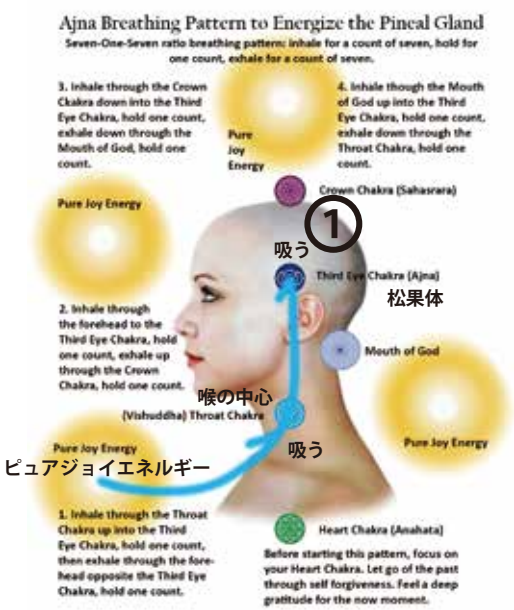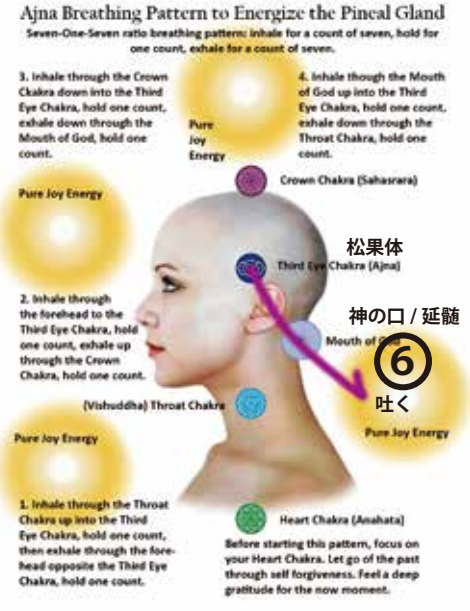ピュアジョイエネルギーの循環 /1 から 8 を繰り返し行う　「吸う」と「吐く」は均等に