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## It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/02 03:03

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<http://www.mb.com.ph/BSNS20080802131370.html>

I never thought that happes is a filipino brand  
i guess it lacks all the advertisements in manila  
airwaves or i really was not aware and kept on  
patronizing foreign toothpastes. :angry:

Well. i am just glad to see that the Philippines  
has something to share in the good news.

Inspite of having a corrupt government  
it did not sink to a military dictatorship,  
it gave the world Edsa 1

admittedly the government is weak  
but the people strive hard to have  
its own democracy-

resilient, and have its own way  
of surviving through OFW's remittances

sometimes filipinos must think that  
there are lots of third world countries  
worse than us, not denying that  
the philippines is ravaged by poverty  
yet, we live with high dreams.

:kiss:

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/02 10:32

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sometimes filipinos must think that  
there are lots of third world countries  
worse than us, not denying that  
the philippines is ravaged by poverty  
yet, we live with high dreams.

to continue:

a poor country tehcnically due to corruption  
but the philippines have been a host

1-to vietnamese refugees-  
i personally experienced involving myself  
working with dental practitioners during  
a dental program in one of the vietnamese refugees  
in the philippines-

2-to chinese mainlanders during the cultural revolution  
that is the reason why we have so many chinese  
all over the country

3-and even to some of the jews before-  
now- the influx of koreans are everywhere

meaning a poor third world country  
is a haven for many

because this country never experienced  
a total swing to the left (communism)  
or right (militarism)  
when a dictator came to power it  
was toppled by edsa-1 a non-violent revolution.

it is not all gloomy for the filipinos-

till next...

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/02 19:52

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I have been complacent about the Philippines  
specially when its economy spiralled down  
and until today,as it struggles within the  
clutches of its own politicians greed

if i may look at this country once glorious  
during the 50's and early 60's  
i could fondly see the rosier side which  
is now a memory, but the filipinos  
maintained its love for democracy which  
was a legacy of the west through that memory-

maybe,this is the reason why we feared  
the left and the right-(communist rule/military rule)  
why we believe in non-violent revolution  
of the edsa-1

<http://rebelmedia.files.wordpress.com/2008/02/edsa1.jpg>  
why shouldn't i be proud of being a filipino?  
IT WAS THE LAND OF A MILLION HEROES.

[http://www.philippinepics.com/assets/images/edsa\\_revolution\\_pic1.jpg](http://www.philippinepics.com/assets/images/edsa_revolution_pic1.jpg)

If america dictated marcos to peacefully flee  
he could also have ordered mass killings  
or somewhere along the lines of his military  
officers, one could order to kill  
the 1 million people in edsa but the filipinos  
settled the problem without blood shed.

why shouldn't i be proud of this?

the love for democracy which was brought  
about by America was our shield during  
the 1975 communist takeover of the three  
southeast asian countries.

the domino theory of communist takeover  
of south vietnam, laos and cambodia

by the viet congs, pathet lao and khmer rouge  
respectively-

while the philippines took a strong stand  
to embrace democracy at all costs as it sent  
troops to vietnam war as a symbol for the  
love of freedom- and accepted refugees to our shores  
afterwards.

it's not all gloomy for the filipinos!

till next-

<http://stellarglobal.files.wordpress.com/2007/09/ph-flag.jpg>

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/03 19:03

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<http://www.businessmirror.com.ph/07032007/images/market-pic03.jpg>  
Lea Salonga-

I have decided to post about a filipino toothpaste brand  
here since the link is not accesible as of now-  
one way of looking at the brighter side of the Philippines-

By BERNIE CAHILES-MAGKILAT

Wholly-owned Filipino Lamoian Corp. has vowed to maintain its low pricing strategy despite higher cost of production saying its pricing scheme has endeared its homegrown brands to the local consumers and fortified its growing market share.

Dr. Cecilio Pedro, president of Lamoian Corp., said the company has adopted this pricing strategy since the very beginning of its operations with its Hapee toothpaste brand, whose quality is at par with the multinational brands, being sold at least 50 percent cheaper than the market leader.

According to Pedro, other brands followed suit the company's pricing scheme with a 20 percent enabling Lamoian to produce other products.

"We have always maintained affordable prices. Even in the face of price fluctuations in the market, HAPEE toothpaste has maintained its affordable price structure while continuously pursuing an aggressive research and development program," Pedro said.

Pedro said that Hapee has also maintained its standards and has the distinction of being the first Filipino brand that has earned the seal of approval of the Philippine Dental Association.

more until next....

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/05 02:08

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The Philippine Armed Forces has been standing under one commander-in-chief, never mind the failed, coup d'eta'ts, the government has been fighting against the common enemies of the people namely the muslim extremists in the southern philippines, and the innumerable crime syndicates all over-

yes crime is at its peak, i never deny that but i wanted to tell about the philippines being analysed as "laughable" one time which i partly true- but let us see the other side of a coin..

An excerpt:Palestinians are fleeing from the murderous hands of their own Palestinian brothers.

[http://www.dailystar.com.lb/article.asp?edition\\_id=10&categ\\_id=17&article\\_id=94790](http://www.dailystar.com.lb/article.asp?edition_id=10&categ_id=17&article_id=94790)

A weak government like us, it has a majority vote to seat representatives from hamas which terrorize israel, while the government like mahmoud abbas seeking "peace talks" with israel and at the same time electing hamas members on its own parliament with fatahs on the other side- terrorizing israel.:angry:

It is a damning indication of just how bad things have become in the Hamas-ruled Gaza Strip when Fatah militants there must look to Israel for protection from their Palestinian rivals. T

It is not a laughing matter but things get satirical:cheer:

The Philippines at least has its own cheating acts albeit gives a unified government as presented to all

it's not all gloomy for the filipinos! when the people of the philippines donot and never, ever will go to the south,for help fom abbu sayaf..

or mnlf, etc-- (extremists) to seek refuge from the carnage of its own government.:cheer:

GOD FORBIDS!

till next...

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/05 17:45

<http://i.l.cnn.net/cnn/2008/WORLD/africa/03/29/zimbabwe.election/art.mugabe.2.afp.gi.jpg>

Heard about Zimbabwe's recent election?

HARARE, Zimbabwe —  
Zimbabwe's longtime ruler Robert Mugabe was sworn in as president for a sixth term Sunday after a widely discredited runoff in which he was the only candidate. His main rival dismissed the inauguration as "an exercise in self-delusion."

his former opponent Morgan Tsvangirai backed off after series of murderous threat. A face so badly swollen that he could barely see, and a long sutured gash on the side of his head were Morgan Tsvangirai's rewards this week for defying President Robert Mugabe

Thirty-seven of Tsvangirai's supporters, including his driver and his aide, were murdered in the first year of Mugabe's blitzkrieg to smash the MDC, and many thousands were battered, maimed, burnt and raped <http://www.timesonline.co.uk/tol/news/world/africa/article1515479.ece>

Zimbabwe's opposition leader Morgan Tsvangirai has taken refuge in the Dutch embassy in the capital, Harare.

<http://news.bbc.co.uk/2/hi/africa/7469705.stm>

I am glad that we never experienced a one-man candidate during our presidential elections through the years B)

It's not all gloomy for the filipinos afterall .. till next...

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/07 20:41

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I would like to go back and reminisce the filipinos on how they fought wars- first during the world war 2 which everybody knows how the philippines played a very important role in America's victory over Japan- but wouldn't discuss it in details since it would entail volumes of informations eating up so many spaces in the board-(and besides i don't want readers to get sleepy when history unfolds :S )

and also wars of poverty and ingenuity why the filipinos can be regarded as resilient people.

My father introduced a book to me which he fondly reads about Bataan and Corregidor and how Carlos P. Romulo presented his own perilous adventures against the Japanese.

To cut the story short  
The capture of the Philippine Islands was crucial to Japan's effort to control the Southwest Pacific, seize the resource-rich Dutch East Indies, and protect its Southeast Asia flank.

World War II was the largest and most violent armed conflict in the history of mankind.....

Only in the Philippines did the combined U.S.-Filipino units mount a prolonged resistance, holding out with grim determination for five months.

It delayed the Japanese timetable for the conquest of south Asia, ...

<http://www.longwarjournal.org/images/Philippines-3-thumb.jpg>

so, when we think of guerilla warfare the filipinos can be counted as a formidable opponent.

The US lost roughly 4,127 american troops in iraq with all the highly technical war weapons with such sophisticated arms, the US soldiers must learn more on how to live at war in jungles, forests, bunkers and deserts

sometimes, it's not the weapon you use sometimes it's the one who uses it.

call a filipino soldier for guerilla techniques but that is where the terrorist and extremist forces are at the most.

with a character such as this i can still say that it is not all gloomy for the filipinos

till next....

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/10 07:52

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Talking of anything about the Philippines randomly:cheer:  
One filipino placed a factual issue (in one of my blogs)  
about poverty and hunger in the philippines  
and that is correct! Many are poor and hungry  
but before going to one thousand reasons why  
is this so,

again let us look at people  
who cook/bake mud as their staple food.

Haiti's poor  
resort to eating mud as prices rise  
Cookies made of dried yellow dirt  
become sustenance, livelihood, concern

[http://news.nationalgeographic.com/news/bigphotos/images/080130-AP-haiti-eatin\\_big.jpg](http://news.nationalgeographic.com/news/bigphotos/images/080130-AP-haiti-eatin_big.jpg)  
<http://www.msnbc.msn.com/id/22902512/>

I never heard that filipinos resorted to eating mud..  
this is not a mockery to the haitians,  
as a matter of fact, nations must be aware  
of the hardships these people are going through  
it was not their choice- they have to live!  
it is the fault of a weak government-again.

The rosier side about the philippines  
during hungry times is this-

Food supplement for poor launched

MANILA, Philippines --

<http://newsinfo.inquirer.net/breakingnews/nation/view/20080513-136233/Food->

[supplement-for-poor-launched](#)

In response to the twin problems  
of malnutrition and hunger in the country,  
a non-government organization  
and Church group have launched  
a food supplement for the growing number  
of Filipinos who find themselves in such a situation.

The Center for Community Work  
and People's Development (CCWD)  
and Caritas Manila introduced  
to the public on Tuesday Nutrimeal,  
which is made from vegetables and rice,  
and contains nutrients beneficial to the body.

CCWD Project Officer Lolit Reyes

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said Nutrimeal was the group's response to the food crisis

Reyes said that Nutrimeal could help alleviate the micro-nutrient deficiencies of children such as iron deficiency anemia, protein energy malnutrition, and iodine deficiency.

Nutrimeal would be sold at P70 per 100 grams in village halls and churches, Reyes said, but added that they would also coordinate closely with local government units (LGUs) and NGOs to distribute Nutrimeal to the public markets

more about hunger and poverty next ish- it is not all gloomy for the Filipinos!

specially when filipino people could only learn to avail of such numerous help in the country.

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/12 19:14

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MANILA, Philippines -- Long before the term medical tourism became a buzzword in the country, Dr. Florencio Lucero, a senior plastic surgeon at Cardinal Santos Medical Center and chief of plastic surgery division of the Philippine General Hospital, had already been receiving foreign patients coming to the country for cosmetic and aesthetic surgery.

Medical tourism is a multibillion-dollar global industry that is still growing, which is why Philippines wants to get slice of the pie.

Dr. Lucero believes the Philippines—with its competitive costs and its pool of quality medical practitioners—stands a good chance of becoming a major player in this market.

Medical tourism includes not only cosmetic procedures but major surgeries as well.

The 60-year-old doctor thinks he can open up another market and contribute to the country's medical tourism via a new medical procedure that his clinic—Asian Plastic Surgery Center—is offering, called the autologous stem cell transplant.

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This procedure, he says,  
guarantees patients suffering  
from degenerative diseases like Alzheimer's  
and Parkinson's of a medical  
rejuvenation that will make them  
feel good inside and out.

[http://business.inquirer.net/money/topstories/view\\_article.php?article\\_id=54100](http://business.inquirer.net/money/topstories/view_article.php?article_id=54100)

i went to a dentist one time to get an opinion  
about a toothache which i suffered for two weeks  
the dentist told me, it required simple extraction  
or root canal therapy. it was dismal because  
i know that when i ask my dentist friend in manila  
about the case, she will say "let's fix it because  
the roots are still sensitive."

maybe i was expecting too much from a dentist in  
hong kong at a nearby district, or i should  
have went to a dental hospital instead in  
metropolitan central hong kong  
for a satisfactory advise?  
:S

when i went to manila for a much needed medical check-up  
my good suspicion was right- i got the positive  
opinion form my filipina dentist friend  
in St. Luke's hospital :)  
i myself have proven and will always believe  
in the excellence of our medical and para- medical field  
in the philippines, this is the one thing  
our corrupt government could not destroy-  
our genes regarding medical and para medical fields  
in Asia-

it's not all gloomy for the Filipinos!

<http://www.army.mil/-images/2008/02/25/12995/size2-army.mil-2008-02-25-105855.jpg>

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/14 15:31

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i once worked as a dental surgery assistant in a dental hospital here  
and one can find hong kong, as one of the best and highly technical  
place in medical and para-medical field, i sighed and just thought  
that the philippines could have been similarly been like this if not better

in relation to this, i was shocked when one of my closest friends  
was diagnosed with ovarian cancer staged 4! I thought it was the end  
how did she survive?

our very own Philippine General Hospital provided the therapy  
from day1 up to the rehabilitation stage- they provided psychological

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assistance for free, and surgeries for free, the chemotherapy was a priceless quest as hundreds of poor patients queue up for their turn to get it. many non-governmental organizations give tickets to early birds for chemotherapy access- lining up or even sleeping with their mats in front of NGO building for that precious quest given early in the mornings.

my friend survived the hurdle, now she helps other poor cancer patients and give them examples on how to survive where only the rich could be.

it's not all gloomy for the filipinos! but one must know how to get the most from everything to realize it.

<http://www.wpro.who.int/NR/rdonlyres/FF98A64B-AE04-4492-A24C-469ADE5E5709/0/pic05.jpg>

The Philippine General Hospital

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/17 03:36

The trouble with the philippines is too much democracy to the point that it destroys the country more than it actually does-

the main news run largely about metropolitan manila and key cities and pins painfully on pillow bags using rusty needles-

since pinoys are resilient- we live cheerfully inspite of our rotten political system-

look at what google executive has to say:

Nashir said the Philippines is a good market because there has been a lot of "grassroot evangelism" of Google applications.

The executive, for one, pointed out that De La Salle University has recently deployed Google Apps, Google's free software suite, in its schools.

The Google executive said the company will stick with its philosophy of "providing best possible user experience" because after that, "revenues will follow

it's not all gloomy kabayans!

<http://newsinfo.inquirer.net/breakingnews/infotech/view/20080817-155192/Google-focuses-on-mobile-apps-user-generated-content-in-RP>

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/19 08:34

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At the other end of the spectrum,  
the planet's best countries for women to live in are:  
Sweden, Norway, Finland, Ireland, New Zealand,

Philippines,

Germany, Denmark, Ireland and Spain.  
Not even one of the top-ten is a Muslim-majority state.

Read the article in fairnss to filipinos!

<http://www.jihadwatch.org/dhimmiwatch/archives/020732.php>

Pakistani columnist: "Muslims do not treat women right"

Watch for Michael van der Galien to charge Dr. Farrukh Saleem with dishonesty for failing to claim that, back in the seventh century, Muhammad improved the status of women, and that the hijab was borrowed from Christianity.

But in the real world, it is good to see this published in Pakistan.

"Women in Muslim world," by Dr Farrukh Saleem in The News International (thanks to Morgaan Sinclair):

Muslims do not treat women right. According to the Global Gender Gap (GGG) report, the planet's ten-worst offenders are: Yemen, Chad, Pakistan, Nepal, Saudi Arabia, Benin, Morocco, Turkey, Egypt and Oman. Of the ten, nine are Muslim-majority states. At the other end of the spectrum, the planet's best countries for women to live in are: Sweden, Norway, Finland, Ireland, New Zealand, Philippines, Germany, Denmark, Ireland and Spain. Not even one of the top-ten is a Muslim-majority state.

GGG collected data from a total of 128 countries to develop a comprehensive, scientific index. The GGG Index is based on four different sub-indices -- namely, economic participation, educational attainment, political empowerment and health -- while each of the sub-indices has half a dozen components.

Under economic participation, five of the worst-offenders are: Yemen, Saudi Arabia, Pakistan, Oman and Bahrain. Under educational attainment, the worst-offenders are: Chad, Yemen, Benin and Pakistan. The best: Denmark, United Kingdom, Australia, France and Belgium. Under political empowerment the worst are: Saudi Arabia, Yemen, Kuwait, Qatar, Egypt and Iran. The best: Sweden, Finland, Norway, Iceland and Spain.

For women, the Islamic Republic of Pakistan comes out as one the worst of countries to live in; there are only two other countries worse off than is Pakistan -- Yemen and Chad. Under economic participation, Pakistan is ranked 126 out of 128. Educational attainment, 123 out of 128. Health, 121 out of 128. Political empowerment, 43 out of 128. Surprisingly, Pakistani women are worse off this year than they were last year.

Al Mamlakah al Arabiyah as Suudiyah, or the Kingdom of Saudi Arabia, is ranked really low, too. Under economic participation, Saudi Arabia is ranked 127 out of 128. Educational attainment, 87 out of 128. Health, 60 out of 128. Political empowerment, 128 out of 128.

Al Jumhuriyah al Yamaniyah, or the Republic of Yemen is worse than both Pakistan and Saudi Arabia. Under economic participation, Yemen is ranked 128 out of 128. Educational attainment, 127 out of 128. Political empowerment, 127 out of 128.

Intriguingly, there is a correlation between poverty and status of women. Some of the worst offenders are also the poorest of the poor (with the exception of oil wealth). Most of the Arab world is far below global averages and conditions, unfortunately, are actually deteriorating -- not improving. Yes, there are a few exceptions. The UAE, for instance, has invested massive resources into educating its women. Bahrain now has a woman parliamentarian....

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I strongly agree, when you're a woman in Asia  
the Philippines is the place to be-

never mind human trafficking, prostitution  
and other anti-women scenarios-many of these  
crimes exist all over Asia and much more  
horrific than other Asian countries-than us!

In matters of relationships between husbands and wives  
adulterers are not stoned to death, nor beheaded  
nor killed- :S actually men and women fairly  
get the share of what is due for both genders  
when handled properly  
<http://www.filipinasoul.com/wp-content/uploads/2007/09/kris-aquino-james-yap.jpg>

the basic thing is women in the Philippines  
are more or less treated fairly or highly well :kiss:  
I should know specially when it comes to  
love courtship and marriage-

it's not all gloomy for the Filipinos

Mabuhay mga kabayan!B)

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/20 21:29

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The Philippines' answer to the rising costs of wheat flour?  
Our very own coconuts, yes! Why rely solely to foreign  
imports when the locals can get back to work in their own  
backyards, farms and kitchen and simply live-  
as a matter of fact the basic needs of all of us is first-  
the foods!

The coco flour is their answer to the rising costs  
of wheat flour and is derived from  
the waste material we call "sapal".  
This is the coconut meat usually  
discarded after the coconut milk  
has been extracted, and is now an important  
by-product of virgin coconut milk producers.  
Dried and ground finely like flour,  
it is mixed with the more expensive  
wheat flour in making pan de sal.  
It is fiber-rich, protein-rich,  
and costs P10/k less than wheat flour.

We have it all in our farms to live!

[http://www.wildernessfamilynaturals.com/images/products/coconut\\_flour\\_2kg\\_med.jpg](http://www.wildernessfamilynaturals.com/images/products/coconut_flour_2kg_med.jpg)

It's not all gloomy for the Filipinos!

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/23 20:38

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One that is so amazing about Asia is the presence of unending lists of flora and fauna for medicines. The Philippines has its own share of this tremendous information about our very own phenomenal herbal world. Just look at this:

### Ten (10) Herbal Medicines in the Philippines Approved by the Department of Health

These are the list of the ten (10) medicinal plants that the Philippine Department of Health (DOH) through its "Traditional Health Program" have endorsed. All ten (10) herbs have been thoroughly tested and have been clinically proven to have medicinal value in the relief and treatment of various ailments:

1. Akapulko (*Cassia alata*) - also known as "bayabas-bayabasan" and "ringworm bush" in English, this herbal medicine is used to treat ringworms and skin fungal infections.
2. Ampalaya (*Momordica charantia*) - known as "bitter gourd" or "bitter melon" in English, it is most known as a treatment of diabetes (diabetes mellitus), for the non-insulin dependent patients.
3. Bawang (*Allium sativum*) - popularly known as "garlic", it mainly reduces cholesterol in the blood and hence, helps control blood pressure.
4. Bayabas (*Psidium guajava*) - "guava" in English. It is primarily used as an antiseptic, to disinfect wounds. Also, it can be used as a mouth wash to treat tooth decay and gum infection.
5. Lagundi (*Vitex negundo*) - known in English as the "5-leaved chaste tree". Its main use is for the relief of coughs and asthma.
6. Niyog-niyogan (*Quisqualis indica* L.) - is a vine known as "Chinese honey suckle". It is effective in the elimination of intestinal worms, particularly the *Ascaris* and *Trichina*. Only the dried matured seeds are medicinal - crack and ingest the dried seeds two hours after eating (5 to 7 seeds for children & 8 to 10 seeds for adults). If one dose does not eliminate the worms, wait a week before repeating the dose.
7. Sambong (*Blumea balsamifera*) - English name: *Blumea camphora*. A diuretic that helps in the excretion of urinary stones. It can also be used as an edema.
8. Tsaang Gubat (*Ehretia microphylla* Lam.) - Prepared like tea, this herbal medicine is effective in treating intestinal motility and also used as a mouth wash since the leaves of this shrub has high fluoride content.
9. Ulasimang Bato (*Peperomia pellucida*) - also known as "pansit-pansitan" it is effective in fighting arthritis and gout. The leaves can be eaten fresh (about a cupful) as salad or like tea. For the decoction, boil a cup of clean chopped leaves in 2 cups of water. Boil for 15 to 20 minutes. Strain, let cool and drink a cup after meals (3 times day).
10. Yerba Buena (*Clinopodium douglasii*) - commonly known as Peppermint, this vine is used as an analgesic to relieve

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body aches and pain. It can be taken internally as a decoction or externally by pounding the leaves and applied directly on the afflicted area.

#### Tips on Handling Medicinal Plants / Herbs:

If possible, buy herbs that are grown organically - without pesticides.

Medicinal parts of plants are best harvested on sunny mornings. Avoid picking leaves, fruits or nuts during and after heavy rainfall.

Leaves, fruits, flowers or nuts must be mature before harvesting. Less medicinal substances are found on young parts.

After harvesting, if drying is required, it is advisable to dry the plant parts either in the oven or air-dried on screens above ground and never on concrete floors.

Store plant parts in sealed plastic bags or brown bottles in a cool dry place without sunlight preferably with a moisture absorbent material like charcoal. Leaves and other plant parts that are prepared properly, well-dried and stored can be used up to six months.

#### Tips on Preparation for Intake of Herbal Medicines:

Use only half the dosage prescribed for fresh parts like leaves when using dried parts.

Do not use stainless steel utensils when boiling decoctions. Only use earthen, enamelled, glass or alike utensils.

As a rule of thumb, when boiling leaves and other plant parts, do not cover the pot, and boil in low flame.

Decoctions lose potency after some time. Dispose of decoctions after one day. To keep fresh during the day, keep lukewarm in a flask or thermos.

Always consult with a doctor if symptoms persist or if any sign of allergic reaction develops.

Isn't this amazing kabayan?

According to Ministry statistics, Philip-pines now imports about US\$350 million worth of drugs. Another reason cited by the Ministry for the herb revitalization program is that there is a growing concern that the Government Pharmaceutical Organization, the main supplier of standard drugs to the primary health care project, will not be able to produce required level of household drugs to meet demand in the wake of the large scale health services coverage.

By encouraging villagers to grow and use herbs for treatment, the Ministry would also promote the self help concept that would be, in line with the primary health care program.:cheer:

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**Re:It is not all gloomy for the Filipinos!**

Posted by linsi - 2008/08/23 20:51

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<http://home.hiroshima-u.ac.jp/shoyaku/member/yamasaki/photo/herborario.jpg>

the rural areas in the philippines  
most of it are idle because of the lack  
of incentives of the government and  
indifference of some owners and other  
elitists who chose to live abroad  
and leave irresponsible caretakers behind

but with the right motivations to see  
the land for gaining everything, philippines  
have virgin soil for plants-

rather than dying with feudalism as other  
counties do, the philippine islands have  
something to offer than war.

we have abundant yielding plants for  
alternative medicine!

it' not all gloomy for the Filipinos!

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/27 10:33

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[http://oceanparkmanilabay.com/Manila\\_Ocean\\_Park\\_A\\_01a.jpg](http://oceanparkmanilabay.com/Manila_Ocean_Park_A_01a.jpg)

In disbelief,i surfed the net quickly to confirm  
the Manila Ocean Park? Sunken in deep poverty  
and choked by globalization, the ordinary pinoy  
go to malls were manila has been proud of having  
several of it.

And now manila ocean park, others may say  
a poor imitation of hong kong's ocean park?  
let them talk but the common people could  
unwind and witness hundreds of ocean species  
most of it are found in the philippine islands,

i could hardly wait to see it when i go home.

it's not all gloomy for the fiipinos!

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/27 10:35

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<http://www.traveljournal.com.ph/blog/wp-content/uploads/2007/12/manila-ocean-park07.jpg>

[http://news.xinhuanet.com/english/2008-03/01/xinsrc\\_5820305011014468133652.jpg](http://news.xinhuanet.com/english/2008-03/01/xinsrc_5820305011014468133652.jpg)

more next time..

:cheer:

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## Re:It is not all gloomy for the Filipinos!

Posted by linsi - 2008/08/28 23:29

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With Philippine 2000-pesos, couple makes furniture business grow

With only P2,000, the Rabacs bought bamboo poles and settled on a vacant lot owned by the city government in barangay Lahug, Cebu City.

It is where they sleep and make beautiful bamboo furniture.

Twelve years later, the couple now has eight children — six are still in school.

The eldest has completed high school and is helping the family business.

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Rabac, who was painting a bamboo chair with varnish during the interview stood and motions behind his wife. "Diri ra mi nagpuyo, tulda ra among atop, sa government man ni nga yuta".

She said she wanted that they would be able to save enough money to be able to buy her town lot where they can up their factory and house.

read full article to know that it's not all gloomy for the filipinos!  
If only people will try their best!

B)

<http://globalnation.inquirer.net/cebudailynews/enterprise/view/20080828-157327/With-P2T-couple-makes-furniture-business-grow>

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