**ICanServe Foundation**

**Silver Linings 2019**

**THE FOOD-MOOD CONNECTION: EFFECTS OF YOUR DIET N YOUR MENTAL HEALTH**

**PICC Room 5**

**SPEAKER : Dr. Zoe Arugay-Magat**

**MODERATOR : Lexi Schulze**

**0:57:58.8 - 0:58:57.0**

 Lexi: Start already? Have you ever noticed how food affects your mood? In this talk, we will try to understand the role of food, the gut-micro biom and the gut brain connection when it comes to mental health. Doc Zoe Arugay-Magat is an occupational medicines specialist with a strong background in corporate wellness, and trained in production health and safety in the entertainment industry. Working closely with local and foreign film crews like those of Survivor, I watch Survivor. And the Born Legacy, Doc Zoe along with the safety and creative team minimized risk exposure in the workplace while maintaining the desired creative direction. With the goal expanding her knowledge in health, she started training in functional medicine and you're gonna hear all about it when she's been practicing full time in Life Science since 2016, so ladies and gentlemen, please give a warm round of applause to Dr. Zoe Arugay-Magat... (Applause in the background...)

**0:59:03.9 - 1:17:52.7**

Dr. Zoe: Alright... Hello everyone...(Hello....) Hello... Okey, let's start. I wanna start with a little story... So merong isang klaseng parasite... that can infect a mouse...

Actually, it can infect a lot of daga...okey? Ang nangyayari paag nainfect na nya yung daga, something weird happens...All of a sudden, yung daga, nawawalan siya ng takot sa pusa. And, in fact, even though you're there, it's even mildly attracted to the scent of cats. And, alam na nman naten kung ano mangyayari afterwards... Kung ganyan lagi sila, di ba? So, ito ay ano...itong parasite na ito, ang panglan niya ay Toxoplasma Gondai... Now, hindi naman importante na malaman niyo yun, pero kung sakaling gusto niyo i-google, yun, yun yung panglaan ng parasite na yun . And it can even cause yung latest news, are saying that it can even cause permanent damage in the brain of the mice...okey? So, bakit ba 'to ginagawa ng toxoplasma? Kasi... kinakailangan niyang i-complete yung life cycle niya, sa loob ng cats. Yun yon. At itong kuwento ng cat, enzombified mouse, is actually giving us a different perspective on mental health. So simulan muna naten, ano bang... pano bang...ano landscape ng mental health in the Philippines? There are now 3.3 million Filipinos suffering from depressive disorders, and mas marami sa mga lalaki kesa s mga babae ang nag cocommit ng suicide. And, dito ko nagulat. The Philippines has the highest number of depressed people in Southeast Asia. Di ba parang nakakagulat? Considering yun lagi nilang sinasabi we're one of the happiest, in the, in A… Asia and even in the world. Pero bakit 'to nangyayari? Key... So... humm, Hhhh… punta naman tayo sa... gamot. Psychiatric Poly Pharmacy means, nag tetake ka ng more than one medication for any problem with uhm, for any psychiatric problem. Okey? Before the 1980's, about 52% of patients will have psychiatric poly pharmacy. Nung 1980's, it bacame 69%. Nung 90's na to 2000, 80%. Hanggang dito lang yung study. Pero siguro naman gets na naten na nowadays, nag rise up pa yan.. Pero it yung tanong. If we're living in modern times, and if our medicine is so advanced. Why do we have to resort to poly pharmacy, in the first place? And the answer is there are some things that medications cannot touch...key? So... today's medicine is far advanced and we're highly specialized. For the heart, we have a cardiologist for your for your gout you have the gastro-enterologist, di ba? And this actually life saving...because if you're focused on the disease and if you're focused on the organ, you can actully save lives quick. But the problem is that, if you're dealing with chronic diseases, diseases that have been there for a long time. It's actually ignoring one simple fact. And that is, all of your organs are actually talking, to each other. So if you're just looking at one organ, but not looking at the whole picture, you're missing out on a lot. So you have to look at the whole patient, ok... which brings me back to the cup and mouse story. Because that is actually a revelation, into how the body works.

We are very much focus on the fact, that every mental illness is focus on the brain. And actually this has been our perspective, for the last 200 years. But now we are learning that what happens in the brain is just an effect of what happening elsewhere. And this revelation is that all of us, in each and every one of you. You have a second brain, and this second brain can't perform functions that are physical and mental like the brains in our head. And this second brain is called the gut, ok... if there are 3 things that I want you to get from this talk, is that it's this first your gut is connected to the brain. Second, if you mess with your gut, you're gonna mess with your brain. And third, you can do something about it. So let's start from the first, your gut is connected to the brain, there at least 3 ways that this is possible. First your gut has it’s own immune system.Tthe brain here has about a hundred billion connections or a billion connections but in the gut there about a hundred million. It's less than the one in your head but still very very impressive, and one of the reason why, this was possible they theorized it's because if the gut is performing so many functions, does it just makes sense na dapat may sarili siyang nervous system para hindi siya dependent dito. Diba, and meron pa ngang, meron pa ngang isang nerve na nag coconnect talaga sa brain, at tsaka sa gut. Ang tawag don vigous nerve, pag naputol mo yung vigous nerve na yon, kaya pa rin nung gut i-perform yung function niya, kahit walang tulong ng brain, okay...

1:05:10 Dr. Zoe: The second way it's connected, is through neuro transmitters. Now, what it means is that these are messages, messages sent by each self to the other. Because like I said our cells talk, and one of the exam, one of the examples will be serotonin and naririnig natin 'to serotonin is the happy neuro transmitter. Another one, is dopamine and dopamine is responsible for your feeling of inspiration, motivation, so these are good feel good hormones or feel good neural transmitters, but here's the kicker 90-95 % of your serotonin and dopamine are actually produced in the gut, not in the brain, ok. The third way that it’s connected is there something called the micro biome and this is population of the microbes whatever, in your gut. And there about a hundred trillion of these residing in you. And that out numbers human cells 10 times, and that's why the question now is, you know how much of you is bacteria and how much of you is human and the running joke pa nga but it's not really a joke, because it's routed in truth is that if you are craving for pa, for pasta, craving for cake it's not you craving for it. It's your micro biome, ok. So knowing all these three connections let's see how you can mess with your gut which will mess with your brain.

And it order for us to plug in all of this information, I want to introduce to you Jill. Okay, nawala si Jill. Okay, this is not her real name, this is not her real picture but kind of looks like her, and this is the patient I saw. She was 17 when I met her, last year, ok... She came in because of depression and chronic fatigue, now ang kwento ni Jill was that 2 years before when she was 15, nagkaroon siya ng viral infection tapos ang dami na niyang natanggap na gamot, ang dami na niyang natanggap na treatment pero patuloy lang siyang you know nagdi-deteriorate yung health niya and after that, after being discharged from the hospital ang dami na niyang pang, ang daming iba pang naging sakit. Lumaki yung thyroid niya, na-paralyze yung legs niya tapos mala, lapitin siya sa sore throat sa cough, at tsaka colds. And then eventually nagkaroon siya ng depression and then chronic fatigue. So, kaya siya napapunta sa clinic namin kasi sabi niya isang taon na kong uhm, naka anti depressant, tumataba nako pero napaka traumatic para sa kanya kasi that she's started to lactate. So, for a 17 year old to start having milk in her breasts as a side effect of the anti depressant sabi niya, that's enough I don't want to take it anymore. So, she made her way to our clinic and they want, she and her mom, wanted to find a different way. Now, one more thing na napansin namin, pansin na pansin namin lahat mabait si Jill sa amin, pero inaaway niya yung nanay niya sa harapan naming lahat. So it was very tense nung time na yon, ang ginawa namin we run tests okay, we run tests and sa Life Science kasi uhm, we do the usual test na ginagawa sa hospitals but it the same time we have advanced tests. And these are just some of the pages na ginawa na uhm at, these are some of the pages nung results ng test niya. And this is the stool exam, I'll show you just briefly ang dami naming nakuhang information and these are just 4 pages, actually that's 8 pages worth of information isa pang test na ginawa namin, uhm... organic acid test. Marami din kaming nakitang information, so pages this is about 10 pages, okay.

1:09:38 So, anong ibig sabihin lahat ng ito? Actually kapag inisa-isa mo yan it's very interesting kasi very detailed na malalaman mo, na saang point yung problema. And marami kang ano, maraming ways na matutulungan mo yung pasyente. Pero just to summarize, what do these labs mean? Ang gusto niyang sabihin is that first there's a possible bacterial plus fungal infection in her gut. Second, meron talaga siyang problems in making energy. And third, meron siyang nutritional deficiencies, ok. So, ang daming problema, (right, here you go) pero the good news is you can do something about it, ok. We start with food. We always start with food. But food isn't just the focus here, but still food is medicine. So, tignan natin how food affects your gut. Let's say yung cells na yan, yun yung lining ng gut. And in the gut, andun yung mga micro biome, ok... (say hi) now sabihin natin 'tong pink at saka green, they are the good ones and all the rest are the bad ones. If you feed your micro biome real healthy food, then yung bad bacteria will not tribe and the good bacteria will grow hindi lang in numbers, pero iba-ibang klase hindi lang yung pink at saka yung green iba-ibang klase. And if you think more fiber coming from green leafy vegetables from legumes, from grains from other vegetables and fruits then you’re making your micro biome healthy. You’re making your gut healthy, and so you’re making your brain healthy. On the other hand, if you are feeding your micro biome with processed food. We unhealthy food to opposite will happen so the healthy ones the good ones they die of, and yoon na, you are now promoting the growth of the micro biome, that is not good for you, ok... So, knowing this we really have to start with food. (noise) The other things that we did for Gille, was that we ask her to take a rest, from her sports kasi nga wala naman siyang napo-produce na energy eh. Saan niya huhugutin yon? Tapos yon sabi namin, "okay dapat regular yung sleep mo, kasi estudyante ka and kinakailangan mag recover ka you have to have regular sleep". Tapos I ask her, "do you keep a journal?" And she said, "hindi pero open ako don" so sabi ko, okay, what you write down every time is that you put in what you are thankful for. So, asking her to start a gratitude journal. So, and then on top of that since may lumabas nga na results sa test ibinigay namin kung ano yung kulang so, kung kinakailangan niya ng antibiotic binigyan namin ng antibiotic. And we chose uhm, natural ones based doon sa lumalabas sa test kasi sinasabi ng test don specifically ano yung gamot na babagay doon sa findings, ok... After 1 month, bumalik sila nah... ok. After 1 month bumalik sila, April 20 na non so sabi niya eto na yung mga report niya sabi niya it decreased her bloating, her constipation, her abdominal pain she has more energy nag improve yung mood niya, she has less depressive episodes, she's smart pleasant and happier and this was very obvious. Pag pasok ko palang ng consult room naka, tumatawa sila mag-ina. Hindi ko yun nakita pa before. Tapos better na daw yung concentration niya in school, so nakakakeep up na siya with her classmates. And nag eenjoy siya don sa gratitude journal niya. So, okay we're improving di ba sige follow up ka again after 1 month.

Tignan natin kung kumusta kana, after 1 month sabi niya ayan I feel rested na when I wake up, and I have a regular sleeps schedule. And then she has even more energy that she said can I try out na, for cheer leader sabi ko, sige pero we start slow kasi meron na siyang paghuhugutan ng energy niya eh diba? Meron siyang vomitting, and mahaba yung discussion namin dito. Pero basically she feels like maduduwal siya, or nag vovomit siya kapag nakakaamoy siya ng certain food items. So sabi namin you know what siguro kasi nagbago na yung micro biome mo, nagbago na yung taste buds mo so yung dating kinakain mo, parang para sayo hindi na siya okay. Sabi niya ganon nga, ok... And then meron akong pina download na app sa kanya, yung happify kasi 17 years old baka ma, baka maenjoy niya isang app kung saan makaka ayt... makakaligaya sa kanya and ang pinaka uhm, magandang na narinig ko galing sa mother niya kasi she became kinder daw. Tapos less na daw yung away nila mag-ina. In fact after this sabi ko, okay can you follow up after 1 month kasi gusto ko makita ano mang, anong uhm mangyayari sa vomitting sana wala na yung vomitting pero sabi nila they have travels daw. Tapos bakasyon kasi eh, after that nagsimula na yung school so hindi ko na sila nakita. Pero bago sila umalis, eto yung sinabi sakin nung nanay niya she said, in the past 2 years I've seen my daughters spiral down, now I feel like my daughter is coming back, ok... So, dito natin makikita talaga na you know we really have to shift our focus away from just the brain. Meron pa talaga tayong ibang kinakailangan tignan besides that. So this is what we talked about first, the gut is connected to your brain if you mess with your gut you gonna mess with your brain but then you can also do something about it. (ok) Alright, ok. Question, bakit nga ba important ang mental health? Kasi ano ba talaga definition natin, ng pagiging healthy. Ang sinasabi natin we're healthy if we have enough sleeps, if we have the right nutrition, the proper hydration we have clean air, and exercise di ba? Pero you can't be healthy unless you have good social connections, unless you have a sense of purpose and unless you filled that love. And that's mental health, so in making your gut healthy, you're making your brain healthy and actually the connection between both of them, is the link to a lot of diseases in the modern age. Diseases like diabetes, and mental health issues and even cancer. And ih... since I said you can do something about it. Even just small changes, are not that small because this small changes when you put them all together they can make big in pacts. Thank you very much. (Applause) (Noise)

**1:18:02.2 - 1:35:37.4**

Lexi: Alright, thank you very much Doc Zoe, I think she has few minutes to join us for the Q and A. If we can please have a couple of chairs on stage for our doctors to address all of the questions that we will be getting from our audience. We also will be joined by Dr. Ronnel Jojo Matibag, a pediatrician in a private and public hospital medical director for training and conferences for the Romlas Health Group. He works with doctors and nutritionist using functional medicine he also works with psychiatrist addressing mental health. Thank you very much for joining us. If ever here you go can somebody please help with the two chairs perhaps for the... (stand up) Stand up na lang kayo? Oh sige, take the center if there any question I believe, there are microphones uhm, over at the floor if you do have any questions anybody? Okay well I have a question for everybody first, ‘coz I think it also hit me when you said it, who still eats processed food? Aminin, aminin. And who of you are cancer patients? Okay, so this is something that needs to be addressed so maybe I can ask the Doctors maybe you can give us the first step to healthier choices because a lot of times people say it's a, it's a money issue. Di ba? You, they don't where to start because it's parang all are nothing, di ba? Sometimes, you feel "eh, ang mahal kasi ng mga healthy, healthy options ganon" so it's easier to get all of these processed food that are readily available, so maybe what can be your first step to eradicating that the sort of mind set.

DR. Zoe: I think the first change that you have to make is that you know, ah... from personal experience. It's not kung mahal siya o hindi kasi may palengke, so yon. I think ang mas mahirap kasi nasanay kana, na these are what we can eat. And this is what I can cook. So I think, it’s much more difficult for the patient yung to think of what else can I do with the food that's available for me? Okay, and there so many things that there it’s actually uhm, it's actually very exciting to be creative with your food. So, kami sa Life Science, what we’re, what we do is that we also guide our patients as to ideas how they can shift uhm, their unhealthy diets to something a little more healthy.

Dr. Ronnel: Uhm….. Exactly uhm, siguro yun nga uhm, the first thing that I'd like to say about that it is, uhm, yung difficulty level is in terms of options. So if it's options, talaga bang kulang yung options natin? Or nasanay na tayo? I'd like to...give an example. So Life Science work with a group of individuals, local health officials ng Nasugbu, Batangas. We did a study, idiniscuss ni Dr. Zoe kanina regarding micro biome. Basically what we did, merong good bacteria and bad bacteria sa katawan natin. So, inexaamine namin yung poops nila. So when we examined it, tinignan namin yung rates of good bacteria and bad bacteria. Iisipin niyo taga Nasugbu, sila yung nagtatanim ng food natin. Kinukuhanan natin ng...ng fresh vegetables, fresh pro..produce. So iniisip natin dapat mas maganda yung katawan nila kesa saten. So when we examin yung poops ng mga taga Nasugbu at saka yung poops ng mga taga Manila, pareho lang ng rates of good bacteria and bad bacteria. Bakit? Pareho na rin tayo ng rates ng mga sakit ng mga nasa probinsya at nandito sa...Maynila. So bakit ganon? Because ang iniisip nilang option is kakainin namin yung kinakain rin ng mga taga Maynila. So ang ginagawa nila, magtatanim sila para sa taga Maynila, ibebenta nila para sa Maynila at bibili sila ng pagkain ng taga Maynila. So ang sakit nila, sakit ng taga Maynila. So bakit ganon? It's not because hindi available, yung option was always there. Katabi na nila, nasa likod ng...bakod nila. Pero nag choose sila na kumain ng mas gusto nila. Hindi dahil meron, wala silang option. So, message is the option is actually a state of mind. It’s always been there. So ako, yun, uhm, I like to go on palengke trips pag Sunday, I do the...palengke trips. And naaaliw ako pag nakikita ko yung marming choices. So... may katabi laging good or bad, but it's always there, that's why it's called an option. So it's just have, you just have to think about the option of...meron eh... meron talaga. Hindi mahirap, may choice ako eh, okey?

Lexi: Okey, so I'd like to have everybody uhm, yes ma'am? Your question, but while you're going to the uhm, may microphone ano? Say I promise to try and eat healthier...Go... (Audience: I promise to try and eat healthier.....) I will buy the produce from Batangas (hahaha...) Di ba? Ma'am your question po...

1:23:25 Q1: Yeah, uhm, I finished my treatment 12 years ago, and then I asked my doctors, what should I eat to prevent uhm...recurrence noh? So I didn't have any recurrence but then my, my doctor answered to me at that time was that just to eat a balanced diet. Balanced diet in a... in a sense that you can eat meat, you can eat chicken, you can eat uhm, fish everything. Basta balance... in moderation... in moderation. And then, kasi natatakot na kong kumain ng...ng meat at the time. Because of, yung marami tayong nababasa... maraming kuwento... So I had that uhm, notion na bad ang meat. But then sabi ng doctor ko, is... you can eat anything. You can eat anything na... na as long as it is balanced. Wag ka namang kakain ng... ng meat ng linggo-linggo, hihihihi....Huwag ka namang kakain ng meat o specially beef. You know basta balanced diet you eat... you eat siguro... sabi niyang ganon mga 3 times o 2 times a week, tapos fish, and then like yung but more on balanced diet. Yun....

Dr. Ronnel: Thank you ma'am for sharing. Actually, That's also one of the things that we'd like to change with function medicine and the type of practice that we're doing. We're working with our Nutritionist Dietitian partners. First na natutunan ko, diet, the the term diet should not be equated to restrictions. So it's not always bawal. So the mindset na pwede po dapat is ano yuong pwede? So instead of trying to say that I'm not allowed to eat this, I'm not allowed to eat this. Pwede ako nito... pwede ako nito... and then yung pwede, that comes to a moderation, variety. So that's what we're trying to practice. You get the type of food that you need, and, the type of food that you like because we have to admit, ang dami talagang options. Another way of looking a salad is... dati yung wife ko ang sabi niya alam mo hindi ka kumakain ng salad kapag walang nakaipit nang... na ano... (Lexi: bacon....) Bacon..hahahaha....o chicken.... Sabi niya para kang ano.... bata dinadaya.... sabi ko Pediatrician nga eh, di ba...? Kaya kailangan kong mindset ng bata... But what I'm doing now is, if you eat it, and part of the mental health, if you try to eat healthy, the food, the taste, uhm, before it taste like really restrictive, turns out to be healthy and delicious. Kasama dun sa good micro... micro biome or good bacteria sa katawan natin. It's partly telling your bodies na, you're not eating... the right food and that, when you're eating the right food, it makes you want to not eating the right food, it makes you not want to eat more of that bad food. So parang pag tinitignan niyo uhm samen what we do it's called transgenerational health. And also the first one thousand days of life para sa mga bata. Basically ang ibig sabihin non, ang...health ng baby does not start kapag lumabas yung bata. It's starts during the first month ng pagbubuntis ng nanay. So whatever the mother eats, until the patient is 2 years old, affects the future health of the baby. So yung mga asthma, diabetes, early hyper tensions, chronic diseaes in childhood is because of the eating habits, eating choices of the mother from conception until age 2 years old. And then uhm, very important sa amin ngayong shift, sa mga parents, sa mga lola, masarap pakainin ng masarap at very, very tasty na processed food yung bata, ang sinasabi ang sarap kumain oh, gustong gusto niya... Pero magiging problema because that adds to them being picky. But, if you start to give them good choices early on, 6 months onwards bigyan niyo na siya ng solid food na medyo mas healthy, hold off on the sweets, hold off on the processed food, hindi kayo magkakaroon ng problema. Alam niyo doc 2 years old ang anak ko, fried chicken lang po ang favorite niya. Ah, hindi ho namin siya mapakain ng kanin, hindi po namin siya mapakain ng gulay, isang oras nasa bibig niya ho yung pagkain. Paglabas buo pa. It's all because of the micro biome, o yung good bacteria, bad bacteria combinations from the smaller until lumabas yung bata. And of course that's all related to mood or mental health. So Gut- Brain ang access natin.

Dr. Zoe: May add lang ako na quick lang. Kasi yung sinabi niya, the health of the child starts during the first month... dun sa... womb ng mother... So meron din kasing studies na nagsasabi na, uhm, If yung baby mo, inexpose mo sa healthy food, like gulay ganyan... in-expose mo siya during the first trimester. Yung lasa nung food na yun, pumunta yun sa amiotic fluid. And so nalalasahan yun ng baby. Paglumabas na yung baby and, dumating na yung panahon na you have to introduce solid foods sa kanila, okey sa kanila, walang problema kasi alam na nila yung lasa nun eh... (background noise)

Lexi: Mag share pa, magshare pa kami, cause I had mpalaya when I was preagnant. So now my daugther eats Ampalaya. Okey, any other questions... from... from the audience, I have a few more questions here if you'd like me to continue. Uhm, we're talking about moods as well noh.... Uhm, how about the food mood connection relevant to cancer patients. Kasi minsan siyempre, you can't help it na some of them lose hope sometimes or they're going through something, particularly difficult, you know, you can't help but their depression levels may be go up. So are there any uhm, food that can maybe enhance, that’s healthy that can enhance their moods.

1:29:34 Dr. Zoe: Uhm, the good thing about food, is that, you know, parang ang dami ng makukuha mong good benefits or benefits, from eating food alone, di ba? So, if you are a cancer patient, and you are eating healthy, that's becoming, that's making your micro biome healthy and nasabi naten kanina yung connection niya with your...with your mood, di ba? But at the same time kasi there's one more thing that the microbiome does, and it's actually having a really beneficial effect on your immune system. It affects your immune system. So, making the gut healthier by making the micro biome health... healthier improves your immune system too...

Lexi: Okey... Yes? Question? Go ahead ma'am.

Q2: Uhm....... na-diagnose po ko last year only tapos uhm, ngayon po natapos ko po yung chemo ko last April, then natatakot sabi po nila nata..na hindi pa raw po pwede kumain ng yung matatamis. Natatakot po akong kumain ngayon ng mga fruits. Wala po akong kinain kasi natatakot po ko na...ano...sa sugar. I… dapat po ba kaming kumain ng fruits at saka isa pa po yun po bang... white ah yun po bang rice...na white sya na ano na...rice na yung mga puti tsaka yung mga bread, bawal din po ba sa amin yun na mga cancer patient?

Lexi: Good question, coz it's very relatable, di ba? Because sugar is now seen as the enemy. It occurs naturally in fruits, di ba?

Dr. Ronnel: Yes, okey...uhm, ahhh as a general rule, ahhh...walang general rule. Okey... Ahhh ganito po, uhm, my mom is uhm, ano... sorry...ahh passed away nung 2013 for breast cancer... Ahhh I wish I knew kung ano yung alam ko ngayon, kasi during that time I also restricted her from, from eating what she likes. I understand the combination or the difficulty of having ahhh.... cancer patient who wants to eat something, and then being restricted, that adds to the...viscious cycle eh... Ayaw mo ko pakainin ng gusto ko lalo kong malulungkot, pag hindi ako nalungkot, lalo aakong gustong kumain ng..ng..ng gusto ko, ayaw mo ko pakainin, pa ikot-ikot. So if there's something that I would want you to know is hindi... again, diet is not restricted, we want to say na... bawal kayong kumain ng ganito and you maintain that strict diet, the, then we talk about cheat days, I just want to go back to the point of ma'am kanina, the moderation and variety. You can eat meat, you can eat bread, you can eat fruits, but you have to know which component of that meal or that com, that food item could be helpful for you. So let's say, highly sugary fruit versus something that has a low sugar, then eat that fruit. But after eating it making sure na there's a moderation and variety, don't eat it all over again. Kasi ang sarap sarap, or uhm, magre-restrict ka dun sa ibang bagay dahil kumain ka ng sobrang dami nung isang bagay. You go back to moderation and variety. And, the point of Dra. Zoe kanina is if you eat a moderate and variety or good variety of meal, you affect also your immune system and state of being healthy. So, less chance of being feeling depressed and deprived because you're still eating something, na meron kang gusto, but you're more aware, it's the awareness eh...If you eat something, alam mo namang processed yan eh. Alam mong masama yung components niyan. Meron ba kong similar na gust...ah something na gusto ko, that's a healthier options, and my, I will still feel good na hindi naman ako dineprive. And then siyempre, sasabihin natin cheat days, if you had that piece of cake, or slice of cake, I'll allow it. Birthday ng apo mo, kain ka, okey....But make sure you go back to the regular schedule of eating a moderate variety of good source of uhm, nutrients and healthier lifestyle and healthier diet. We're only human pero we want to work on that... culture na... You're going to eat for your gut, you're going to eat to support your brain, you're going to eat for your health.

Dr. Zoe: One more thing din kasi is that, if you have been eating healthy, binago mo na kasi yung micro biome mo. So yung cravings mo din nagbabago. (Yeah....) So, baka naman, kahit na, bigyan ka ng cake, and nangyayari talaga 'to, bibigyan ka ng cake, wala ng epekto yun sa'yo. Pero okey, thank you....di ba? Pero, ahhh...ang mas kine-crave mo na yung healthy. And so on top of that pa, between something processed and between a fruit, alin ba ang better choice sa kanilang dalawa? Pareho silang matamis pero, which one is better? Right? And even if sabihin natin yung isang piece of processed food, is not obviously sweet, pero kasi a lot of processed food, would really have some additive there, that will spike up your sugar. Ok, so may hidden sources lagi, (Dr. Ronnel: Read the label) Yeah....read the label but, that also needs a little more ano...education din naman. Para maintindihan mo kung ano yung nasa label. Pero, in the first place, if you're reading the label, at hindi mo naintindihan, processed yon....So just go for food na.. na.. alam mo kung saan nanggaling, alam mo na totoong pagkain siya.

1:35:16 Lexi: Hotdog or Mango? (Audience: Mango.....) Very good. I'm just testing.... hahahahahahaha... Yes ma'am, question… Soda or calamansi juice? (Audience: Calamansi juice....) Bottled or fresh? (Audience: Fresh....) Very good.....Oh there… They're learning.... Hahahahahahaha.....

**1:35:36.1 - 1:40:25.2**

Q3: Good Afternoon, Doc. I'm also a Doctor (Dr. Ronnel: Yes ma'am, good) Now, ang mga pasyente ko may stubborn, meron bait-baitan, meron now you see now you don't, hahahahaha... oo, pag malapit na yung final destiny ang bait. Ok, uhm mostly pagka I have lots of patient na hindi, hindi ko kasi linya. Okay, pag masakit na yung, mostly syempre pag meron kang cancer masakit ang katawan and that is normal. So... may isa kong pasyente, hindi niya kayang bumili ng fresh fruits. Sang damakmak na fruit cocktail nasa harapan. Sabi ko, wow....fiestang bayan. And then yung isa naman, yung...hindi na fruit cocktail ano naman yung... I don't want to mention the... fruit juice, noh... Yun naman ang iniinom. Litong lito na ko sa kanila. Oo... Now doc uhm, Ahhh... I don't know how you can explain this but this, this is not a joke. Pero sa akin, natatawa ako pero, ang laking question... Ahhh we have a bestfriend, I will not mention the name ng lechon, noh... (Lexi: Daming sekreto doc ha....) Ah yes...Yung lechon na yon ng tanong ng mayari saken kasi bestfriend nung fiance ko sabi niya... Doc ang karamihan ng pumupunta dito, after the chemo, lechon... Yun ang hindi ko masagot bakit dun... after the chemo dun...mag...lalalapang ng ano lechon... Ang gusto yung balat....(hahahaha...) Doc can you give an answer for this para pag tinanong ako ulit alam ko nang sagutin... ( ahahaha....) Alam ko cholesterol yun eh.... I want to know.... hilong hilo ko sa kanila...

Dr. Zoe: I think kasi, siguro ay...ang pagkakaintindi ko sa question mo is bakit ganito? Bakit ganito na after....

Q3: Yun ang gusto nilang kainin after the chemo daw… lechon.

Dr. Zoe: Yeah. So, the ano... maari kasing craving yon... And so we're going back to the micro-biome... It's actually telling you...ano ba yung composition ng micro-biome? Na kina, na ang result is magce-crave ka for lechon... Di ba? So, ako nga, ako pag naka meet ako ng patients sasabihin niya, grabe ang strong ng craving ko for, for oreos, dapat oreos talaga every after dessert. So ang sagot ko don is that alam mo marami tayong titingnan…

Q3: Yes.

Dr. Zoe: Yun yon. Go, go beyond, go beyond just the brain. And if uhm and if the patient is ready, if the patient is ready and willing then a lot of people can help him or her. Okay, there are health coaches that can guide them through that craving, there are nutritionist that can give them tips. There's a doctor that can guide them through their health as well,

Q3: Yes, how about doc yung walang kamatayan na fruit cocktail nyan... lahat ng pasyente ko…

Dr. Zoe: Ewan ko ah I know…

Q3: … Fruit cocktail doc, yes…

Dr. Zoe: …pero from my experience mas makakamura ka pa rin kapag totoong fruits eh compared sa fruit cocktail convenie... convenient lang sa kanila kasi sanay na sila at tsaka siguro yung thinking na sa fruit cocktail iba iba na yung laman non. Pero tandaan natin na yung fruit cocktail na yun sobrang taas na nung sugar na syrup niya, di ba? So, between that, and fresh fruit, which one is still better?

Q3: Doc kasi ang sabi din nila saken, Doktora... pag fruit cocktail, yung sssss....yung juice, pineapple juice... yung cocktail, assorted fruits... oh diba ang laking ano, sabi ko uhm meron pa akong piso dito hanap kana lang ibang doctor (Dr. Ronnel: hahahaha) kasi hilong hilo nako sa inyo… Yeah, 90% of my patient nang talagang… window shopping talaga iba-ibang brand, from local to imported the fruit cocktails, I cannot educate them na. When you have a stubborn patient you cannot erase. Naka mind set na, oo hirap (Dr. Ronnel: Yes ma'am) but anyway thank you doc (Dr. Ronnel: Sige, ma'am) thank you....

**1:40:26.4 - 1:42:54.2**

Lexi: Thank you very much, okay maybe now we can just have uhm parting shot from, from both doctors before we go into a raffle... kasi may flight si Doc nako 3 o'clock hahaha...

Dr. Zoe: So ah eto lang yung parting words ko: nakita niyo naman how the gut and the brain are connected and so it's not just actually the brain it's the gut and everything else in your body. So if you have problems if you’re feeling uhm, if you’re feeling low health wise, you should not be looking at just one area of your body. You should be looking at the whole person, and that will actually give you more answers as the why these, these things are happening to you.

Dr. Ronnel: Uhm for me naman, uhm knowing what you know now uhm, it's also nice to understand na you don't have to do it all alone, yung choices na kailangan niyo ang dami kasing difficult decisions that you have to make. We have are friends from our nutritionist dietician. They are now the forefront of changing of health care because everybody is seeing the effect of food in all disease thing, hindi lang sa cancer, di lang sa depression. So they now have a big role in helping us change our mind set and also change our health. So let's work with our nutritionist dietician not just ano, see them kapag malapit ng umuwi ng hospital, tapos sasabihin na hindi alam ko na yan, alam ko na yan. And also the generic healthy diet, meron na tayo ngayong different understanding dapat nito. Moderation, variety, choices uhm process on process, helping the gut helping the brain. Okay thank you very much.

Lexi: Alright and with that would like to thank Doctor Zoe Arugay Magat and of course also Doctor Ronnel Jojo Matibag thank you very much. Well this session has been moderated by me... Lexi Schulze. Thank you very much to everybody and to everyone out there I wish you health and happiness, health and happiness to everybody. Again, look to your person to your, to your right. I wish you health and happiness (Audience: I wish you health and happiness) to your left (Audience: I wish you health and happiness) Now, I promise to eat healthier (Audience: I promise to eat healthier) that does not mean fruit cups okay... Alright ladies and gentlemen thank you so much. (Applause) (Dr. Zoe: Thank you so much yeah)

**1:42:56.7 - 1:49:13.3**

Deejay: Hi everybody, I'm back here I'm Deejay ohh... as we flash this morning, we'll be giving away raffle. Worth free diagnostic test worth 50,000 pesos. Did you guys fill out the the stubs? (Audience: Yes, yes) outside did you, did you register? (Audience: Yes) okay. I have to show the mechanics up here, just the second before we draw the winner. How was lunch? Good? So how is the temperature is better now? (Audience: No) Yeah? Still cold? (Audiene: Yes) We already ask, kuya pa-adjust po ng aircon... Before we draw the names , I would like to read again the mechanics for you to qualify in the raffle draw. The first is you have to be a registered delegate for the fourth silver linings summit. So I guess everybody has registered right. All raffles stubs should be filled out with the participants complete name, address, contact number, and email address and ofcourse signature to make it valid. All filled outs stub should be presented at the Life Science and GMT booth at the back. And the winners will be announced after each lecture. So today we’ll, we’ll give, will giving out three, so you have three chances. The winners must be physically present in the venue to claim the prize. So when you call you out, you have to be her,e otherwise we will call out another name. Prizes are not convertible to cash, and are non transferable. The winners can avail of diagnostic test until October 15, 2019. Now to pick out our winner… we still have pahabols eh. Make sure you guys filled this out ha? Yeah... ok... So we’d like to call in our board of directors, and founders of a, of a Romlas Health Group. Miss.. sorry kinakabahan ako tawagin ka... Miss Marv Romero Salas and Miss Chris Romero Salas Castro… .(Applause)

1:46:25 Deejay: Okay, we'll stay here… one will pick out and one will be okay, okay… we'll stay here dum roll wala tayong drum roll (drum roll) oh yun nalang (drum roll) hahahaaha.... improvise hahaha... there you go, hmm...I'll do it..okey, our winner is Miss I.. I cannot read, Shirley Mo... Morilla… (applause) Miss Shirley Morl, yeah Shirley B. Morilla (Applause) yehey she's here yehey... come ma'am yeah she's there (50) yeah, B. Morilla. She won 50 as in five zero, 50,000 worth of diagnostic test. (Applause) (1,2,3 one more) (okay na). Congratulations, thank you, thank you. Oh, will giving out 2 more later after the lecture, okay? (People talking in the background) okey. Thank you for staying and we’d like to request everybody to uhm go to the booth in the back and register again for the next ah... lecture. Sorry we were told that everybody has to leave, stay muna outside. If you have questions to the doctors and the nutritionist and the health coach will be at the booth. See you later.