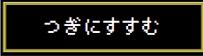
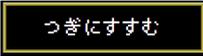


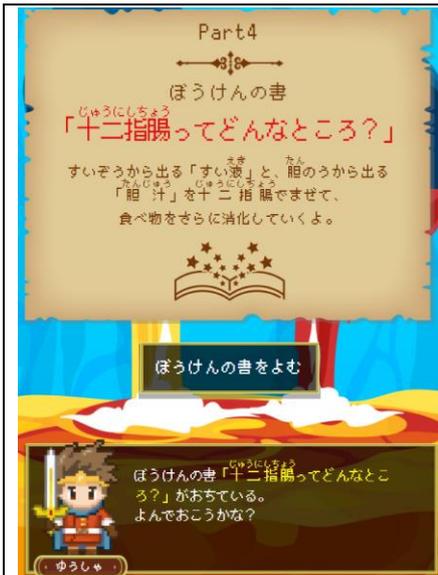
Which way should we go?

Click this to move to the next step:



 <p>おくに広い場所が見える。こっちじゃないか？</p>	<p>There's a large room in the back. Maybe this is the way to go?</p> <p>Click this to move to the next step:</p> 
 <p>つぎにすすむ</p>	<p><b>The Small Intestine: Stage 1</b></p> <p>Click this to move to the next step:</p> 
 <p>流しきな液体だね。上から2種類(しほりい)のえきたいがのってくる</p>	<p>This is a very strange place! Two kinds of liquids are flowing in from above.</p> <p>Click this to move to the next step:</p> 
 <p>ここはどんなミッションがあるのかしら</p>	<p>I wonder what kind of mission we'll have here!</p> <p>Click this to move to the next step:</p> 

 <p>クワサで聞いていたけど、十二指腸(じゅうにしちょう)という場所のようだね</p>	<p>I've heard rumors that this place is called the duodenum.</p> <p>Click this to move to the next step:</p> 
	<p><b>You have a mission!</b></p> <p>Click this to move to the next step:</p> 
 <p>①すいぞう→②たんのう→③十二指腸の じゅんぽんであらわれる数字ぶんの 回数をクリックしよう!</p> <p>スタート</p>	<p>① Pancreas→② Gall bladder→③ Duodenum</p> <p>Click the same number of times as the number that appears on each organ.</p> <p>① = clicks once, ② = clicks twice, ③ = clicks three times.</p> <p>Click this to move to the next step:</p> 
 <p>★ミッションクリア★</p> <p>くだいた回数 16回</p> <p>ゆうしゃボーナス: +10回 レベル: 2+Lv↑↑ げんざいのレベル: 3Lv</p> <p>つぎにすすむ</p>	<p><b>Mission cleared!</b></p> <p>The display shows how many times you clicked correctly, bonus points, level change and current level.</p> <p>Click this to move to the next step:</p> 



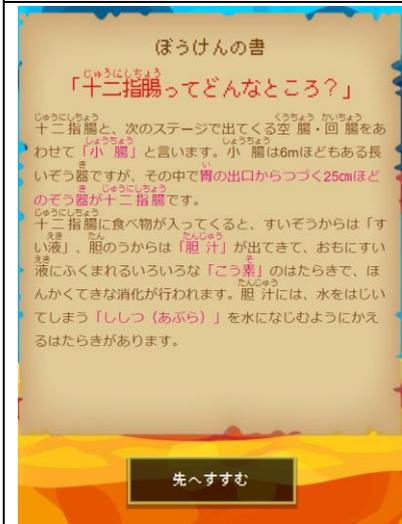
This is the adventure book, “What Kind of Place is the Duodenum?”

Let’s read it!

The pancreatic fluid that comes from the pancreas and the bile that comes from the gall bladder mix in the duodenum, digesting more of the food.

Click this to move to the next step:

ぼうけんの書をよむ



**Adventure book “What Kind of Place is the Duodenum?”**

The duodenum plus the jejunum and ileum, which we’ll see in the next stage, are all together called the small intestine. The small intestine is a long organ, about six meters in length, but part of it, the duodenum, which starts at the end of the stomach, is about 25 centimeters long. When food enters the duodenum, pancreatic fluid comes from the pancreas and bile comes from the gall bladder. The enzymes in these, and especially the pancreatic fluid, result in strong digestion. Bile acts to change lipids (oils), which repel water, so that they can mix with water.

Click this to move to the next step:

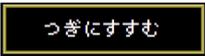
先へすすむ



The mixed fluid is flowing!

Click this to move to the next step:



 <p>この道、あとどのくらい続くのかしら...</p> <p>まじゅつし</p>	<p>I wonder how long this path goes.</p> <p>Click this to move to the next step:</p> 
 <p>しばらく水 飲んで 消化ダンジョンで一番長い道のりらしいわ。</p> <p>ゆうしゃ</p>	<p>The small intestine seems to be the longest path in the Digestive Dungeon.</p> <p>Click this to move to the next step:</p> 
 <p>しょうちょう <b>小腸</b> — ステージ2 —</p> <p>つぎにすすむ</p>	<p><b>Small Intestine</b></p> <p>Click this to move to the next step:</p> 
 <p>おもしろいところについたぞ!</p> <p>ようへい</p>	<p>We've come to an interesting place!</p> <p>Click this to move to the next step:</p> 



It's a winding path, and the fluffy walls are pretty interesting!

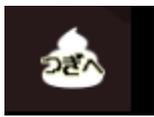
Click this to move to the next step:



These walls are called intestinal villi.

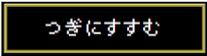
It looks like something is being sucked into them.

Click this to move to the next step:



**You have a mission!**

Click this to move to the next step:



In the areas with nutrients and waste, grab only the nutrients, and drag them into the villi!

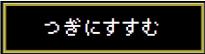
Click this to move to the next step:



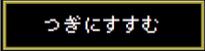
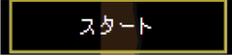
	<p><b>Mission cleared!</b></p> <p>The display shows how many nutrients you absorbed, bonus points, level change and current level.</p> <p>Nutrients absorbed:</p> <p>Bonus:</p> <p>Level:</p>
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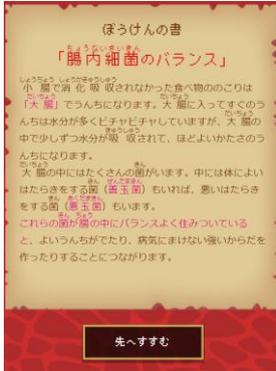
	<p>This is the adventure book, “The Small Intestine Absorbs Nutrients.”</p> <p>Let’s read it!</p> <p>Digestive enzymes break down nutrients to the smallest size, so they can be absorbed by the villi in the intestine.</p> <p>Click this to move to the next step:</p> <p><b>ぼろけんの書をよむ</b></p>
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	<p><b>Adventure book, “The Small Intestine Absorbs Nutrients.”</b></p> <p>The nutrients digested in the duodenum are carried to the jejunum and ileum, where, after final digestion has taken place, they are absorbed into the body.</p> <p>On the surface of the fine hair-like things called villi that cover the jejunum and ileum are enzymes that break down the nutrients that come in.</p> <p>The nutrients in the food are broken down to their smallest size here and then absorbed.</p> <p>The absorbed nutrients are carried to the liver and changed into a form the human body can use.</p> <p>Click this to move to the next step:</p> <p><b>先へすすむ</b></p>
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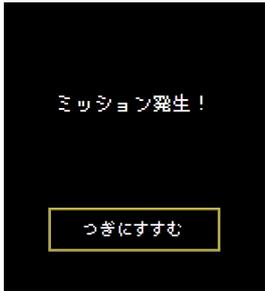
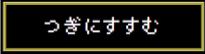
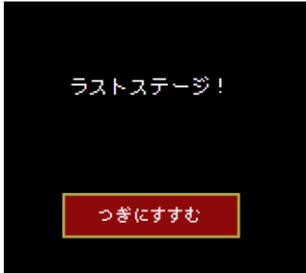
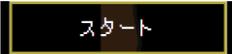
 <p>やっとここまで来たな</p> <p>まっつん</p>	<p>Finally, you're here!</p> <p>Click this to move to the next step:</p> 
 <p>さっきより見通しがよくなったわ</p> <p>まじっし</p>	<p>The outlook is even better than before!</p> <p>Click this to move to the next step:</p> 
 <p>ここは... 黄金のウンチまであと一歩だ! がんばろう!</p> <p>やっしり</p>	<p>This place is just one step away from the Golden Poop! Good luck!</p> <p>Click this to move to the next step:</p> 
 <p>大腸</p> <p>つぎにすすむ</p>	<p>The Colon</p> <p>Click this to move to the next step:</p> 

	<p>For some reason I don't feel so good here.</p> <p>Click this to move to the next step:</p> 
	<p>There are living things called bacteria here.</p> <p>There are so many bacteria here, with some of them called good bacteria and some bad bacteria.</p> <p>Click this to move to the next step:</p> 
	<p>The good bacteria play an important role in making Golden Poop.</p> <p>Click this to move to the next step:</p> 
	<p>That's true. But if there's too much bad bacteria, it's not good and you'll get bad poop.</p> <p>Click this to move to the next step:</p> 

	<p>So, if you don't get rid of excess bad bacteria, you may not be able to get Golden Poop!</p> <p>Click this to move to the next step:</p> 
	<p>That's right! Let's work fast and reduce the bad bacteria!</p> <p>Click this to move to the next step:</p> 
	<p><b>You have a mission!</b></p> <p>Click this to move to the next step:</p> 
	<p>Click on all the excess bad bacteria, and bring the gauge down to the Clear line. Be sure not to click on the good bacteria, though!</p> <p>Click to start the game:</p> 

 <p>★ミッションクリア★</p> <p>かかった時間 29秒</p> <p>ゆうしゅボーナス：-5%</p> <p>レベル：3+Lv↑↑</p> <p>げんざいのレベル：15Lv</p> <p>つぎにすすむ</p>	<p><b>Mission cleared!</b></p> <p>The display shows the time taken, bonus points, level change and current level.</p> <p>Click this to move to the next step:</p> <p>つぎにすすむ</p>
 <p>Part 6</p> <p>ぼうけんの書 「腸内細菌のバランス」</p> <p>腸内細菌がふえすぎると、「腸内細菌のバランス」がくずれて体のちよよしが変わってしまいます。腸内細菌のバランスが大切なんだ。</p> <p>ぼうけんの書 「腸内細菌のバランス」がおちている。よんでおこうかな？</p> <p>ゆうしゅ</p> <p>ぼうけんの書 「腸内細菌のバランス」</p>	<p>This is the adventure book, “The Balance of Intestinal Bacteria.”</p> <p>Let’s read it!</p> <p>If there are too many bad bacteria, the balance of intestinal bacteria can be disturbed, and you can get sick.</p> <p>A balance with more good bacteria is important!</p> <p>Click this to move to the next step:</p> <p>ぼうけんの書をよむ</p>
 <p>ぼうけんの書 「腸内細菌のバランス」</p> <p>小腸で消化吸収されなかった食べ物のこりは「大腸」でうんちになります。大腸に入ってしまうと水分が多くとぎやどしゃびしていますが、大腸の中で少しずつ水分が吸収されて、ほどよいかさのうんちになります。</p> <p>大腸の中にはたくさんの菌がいます。中には体によいはたらきをする菌（善玉菌）もいれば、悪いはたらきをする菌（悪玉菌）もいます。</p> <p>これらの菌が腸の中にバランスよく住みついていると、よいうんちがでたり、病気にまけない強いからだを作ったりすることにつながります。</p> <p>先へすすむ</p>	<p><b>Adventure book, “The Balance of Intestinal Bacteria”</b></p> <p>The remaining food that is not digested and absorbed in the small intestine becomes poop in the large intestine. As soon as the food enters the large intestine, water is absorbed, and the poop becomes firmer. There are many bacteria in the large intestine, both the bacteria that work well (good bacteria), and the bacteria that don’t work well (bad bacteria). When there is a good balance of these bacteria in the intestine, good poop is made, and you build a strong body that fights illness.</p> <p>Click this to move to the next step:</p> <p>先へすすむ</p>

	<p>There's something shiny over here!</p> <p>Click this to move to the next step:</p> 
	<p>This could be the Golden Poop!</p> <p>Click this to move to the next step:</p> 
	<p>This is exciting!</p> <p>Click this to move to the next step:</p> 
	<p>You've reached the anus!</p> <p>The Golden Poop is right in front of you!</p> <p>Click this to move to the next step:</p> 

	<p>All right! I've got lots of power!</p> <p>Click this to move to the next step:</p> 
	<p>Let's go!</p> <p>Click this to move to the next step:</p> 
	<p><b>You have a mission!</b></p> <p>Click this to move to the next step:</p> 
	<p><b>Final Stage!</b></p> <p>Click this to move to the next step:</p> 
	<p>The poop you saw is now right in front of you! Scratch, and find poop from the glowing treasure chest!</p> <p>Click this to start the game:</p> 

 <p>たからばこをあける</p>	<p>Click this to open the glowing treasure chest:</p> <p>たからばこをあける</p>
	<p>The Dungeon is cleared!</p> <p>You've found the Golden Poop! Your digestion level: "?"</p> <p>Click this to move to the next step:</p> <p>つぎにすすむ</p>
 <p>手に入れた“黄金のウンチ”はまばゆい光をはなち、その光は元気をうしなした人のもとへととどいた。</p> <p>光をうけたものは、みるみると体のちよろしがもどりみちがえるほど元気になった。</p> <p>ぼうけんしたちは、ラローフ村の人々をすくった“英雄”として、こうせいに語りつがれるそんざいとなる。</p>	<p>The Golden Poop we found gave off a dazzling light, so we brought it to the people who lost their health. The people who received the light soon got their health back, and became very powerful.</p> <p>The adventurers are heroes who saved the people of LaRoffe village, and gave them something to hand down to future generations.</p> <p>Click this to move to the next step:</p> 
 <p>とてもいい消化ができたね！</p> <p>スコア：1089 ポイント</p> <p>英雄の勲章をうけとる</p> <p>ぼうけん結果を</p> <p>twitterでシェア</p> <p>LINEでシェア</p> <p>← もういちどはじめからあそぶ</p>	<p>You have very good digestion!</p> <p>Score:</p> <p>Receive your hero's medal!</p> <p>Click the button:</p> <p>英雄の勲章をうけとる</p>



## Hero's Medal

Click the orange button to download.