



SALINAS ADVOCATES HEALTHY LIFESTYLE TO RHUs AND BHWs IN SARANGANI PROVINCE



GETTING TO KNOW SARANGANI



Sarangani Province was named after Sarangani Bay. The name itself is legendary -- it is about Saranganing, an adventurous son of a Sangil family from the coast of Celebes off Indonesia. His voyages often brought him to the Sultanate of Buayan (now General Santos City), the stronghold of Maguindanaoans. His outstanding character impressed the people that they named the bay in his honor. The SARANGANS (people of Sarangani) showcase enormous cultural diversity of Blaan, Tboli, Tagakaolo, Kalagan, Manobo, Ubo, Muslim tribes and Christian settlers. Hospitable and fun-loving Sarangans adhere to a unified direction for development.

Source: <http://www.sarangani.gov.ph>

JULY 27, 2007 – Salinas Foods, Inc. was invited by heads of the Rural Health Unit and Barangay Health Workers of Kiamba, Sarangani: Mr. Rey Carlo Chua, their Public Health Nurse and Dra. Ma. Teresa Antoque, DM, their acting Municipal Health Officer; to conduct healthy lifestyle activities in celebrating July as Nutrition Month in the Kiamba Plaza.

There were also some 3,000 students from different high schools and elementary schools in Kiamba who participated in the celebration. One of the healthy lifestyle activities was the Nigari Waza led by Salinas Marketing Coordinator Flor Francisquete. 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.

All students actively performed and participated in the exercise which made the celebration successful. The program focused more on the youth because according to DepEd Nurse Anie Balanag, their early development is a critical stage where they acquire a lot of learning from elders.

This program was implemented to inculcate knowledge and to encourage students, RHUs and BHWs to be part of Salinas' advocacy in living a healthy lifestyle. The seminar started at 10 o'clock in the morning and aimed to present Nigari 100% Natural Mineral

Supplement Drops to the youth. Topics about living a healthy lifestyle were discussed by DepEd Nurse Jocelyn Ayongao to help students become aware of

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The BHWs, RHU employees and some students of Kiamba elementary and high schools perform the Nigari Waza in the Kiamba Plaza as an advocacy to living a healthy lifestyle and to celebrate July as the Nutrition Month.



the hazardous effects of improper nutrition. She also presented a chart of the health situation of the Philippines. The chart showed that Non-Communicable Diseases (NCDs) are threats to us Filipinos because what causes these is living unhealthy lifestyles. NCDs, like cardio-vascular diseases, diabetes and chronic obstructive pulmonary diseases, can be prevented if we follow and learn to accept and change our kind of practices. Although it is quite hard to change this kind of practices, there should be an action taken. If we do not start now, the question is when.

Dr. Antonio Yasaña, Sarangani Provincial Health Officer, also added some topics about wrong diet practices. He said that change will start in us. It means that we are responsible to what is happening in our lives. So in order to avoid such implications, each and every one must know the effect if we eat too much or if we follow wrong doings. NCDs can be prevented if we follow the right way of consuming food. Ms. Francisquete also added that the nutrition component in the food we eat cannot be turned into energy

or used by our body if minerals are not present. Our body needs minerals in order to function well. For the students, RHUs and BHWs, Ms. Francisquete presented a bulb demonstration on electrolysis to explain how Nigari and its minerals work in the 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. This was where Nigari came in. 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.

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 "Akasyon 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

Salinas Foods, Inc. Marketing Coordinator Flor Francisquete (Right, Standing) advocates healthy lifestyle to high school students in Kiamba at the Barangay Gym.



Ms. Francisquete (Left, Standing) presents a bulb demonstration of electrolysis to the RHU staffs, Provincial Health Nurses and Kiamba high school representatives to show how Nigari works.



The enterprise

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"LOOK YOUNG, FEEL YOUNG, ACT WITH THE YOUNG"
Some high school students of Kiamba avail of the free Nigari Patak after the Nigari Waza exercise at the plaza last July 27, 2007.



HEALTHY LIFESTYLE ADVOCACY IN GLAN, SARANGANI

July 20, 2007 – Salinas Foods, Inc. Marketing Coordinators introduced Nigari 100% Natural Mineral Supplement Drops to the Rural Health Unit (RHU) staffs, headed by Dra. Glicería Corsame, their Municipal Health Officer, and some walk in patients in Glan, Sarangani Province and explained to them the benefits it could give. Before Nigari was introduced, it was explained to them how Salinas came to support the government regarding the healthy lifestyle program. After a VCD viewing of the Nigari Infomercial, the RHU staffs were gathered and were enlightened on how important minerals are in promoting good health. Thus, this advocacy inculcated knowledge to people on how minerals could help prevent certain diseases to occur.

The Salinas representatives explained that our body does have limitations in our ability to sustain good health. The limitations of the body and the factors that could lead to mineral deficiency were discussed to install a sense of awareness to the RHU staffs. Minerals play a big role for the development and maintenance of a healthy living. In order to maintain good health, we must meet the required amount of minerals that our body needs. Nigari was presented to them because it contains a complete set of minerals that could surely help them prevent illnesses. Furthermore, the role of minerals is to metabolize and activate enzymes in order for our body to perform our daily activities.

The seminar was unforgettable because the RHU staffs were very interested to promote the product of Salinas as part of their field work in different barangays. It also encouraged them to use Nigari as a food supplement to obtain a healthier life.