



The enterprise

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LGU OF DUPAX DEL SUR AND SALINAS FOODS INC. ADVOCATE HEALTHY LIFESTYLE

The Local Government of Dupax Del Sur, Nueva Vizcaya, spearheaded by its Mayor, Hon. Romulo Galutera, the Municipal Nutrition Committee headed by Dra. Virginia Laccay and Salinas Foods, Inc. represented by Business Development Supervisor Givinia Tuason, launched a Community-Based Healthy Lifestyle Maintenance Program to the people of Dupax Del Sur last September 20 and 21, 2007.

This advocacy is in line with Presidential Proclamation No. 958 declaring the years 2005 to 2015 as the Decade of National Healthy Lifestyle. This is also a part of the Memorandum of Agreement entered into by Salinas

Foods and the Department of Health (DOH) which states that both parties shall mutually join hands to promote and campaign the components of the Community-Based Healthy Lifestyle Maintenance Program through products preventing Iodine Deficiency Disorders (IDD) and other mineral deficiency related diseases which shall promote health, wellness and well-being.

The two-day affair composed of product presentations, actual cooking demonstration of a health-filled recipe, an early morning exercise and a free mineral salt body scrub to all participants.

DAY 1 (Sept. 20) - The launching of the Community-Based Healthy Lifestyle Maintenance Program was held at the People's Hall at the Municipal Office of Dupax Del Sur. It was attended by Mayor Romulo Galutera, Hon. Wilson Giron, Vice Mayor of Dupax Del Sur, Hon. Tito Castañeda, SB on Appropriations, Forester Diosdado Lacanlale of MTAN-DENR and Kagawad Eduardo Daran, SB on Health and Nutrition. The launching was also participated in by different Barangay Captains of Dupax Del Sur, members of the Municipal Health Committee, Rural Health Unit employees, DepEd representatives, caterers, food handlers and vendors, meatshop owners and teachers.

The orientation proper was facilitated by Salinas Foods Business Development Supervisor Givinia Tuason by discussing the Memorandum of Agreement entered into by Salinas and the DOH.

Mrs. Tuason further discussed the causes and effects of mineral deficiency and what illnesses this condition can bring about. The mineral magnesium, for example, plays a very important role in human energy



People of Dupax Del Sur, Nueva Vizcaya listen to product presentations facilitated by Salinas Foods, Inc. at the People's Hall, Dupax Del Sur Municipal Office last September 20, 2007.



(L-R) Wilhelmina Quiday, a midwife, Salinas Foods Business Development Supervisor Givinia Tuason, Municipal Nutrition Action Officer Dra. Virginia Laccay, Vice Mayor Wilson Giron, Kagawad Eduardo Daran, Mayor Romulo Galutera and other participants in the launching of the Community Based Healthy Lifestyle program in Dupax Del Sur last September 20, 2007.



Hon. Romulo Galutera, Mayor of Dupax Del Sur, Nueva Vizcaya, shares his thoughts about how important it is to live a healthy lifestyle. Photo taken during the launching of the Community-Based Healthy Lifestyle Maintenance Program.



Kagawad Eduardo Daran, SB on Appropriations, performs a bulb demo by adding some drops of Nigari to a glass of purified water to show how minerals present in it are important to light up the bulb.



Salinas President Johnny Khong Hun (L, seated) and Dupax Del Sur Mayor Romulo Galutera (Middle) sign a MOA stating that both parties shall join hands to promote the components of the Healthy Lifestyle Campaign last August, 2007 as Dra. Virginia Laccay (Far R, seated) looks on.

HISTORY OF DUPAX



The town of Dupax emanated from the Isinay word *Dopaj*, which means to lie down in complete rest and relaxation. In April 22, 1731, Dupax was formally founded by Father Nicholas Norbante and Agustin of San Juan. The first Captain

of the town was an Ilongot by the name of Mandalito. Eventually, 3 prominent men representing 3 district tribals were appointed: *Dayag*, who headed the Malaats; *Tiun-Pising*, who headed the Igorots, and; *Bartolo*, who headed the Ilongots. Years passed, Ilocanoes, Ifugaos and other ethnic groups came before and after the turn of the century. In November 20, 1974, the division of Dupax Del Sur and Dupax Del Norte was implemented through P.D. 586 implementing R.A. 6372, passed by then Congressman Leonardo Perez, signed by then President Ferdinand Marcos.

Members of the Senior Citizens Association, BNS, BHW, BNC, MNC and DepEd join Salinas Foods' early morning of September 21, 2007 to perform the Nigari Waza at the Dupax Del Sur plaza.



After the Nigari Waza exercise, participants were able to try the Tropics Relaxing Spa, wherein they were able to apply Tropics Mineral Skin Bath and Tropics Mineral Salt Glow Scrub on their bodies to rejuvenate and moisturize their skin. After applying Tropics, participants were asked to use a blanket wrap (photo below), to heat up their bodies and open their skin pores. When pores are open, the minerals from Tropics would be better absorbed by their skin.



production, for formation of bones, calcium and potassium uptake and carbohydrate metabolism. Magnesium also prevents cardiovascular diseases, osteoporosis and some forms of cancer like colon and stomach cancer. Magnesium deficiency maybe a cause of hypertension, sudden cardiac arrest, asthma, chronic fatigue, depression, pulmonary disorders, kidney stones and many others. Mrs. Tuason then presented Nigari 100% Natural Mineral Supplement Drops, which is rich in magnesium. Nigari helps supplement and replenish the released energy in the body. If there is sufficient minerals in the body, we could fight stress and have high resistance to sickness.

Another product presented in the launching was FIDEL Hammer Meat Tenderizing Salt. FIDEL Hammer is a special kind of salt guaranteed to tenderize all kinds of meat in a short period of time. By using FIDEL Hammer, it is also assured that there is 50% lesser time in cooking and 50% savings in LPG consumption. To further prove the effectivity of FIDEL Hammer, a cooking demonstration was done by Ms. Lourdes Magno, member of the caterers' group in Dupax Del Sur, by using FIDEL Hammer in the meat she cooked for *goto*. The *goto* was served as merienda to all participants in the launching who confirmed that the meat was really tender.

To complete the Healthy Lifestyle presentation, Mrs. Tuason also discussed the benefits of salt minerals to the skin which could be attained from three of Salinas' new skin products: Tropics Mineral Skin Bath, Tropics Mineral Salt Glow Scrub and Tropics Bath and Foot Soak. These products are rich in salt minerals which penetrate into the skin to moisturize, relax and rejuvenate skin.

DAY 2 (Sept. 21) - The advocacy in promoting Healthy Lifestyle went on to Day 2 by starting the day earlier than usual through a Nigari Waza-Tropics Relaxing Spa. The Nigari Waza is a set of postures having rooted from ancient traditions of Tai Chi, Yoga and Aikido. It is an effective exercise to reduce stress, avoid mental and physical tension and cultivate inner spiritual strength. Members of the Senior Citizens Association, DepEd employees, Barangay Nutrition Committee (BNC), Barangay Nutrition Scholars (BNS), Barangay Health Workers (BHW), Municipal Health Committee (MNC) and El Shaddai members joined the said activity. After the exercise, the participants were able to pamper their skin with Tropics Mineral Skin Bath and Tropics Mineral Salt Glow Scrub by applying it on their body. The application of Tropics is best when the body is sweating because it is when the skin pores are open. The skin will better absorb the minerals from Tropics which will enliven nerves and produce healthier blood vessels, thus, healthier and glowing skin.

After the Nigari Waza-Tropics Relaxing Spa, the participants were again gathered at the Peoples' Hall for

Tropics
nigari Mineral Supplement Drops

Mineral Skin Bath
Mineral Salt Glow Scrub
Bath and Foot Soak

FIDEL HAMMER
Meat Tenderizing Salt

The Municipal Health Committee of Dupax Del Sur purchased P50,000.00 worth of these Salinas products as part of their income-generating and Healthy Lifestyle-Wellness program.



Members of the Senior Citizens Association, BNS, BHW, BNC, MNC and DepEd listen to product demonstrations by Salinas Foods at the second day of the Community-Based Healthy Lifestyle Maintenance Program in Dupax Del Sur.



Provincial Nutrition Action Officer Luzviminda Ragpa (Right) shares her thoughts during the question and answer portion at the second day of the Healthy Lifestyle Campaign as Salinas Foods' Givinia Tuason looks on.



Nueva Vizcaya Board Member Merlie Talingdan (Left, standing with mic) says we need Nigari to re-energize ourselves especially for people like her who just came out of the hospital.

another product presentation on Nigari 100% Natural Mineral Supplement Drops, FIDEL Hammer Meat Tenderizing Salt and Tropics.

All products presented are available at the Municipal Health Office as part of their income-generating program and Healthy Lifestyle advocacy.

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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