**ICanServe Foundation**

**Silver Linings 2019**

**WHAT LIES BENEATH: A WORKSHOP ON NUTRITION AND WELL BEING**

**PICC Room 5**

**SPEAKERS : Madelene Calalo**

 **Pamela Columna**

**MODERATOR : Agot Isidro**

**1:49:20.2 - 2:18:25.6**

Agot: Hello, ako po si Agot Isidro (Applause) and hello, sana ano ha... lapit kayo sakin, mabango po ako promise. Lapit kayo kasi mamaya gagawa tayo ng mga activities, we have exercises so kailangan niyong mag partner up, so kailangan medyo malapit kayo sa stage. How's everyone doing? Kumakain yung iba. Nakakain na yung iba? Yeah? (Audience: Yeah) buti pa kayo hahahaha... Ayan, uy panoorin niyo yung iwant sa iwant tv ha. (Audience: Yes) Call me Tita, bilang mga tita tayong lahat dito alam ko yan, shrimp shrimp hahahaha... Okay before anything else andito tayo sa "What Lies beneath: A Workshop on Nutrition and Well being". But before anything else I would like to introduce to you someone who will give us our first, exercise for today. Meron siyang breathing para, bumukas ating mga lungs, pagiisip, puso naks... hahahaha... okay siya po ay isang functional medicine health coach ng Life Science, please welcome Deejay Liabres (Applause)

Deejay: Thank you Miss Agot. Hi good afternoon (Audience: Good afternoon) it's me again, I led the breathing exercise morning again, how is everybody? (Audience: Good, great) So it's not cold anymore this morning, it was very cold here. (Audience: Yes) How was lunch? (Audience: Good) Good, were you able to, to watch the food mood uhm gut brain connection kanina? Sayang, but anyway will have more of that. So, uhm I'm here in front of you to lead you to, to facilitate the breathing exercise. To begin with, I would like everybody to put away their phones, turn them into silence, silent mode. And make sure that you're not holding anything, your bag, put it away… okay. Okay... How many of you here have done, have tried breathing medic, breathing exercise or some sort of meditation? Some… not all okay, you can do this exercise on your own I hope you'll take it away this experience with you, okay. So let's start with the comfortable position, let's begin by sitting in a comfortable position, feet flat on the floor your hands, on your lap it maybe up, upward or downward whatever’s comfortable for you. Okay with eyes closed, I would like you to take your time to check that every part of your body is comfortable. I need you to close your eyes please. Okay, the tendency when you close your eyes the tendency is you focus on your body. Now you are the most important, important person in this room right now… Relax your facial muscles. Relax your jaw on your forehead, all the way to the top of your head. Inhale….exhale. Now I want you to notice your breathing. Are you breathing through your nose? Or mouth? Ei, either way is alright. Keep your shoulders relaxed and away from your ears. Inhale….exhale. Notice all the sensation going on in your body. Now let your belly relax, and let your breath go deep into your belly, inhale exhale. Take nice deep breaths. I would like you to notice your digestive system, do you feel any tension in that area? If so, just let your tummy relax. Let it expand if you have to. Imagine the food that you had today is being digested just perfectly. All nutrients going to your blood and nourish your body. Bringing health and promoting healing where it's needed. Inhale… through your nose slowly hold it, and exhale slowly. Let your body feel full of energy and sense of well-being. Imagine and feel the circulation of nutrients. All over your body. Remember to inhale, and exhale slowly…. Now imagine your body strong, flexible, and efficient. Beaming with energy and vitality. Inhale and exhale. I'd like you to bring your attention back to the room. I'd like you to bring your attention back to your body. Feel the soles of your feet. Wiggle your toes.... Inhale and exhale....feel the warmth of your palms...wiggle your fingers....now feel your cheeks... still with your eyes closed... smile a little… (coughing in the background) ...You're beautiful when you smile. So smile bigger.... Come on you can do better then that.... Smile some more... inhale... and exhale.... Inhale, slowly hold it and exhale with a sigh (haaaaaaa) open your eyes slowly, welcome back.... see all of you smiling... I love it.... (Applause) hahahaha.... How was everybody feeling now? (Audience: Relaxed) Relaxed? Good, because we'll be doing activities right. And workshops today... I'm Deejay if you wanna say hello, if you have any questions I'll be in the room, I'll be in the back please come up to me, Thank you..... (Applause) (thank you Dee, tsk ano ba) hahaha...

Agot: Thank you, Deejay. For that ahh, warm opening lahat tayo naramdaman natin yun lahat. Tama nga naman, mas maganda tayo kapag naka smile di ba uy hahaha... anyway let's got get on with our activity for today, I'd like to introduce to you 2 of a Life Science ahh... experts ayan... and ahh... first one she's a licensed nutrition, nutritionist dietician who specializes in field the function nutrition. She currently works under the mentorship of Doctor Raymond Escalona, a functional medicine certified practitioner at Life Science Center for Health and Wellness in the director of medical education at Life Science Institute. She provides as part of his care team personalize dietary in life cell interventions to a variety of patients. As the nutritionist dietician educator of Life Science Institute, she devotes herself to improving the country’s standard of care by educating health practitioners of the functional medical, of medicine approach. Eto mga degree ang dami, her degree in BS Community Nutrition at the University of the Philippines (booo) Iska Diliman has gain her competencies in community development program planning and management and training, and she also had a short involvement in the field of research as a project existence at the food and nutrition research institute department of science and technology. Please welcome Maddie Callalo (Applause) Yan… Smile Maddie kailangan naka smile.

1:59:49 Agot: Our second speaker she's a registered nurse in the Philippines and in the United States and she garnered her clinical experience from St. Lukes Medical City, a center global city and work as a nu…nurse educator at Rachelle Allen Asia Pacific where she educated nurse as locally and in the United States for several years. She's currently taking up her Master’s Degree with a Major in Adult Health Nursing at the Univeristy of Philippines Manila, and his developing functional medicine training programs of our nurses in other allied health perfections as the nurse educator of Life Science Institute. Please welcome Pamela Monique Columna (Applause) ayan... I will ah... hand over the speakership to you.

2:00:41 Maddie: Okay. Thank you, Miss Agot. Good afternoon, everyone. (Audience: Good afternoon) okay, so we're gonna do our workshop in 2 parts I'll be talking about things first and then, Pamela come up again to help us with the workshop. It's that okay? Alright, okay so... we are gonna talk about nutrition. Who here likes talking about nutrition? Ow... Interesting seems like a lot like to talk about nutrition. I wonder why? What is the first thing that you think about when you hear the word nutrition? Health? Okay, okay. That a, you know it's first time I actually hear people say health hahaha... Because the very first thing that people usually say when I ask that is food. Right, and why food? Because we love food, right? It is correct that food is life... Amen... hahahha... right, food is life.... if we don't eat food we, we die... yes if you don't eat the right food we die we get sick quick, before we die first we get sick hahaha... okay... alright so, did anybody say food? Did and, did you have good lunch today? Okay ba busog tayong lahat? Okay, kasi hindi tayo makakaki, ano di mag aabsorb yung ano, information kung gutom tayo di ba? Alright, so food is fundamental to life, we all agree... tama? Food is fundamental to life because Filipino culture we love eating, 6x a day breakfast, snack, lunch, snack ulit, dinner, snack ulit minsan, minsan snack ulit bago matulog. hahahaha… so ang dami natin eating time, and eating, eating allowance in our bellies. So food is very fundamental to life not just because it brings us a sense of happiness. Who here is happy when they finally ate lunch yeah... di ba? We all get happy ako minsan kapag ano, ewan ko kung sa about you, but for me when I eat parang minsan napapakanta pa hmm... sarap ng pagkain... may ganon ba kayong experience with your food hahahha... okay baka weird lang ako eh but it's a good to hear that you have those experiences with food, because that is very important.... Your relationship with food is very important and will be talking about that more in awhile.

Okay food is fundamental to life first and for most because it gives us energy, tama kayo that when you don't eat you, you die eventually because you won't have that energy you won't have the, the nutrition that will bring vitality that bring you life so when you're hungry madalas ang nangyayari sa atin nagiging hungry... right? Di ba? And the soul is the relationship kanina if you we're able to attend the talk a while ago we talked about food and mood. And that's actually one of the things tha... one of the ways that food can affect your mood, because if you are lacking in nutrients... mood is affected then so iisipin niyo galit ba kayo todays auhm, madali ba kayong ma-anxious today o maasar today then that could be related to food did you provide to your body with the right nutrients. And if we’re gonna look at things that uhm in terms of nutrients ano yung mga kailangan ng katawan para gumawa ng enerhiya, it's magnisium zinc, oxygen, iron, B1, B2, B3, B6, all the B vitamins and other nutrients in the body and this one we can have it a right nutrition. Okay, food is also information it's energy it's information, when... when I say information I mean this in the way that food can talk to your genes. Okay it can tell your genes to say to, to make disease or it can tell your genes to make health. And just to give you a slight example for that. I want to show you this study it may look scientific but allow me to explain it. uhm, this is the study that, that looped into how food can affect the genes, and what way it can lead to cancers specifically here in the study and in what way what kinds of food can actually help you stop, the mechanism of creating cancer cells so uhm, in this study in 2012 they saw that green tea, soy ap apple, phyto nutrients or phyto chemicals which we see in the color of our fruits and vegetables. So important na makulay po yung gulay natin kasi nandun talaga yung sustansya that could protect your cells. And...there. Kercumine which you find in turmeric, we have ceninium isolotionates. So those are found in gree, uhm dark green leafy vegetables. First of which vegetables yung malunggay po natin, yung pechay, brocolli, spinach all those have those nutirents and the rest. So what it does, it ah, it stops the mechanism create cancer cells. So, that is just one thing na how your food can talk to your genes. And, we've talking about genes since this morning, and , yes I, I was able to talk to a few participants kanina na they were sharing with me that uhm, yeah...cancer really is in our family. My dad has cancer, my mom has cancer, and so...uhm, I have cancer. Let me tell you one encouraging thing is that your genes will not dictate what disease you will get. It's only 10%. Okey...What will dictate more of what your body, what disease your body would express would be your environment. The food that you're exposed to, the stress too that your exposed to the lifestyle that you are in. And it's studied, I'm not just saying this out of uhm, you know bias...but, uhm, it's been studied that 90% of chronic diseases are actually from lifestyle factors. Now that leads us to ask, ano ba yung things that we are exposed to right now? What toxins, what kind of food? Do you think that the food that you ate today is nourishing to your body? Yeah...hopefully it is....And so yeah... So, whatever you express which is your pheno type, we call it the pheno type. Whatever disease you express is, of course your genes have obtained it, but the one that triggers your genes to express disease would be the environment, the lifestyle, the exposure. Alright, so everytime you eat right now, maybe it would be best if we ask ourselves will this food item give me the nourishment that my body would need to heal. Okey? Because what's good about our bodies is God created us to have uhm, internal healing mechanisms. So we have the ability to heal ourselves. Key, can you tell that to yourself, I have the ability to heal...( I have the ability to heal....) Yes, and that's true. You have your immune cells, your repair mechanisms, and what you have to do is to support that. One way, through proper food. Alright, so what, how else is food important to us? It…food bring us connection, di ba? When you eat with people, you, do you eat with strangers? No, not often, di ba? You don't eat with strangers, you'd rather eat with someone you know. That's why in our family actually we want to uhm, encourage everyone to be present at the dinner table. Kasi gusto namin naguusap-usap kami. Ganon din ba kayo? Oo, di ba? So, sometimes you even invite people to your place eh, uy kain tayo... uy mare kain tayo... And then you share kwe...magkekwento kayo... mag eexchange and food in that sense gives you ah...si...ah...uhm...ah...a sense of uhm, purpose. A sense of well being, a sense of belonging, which is very important and, we have new studies right now. We call it Social Genomics. Which see...sees how your social environment or your social life is affecting your genes. So those who have better social relationships tend to have increased immunity as well. Who wants that? Di ba? All of us want to have increased immunity so very important, can you greet the person beside you? And tell them thank you for being here. (Thank you for being here....) Thank you for being a friend....(Thank you for being a friend.....) If you don't know them, maybe it's time to make friends with them. 'Coz social connections are very important, right? We are our tribe. We have to work together and towards this ano...this journey of health. Okey, so more than just your connection with other people, another connection is...that is very important is your own connection with food. And I mentioned this earlier. How do you, how do you relate to food? Sometimes di ba, we are in a relationship with our food but it's complicated...Haha haha.. Di ba? Eh minsan naguguluhan ka na... Okey ba tong pagkain para sa akin... or...or hindi. Ang dami mong naririnig, or hindi. And for, uhm, a common thing that I've been hearing since this morning is that some people are afraid of food... Agree? Agree...and it's true. And it's real. People are afraid to food. They're afraid whatever they eat will cause them disease. But that is also something that we want to change. Because if you said that the beg....beginning of this talk, that food is life... Why are you afraid? Now the thing is we have to know what food can give us life. So you have the power to choose. Ano ba yung pagkain na pwede sayo? Yes. And that, and that way you don't have to be afraid anymore of the food that you're eating. And that way you have a better connection with your food. And, take note of this. If you are afraid of the food that you're eating, it causes stress in the body, and when you're stressed you don't absorb nutrients. Okey, so you have to build that confidence that the food thaat you're eating will provide you the nutrients that you have. And, that gives you the choice, uhm, of course we nutritionists are here to help guide you with the choices that you make. But let me also give you that power that you have that choice. And you know that choice if a food is good or bad. So let's build a relationship with food. Wag po tayong maging ano...maging avert to what we're eating because food can actually benefit us. Okey, and in that sense, food is our medicine, food is energy, information , connection and it is our medicine if we give it in the right way. 'Key...uhm, more on this medicine, ah..my...my aunt is uhm, just to share you a story, also was diagnosed with breast cancer before, and uhm, one of the very, the inter...she didn't go through chemo... because she really wanted to believe that of that, potential of the body to heal itself. And she did change her diet, shh with uhm, other medications as well but, wou...she radically changed her diet giving her, making sure that she had enough nutrients that you...her lifestyle also changed, made sure she had a good spritual life as well and she lessened her stressors. And uhm, right now she's actually, breast cancer free. So I want to ee...also share that hope to you...( Applause... ) Yeah...thank you....

That...that cancer is not the end...hhehehehehe....There's something that you can do about it. So if food is our meci...me...medicine, how are we eating? Right? How are...how is your family eating? How are your friends eating? Sometimes ano...you know that there are studies that also show that, if you are...that yung...yung...that dietary habits of the people around you, so yung mga katabi po ninyo, can be the same die...dietary habits that you will acquire as well. Kaya important din na may be it should start from us na we...uhm, we share to other people the right ways to eat. And also uhm, involve ourself with groups of people who will courage us...encourage us to eat better. So, are we eating by instinct or are we eating by intelect? If we, I say by instinct minsan tinatawag ko tong "Caveman Diet". Yung parang, uhm, kung gutom lang kakain lang... pero hindi niya pinagiisipan kung ano yung nasa pagkain niya. So right now I would like to encourage you to know what you're eating. To eat by intelect, we are human beings, we have the capacity to think so let's make use of our brains and know what is happenning in our bodies. Why is this body expressing disease? And how could I support it to express health? Alright? So that's the challenge for all of us. And the way that we do it in our clinic, the way that we help people, uhm, look into how...why things are happening and how we can...uhm, go about this. It is through the functional medicine approach. And uhm, when we look at patients we see them like trees. So in the terms of disease, uhm, usually at the top of the...kapag puno di ba, unang una nating nakikita yung... yung leaves. So same thing as diseases welook t the different organ system that have the disease. Like kung, heart disease, magiging ano sa... cardiologist siya pupunta...Kung...lung disease... sa Pulmo di ba? Uhm, but what we're seeing right now through this approach is that there are imbalances that are happening inside the system of the body and, uhm, if you are going nourish the leaves of the tree, you'll have to provide it with the right nutrients, the right sun light, the sun exposure down from the roots. Di ba? So, whatever imbalance is causing the...the symptoms above on the leaves uhm, is actually caused by yung mga nakikita natin dito sa baba. So that deep exercise nutirition stress and relationships. And, let me tell you that disease does not happen overnight, it occurs in a span of a lifetime to 15 years. So, if you have a disease pwedeng 10 - 15 years na po yang in the making... So, if you have family members who are not yet expressing disease but they think they're healthy may be it's time to like shake them a little bit na...Hey, we might need to do something, okey? Alright, so...nutrition place a huge role and if there are certain nutrient defficiencies that we are see…that your body's experiencing it will manifest itself in the outside. Okey, so that's something that we are gonna look into right now through our workshop. We're gonna start looking at what is happening on the outside and try to identify what might be happening within your body. So, did all of you receive uhm, let me pull it out, something like this...Okey...So if you...you haven't received any, you can raise your hand and uhm, our ushers wil be handing you some... Just keep it up so they will know who doesn't have yet. Alright. And another thing before we start doing this workshop, can you make sure you're beside someone? Caan you...yeah...is it alright if you just uhm, be beside someone and then say hi, hello...what's your name? Hahahahaha...Ask them, make friends with them because you're gonna...you're gonna play...We're gonna play in this session. Okey...yeah...over here po sa harap... Alright. Get to know the people around you...( Background Noise.....) Okey, this gonna be fun. And to help me....to help us...know how to look into the body. I'm gonna call up Pam this time and she'll run us through physical signs that can contribu... that could ano....uhm, display some nutrient deficiencies. Key...(Background Noise) okey, me...ah…there's one here...another on the side please...hahahaha...Yan, dito din po on the left part...yan oh...key... Wait lang, wait lang daw hahahahahaha.....sige po...okey...So we're...while uhm...ah...our ushers are getting more of these kits...uhm, do you have a friend beside you right now? ( Yes...) Okey, that's great. So, let me remind you before we start doing this that we are all unique. Can you look at the person, your partner? Do you...do you have the same eyes? No di ba? Do you have the same nose? (No...) No...haha...Sinong lugi… hehehe. Ayan, so we are all unique so as we look into nutrient deficiencies, I want you to remember this that you are different from the person beside you... and whatever causes that those physical science are also different so uhm, it would be best to know why that's happening first, okey? So let's head on to our activity. Oh, can we just request a few of these kits here on the left side? The left...ay wala na...Oh there, there are 2 more...so...Yeah, actually I can give this one when I get down. Okey, I'll be moving around along with Ms. Agot. She'll be helping out and seeing if people are doing things properly. And, yeahahahaha... Enjoy everyone as we do the workshop. Okey...

**2:18:27.6 - 2:49:09.2**

Pamela: Alright...So does everyone have na po yung ating...Tsk...yes...yung kit natin. So we'll be using it, ah si ma'am wala pa....okey...aayan...So she's one, two...so if meron pa...no more na...okey...Mads...Eh hahahahaha...I'll be giving mine. Ah there, meron na daw...Oh, there may sobra...Alright, kindly raise your hand, if you don't have a kit yet...okey...Ah wag po muna nating buksan...ayan later po...haha… Excited po... Ah it's okey...ah it's okey...wag nalagay na...ayan...hahahaha....Alright, so good afternoon everyone...Good afternoon...So, can you tell the person next to you and sabihin mo nga with all urnest...uhm, with all sincerity and say you're a blessing..."You're a blessing".....ayan...so tlaga namang we're...we're uhm, everyone here is really a blessing. And uhm, we really ahh...acknowledge your..your strength. And talagang that you're representing hope, and that's why you're here. So, before we proceed, ah...sa pag papakita po natin nung mga signs and symptoms, so really, what's the goal of this workshop? Okey, ano ba ang goal natin, it's really for us to be able to ask ourselves "What is our body trying to tell us?" Can you ask your seatmate, what is your body trying to tell you? "What is your body trying to tell you?" Ayan...kasi di ba s Maddie said earlier that really health comes from, or starts from within...and yung mga manifestation natin sa labas so it's just really a manifestation of what's happening on...on the inside. And sometimes po actually, rather than what your body is trying to tell you, a better question to ask is, Are we listening to our body? Ayan...ihehehehe...Kasi po sometimes di ba, meron naman eh, nakikita naman natin, naririnig natin but sometimes, uhm, we tend to...neglect or ignore it. So really these exercises hopefully will help us to be able to listen to our body more... Okey ba yun? Yes, we'll listen to our body, alright...So, ah I just want to share with you po uhm, personally speaking, I've experienced this. Uhm, when I was young, napansin ko na I have a white coat on my tongue. So supposedly yung tongue later I'll show you po... not my tongue, but...hahaha… later I'll show you supposedly yung itsura nung tongue. So, kala ko kasi normal yun...na may white coat...and then recently ko lang nalaman na ah it's not normal pala... That it's really telling me something that my body, since I was young, was already telling me something na aaah there's something wrong. That there's a deficiency happening in your body...ayan...So, it's very important us...for us to find out, alright? Are we ready? (Audience: Yes.....) Okey, so this is what's gonna happen, I'll be showing you po first, yung mga uhm, signs and symptoms and then after that, we'll do it to our partners. Pero I'll give you the cue, alright? So we'll start first with, okey...the hair... okey so hair muna tayo...okey...So by the way guys, disclaimer lang ha, wag natin takutin yung partner natin...ay naku...haha..ay patay...ehhh...ayan...Alright...So, kaya po nakalagay dito na they are just really possible signs of nutritional deficiencies because possible na may iba rin namang reason... okey, so... wag natin takutin ang sarili at partners ntin. But at least, we have that awareness that there's a possibility that's due to a nutritional deficiency. So let's start first with the hair. So can someone tell me, ano ba dapat itsura ng hair? (People answering in the background.....) Shiny...walang sabit hehehe... di ba? So supposedly yes, it... it should be shiny, uhm, what else, dapat bang madali siyang ma... ma-break? No di ba, supposedly it should be strong... it should be shiny... it should be smooth supposedly. But, so how do we know if there's something wrong? Okey, so here are some examples. So, sa left part, okey, we can see here... hair thinning... alright, so, if we notice na ah, and later we can ask our pa...our partners as well, you can ask them, ay, nano-notice mo ba na yung hair mo parang mas uhm, nagthi-thin na compared to before? Alright, because that can be a sign of a nutritional deficiency already.... lalo na kapag, may hair loss...ayan...so hindi siya...hindi siya dapat...hindi siya normal na nangyayari na ah, kasi....tumatanda na ko...No! Okey, so supposedly it's not happening so again, there's possibility there... there is a...nutritional deficiency. So usual causes or deficiencies will be what? Lack in protein, Iron, Zinc, Copper, Biotin as well as Selenium. But of course, sino dito mahilig magpacolor ng hair like... like me. Ayan...hahaha...okey, so again, it's not just nutritional deficiencies but, Ay si Ms. Agot... ahaha... so it's possible dahil din sa chemicals, di ba... Okey, so guys ganito, how do we find out if, again if there's risk for hair loss sa aten. So, we have what you call your hair pull test. Can you say that together? "Hair pull Test". Okey, so later, uhm, later gagawin natin kung papayag lang naman si partner pero to ourselves, okey so this is what we're gonna do, can you do this with me? Okey, so yung...yung fingers naten, let's run through our hair, and then we're going to pull our hair 3 times. Okey, let's do it. One, two, three...and then you're gonna run fingers through your...through the strands of your hair. Ayan...so pag may... 3 strands or more na sumama...there's risk. Okey for hair loss. Okey, but again do not panic, wag muna tayo magpanic. But there's risk for hair loss kapag ganon...Alright? Okey....Meron bang natanggal? Meron natang...lahat? Uh oh no... (Laughter in the background....) Alright. Okey...So next guys, let's move on to this one. We have what you call your premature graying... Di ba pagsinabi nating premature, meaning... masyadong... maaga... okey... So, tingin niyo, I would like to ask the audience, tingin niyo ilang taon yung normal na magkaroon ng puting buhok? (People answering in the background....) 40's? 50's? Senior? Alright...okey…so, actually tama naman, so pag sinabi nating premature graying...so if you have gray hair less...if you're less than 30 years old, tapos may gray hair ka na so that can be considered premature graying. Okey, so possible that you're lacking copper and vitamin B 12, but it's also possible that it's in the genes. Baka...napansin niyo minsan na ay bakit lahat kami ano pa lang 20's pa lang white hair na...So possible din po yun na dahil sa genes natin o kaya sa stress, ayan...so ang mga...mga mommies di ba, sa stress....or exposure sa ultra violet rays. So pwede din naman po yun...'key? So again, ilang taon po para masabi nating pre mature graying...pag less than...? " 30 years old..." Alright...

So next, let's move on...so sabi natin kanina ano dapat yung hair natin dapat ba dry? " No..." It should be what...? It should be...shiny..haha...silky and smooth. But, if you noticed that it's dry...or if there's dandruff...okey, yung mga white nating ah...dandruff so, possible po na may kulang tayong nutrients such as your essential fatty acids and your zinc. Okey...? But again, other causes of dandruff pwede po kasing may fungal infection po tayo...or minsan po baka hindi din po tayo nag wawash ng hair properly. Pwede rin naman po yung mga ganon, alright...? Okey, so find a partner...find a partner...and can you please bago niyo po sila sabunutan (laughter) mamaya...uhm, uhm, pakilala po muna kayo, and ask permission and if you can touch their hair...ganyan...okey...pakilala po muna tayo...(People talking in the background...) Alright, baka magulat po kasi bigla na lang nanabunot...okey...So...alright, can I have everyone's attention first? So, I'll be showing you the photos again, ayan po...tapos we'll be running a timer on this side. So it will be 60 seconds. So, ang first exercise po yung muna...yung checheck mo muna kung meron bang dryness...thinning...okey...hair loss, dandruff or premature graying...Are you ready? Okey, so timer starts now... (A lot of background noise from people talking in the background...) 'Key, so check, check the hair of our partners... (A lot of background noise from people talking in the background...) Oo, so tag 30 seconds each po tayo...ayan...Bawal po mag away...sa pagsabunot..hahaha...gentle pulling lang po tayo...( A lot of background noise from people talking in the background...) Alright, twenty.... two seconds left... alright... so 10 seconds left...5..4..3..2.. and 1... alright. So, meron po bang may nanotice... na uhm, hair thinning...ayan...dan...hair thinning meron po...ah pareho po sila...alright...so there. It's good to ask yourselves uhm, my possible nutirional deficiency in health...alright...okey...So next guys...let's move on...okey.

Dito po muna tayo, let's go and move on sa tongue...okey...So, alright...so supposedly what should our tongue look like? (people answering in the background...) Orange..? Re...hahaha...baka po my kinain...Pinkish...okey...so, para pong yung mga ano niyo, yung mga shirts niyo noh...So supposedly it should be pinkish and like what I said earlier dapat wala po siyang coating...Alright...O sige let's settle down first, okey, so we can move on sa tongue...So this should be the normal size and the normal shape of our tongue. But, have you ever noticed this one? Baka po may napansin na silang merong ganito...Personally may ganito po ko...Okey, so this one right here is called your scalop or wavey tongue. Okey, so if you have that, later we'll check our partners again. So it's possible that you food allergies or sensitivities as well as low blood sugar or have issues in producing sugar in your body. Ano pong sabi nating color ng tongue dapat? " Pinkish..." How about this, ano pong color niya? " Red..." Ayan...so if it's...beefy red...di ba po para syang karne...? Beefy...Alright...So, it's possible that you're lacking Niacine. Okey, which is aah, also ah...ah...vitamin. Okey...'key...so next. Dapat po bang may coat yung tongue? Wala, supposedly... but what we can see with this one is there's a light coat. Okey...so, yung coat po kahit manipis lang ha that's still considered a white coat. Kasi minsan po, may manipis...merong makapal, okey...So it's possible that you have Disbiosis. Can you say that together..."Disbiosis..." Okey...so, Pam...What is disbiosis? So, guys when you say Disbiosis, Dis meaning imbalance...okey? Imbalance saan? Biosis meaning imbalance saan, sa good and bad bacteria natin. Sa tiyan...sa mouth...so it's possible na masmarami sino kaya, pag may white coat? Si bad bacteria...yan ...so, kung naririnig niyo di ba minsan sa mga commercial yung mga probiotic...ganon kasi...really it's for...it's our good bacteria. So, Si Maddie actually siya yung nutritionist ko. Ayan..so...she...she's also my...she's my partner she's also my nutritionist, and then she told me na Pam, okey since meron kang white coat, so mas kailangan kumain ka ng what...yung mga nagbibigay ng good bacteria yung mga probiotics. As yung mga atsara...yung mga buro...kimchi...sa mga korean...ayan...mga kimchi...ayan...so good bacteria yon...Another one right here, sa right side we have your burning mouth or tongue. But, this is not...so later tanungin mo si partner baka naman kasi napaso talaga sila nung uminom ng kape...tapos sabi mo agad...ay...may burning tongue ka...ayan... But, pag ganon po, dahil napaso siya...it's not...due to a nutritional deficiency, sadyng napaso lang po siya. Pero if it's...uhm, hindi naman siya napaso and then you noticed it, it ma be due to lacking in Iron, Vitamin B, Niacine, B6, Folate nad Vitamin V12. Okey? Alright , so, ngayon na po, ahaha...pwede na po nating ilbas...time to shine. Pwede na po nating ilabas ng ating...uhm, tongue...dila...ahaha...at saka po yung tongue depressor, tsaka yung gloves po natin...( A lot of background noise from participants....) At saka po if possible, yung mga may flashlight na phone...ok din po yun na mailaabas natin...maiturn on po natin...para masmaganda po natin si partner...Alright...sige po prepare muna tayo then later on we'll start the timer. Okey, so lagay po muna natin si gloves...and open the tongue depressor...and turn on our flashlights...Alright...Tapos po tatanungin din po natin si partner kung baka napaso yung tongue...baka my nakain kaya may coat yung tongue...Alright, so we can start the timer...now... ( A lot of background noise from participants....) Ahem...Okey? So, tignan po natin if there's wavey tongue...white coat...okey...beefy red tongue...burning tongue...ah may coat din po...ayan...Preho po tayo...hahaaha...my ganyan din po ako...hmmmm... ( A lot of background noise from participants....) ahem...Alright, 15 seconds left...huwag po muna nating itapon yung tongue depressor ha, gagamitin rin po natin for the next section...4..3..2..1...Okey, time's up...alright... Okey pwede na pong ibalik yung tongue sa loob ng mouth...hahaha ayan...okey... Meron po bang nakaapansin ng abnormality...na tongue...meron...Sige po, sino pong may napansin na white coat? White coat...? ah may...lahat...? Okey, marami...marami... Alright... baka po, tignan po natin kung may disbiosis tayo...

Alright, so attention here again po... So let's move on to the gums and teeth. So like our tongue, our gums are supposed to be pinkish as well...okey? Ayan, perfect teeth di ba? So, again ano po dapat color ng gums natin? Pinkish...like yung mga shirts po natin. But right here, we noticed that what...my red...margin siya noh...so that's your red gums so pwedeng kulang po tayo ng Vitamin C and CO-Q10. Another one , eto po noh, we call it bruising...yung para bang may pasa...sa loob ng sa may gums natin...So it's possible that you're lacking Vitamin K, at saka Vitamin C po. Kasi, si Vitamin C po talaga good siya for wound healing...si vitamin K naman for...pag clog po...Alright...Kamatis po yung hehe...ah...haha...yung red gums...alright... So next. Let's move on to this one. We have Gingivitis. Pag lagi po nating nakikita yung term na "itis", that actually pertains to inflammation or pamamaga po...ayan... So, in this one, Itis, Gingi so it pertains to pamamaga po ng ating gums...okey, so, possible po na kulang tayo sa Vitamin A, C and D. Another one, Pag tinignan po natin yung pictures sa right, this is what you call your Periodontitis. Can we say that together? Periodontitis...so itis din po ba? Yes. So, maaaring may pamamaga din po. Pero ano po yung difference nila? Si Gingivitis napapansin niyo po reddish...Uhm, pero, intact pa rin po yung mga ngipin...di ba po? Kay Periodontitis ano po nanonotice natin? Lumuluwag po di ba yung gums nagrerecede na siya...So that's called Periodontitis. So eto po yung mga...deficiencies na possible because of that. Alright. So eto naman po baka may napapansin tayo, ayan...sa mga bata...okey, or even other...other age levels...so this is your untreated tooth decay. So ayan po yung mga black na marks, sa teeth natin, so it's possible that we're lacking Calcium, Phospherous, Flouride. Di ba naririnig po nating sa mga commercial, Vitamin A and Vitamin D. But guys, it's also possible that what...? Aside from these, it's possible kasi na baka marami tayong masyadong...sugar, sa kinakain natin...kaya masnamamahay yung...yung moth, mga bacteria. Bad bacteria natin sa teeth natin...Alright...so, gamitin po, labas po uli po natin si tongue depressor...si flashlight...ayan...and we'll be checking this to our...or with our partners. Okey? Sige po...timer starts now... (A lot of background noise from participants....) Sige tignan po natin kung meron ba silang...ah...bruising... red gums... Gingivitis... Periodontitis... or tooth decay... (A lot of background noise from participants....) Nag seselfie si ma'am...ahihihihi...hihihi...merong...opo may coat...alright... (A lot of background noise from participants....) okey...So we have... 15 seconds...may mga pasta po...pasta...tapos...2..1.. Alright...okey, sige po...

So, next. Hopefully may mga naka...nadiscover tayo...sa gums and teeth natin...and ni partner...So next let's move on to the skin...okey. So supposedly, our skin is what po? Ano po dapat yung healthy skin? Soft...okey...smooth, ayan si ma'am pwedeng commercial...okey...so walang blemishes...ideally...flawless...like si ma'am flawless...okey...And dapat po well hydrated yung skin natin...But what do you notice po sa left? That's, your...dry skin...okey... So, pano po natin malalaman kung may dry skin tayo? Bukod po sa pagtingin...? Okey...ano po...ah breaking...okey, tama po breaking...flaky...flaky rin...Alright, so, uhm, here's what we can do guys, it's either you can use the tongue depressor or your finger, okey. So eto po yung gagawin natin, isascratch po natin yung lower leg natin...okey...so, let's do it together... Scratch your lower leg...okey...So if you notice po na...naging puti siya...okey...and nagstay na puti...ayan po...it can be possible that you have...dry skin...okey...And you can be lacking these nutrients...okey? Another one is your chicken skin. Ayan, normally ano po yan...sa likod ng mga ...ng arms...okey...chicken skin...okey...eto naman po yung Eczematous rash...ayan...pag mga namumula...nangangati...okey...And this one is called Achantosis Negrecans...uhm, Kaya po negrecans kasi blackish...okey...discoloration...napapansin po yan pwede saan? Sa...batok...okey...san po? Underarms...or even sa... droin natin...Alright...so, possible na we have too much sugar...or Naicine... ah, E stands for Essential Fatty Acids po...okey, essential fatty acids...lright, eto din naman po pag bruising, yung madali tayong magkaroon ng pasa...okey, baka kulang din po tayo ng Vitamin C and Vitamin K or when...pag yung...wound po natin hindi agad siyang nag heheal...Okey, possible na may kulang po tayong...nutrients...And of course yung pimples po, okey possible din po tayo na merong...nutritional deficiencies...okey? Personally po uhm, even yung gluten, na fafind po siya sa mga bread...pasta...ako kasi uhm, hihindi ako nakakatolerate ng gluten properly...napapansin ko po if I eat it, the next day, My pimple agad ako sa chin...sa face...ayan po...alright...Ah ok...alright, sige po... So lastly we have the nails...so eto po yung spooning...tapos pag madali pong mabreak yung nails...Okey, so that's also...okey...a possible nutritional deficiency... Tapos yung meron pong ridging sa finger nails...okey...alright. So, Can you say thank you to your partners? Say "Thank you..." ayan...thank you for participating and good job...okey...So, just remember, Can we say it together..."Listen to your body...." "Listen to your body..." alright... So disclaimer lang po again, Uhm, Don't be...don't, don't induce fear...ayan...to your partner. It's best po talaga to what...? To get yourself checked by a Nutritionist, by a Doctor. Okey, you can, you can also uhm, go to our booth later on pag if you have questions...And can we read this together? "A cheerful heart is good medicine. But a crushed spirit dries up the bones." So, talagang ang the best medicine po pa rin po talaga is having that joy and cheerful heart... despite what we're going through. Yung pag gising in the morning, Instead of listing down our problems, it's what? It's thanking God for all the things that we have despite the problems...alright...okey po...So Thank you... (Applause....)

2:43:07 Agot: Thank you Pam... Do we have time for a Q and A? A short Q and A? May time pa ba? Wala na...Sino ba ang pwedeng kusapin dito? So, yeah...So yung nakita niyo na yung mga deficiencies...yun na nakikita through the body... nama-manifest dun sa body... But this can be addressed by proper nutrition, right? Is that what we're saying...So maybe si Maddie and uhm, Pam can ah...answer a few questions from our audience. Meron diyang ano, uhm, maybe we'll take 5 questions... kasi medyo meron na kayong my next na ano eh...na module...na na...susunod. So if you have questions, merong...uhm, mic... doon sa gitna. Do you have questions? Ayan, ate....Ate na naka itim, yes....? Or you could shout if you want... ayan...Yes... (question from participant but voice not clear...)

Maddie: So, for that po, for the dry skin, again as we mentioned, it's, it's a possibility that there's a nutritional deficiency po. So, pwede natin siyang maayos with the diet, but, just to, sa...opo...with the nutrition...

Agot: be more… specific… yeah...

Maddie: As we saw po kanina, usually pag dry skin that involves your protein your essential fatty acids which is your healthy fats po. So the healthy fats you can get it from nuts and seeds... from olive oil...

Agot: Avocado...di ba?

Maddie: Avocado...yes. Avocado...yes po... So those are simple diet things that you can include in your food but, another question that we have to ask more is, kahit minsan kasi may ibang tao na even if they eat this food, hindi nag he-heal because there's another reason that is ano...why it's happening so, with regard to that po, we might need to dig deeper, on asking why is this happening? And then that is what we address po...

Agot: Okey...

Maddie: I hope that answers your question.

Agot: Thank you. Any other questions? Ay...girl in Pink...

2:45:23 Q2: Uhm, it was mentioned there are tests like to assess what uhm, vitamin deficiency you have. Uhm, can you le...tell us about that and like how much so that if we would like or if we are interested, we could prepare for it.

Maddie: Yes, thank you for that question. Actually we do have our booth available at the back for the uhm, if ever...with regard to the test kasi, there are specific nutrient testings that you can do. Para mas specific what really is happening in your body...but uhm, yeah, that's why we're also showing this physical science for those who cannot afford really the test. At least you can have a clue, of what nutrients might be involved in uhm, the physical science that we are seeing. But, yeah, please do approach our booth, Life Science or Global Medical Technologies for ano, for the... the specific prices. Medyo marami kasi so hindi ko memorize...

Agot: Okey... yeah... okey na yun? Yeah? Do you have any other questions? No more... okey.... So, we'd like to thank, Maddie and Pamela and...uhm, (Applause from the audience...) Deejay also...for our uhm, module for today. Thank you very much for coming. And if you have any other questions if you wanna avail of their services, they have a booth outside. Good afternoon everyone...and have a great, great weekend. (Applause from the audience....) Thank you... (A lot of background noise from participants....)

Deejay: Hi. We will be raffling out... A free diagnostic test worth P50,000. So if you please stay, because if we draw your name, and you're not here... We cannot give it to you. Alright, we would like to call up again on the stage, our board of directors of Romlas Health Group. Miss Marv Romero Salas and Miss Chris Romero Salas Castro... (A lot of background noise from participants....) Did everybody fill out the stub outside? (A lot of background noise from participants....) (Background music playing....) Okey, we need a drum roll please... hahaha... improvise ulit, the drum roll... Okey, sino kaya....? Eehhh.... Salamat kuya...

Marv: Uhm, the lucky winner is Elnea Sarapao... Tama ba yun.... (yehey....) (Applause from the background...)

Chris: Congratulations.... That's uhm, diagnostic test worth P50,000 from, Romlas Health Group.

Deejay: And, while we're doing that, can we please ask everybody to stay because right after this, we will begin, we will begin our Gene Test... for Cancer... Talk. So right after this one... and then... we will be...we will have, you will have one more chance to win the P50,000 worth of gift certificate. (A lot of background noise from participants....)