





Official Newsletter of Salinas Foods, Inc.

enterprise

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The Pink Center of Wellness at the Velarde Bldg., GenSan Drive, Koronadal City, now open for business.

THE PINK CENTER OF WELLNESS, SOUTH COTABATO MUNICIPAL HEALTH **OFFICERS and SALINAS ADVOCATE HEALTHY LIFESTYLE and MINERAL** SUPPLEMENTATION

THE PINK CENTER OF WELLNESS INTRODUCES FIDEL HAMMER MEAT

INSPECTORS and FOOD PROCESSOR

August 17, 2007 - Sanitary Inspectors that are

aurants like Balbacua-han, lanok, Lutong Bahay and ers of malls. The advocacy was conducted by the staffs aded by their president, Mr. d by Salinas was FIDEL g Salt. FIDEL Hammer is a nteed to tenderize all types of

at time spent in cooking is 50%. tion is reduced for up to 50% tiveness of FIDEL Hammer, a

when used with FIDEL Hammer.

onstration was conducted in front of the see for themselves the efficiency of the he cooking time saved by using FIDEL cooking demo was conducted by the rafel Foods and Restaurant, with her mony to everyone the effectiveness of er in her cooking as to tenderness of the as the time saved and the improved flavor









join the Nigari Waza Exercise, especially lead by President.

The Nigari Waza is a set of postures having num. The Nigari waza is a set of postures having rooted from the 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. After the exercise, everybody was able to mineralize their bodies by the "free patak" of Nigari 100% Natural Mineral Supplement Drops in their drinking water. Nigari is a food supplement inliquid form, which contains essential minerals and trace elements. Minerals are necessary for maintenance of electrolytes and body fluids; proper nerve functions and muscles tones, proper regulation of heart rhythm and

cell rejuvenation.



LEARN MORE ABOUT MINERALS! LISTEN TO: DWWW 774 Khz "Doctor's Order" 8 AM to 8:30 AM Mondays to Fridays

DZ8B 558 Khz "Aksyon Radyo 5 PM to 6:30 PM Every Saturday

DWIZ 883 Khz 'Ang Galing ng Pinoy' 3 AM to 4 AM Mondays to Fridays

Koronadal City to attend Johnny Khong Hun, as p marketing support of the Hammer Meat Tenderizi meat in a short period of

> cooking dem attendees to product and Hammer. Th owner of Ch personal tes FIDEL Hamm meat as well of the recipe



To complete their supposed to be daily relaxing regimen, everybody was introduced to Tropics Relaxing Spa, for free also, courtesy of the company. In this session, the guests applied Tropics Mineral Skin Bath on their skin to mineralize it after sweating out in the exercise. They also applied Tropics Mineral Salt Glow Scrub, afterwards, to stimulate their skin's sensory glands just below the first layer of the skin, as well as to exfoliate dead skin for it to be more sensitive to nature's natural nurturing to improve health.

## THE PINK CENTER OF WELLNESS: A SOCIAL ENTERPRISE AND AN INNOVATIVE HEALTHY LIFESTYLE AND REPRODUCTIVE HEALTH CENTER

August 18, 2007 – The Pink Center of Wellness was formally opened for business. It was graced with the presence of the president of Salinas Foods Inc., Mr. Johnny Khong Hun and the full force of the entire Salinas team, as well as the majority of the 15 incorporators, the staffs of the center, and the valued guests that soon became the first clients of the center.

The center as a whole aims to offer well being by natural healing methods and through healthy lifestyle programs to prevent or decrease the incidence of lifestyle related diseases such as diabetes, hypertension, cardiovascular diseases, cancer and many others. It offers the following services to the public:

- 1. Medical consultation before Waza Exercise with Nigari natural mineral supplementation afterwards.
- 2. Tropics Relaxing Therapy with Spa After Waza Exercise and Nigari mineral supplementation, it uses Tropics Mineral Skin Bath, and Tropics Mineral Salt Glow Scrub with steamed bath to fully rejuvenate the entire body.
- Foot Spa It uses Tropics Mineral Skin Bath and Foot Soak to rejuvenate tired feet.
- Medical consultation with counseling on reproductive health and other concerns of the client as deemed necessary.
- Seminars and trainings on healthy lifestyles and on any health concerns; and
- 6. Formation of social groups like the youth, victims of violence, cancer support group and the elderly.

In addition to these services, the center commits to its social responsibilities as follows:

- The center is responsible for the well-being and sustainability of the groups that are formed out of the services of the center.
- It gives back to the community the revenues for achievement of its objectives.
- 3. It shares the revenue with the local network as a sign of appreciation.

Aside from this unique concept of serving the public, the center will also provide additional income source to dynamic, service oriented and enterprising individuals like its network of public health workers and health conscious individuals.



In general, the center is a social enterprise of public health workers in the private setting, continuously serving the public in its health concerns even after normal office hours.

# Look Young, Feel Young, Act with the Young!



### MUNICIPAL HEALTH OFFICERS of SOUTH COTABATO SUPPORTS REGION 12's CHD MEMO-CIRCULAR 07-A

Memorandum Circular 07-A embarks on a region wide campaign for the municipalities to formulate a program on a community-based healthy lifestyle program with mineral supplementation. This is headed by Regional Dir. Abdullah B. Dumama Jr. Signed last March 19, 2007 of the Center for Health Development Office of the Department of Health in Region 12. In response to this, five Municipal Health Officers (MHO) of the province of South Cotabato answered the call by forming themselves into a group that initiated the vision of promoting healthy lifestyle in an ambiance of relaxation, with mineral supplementation, and physical exercise.







Some Municipal Health Officers of South Cotabato perform the Nigari Waza exercise as part of the National Healthy Lifestyle Campaign and Memo Circular 07-A.





Some Municipal Health Offiecrs of South Cotabato apply Tropics Mineral Skin Bath and Tropics Mineral Salt Glow Scrub after the Nigari Waza Exercise to moisturize, mineralize and rejuvenate their skin.

Thus, the birth of "The Pink Center of Wellness and Services, Inc." located at Velarde Bldg., GenSan Drive, Koronadal City. The first five principal incorporators of the Pink Center of Wellness and Services are Dr. Lanilita L. Amido (MHO of Noralla), Dr. Neil T. Crespo (MHO of Surallah), Dr. Evelyn E. Diosana (MHO of Sto. Nino) Dr. Josephine S. Armada (MHO of T'Boli) and Dr. Jocelyn P. Baiquin (MHO of Lake Sebu) as head of this project.



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