



The Enterprise

Official Newsletter of Salinas Foods, Inc.



Volume 14, Issue No. 32

Dec. 2009

Salinas helps San Joseños wield the fight against Diabetes

In its promotion of health and wellness, Salinas Corporation has penetrated a lot of places in the Philippines in the likes of General Santos City, Davao, Baguio and Ilocos to name a few. This time it has strengthened its health and wellness advocacy by helping the diabetics of San Jose Del Monte Bulacan in their battle against the risk factors of diabetes.

Having launched a healthy lifestyle program last July 2009 with Salinas as a participant, as part of their nutrition month activity, this time, the Municipality of San Jose Del Monte Bulacan has made official its partnership with Salinas Foods in the promotion of health and wellness among its citizens.

The partnership was sealed through a healthy lifestyle celebration held last October 28, 2009 that paid tribute to diabetics in the municipality. Participated by 200 San Jose Del Monte residents composed of diabetic patients, senior citizens and BHWs, the healthy lifestyle activity showcased a morning of rejuvenating exercise in the form of Nigari Waza.

The Nigari Waza is a fusion of Tai Chi, Yoga, and Aikido. The combination of poses is a useful tool to achieve a source of calmness and invigoration throughout the day. The objective of this system of motion is to re-activate an energy boost from within without being exhaustive and is a sure way to make you sweat profusely. In the poses, precision and stability should be considered as opposed to speed. With this, the original vitality of the body is released. The goal of Nigari Waza is not to master all but to be well-versed with what you find beneficial. The idea is to choose what stance to practice that best suits your busy schedule.

After the exercise, San Joseños were made to enjoy a healthy breakfast followed by a relaxing foot soak using Tropics Bath and Foot Soak. Tropics Bath and Foot Soak is rich in seawater minerals that could speed up healing of wounds for diabetic patients.

Salinas has seen the need to share its corporate responsibility of saving lives to the San Joseños because of its rising diabetic population. It was found out that there are already 800 diabetics in the municipality which is quite alarming knowing

(continue on p2)



1.) Salinas President Mr. Johnny Khong Hun with San Jose Del Monte City Healthy Officer Dr. Bitzaida Banaag and Mayor Lito Sarmiento during the lecture on healthy lifestyle, 2.) The diabetic clinic participated by more than 200 BHWs and diabetic patients during Nigari Waza exercise, 3.) Mineral supplementation was provided during the event thru Nigari Mineral Supplement Drops, 4.) Tropics Bath and Foot Soak was introduced to the participant to speed up wound healing for diabetics.

The Beginning of Salinas and San Jose Del Monte partnership....

Salinas and the City of San Jose Del Monte, Bulacan started its growing partnership during its nutrition month activity last July 2008 which was highlighted by the launch of the municipality's healthy lifestyle program. Salinas introduced Nigari Waza exercise during the event and conducted mineral supplementation by giving out free patak of Nigari to the residents.

The Health Officer of the City, Dr. Bitzaida Banaag pointed out that DOH has launched the Healthy Lifestyle program way before and the city's HL program is just an extension of the DOH's HL program. As patterned with DOH's nationwide health and wellness program that aims to eradicate lifestyle diseases or Non-Communicable Diseases (NCDs), San Jose Del Monte City's HL program is also composed of weight management, proper diet and nutrition, smoking cessation, breast care,

(continue on p2)

Salinas Corporate Social Responsibility

Calling all interested, LGUs, cities and municipalities to contact Salinas for assistance in the launch of the Community-Based Healthy Lifestyle Maintenance Program in your areas.

Contact: Glenn John Khong Hun
Tel #: 02-371-4304
Mobile: 0191-376-1710





Above: The diabetic participants of San Jose Del Monte, Bulacan in the 15th Diabetic Congress, Below: The almost 3,000 Diabetic Congress participants inside the venue.



Salinas Shares Health and Wellness Advocacy to 3,000 diabetics in Luzon

Salinas has deepened its involvement in the battle against diabetes as it shared its advocacy on health and wellness to the 3,000 diabetic participants in the 15th Diabetic Congress held at the Assumption College, Antipolo City last November 15, 2009.

Joining the 300 delegates from San Jose Del Monte, Bulacan, the event was seen as a great opportunity for Salinas to promote their advocacy on health and wellness specially for the diabetics. Diabetes is perceived to be a very dangerous disease because of the various health complications that it may lead the patients if no proper disease management is taken that is why Salinas has greatly felt the need to share its health and wellness advocacy in the fight against diabetes.

Characterized medical cards were distributed during the congress promoting the prevention and management of diabetes which is a big help for diabetic patients in avoiding the risk-factors of the disease.

In the prevention and management of diabetes, Salinas recommends a lifestyle change that is composed of having at least 30 minutes of exercise everyday. The maintenance of one's ideal body weight is also a very important component of avoiding the complications of the disease.

Having discovered the health benefits of mineral technology specially for diabetics, Salinas shares the great need for mineral supplementation as a regimen that diabetics must incorporate in their lifestyle change. The intake of the right amount of minerals such as magnesium, selenium, chromium and other trace minerals are found to be helpful in controlling blood sugar fluctuation.

the right amount of minerals such as magnesium, selenium, chromium and other trace minerals are found to be helpful in controlling blood sugar fluctuation.

People with diabetes should adapt a daily routine of checking and caring for their feet to avoid gangrenes. Enjoying a foot soak rich in minerals may be a big help in fighting skin infections and in skin exfoliation and rejuvenation.

(...Diabetics ... from p1)

the risk factors of the disease that include complications like loss of eyesight, kidney failure, heart disease, gangrenes, limb amputations and a lot more.

By bringing the company's social responsibility to the municipality, in one way or another it would be able to sow awareness to the residents on the risk factors of diabetes and then be able to provide products that would help prevent the complications of the sickness through Nigari Mineral Supplement Drops and Tropics Relaxing Spa.

To make these products available in San Jose Del Monte all year round for the sake of the diabetic patients, Salinas has launched an Income Generating Program that would enable the BHWs to start their very own business in selling health and wellness products. Salinas made a 50% donation for a minimum start-up capital of P10,000.

(The Beginning... from p. 1)

kidney care, diabetes and hypertension awareness and prevention, physical fitness and stress management.

As a program launch, the activity features IEC materials on these points, each one housed in its own areas within the City Hall promises to create an in-depth awareness on the lifestyle issues being raised.

These IEC materials tackled benefits of living a healthy lifestyle and presented the negative effects of doing otherwise. Free services were also available during the 5-day event such as FBS and cholesterol determination, pap-smear, urinalysis, Nigari Waza exercise, etc. Cardiovascular exercises were also conducted to complete the components of living a healthy lifestyle.

Diabetes Prevention and Management

- Take Nigari as food supplement along with your oral hypoglycemic drugs. Don't stop your medication unless your doctor say so.
- Start with 10 - 15 drops 30 minutes to 1 hour before going to sleep. Average of 40 drops per day.
- Monitor daily your blood sugar especially those injecting insulin.

Foot Care

- Check your feet everyday, and report sores or changes and signs of infection.
- Soften dry skin with Tropics Bath and Foot Soak which relaxes and exfoliates skin.
- Protect feet with comfortable well-fitting shoes.
- Exercise daily to promote good blood circulation.



The **enterprise**
 Official Publication of SALINAS FOODS, INC.
 Vol. 14 Issue No. 32 December 2009

Articles in this issue by: Kristina delos Santos
 Editors: Johnny Khong Hun, Glenn John Khonghun
 Layout Artist: Kristina Delos Santos

For inquiries, call or visit us at:
SALINAS FOODS, INC.
 33 Scout Rallos St., Quezon City
 Tel. Nos.: (02) 371-4304 to 05
 FAX: 371-4303
 E-mail: admin@salinas.com.ph

