



The enterprise

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Salinas Foods, Inc. and GenSan City Health Officers Promote Healthy Lifestyle To High School Students

JULY 16, 2007 – The City Health Officers of General Santos City and Salinas Foods, Inc. celebrated nutrition month to advocate the importance of living a healthy lifestyle to first year and second year students of the Bula National School of Fisheries.

The celebration started at 9 o'clock in the morning in the Bula Barangay Gym where different topics were discussed in relation to the celebration of July as the Nutrition Month. Salinas Foods, Inc. Marketing Coordinator Flor Francisquete presented a bulb demonstration about electrolysis to explain to the students the important role of minerals in the human body. The bulb demo consisted of a glass of purified water and a bulb connected to positive and negative charges. When the positive and negative charges were dipped into the glass of water, it was expected for the bulb to light up, especially if the water was rich in minerals. However, the bulb did not.



Salinas Foods, Inc. Marketing Coordinator (Right) Flor Francisquete demonstrates the Nigari Waza to the students of Bula National School of Fisheries.



Ms. Nanette Cabidog (standing), City Health Nutritionist, explains to students of Bula National School of Fisheries the importance of minerals for the body to function well.

Salinas representatives then presented Nigari 100% Natural Mineral Supplement Drops. Nigari is the best example of food supplement that contains a complete set of minerals. It was used in the bulb demo by adding it in the glass of purified water. Instantly, the bulb lighted up. This demo simply explains that if minerals are insufficient in the human body, people are more prone to illnesses or diseases because the body cannot function well. Furthermore, students are forced to absent themselves from school, thus their academic performance are affected. Because of the bulb demo, the students in the symposium were able to appreciate the essence of minerals for the human body.

In addition to the bulb demo, the Nigari Waza was also performed to energize the students. The Nigari Waza is a set of postures having rooted from ancient traditions of Tai Chi, Yoga and Aikido. It is an effective way to reduce stress, avoid mental and physical tension and cultivate inner spiritual strength. The students participated well in the said exercise with smiles on their faces.

JULY 18, 2007 – About 3,000 first year and second year students in Labangal High School were also gathered to celebrate the Nutrition Month and to promote healthy lifestyle. This is also a joint project of the City Health Officers of General Santos City and of Salinas Foods, Inc. to encourage the youth in implementing good health.

It was discussed to them the different factors that lead to malnutrition and why mineral deficiency occurs. It was also explained to them how Nigari could help supplement and replenish the released energy in the body. If we do have enough minerals in our body, sickness can be prevented; we could fight stress and have high resistance to keep our body healthy.



Students and teachers of Labangal High School in General Santos City perform the Nigari Waza to advocate healthy lifestyle as part of their celebration of July as the Nutrition Month.

JULY 19, 2007 – The General Santos City Health Office (CHO) invited Salinas Foods, Inc. to participate in a symposium to promote Healthy Lifestyle to the students in General Santos City High School. The nationwide theme this year is “Healthy Lifestyle ng Kabataan Tungo sa Kinabukasan.” The symposium was spearheaded by the GenSan City Nutrition Council in coordination with the Department of Education. It aimed to discuss the importance of implementing proper diet as an essential part of a healthy lifestyle.

The symposium also intended to teach the students how to eat a proper diet and what factors lead to malnutrition and what their hazardous effects are. Proper sanitation was also instructed by one of the nurses in the CHO to avoid illnesses or acquired diseases, which could affect the defense or immune system of the body. Through this presentation, the students actively participated in the program which gave them the knowledge on living a healthy lifestyle. City Health Nutritionist Nanette Cabidog also said that malnutrition can be prevented if we eat proper diet, have exercise, avoid

drinking alcoholic beverages and avoid smoking.

She also explained that these vices could lead to health problems such as lung cancer and kidney failure. She further added that our body needs nutrients for proper cellular function and that diseases can be treated if we maintain proper management of nutrients in the body. Nowadays, teenagers are engaged into different activities in school so a high amount of energy is being used. But because of lack of nutrients, students tend to faint or become dizzy, or worse, would not pay attention to teachers. These are just few of the characteristics of malnutrition. This will not occur if we feed ourselves with proper nutrition.

A demonstration was also presented by Baby Ocat, Public Health Educator of GenSan CHO for the students to practice: the proper washing of hands should become a habit because this basic step can prevent certain ailments. She said that our hands contain 98% of microorganisms that may lead to diarrhea, constipation and many more.

Lastly, Salinas Marketing Coordinator Flor Francisquete shared information to the students about mineral

deficiency and the role of minerals in the proper functioning of the different body systems. Once again, the bulb demo on electrolysis was presented to them. It was explained that water alone and eating vegetables are not enough for the body to function well. Our body needs minerals such as calcium, selenium, cobalt, phosphorus, manganese, zinc and more. These minerals play a vital role in different organs of the body in order to supplement mineral deficiency.

Nigari 100% Natural Mineral Supplement is the product that could help improve energy, boost the immune system and give resistance to fight stress and improve physical condition to prevent lifestyle diseases. Minerals are the spark plugs of life that help activate enzymes in the body. Nigari contains natural liquid sea minerals which give us energy through the day. Ms. Francisquete included that exercise is also necessary for the circulation of blood and supply of oxygen in the different parts of the body.

Physical fitness activities were being performed actively by the first year students of the General Santos City High School. Thus, the Nigari Waza was also introduced to them to help combat usual stress that sometimes result to muscle cramps and other pains. The Nigari Waza was successfully presented, performed and actively participated in by all the students.

Salinas Foods, Inc. Marketing Coordinator (Left) Flor Francisquete informs the students of General Santos City High School the important role of minerals in the human body.



The students perform the Nigari Waza to energize their bodies.



Learn more about Minerals! Listen to:

- * **Dr. Jaime Galvez Tan**
DWWW 774 Khz “Doctor’s Order”
8 AM to 8:30 AM Mondays to Fridays
- * **Mr. Rene Sta. Cruz**
DZBB 558 Khz “Aksyon Radyo”
5 PM to 6:30 PM Every Saturday
- * **Ms. Jane Sta. Cruz**
DWIZ 883 Khz “Ang Galing ng Pinoy”
3 AM to 4 AM Mondays to Fridays

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Articles in this issue by:
NOVIE ORTIZ

Editors:

JOHNNY KHONG HUN
GLENN JOHN KHONGHUN
SAMMY ALEJANDRINO

Layout Artist:
JASMIN ROSALEJOS

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: newproducts@salinas.com.ph

GENSAN OFFICE: Nutrimix Compound,
Makar Highway, General Santos City
Tel. No.: (083) 301-2013