The enterprise
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Tropics

SALINAS FOODS CONDUCTED HEALTHY LIFESTYLE PROGRAM IN ALMORA GENERAL HOSPITAL

Since 1993, Salinas Foods Inc., makers of no.1 iodized salt brand nationwide-FIDEL iodized salt, continue to respond in the call of the Department of Health (DOH) in promoting the use of iodized salt as means of ending the prevailing risks of Iodine Deficiency Disorders (IDD). Nutrition surveys showed that from 1993, onset of FIDEL iodized salt program, there is significant decrease of Filipinos who suffer from low IQ, cretinism, mental retardation, stillbirths and goiter. In year 2006, Salinas extended their advocacy by renewing its commitment to DOH promoting Healthy Lifestyle Programs and implementation of PP 958- Declaring 2005-2015 as Decade of National Healthy Lifestyle recognizing that prevention and control of non-communicable diseases (NCD's) must be everyone's concern.

In line with the advocacy, Salinas join hands with the Philippine Hospitals Association (PHA) as an affiliate member promoting best quality methods in improving the life of every Filipino through cure, care, and prevention of diseases.

Embracing the Community Based Healthy Lifestyle Maintenance Program campaigns, Dra. Carolyn Almora President of the Philippine College of Physicians Northern Luzon Chapter from Almora General Hospital and their local Chaplain invited Salinas Foods Inc. last October 22-24, 2008 as part of their Health Education Reform Order Program. Almora General Hospital, member of PHA and located in Tabuk, Kalinga, is owned and managed by Dr. Jaime Almora with his wife Dra. Carolyn Almora as the administrator. It is the very first hospital in the whole North Eastern Luzon to perform Minimally Invasive Surgery known as Laparoscopic Cholecystectomy thus considered highly equipped with 20 beds capacity for confined patients.

Before dawn, Dr. Jaime and Dra. Carolyn Almora together with the other attending physicians and local chaplain of Almora General Hospital gathered at the open area of the hospital in preparation for a stimulating exercise to led by Salinas Chairman/President Mr. Johnny Khong Hun. At around six in the morning a healthy lifestyle activity, Nigari Waza Exercise, was conducted where everyone actively participated and enjoyed the experience. The activity is part of the Healthy Lifestyle advocacy addressing urbanization, poor nutrition coupled with sedentary lifestyle and stress as some of the factors that have been found to contribute to the increase in the occurrence of NCD like cardiovascular disease (CVD), Diabetes and chronic obstructive pulmonary disease.

The lives of people in the health institutions like physicians, nurses and other staff are filled with fast paced kind of day to day existence continuously worrying about the welfare of their patients without paying much attention to their own health. Stress has been part of their subsistence which we all know can result to hypertension and stroke which can eventually lead to CVD. Thus a Nigari Waza exercise was introduced, a thousand year old method of exercise proven to be an enjoyable, effective way to reduce stress, avoid mental and physical tension and cultivate an inner spiritual strength. Nigari Waza is composed of proper breathing and stretching exercises coming from the ancient traditions of Tai Chi, Yoga and Aikido. Compared to other strenuous exercises, Nigari Waza will not make you feel tired or exhausted because precision and stability is the prime consideration not

Advocates of a healthy lifestyle through exercise in Almora General Hospital (from L) Glenn Khong Hun, Christine Almora, Dr. Jaime Almora, Pastor Mike Penchong, Dr. Ahlyn Tubban-Duyan, Dr. Della Bumal-o (KPH-AGH Anaesthesiologist), Dr. Carolyn Daway-Almora, and Johnny Khong Hun

speed. It will not necessarily make you lose weight but it will definitely make you sweat as it releases the original vitality of the body, a factor that conquers disease and helps attain long term health. It can be done by anyone, an ample amount of floor space and 25 minutes are the only things you need.

After doing the Nigari Waza, a healthy breakfast consisting of arroz caldo and lukewarm drinking water fortified with Nigari 100% Mineral Supplement Drops were served to the participants. Mr. Khonghun explained to them the importance of having enough minerals in the body. Another reality today deals with our unhealthy diets that although we are receiving ample amount of food, nutrients are being compromised. Processed foods which are high in salt and fat but lacks essentials minerals are everywhere. Water is being over-processed and purified to make it clean and safe but along with the removal of harmful micro organisms are minerals. If minerals are insufficient, the nutrients in the food we eat cannot be used by the body, people are more prone to stress and have low resistance to sickness. The nutrients in the food we eat cannot be used by the body or turned into energy if minerals are not present. Mineral deficiencies are the common cause of known illnesses nowadays such as cardiovascular diseases due to lack of magnesium that plays a vital role in the regular pattern of contract, relax, contract, relax of heart muscles; and diabetes due to lack of chromium that act as a "stabilizer" of some blood sugar problems.

Nigari 100% Liquid Mineral Supplement Drops contains macro and micro minerals needed for optimum health and nutrition. It contains essential minerals needed by our body to improve energy, fight stress and prevent lifestyle related diseases such as CVD, diabetes, hypertension, arthritis and others. It is a supplement that comes in liquid form thus 98% absorbable and very convenient.

Another Salinas health product that was presented by Mr. Khong Hun is Fidel Hammer Meat Tenderizing Salt that promotes healthy chewing of meat. According to study, the healthy habit of eating meat is chewing meat is 26 times but Filipinos only chew for 3 to 5 times which may cause improper digestion leading to stomach anxiety and eventually some illnesses. Through Fidel Hammer Meat Tenderizing Salt people can enjoy eating tender meat without the expense of cooking for long hours.

Along with the product presentations, Dr. and Dra. Almora and the other attendees enjoyed skin exfoliation and rejuvenation through Tropics Relaxing Spa with a theme: *Look Young, Feel Young and Act with the Young* aimed to mineralize the skin after sweating during the Nigari Waza exercise. Tropics is another new generation products of Salinas under Health and Wellness program designed to enrich our skin with vital minerals and exfoliate dead skin keeping it to be firm, glowingly-healthy, hydrated complexion.

The invigorating regimen of Nigari Waza exercise with Salinas Foods Inc. provides the attending physicians and chaplain of Almora General Hospital to have good basic health habits to cope in their every day stress. It reminds them that making time for their own selves and for the things they enjoy is as important as scheduling their next busy working hours.

Members of the Philippine College of Physicians headed by Dra. Carolyn Almora actively participated in the Nigari Waza exercise conducted at the Almora residence

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Articles in this issue by:
Joanna C. Mosatalla

Editors:
Glenn John C. Khong Hun

Lay-out Design by:
Vincent P. Tanniongco

Comments and suggestions are welcome.
Please call or email us:

SALINAS FOODS, INCORPORATED
33 Scout Rallos St., Quezon City, Metro Manila
Tel: (02) 371-4306 to 05 ; 412-5426 FAX: 371-4303
E-mail: enterprise@salinas.com.ph
newproducts@salinas.com.ph
Visit: www.salinas.com.ph