**ICanServe Foundation**

**Silver Linings 2019**

**FUNCTIONAL MEDICINE - SUPPORTING CHRONIC DISEASES IN THE 21ST CENTURY**

**PICC Room 5**

**SPEAKERS : Dr. Raymond Joseph Escalona**

 **Jackie Canize???**

**MODERATOR : Mikee Cojuangco-Jaworski**

**0:00:00.0 - 0:04:11.5**

Background noise

**0:04:11.5 - 0:09:32.0**

Deejay: Your upper leg, your lower back, an your abdomen....Focus on your chest, your upper back. drop and relax your shoulders, both of your shoulders, relax your neck...relax your arms...wrists and hands. Now inhale slowly...and exhale slowly. Relax your facial muscles, feel your jaw...feel your forehead...all the way to the top of your head. Now I want you to notice your breath. Is it shallow or deep? Is it quick or slow? Inhale through your nose and exhale through your mouth slowly. Don't worry about changing about your breathing, just become aware of it. If you need to make few adjustments in your position now is a good time to do so. If you feel any tension in your body, wherever, whatever part of your body, release it and let it go. Notice all the sensation going on in your body. Thoughts will be coming and going, and that's totally fine. Just go back to the sensation in your body, slowly inhale hhhhhmmmm...an exhale hhhhaaaa... Now let your attention be on your heart, deep in your chest. Imagine your heart strong, beating regularly. Feel the energy radiating from your heart, circulating your whole body. Slowly inhale... an exhale. Feel your body filled with energy, filled with life and vitality. Now I' like to you to set your intention for today. Why are you here? What good do you hope to achieve today? Let your intention be crystal clear. Inhale hhhhmmm... and exhale hhhhaaaaa.... Now I'd like you to slowly shift your attention to this room. Feel the weight of your body in your chair. Feel the soles of your feet, wiggle your toes a little. Feel the warmth of your palms, slowly wiggle your fingers, feel your cheeks, smile a little, you're beautiful when you smile, so let's try smile bigger. You can do better than that. Smile biggest, that's what I'm saying. Inhale slowly, exhale slowly... Now slowly open your eyes... open your eyes slowly. Welcome back. How do you feel? Relaxed? Still cold, a little? We'll try to do something about that. Okey? Thank you for sharing your energy. Thank you for sending your intention for today. And I'm Deejay, if you wanna say hello, if you have any questions, I'll be in the back or I'll be in the room and I wish a filled a day filled with clarity today. Thank you. (Applause)

START OF SESSION

**0:09:35.0 - 0:11:21.1**

Mikee: Thank you for that Deejay. I feel... haha I feel so relaxed now. I think we're ready... I think we're ready, yeah? So I'd like to introduce the topic for today. This lecture hopes to widen the perspective for all of us by sharing an up to date perspective of chronic disease care as seen through the system's biology perspective of functional medicine. Our speaker for today has been working with urban and rural poor communities in the Philippines since 2007. He founded the bridging life styles in health road to 100 Advocacy in 2015 which set out to educate individuals from all social economic classes about the power of lifestyle change in the reversal of chronic disease. He is the founder of Nutrigineering a scientific wellness company providing nutrition solutions for individuals with chronic disease. He is a graduate of the dual degree MD-MBA program from the Ateneo School of Medicine and Public Health. Realizing hi knowledge gap, in nutrition and lifestyle change as it apply to chronic disease management. He sought to expand his skills and finish the Masters in Nutrition for Wellness Program Bastar University. He then completed his certification at the Institute for Functional Medicine and was awarded certification status in January 2019. Congratulations! So please let's all welcome, Dr. Raymond Joseph Escalona.... (Applause)

**0:11:26.0 - 0:29:20.2**

Dr. Raymond: Hello...Alright! Good morning everyone! (Good morning....) I'm gonna stand here because I like to walk around, and uhm... I think.. camera we're good. We're good over here. There's someone recording this...lecture.. So and, I have 30 minutes of undivided attention, but if you get bored, please it’s ok to sleep.. haha.. for a short while...But I don't think you'll get bored because I like telling stories. So today I'd like to tell you a piece of my own story, as I...dove into this kind of medicine. Uhm, I know we're in a breast cancer symposium, and just to, I'd just like to share to you that breast cancer like any other disease in this world is a chronic disease. Chronic disease is anything we've been battling for a long time. right? Anything that the doctor said, you have this condition, and it's gonna be forever. That's chronic disease, alright? So let's go on ahem.. Uhm...some disclosures, my next slide says here that I'm only here because of the people who've trained me, uhm... I have a couple of mentors in the US and here in the Philippines. And I owe them everything to for who I am now. Let's do three objectives for today as I run you through the entire morning. The first is really a review of what is emerging in the science of what medicine is today. Let's update everyone. That's been my crusade for the past three years, we've done about 232 lectures across Southeast Asia. Sharing this message in all the nations in this territory. We're gonna review the emerging model of cancer. Why does cancer happen? Two slides on that, very short explanation and finally present an application of function medicine for a patient of mine who had uhm... a pre-cancerous state. Para lang you have an update. Then Miss Jackie will come on later on share her story. Uhm...ahem.. in a short while. So this is my family. My uhm... this is my dad's family actually, there's 8 siblings, and that's my grandfather in the center. It's all of us apo's right now there's a lot more of us, there's 32 apo's now, haha that's my batch. marami po kami we're really a Filipino family, we're Capampangan, and we come from Pampanga and from Tarlac. But, when my lolo hit early seventies we got hit by a disease. The first one in the family. So what happened to him? He suffered from a stroke and a heart attack. And, we were too late to...get him to the table, to get a bypass. I don't know if it was lucky or unlucky because he was the first one who got sick in our family. What happened was we didn't have life insurance, so the...all the siblings were working, and we went to the hospital and we were back and forthing to the hospital. He didn't die from the stroke or the heart attack. What happened uhm was left to become vegetable. For 18 months we were going back and forth, from house to hospital. spending about P1.5 million per month. Just to take care of him. At the time po I was in uhm... second year med school, third year and fourth year. It came to a point that we had to buy our own ambulance. We had to buy our own van, to turn it into an ambulance, because it was too expensive to get an ambulance every time we had an emergency to bring him to the hospital. I know that in this room, we're all battling the same things. You've all experienced health care in the way that we've experienced it. At that time I said there had to be a better answer to what we are experiencing. Uhm...that's him, ahem.. at the center of the photo. We had hope. We all have hope. Hope is the most powerful thing in this world. But sad to say, our hope, uhm...went away when he passed, two years after… the incident. And so t that point, I said, what really is medicine? What am I training to become? And why is it that we can't answer this question. Why did the disease happen in the first place? We're all given the answer that, your relative has this diagnosis or that diagnosis. But the question is why did it happen? And where's that explanation?

 And so I went, to the US for 2 years, did my training over there, came back a year ago. And we started doing this work. I was been, ah... as you mentioned uhm... Miss Mikee might back, from this in public health. 13 years in public health, long time a look young but I've been in public health for as I was train by Dr. Jaime Galdazain is a former health secretary this country. And our problem is the same all throughout, South East Asia this was 2010 a publication same that across the South East Asia nations uhm... we are dying from chronic disease we are dying from chronic disease this is the Philippines are rate of chronic disease in I believe this is in 2011 at 70%. In this room 7 out of 10 people will die from a chronic disease, you might already have it now. What sad is we're even seeing it earlier we're seeing it in 3 year old children of autism, 5 year old children with asthma rhinitis that's a chronic disease. And so here some numbers of ahh..this is from the Department of Foreign Affairs to think, we've seen that the budget for health has increased year on year we've seen that the health care spending has increased year on year we've seen that we've been trading medications within an increase year on year. What does that mean? The industry is growing, that disease is growing. This year these are the number one medications that Filipinos are spending and this is the earning capacity which of the companies servicing them. Hypertension the medications, diabetes medications, reflux disease medications, autoimmune medications diabetes right now the news i think it's cancer this coming up on this list. We also see that if you get hospitalize you spend 83 percent of that out of your pocket. There is no health insurance system this country that will serve... that will pay for the entire 100%. And so what did i see when i was in the hospital we saw patients we were working in the calf lab if you know that so we do andiograms tense before when I was training, we see patient is in... we saw... we see the heart attack po yung sakit ng family niyo po ahh... eto po we have to put a stent we have to put this procedure but it cause 850,000. Now they look at me in they say... Doc sige po will find the way. They will sell their car, their calabaw they will borrow money from all their relatives to get that procedure through. And we have to re think because even with all the therapies in the past 10 years from 2007 to 2017 it's the same diseases that have been killing us all this time. Despite the advancements in medical technology. And so what are we really pain for? Are we pain to live longer? Or are we paying to live what kind of life. tsk... And so year on year doesn't increase in the people with chronic disease and an increase in the cost of treatment, and that's question is still unanswered, right? still unanswered. And that's where I come in. this is nice picture we like to show a lot to our patients. What kind of doctor do you want us to be? Is your doctor the doctor that's fixing the leaky faucet, or easy the one mapping the floor, right? Because if I g... If you have hypertension and I give you the hypertensive medication and am I mopping the floor? or am I fixing the faucet. I think I'm just mopping the floor. Because it's not the solution to your hypertension. Then, this whole era of 21st century medicine came about tss... and all the scientists in this world there has to be a better solution to this health care problem. And this came ehem... in this year’s publication when they saw the cause of mapping human genomes come down in cause. And so what they saw was they the scientists obtain these big machines they got... the cells of different people mack their genomes or gene sector inside us and like this... this little boy they put as apart like lego pieces. Meaning, they put as apart into this different items ehem... understanding us from a very internal perspective from the cell perspective. And so what happen next? Well... they start to track what does the cell create, what happens in the cell and what are the functions in the cell. To really understand if a person has cancer hypertension diabetes what is really happening inside? And what they found out was that we are what are genes are surrounded with. And to the question is... what do you surround yourselves in your genes with? Do you surround your genes with healthy food or do you surround your genes with process food. Healthy food your genes will express health. Process food your genes will express disease, very, very simple. Do you surround yourself with exercise and movement? Or do you surround yourself with stress? If you have stress you'll express the disease. If you have lack of of exercise you will expressed diseases while... good exercise you will not express disease. Do you surround yourself with ahem... good sleep or poor sleep. Do you surround yourself with toxins or trash? This is one big problem we're facing now. You know I treat to a lot of kids with autism and i do see a lot of toxins in the kids. We seem mercury tungsten, lead, are senate in the blood of the kids we see toxins from uhm... pharmaceutical products and other products ahem... Next is what... do you surround to yourself with infection?

In the next slide you'll see here su.. support social community and support. If you don't have this then are body expressive differently, and so then becomes the main point of this lecture is the concept that hmm... starting to me shift. That our health is dictated by these things. Everyday your body will ask you when I express disease or will I express health. And all of these factors are as equally important po. And so now you can check, check back on your life. What did you have for breakfast and if you had your rice egg process food then you know you will express something differently today. This is the new perspective of health that we're taking in. And read understanding is that you are not born with the disease. You develop the disease you're... you're an expression of the disease and if we change the environment, you can change the expression, leading to health, into from disease to health ahem... and that's our practice of function medicine. Function medicine is not sub specialty. It is a model that any doctor, any person can learn. The important part of function medicine is a system's biology model we take a look at your body as a whole system. You're not your brain. You're not your liver. You're not your heart. It's the entire system coming together. And, we look into and try to ask you what are you willing to do for your health today? How can we support you with the team, to walk you, to move forward from today to tomorrow to 6 months to 1 year to 2 years. Because health is not about what I give you today, but the consistency of what you do on a daily basis. Then becomes... Then that's where the work becomes fruitful and rewarding. This is called the Function Medicine Tree, we explain this to patients, and if you look at the...whole tree, every time you get sick, it's really, the leaves and branches that get sick. But how do you make a tree healthy? You give them good, strong foundations in the roots, give them good water, air sunlight and that's how we should think of the human body. Are you getting or are you exposed to the things that the body really needs on a day to day basis. And so, the medicine that we do is the medicine of asking, answering, adressing why diseases are there in the first place. Not answering what they are. Because when we're born, we're not born to take medicines until we die. That is not true. Ahem... This is a patient of mine, his name is E.S. 74 year old male. He had chronic milogenous leukemia. And see male not in the uhm...acute phase not in the crisis phase but he was diagnosed in 2003. His goal when he went to my clinic said Doc I just want to uncover the reason why I have this. I don't know why. And hopefully delay or reverse the process. He had other conditions like hypertension, obisity obessive compulsion disorder, anxiety and fatigue. We map out his entire life all our patients we map in timeline, this a timeline so, this is about 40 minutes or 1 hour of the consult. We ask you please tell me your story. Please tell me your story. And let's start from when you were born. And we go backtrack. When he first started, we're taking 3 hours per patient. But now, we started to learn how to do it in a, in a better way. And in his story, we saw that in 2003 he had a very stressful time, almost lost his business and he was jailed for 2 years. And so, at that point we saw what we call the tipping point. In every person's life, who gets sick there is a tipping point. Which is about 2 to 3 years before the illness happens. And in his tipping point we see right there the elevation or the chronic misogynous leukaemia. And so what did we do?

Ahem...These are the 2 slides I showed you about cancer. So in cancer research we know that, when you're exposed to different...toxins, your DNA, has a repair sequence that will support it. But the repair sequence is very nutritionally supported, vitamin B2, anti oxidants, if you don't have enough nutrition, your body cells will either die early, early aging or they will replicate and create the cancer. So for him, there was a toxin or there's something in his body causing this change in the gene. And so we look at his lifestyle and my question was in your lifestyle in your whole life, what is causing the disfunction in all of your systems? And so, look t his lifestyle, where nutritionally he was eating low, low amounts of fruits and vegetables. Low anti oxidant diet. He was eating high toxin processed food, high inflammation foods, he liked his meats and processed meats. Uhm...he was not, he was exercising very well, he had poor stress coping mechanisms, didn't really have a good spiritual practice no other mechanisms to cope with stress. He was sleeping about 6 to 8 hours a day. He was exposed to toxins. He worked 30 years in a recycling plant. So you can imagine the toxins he was exposed to throughout his life. Uhm, we were investigating for infections as well, and then, he was fighting his son for the past 10 years. So not without social support from his son but his wife was very supportive. Ahem, and so this is what we did, we, we cleaned up his lifestyle, we do that in and out of the clinic. We counciled him, gave him a meditation practice, spiritual practice, uhm, augmented exercise and then we started to move him in different ways. these are his labs within uhm 4 weeks of changing his diet. We were able to reduce the monosites, from 24 to 19...the lowest its ever been since 2003.

So, why does it work? Because we're working from a very precision perspective. We're not guessing coz we're getting your entire life. And then we do a lot of other stuff on the side. Uhm, so that's him and this is really my take away. I'm done. That's my lecture. Haha...But the main take away of this morning is that you are not born with the disease. You ex...you are just currently expressing the disease. The question for us is can we look into the reasons why you're expressing the disease. Treat that, so that you'll express health. Right? And there's very many stages to that, I'm simplifying it, but if you have questions I'll be here the whole morning uhm...please co…walk up to me and we'll, have a short chat.

Uhm, I'd like to introduce, so this is the medicine of why, and uhm, that's our team we don't work alone, lots of teams, I'd like to introduce uhm, Miss Jackie Caniza, Jackie...She's one of our patients in the centre. And she has a very interesting and nice story to tell...Please let's give her a hand.... (Applaud)

**0:29:21.5 - 0:42:00.6**

Jackie: It's cold. Thank you so much Doc.... Good morning (good morning, good morning) My name is Jackie uhm, I'm a life coach, this is the work that I do. Ev... But that's not the story, that I'm gonna tell you today uhm, what I want it to share with you is the journey that I've been through, with life science in my own... cancer story. So, I considered myself quite healthy, I was active in sports, I did the... you know Spartan races, I did dragon boat racing, ahh... I ate very healthy ah... I avoided sugars, I avoided cherry, I avoid it uhm red meats for a long time, I thought I was healthy. In 20 ah... in last year in august last year, I went through ah... routinary executive check up, did my mammogram and they found a tumor in my right breast. So I was diagnosed with stage 3 Breast Cancer last year. A lot of people we're very surprise because, the work I do is not stressful. In fact you know when you talk about lifestyle, people would say "Di naman stressful yung trabaho mo okay ka naman positive ka naman", you know I have a very uhm positive team this is my... my team, and in a my company uhm that's my family, my husband is here with me, very supportive we're very happy. You know we, we do a lot of things together so it, it's, it's we I had very good life uhm. And so the first question I had was, like Doc Raymond said, "why? Paano nangyari yon? Okay naman ako ah." I thought, I was doing okey. And, ah... and that's why I found myself, you know thinking about the disease in, in a different way tsk, ah... when I found out that I was, I was diagnosed, I'd, I wanted to obviously my new job was now healing, noh... I'm sure of many you can relate with that. And would I did was I thought about my healing work in different ways, ah there was body work, which was the physical.

There was the mind work, which… was here in my head. How I was thinking about it, and there was the spirit work. So those were the 3 areas, that I wanted to use in my healing and in my journey towards, ah... conquering the cancer. So there we're, there lots of decisions you have to think di ba? Sinong Doctor? Saang Hospital? uhm, magche-chemo ka ba? Mag re-radiation ka ba? Lots of different decisions you have to make in a very short span of time. And I've, I've dove into uhm my best friend became Google. Now I googled everything. Nagreresearch ako, I went online and I tried to find as much information as I could. That's me, I... I ended up deciding to do the chemo therapy.

And, I also did uhm, radiations for uhm, 30 days. tsk... but the most important support that I think, I got was from my care team in life science. So I knew that I had to increase my chances as best as I can, and if I look at the statistics, I said I need, I probably should you know do, I did traditional medicines some people you know prefer not to do that. That was such choice I made. And, that I made sure to compliment it with the right support team through, through life science. So in the center, that life line that you saw Doc Raymond showed you that's about an 18 page survey, it took me hours to complete that survey, kinewento ko yung buong health story ko ng buong, from when I was born until, you know. And in 1 hour my Doctor was able to explain to me, why I had cancer. It's suddenly made sense. He said you know, from your early stages in your teen age years you're already showing signs of hormonal imbalance. And this is why you know, it some of the stressors in your life, 3 years before my diagnosis my father passed away. So talk about the 3 year period, right? And that cause a lot of stress in my life. In we work, we were journeying through you know all of the, the financial this... difficulties uhm, the business decisions all of that had happen in, in... in a short span of time as well. So, the support that I got from life science was not just on the physical aspect. The conversations I had with my Doctor, led me to do more things for myself, and I'll show you some of those things. So I've, I needed strong support set... uhm a strong support uhm, my family very strong support. They shave my head, before I did my chemo we made fun day out of it. We took of video, they shave my head, at the end of the day I... you know I was bald.

It's a video pala, it's gonna play. Yeah, so we made the day of it. And, what I wanted to do is create experiences with my family. That would make it fun. And so this is one of the ways, that we did it my, these are my two daughters. So they're shaving my head, and so now when they look back at the experience. Do you remember the time when mom had Cancer. And we had to shave her head, was it that fun. That was the goal, right? And we did have fun. I think they had more fun than me (laughter in the background).... So we posted this on social media, and people were, were... were, were quite shocked obviously ah... Buti na lang inalagaan nang mabuti ng nanay ko ang ulo ko, at medyo maganda yung ulo ko, I'm lucky that way. (laugh) so we did that hmm no... uhm, the other thing I also did, was I, I got a lot of support from my friends. Uhm, they threw me a chemo shower. Di ba, pag may baby, baby shower. Kasal, bridal shower. I had a chemo shower. So my friends hosted a party, kasi I was worried eh noh... Makakalbo ako, I don't have a lot of head pieces from my head. I don't want to wear a wig. So they threw me a shower and they gave me a presents, so that I could have different ah… you know, ah... shawls for my head. And it was lots of fun, so now even my friends when they look back at the time ano... you remember when Jackie had cancer, and we had to throw her a shower. That was fun. Even my chemo sessions were fun. I invited my friends, to sit with me and my chemo sessions so that nurses, we're saying "Ma'am, may party ba dito sa inyo?" tuwing may chemo ako, madami akong bisita. Bawal yan actually eh. Dapat isa lang eh (laugh) but you know, they all wanted to be there. So I had a very strong support system, I did a lot of meditation. I meditated, every morning. So this is my head work, my mind work. I still ran, ah... as much as I could, and the time that so... as soon as I could, out of surgery I was walking every day. And up to today, I walked everyday kahit 30 minutes lang walking. And I meditate everyday so I started running also shortly, after my treatments finished.

I do yoga, this is my sister we went to a yoga retreat. So a lot of it is also spiritual, I needed an outlet uhm, to talk about my stories so I have an instagram account called Jack's cancer voyage, you can follow me at... and this was my way of sharing my story, to try and tell people there's a different way of seeing cancer, whenever I say the word cancer people are like "huh.. oh my god, cancer" but I wanted people to see it in a lighter way that we can look at this and smile, we can look at this and laugh and we can look at this and feel joy. I wanted to create, those stories of joy. I pray a lot so I went to, a couple of retreats sub my, my I, I strengthened my spiritual practice as well. In the last year, I also had my own life coach this is her, she's from the US, she's very very generous lady. She's coach, she's coaching me so we do virtual nag sskype kami. And so she also is coaching me, through my own journey. And that help me a lot in terms of ahh switching, the perspective uhm... So even throughout my, my treatments I was working. I do a lot of talks this is one of them uhm... I kept myself, active because I wanted to make sure that again my mind, my body, and my spirit we're all working together. And my work is very positive anyway, so right after my treatments were done I went to a trail run I did a 16 kilometer trail run with a some good friends of mine in La Mesa Dam, ah... so this was me at the finish line, with my friends. This is my daughter she, she also started talking about our story together ahh when it this mother's day, this year I was invited to give a talk and we did the talk together, and she talked about her own version of her stories. You see the photo of them shaving my head there that she's talking about, so that's my family. I have dogs, and you know with lots of dogs you have lots of oxytocine. So that's good harmones, right? Uhm, I started coaching other can... cancer patients as well. So, because I felt this journey has shared so much with me, I've learned so much about myself. And I've learned so much about disease that I wanted to share it with other people. So I've now started to coach, other cancer patients as well this is, this is Oddy. So what help me? Just to summarize, first of all I owned my healing. I did not rely on what other people told me.

I.. I took myself to research I, I found out what I could. I talked to different doctors who I felt comfortable with. And I worked with them. I recognized that I am whole like Doc Raymond said, we're not just are bodies, we're our spirit, we're our mind everything has to be working well together. It was very clear to me with my purpose was. My purpose was, I want my kids to see that I'm doing the best I can to make this experience, graceful. Finding the right team to work with, and to support you. And it's doing the work, it's not easy (laugh) I mean it's one thing to think positive, it's another to eat healthy every day. To go and exercise every day even if you want to sleep. To avoid the junk food, ah... it e-especially kung fiesta diba? May birthday party, and there's a spread and everything is your favorite food, uhm avoiding the coffee, and the wine. It's hard work. But we have to do the work. Because the purpose is clear. And then it's letting go of the outcome, this is one of the things I wanted to really review it because you do the work and you do as best as you can, but we don't know what the outcomes will be. And so at the end of the day you with just kind of accept that we are going to be where we are. Because of a higher purpose and there's a reason for that ah... so I've let that go I don't know where I'll be a year from now, 2 years from now. Where I'll be, I will be. And I've, I've learned to accept that I think my family, my friends, have learned to accept that. Letting go of the outcome. So I've learned, that there's lots of joy in tragedy and thank you for giving me the chance to share my story. (Applause).......

**0:42:01.0 - 0:56:07.8**

Mikee: Thank you so much Doc Raymond and Jackie, that was ah... everything that you shared I'm sure has given all of us so much insight and something to relate to with the what has happen in other people's lives and what's happening in our own, I know that you have questions and uhm, we we're orgi... originally given an hour for this forum, and we're gonna take it because I was also told that the silver linings audience, always has a lot of questions so I'm gonna ask Doc Raymond to come back up on stage, there's a microphone at the back and I'm gonna, I'm gonna go downstairs and help you guys out. (low conversation in the background).....

0:42:52 Dr. Raymond: Super lamig... (laughter in the background)...Sssuper lamig.....So we'll be here he he he......(silence for 14 seconds)..I think there's one...ahem...yeah...wiat...

Mikee: ‘Kay there's a microphone here where I'm at, and while I'm trying to...hhhaaa untape it from the mic stand. Who would like to go first? Yes...we have a question...here...her we go...

Q1: Good morning. I'm Veronica from the PGH Cancer Survivors Ward but I'm an advocate. Uhm...I was just curious if you already had a resaerch and uhm, establish study about the... food and the... our genes, and , yung food talaga that we eat from... we when we were born up to the present na may sakit na...I would like just to ask if uhm... Ah yo.. your company is it ah global medical technologies, life science? Okey, sorry. Uhm, if life science is ah knocking at the doors of the government officials in, kasi I observed yung commercial sa tv, bata pa lang ine-encourage na mag hotdog, mag instant noodle, sabi ko kung may goose neck mga bata endorsers ng ganyan instant food, junk food, di ba? Kaya ang dami po talagang may sakit, tapos, sorry for mentioning this but there are a lot of prevalence of sumgyupsals, yung unlimited pork and beef, tapos ang dami po talagang may sakit so ang gusto ko lang pong itanong, Have you taken any step to, bring this to... maybe DOH, to the government na sana i-campaign nila sa commercials to eat healthy. Thank you very much po....

Dr. Raymond: Thank you po...(applause from the audience....) ahem....I think that's a very good question. Ahem.. so the question was if we've approached po uhm...government or any agency? Uhm, we have. We have actually approached DOH, uhm, I was just with the E.A. yesterday... But, for the past year po, uhm...we have, but the number one thing we see the issue is, we don't have enough practitioners. You know po, we can campaign all we want, but at the end of the day the solution is education. And, uhm... as much as we... we want to go against it, the food companies are too big, they...they've a lot of money. Ahem, Yes po, so I think most of the work that we've done as well is to get, into forums like this. To get, to see advocates like you. And to connect all of us together to have a strong voice for the future of the country... And so uhm... we will keep doing our work, we, we work with low income communities, all the way to the upper income, and we, do a lot of nutrition education and a lot of uhm... managing foundation lifestyle for low income patients. And, Uhm, I tell you po you can do this medicine at any income bracket. This is not... medicine for the rich, no, it's medicine for the ones who need it. And so aahh... we will keep working po...hahaha... asan na...Thank you. I think there's a question...

0:46:21 Mikee: Doc Raymond, hopefully you can give uhm... give everybody the information how they can contact you, where life science is…

Dr. Raymond: Oh yeah sure. Ah later...

Mikee: Later? okey... Any more questions? Yes... please...Sorry...

0:46:40 Q2: Uhm, good morning to every one...Doc, I'm also a doctor, uhm... I'm an MD and uhm therapist specialist ang tawag yata dito sa Philippines REHAB... Now, most of my patients, according to uhm...to my knowledge, the WHO...uhm, ini-implement na yung uhm, food supplement, ang karamihan sa mga pasyente ko may self medication. They go on for searching eto si Mr. Google eh kung ano ano tinuturo sa pasyente ko. Haha, pagdating sa akin, stage 4 na, sabi ko hindi ako nagmimilagro. Unang una, yung mga herbs. Lots of herbs are coming and uhm, tatanong sa'yo na, Doc puwede ba ito? And then, makikita mo walang BFAD. And then uhm, I've also a kumare stage 4 breast cancer, uhm, according to the doctor is 3 months to go... ang sabi ko lang eh... All things is possible to God. And God is the God of miracles. Now my question is, How can we control those patients, na, ang hilig sa herbs, and then food supplement. Isang katutak ako na pasyente na pag dumating saken, nag window shopping... magmula sa vitamin a b c d, nahanap ko na nga lang yung language ng vitamins ng intsek eh para masabi kong ito naman ang inumin mo... okey? Kasi...I'm a kind of doctor na once you came to me, may bayad at wala pareho lang. Now, I'm giving the 2 formula. Formula for the science and formula for God. Hopeless breast cancer, ang tanong agad saken, Doc kelan ako mamamatay? Sandali lang muna kukuha ko ng lamesa pupunta ko sa Carriedo, magbabalasa ko ng baraha... tignan naten kung kelan ka mamamatay. I, I gave them the.. encouragement na hindi pa puwedeng pagusapan muna kung kelan hahaba buhay mo, at ano yung alternatives.

Most of my patient is short cut. Yung binigay na gamot ng Oncologists, undergo for operation, dito muna sila sa herbs and food supplements. Even though we the, the WHO allowed na ibalik yung dati, sa mga herbs tsaka yung mga nasa gilid gilid lang na tanim, I hope yung mga, mabubuting doctor na may natitira pa. Nakakalungkot isipin eh, yung palang PF eh nakakanginig na... naaawa ako kasi, hindi naman lahat is blessed na makabayad ng PF. So, sana yung merong, ang alam ko talaga ang breast cancer, hindi naman talaga isang paa mo nasa hukay. Dapat kung isang paa mo nasa hukay, dalawang kamay mo nag pepraise kay God. That is my wish. Ang dami kong pasyenteng nakakaawa. That's why I'm very, ito yung pinili ko. Kasi hindi ko alam kung pano ko i-lelecture sa mga pasyente ko na, Doc pwede ba ko magbilin? Sabi ko ano yan may bayad o wala? Kasi, hopeless, but yung nakikita kong share ni ma'am although medyo late ako ng konti, inspiration, not depression. Kasi pag may breast cancer ka laging sinasabi nila na kukunin na sila ni Lord. Sabi ko mauna ka na... oo kasi hindi nakakainggit yan, pero mas maganda kung mauuna ka sa simbahan. Magsimba ka, magdasal ka, manalangin ka. Lahat ng may kasalanan sa'yo wag mo na isa-isahin baka hindi ka matapos isang taon. Pray and the question short lang. Why some of the patient, hindi lang breast cancer because I have also a...breast ah...no...ah...Prostate...Okey...mga mga best friend ko pa. Sana nga ma-educate ang mga ganyang my kas...ano...mga...illness na...cancer na...yung... hindi sagot yung...herbs at tsaka yung...anong tawag...food supplement, that is my question. Ang haba...sharing na ito eh... O sige, thank you.

Mikee: Opo, thank you po doktora. Would you like to comment Doc Raymond?

Dr. Raymond: Ah, short, short comment lang po. Thank you doktora for the question po and the question really was... uhm, the use of herbs and supplements. What really is the use in this landscape of the emerging era of 21st century medicine. Right? That's the main question. So we're, we run on the perspective of precision. Right now we have a lot of technology po, to actually, test and track what the levels of the nutrients are in the body. So if we give a vitamin D supplement, which let’s say is good for the immune system. It's not giving the supplement the question is what is your vitamin D level? Right? If I test it, your vitamin D level is 10. But then, the level we need you to be is between 40 to 60. Then I give you the vitamin D. But when you're corrected then we pull back the vitamin D. We cannot out supplement our patients with bad diets. Number one rule. And so we cannot give you all the supplement is the world but you're eating the Mcdonald's and you’re eating the processed food. And you're eating the other things po. At the end of it also, there's a lot of emerging research on uhm, Botanical Agents, we call that extracts. In Austria there's a lot of work done on extracts and the use of extracts for cancer. The issue though is that every company who’s creating the extracts have a different processing ah.. facility. And if the companies are not reputable, they cannot extract it in the potent manner and the, the extracts don't work at the end of the day. But there are libraries po of extracts. One example is Genestaine??? it's being used for the braka 2, uhm, breast cancer right now. It's an Austrian research there. So, there's a lot of emerging research, the question is where do you want to live, like what Miss Jackie said po noh? Do you want to live at the leading edge of where medicine is, and there is risk in doing that. Or do you want to live a little bit below the leading edge where there's a little bit more uhm, safety. But also there's a lot more research on what the two outcomes are. Does it make sense po?

0:54:22 Mikee: Doc, ano po yung leading edge?

Dr. Raymond: Leading edge po, nandun tayo sa, isang hakbang na lang, hindi natin alam kung ano yung mangyayari sa'yo hahaha...Toss up na po....Okey... But at that point po, the the empowerment is always, ako po, personally po, I like patients who come in knowing a lot of things. Because every day I come to clinic, my patients teach me more than I've ever learned in med school.... And that's I think the best and I thank you for all of you who've done that to your doctors. Hahahaha...

Mikee: Okay....Thank you doc.

Dr. Raymond: I think Miss Jackie has...

Mikee: Ah Miss Jackie yes, you want to comment Miss Jackie?

Jackie: Yeah, no I just wanted to add from the perspective of the patient. Di ba, what happens in our minds when we're looking at these supplements, herbals etc. Uhm, there's a tendency I feel, to para... parang naghahanaap tayo ng short cut. Di ba? So pag may nag offer ng short cut, inumin mo lang 'to gagaling ka na... Everyday mo lang tong kunin, okey ka na...There's a very big temptation to say, "Oo nga no, sige I'll try that..." Pero kung lahat nung, nung advice na dumating saken ng... mga ganon, mga wonder uhm... green or wonder whatever... sinundan ko siguro mga... 30 supplements ang iniinom ko ngayon, noh... And I think that's why as a patient it is our responsibility to inform ourselves, to educate ourselves, to find out what we can. Magtanong po tayo ng madami, mag uhm... you know...That's that's that I'm, I'm a very big fan of science. Importante saken yung... merong datos, merong... merong pinang gagalingan yung, yung treatment saken ng, that's why I, I, I really appreciated the partnership with life science. ‘Cause they showed me, through science what was happening and what I needed at the time.

**0:56:09.5 - 0:57:57.3**

Mikee: Ok... thank you so much. So, pasensya na po kayo na... I'm sure nabitin po kayo da...dito sa question and answer natin but, we have other topics for today that ah... I know a lot of you have to get to, we would like to thank Doc Raymond (Applause from the audience...)... and Miss Jackie and Miss Deejay... as Doc Raymond said earlier, kung meron po kayong mga tanong pwede po kayong lumapit sa kanila...

Dr. Raymond: We'll be at the booth outside, hahaha...

Mikee: Yes...

Dr. Raymond: Ask questions...

Mikee: Okey so thank you very much to all of you for your interest in this topic, for participating in this lecture, and this is only the beginning of what will be a very productive day so thank you again for being here. Thank you also to our speakers... Magandang araw sa inyong lahat. (Audience applauding.... People talking in the background). (off mic) Oo dun na, dun na...balik ko na 'to ha? Hindi ko alam kung san ko ilalagaay eh... sige , thank you...thank you po...(background noise.....)

Dr. Raymond: Ahem... oo ba...oo ba... eh kasi kailngan daw...Uhm, the next talk po will start in 5 minutes. Kasi running late na lahat. Hahahaha... (off mic) di ko alam kung kanino yan so...ay, pare kailangan usb... Mac book 'to eh... Mac book to eh... ( music playing in the background....)