

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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P 10.00

BELATED HAPPY BIRTHDAY



MAYOR OMIL POBLETE

January 15, 2019

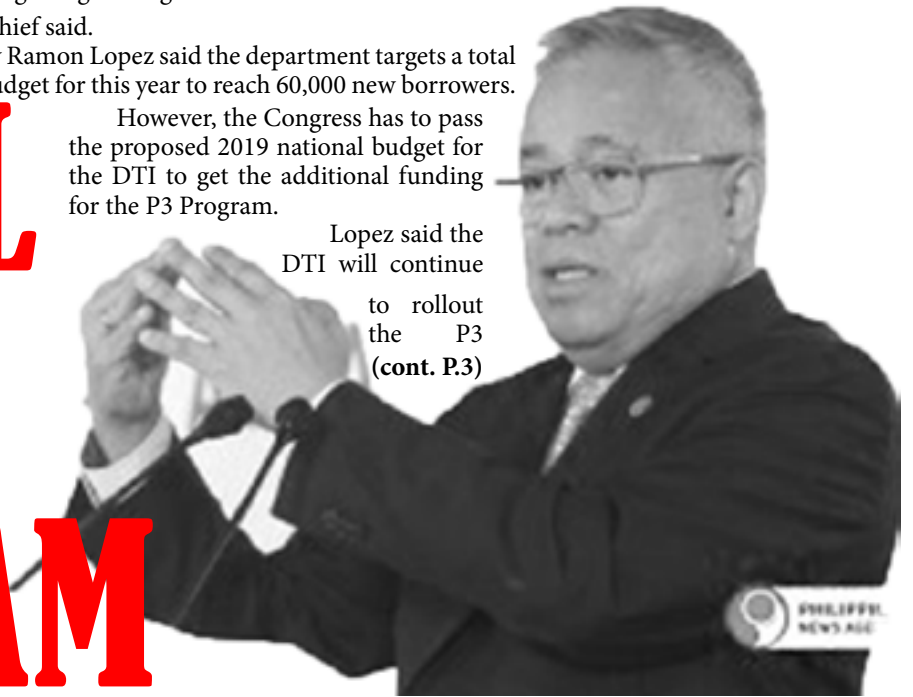
DTI EYES ADDITIONAL P1.5-B FOR P3 PROGRAM

MANILA -- The Department of Trade and Industry (DTI) needs an additional budget of PHP1.5 billion to fund its microfinancing program Pondo sa Pagbabago at Pag-asenso or the P3, the agency chief said.

Trade Secretary Ramon Lopez said the department targets a total of PHP3.5 billion budget for this year to reach 60,000 new borrowers.

However, the Congress has to pass the proposed 2019 national budget for the DTI to get the additional funding for the P3 Program.

Lopez said the DTI will continue to rollout the P3 (cont. P.3)



Commitment to serve the public thru ugnayan sa Brgy.

Cavite Governor the public reached out sa Barangay held at Boying Remulla in his to Caviteños through Landmass Subdivision, commitment to serve another leg of Ugnayan (cont. P.3)



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AWARDING OF 4TH QUARTER TOP 5-S IMPLEMENTERS



Top offices of the Provincial Government of Cavite with the highest ratings for the 4th Quarter of 2018 Workplace Inspection received Certificates of Recognition during the Monday Flag Raising Ceremony on January 14, 2019 at the Provincial Gymnasium in Trece

Martires City. Governor Boying Remulla who led the simple rites, congratulated the awardees including the Provincial Housing Development and Management Office, Provincial Youth and Sports Development Office, Provincial Planning

and Development Office, Office of the Provincial Governor and the Sangguninang Panlalawigan for consistently ensuring implementation of 5S programs in the workplace. The awarding was also witnessed by guests former DILG Secretary Rafael Alunan

together with Gen. Arturo Lomibao, Gen. Edilberto Adan, Mr. Rafa Alunan and Mr. Gabo Ignacio of One Philippines, thanking the governor for the warm welcome while delivering his message with focus on national unity to protect the people and rebuild the nation.(PICAD)

Empowering the essence of volunteerism thru health care services

Prioritizing the needs of the indigents and making the life of the locals more convenient

was shown as the medical mission team composed of volunteers from the OPG-Extension and the

Provincial Health Office rendered free healthcare services which benefitted a total number of 350 residents of Barangay Buna Lejos in the municipality of Indang on January 14, 2019. Indang Mayor Perfecto Fidel and Municipal Councilor Ping

of the Sulong Bayan, Barangay Captain Elmer Torres of Buna Lejos 2 and Barangay Captain Napoleon Perido of Buna Lejos 1, and barangay health workers assisted the medical mission team in providing medical consultation, tooth

extraction, and random the citizens of Indang. blood sugar test for (PICAD)

Remulla roamed around the vicinity to converse with the locals and check the conditions of the citizens as they welcomed the volunteer doctors, dentists and other medical practitioners who gave their time to render such services. During the mission, members



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ANG BALAT

1. Pinakamalaking organ ng katawan, Balat kung tawagin sa mundong ibabaw, Binabalot nito ay ang ating laman, Upang ang impeksyon ay hindi lumitaw.

2. Balat ay kalasag sa sikat ng araw, Ito'y may melanin na sangkap pangkulay, Hinaharang nito'y sinag na kalaban, Upang di malapnos ang balat sa ganyan.

3. Ang balat ay merong mga munting sangkap, Na dulo nitong "Nerve" upang makatawag, Nitong ating pansin pag merong sumayad, Na tangka'y manakit o kaya'y lumingap.

4. Balat ang ginamit upang di matuyo, Laman kapag hantad, iga pag kinuro, Balahibo naman sa maraming dako, Ang mapapansin mong may nais ituro.

5. Di pa man sumayad ang isang panganib, Balahibo'y alam ang ganyang sinambit, Pagka't itong balat tanggol yaong ibig, Saka balahibo'y gamit sa malamig.

6. Ang balat ng hayop gamit sa kalasag, Ang balat sapatos sa paang maingat, Ang balat sombrero nitong taong tanyag, Ang balat pagkaing malutong, masarap.

7. Balat nitong tao ay dalawang sapin, Panlabas ay patay nguni't may gawain, Sa loob ay buhay tanggap ay pagkain, Balat nagpapalit nang kusa't di pansin.

8. Balat pag sa araw ay laging nabilad, Tayo ay madaling tumanda sa pugad, Taong may kulubot o itim ang balat, Taong minamasid at tanggap ay pintas.



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Ensuring quality public service for Silangeños



In its firm commitment and deep compassion to deliver quality public service and address the basic needs of constituents, the Provincial Government of Cavite thru the Office of the Provincial Governor led the Ugnayan sa Barangay held at Old Bulihan

Zone 6 Covered Court in the municipality of Silang on January 14, 2019. On behalf of Cavite Governor Boying Remulla, Governor Jonvic Remulla visited the locals and ensured that the local government is continuously exerting efforts to implement programs

that are beneficial to the community. 7th District Board Member Ivey Jayne Reyes together with Silang Mayor Emilia Lourdes Poblete, Vice Mayor Aidel Belamide and municipal councilors also took their time to join the event and imparted words of inspiration and motivation.-(PICAD)

Uplifting the spirit of love and giving to Naiceños



More Naiceños from barangays Bucana Sasahan, Ibayo Estacion, Ibayo Silangan, Latoria and Munting Mapino flocked at Brgy. Ibayo Estacion Covered Court in the municipality of Naic on January 10, 2019 to join in the Ugnayan sa Barangay, an outreach program initiated by the Provincial Government

of Cavite which aim to solidify the relationship with their constituents and uplift the spirit of giving to the indigent members of the community. The local administration was represented by Governor Jonvic Remulla who showed his compassion in serving the public as he conveyed the lined-up programs and projects

which are noteworthy for the underprivileged constituents. Also present during the program were 7th District Board Member Rainier Ambion, Alfonso Mayor Virgilio Varias together with Municipal Mayor Junio Dualan, Vice Mayor Rogelio Pangilinan and members of the municipal council. --- (PICAD)

DTI... (from p. 1)

Program using the available PHP2-billion fund from last year's budget. But he noted that the approval of this year's budget will reach more beneficiaries.

"We have to wait for the 2019 budget approval for the new PHP1.5-billion fund to cover more borrowers," Lopez told reporters in a text message Tuesday.

"We have now 62,000 borrowers. We can hit about 80,000 with the current PHP2 billion

funding because we were able to re-lend the repaid loans," he added.

The DTI chief mentioned that it already approved a total of PHP2.4 billion worth of loans from its PHP2 billion fund with the yields from P3 loans.

"Anyway, we look with the optimism that the budget will be approved soon," said Lopez.

The P3 Program started in January 2017 to give micro, small, and medium enterprises



better access to finance so that they will not have to tap loan sharks such as the "5-6" lending scheme.

Under the P3 Program, the government can lend from PHP5,000 to PHP200,000 with an interest rate of not exceeding 2.5 percent. (PNA)

Commitment to serve the public... (from p. 1)

Biga, Tanza, Cavite on January 11, 2019. The governor extended assistance for the basic needs of the locals of Barangays Sanja Mayor and Biga where two lucky residents were

chosen as recipients of a tindahan showcase as livelihood startup grant from the provincial government. Local leaders headed by Mayor Yuri Pacumio and Sanggunian Bayan

members delivered inspiring messages to their constituents. They were also joined by 6th District Board Member Munding Del Rosario and Indang Councilor Ping Remulla. PICAD

Pagbati Mula kina:



Mayor Emmanuel Maliksi
Imus City, Cavite



Vice Mayor Ony Cantimbuhan
Imus City, Cavite

Igniting the fire of sensitivity for the citizens of Imus



On behalf of Governor Boying Remulla, the medical mission team composed of the employees and medical practitioners from the OPG-Extension and the Provincial Health Office ignited the fire of sensitivity as they took part in conducting the free healthcare services to the locals of the City of Imus held at Pasong Buaya II which benefited 532 residents on January 9, 2019. As they checked the health conditions of the children and other residents in the area, they also distributed prescribed medicines and vitamins which can boost in supplementing their healthcare needs. Dental services were also rendered by dentists from General Emilio Aguinaldo Memorial Hospital (GEAMH) and the City Health Office of Imus to almost 64 residents. 3rd District Board Member

Larry Nato was also present during the mission, together with some local officials who took time to roam around the vicinity to assist and ensure the smooth facilitation of the mission. (PICAD)



PGC's ugnayan sa Brgy. visits Cavite City



Sixteen barangays in Cavite City gathered together during the Provincial Government of Cavite's Ugnayan sa Barangay on January 9, 2019 held at Samonte Park. On behalf of Governor

Boying Remulla, his brother, Governor Jonvic Remulla joined with the locals to attend to their needs and provide hope to the less privileged Caviteños. Mayor Totie Paredes accompanied

Governor Jonvic along with Councilor Rommel Enriquez and other Sanggunian Panglungsod members. Former Presidential Spokesperson Harry Roque also graced the event. --(PICAD)

5K hectares in Cavite town eyed for coffee plantation



PCBI Amadeo Office Opening – The Philippine Coffee Board formally opens its South Luzon field office in Dagatan village of this “coffee capital” town on January 16 with the ceremonial ribbon cutting led by its co-chairperson and President Pacita Juan (4th from left) and Department of Trade and Industry (DTI)-Cavite Director Noly Guevarra (5th from left), along with the PCBI Board and local officials. (PNA photo by Gladys S. Pino)

AMADEO, Cavite -- This town's coffee industry is expected to receive a big boost after a private sector-led group vowed to provide local coffee farmers with training and machinery to cultivate 5,000 hectares of plantation per year.

The Philippine Coffee Board, Inc. (PCBI) is initially investing some PHP10 million for the establishment of its field office, and the bundled training and machinery, particularly a wet and a dry coffee grinding facility.

"Amadeo coffee is heirloom. Our direction is to propagate it to fine Robusta and focus on exporting their products," PCBI chairperson Nicholas Matti said in an interview on the sidelines of the formal opening of its field office in this "Coffee Capital of the Philippines" on Wednesday.

Matti noted that although the board has its presence in the locality since 30 years ago, it observed a decline from its 24,000 hectares "coffee area" to just 8,000 hectares as of last year.

"Of this figure, some are still not fully cultivated, used, because the farmers have lost their interest due to low income," he said.

"The PCBI field office shall be leveraged to bring back the farmers' enthusiasm by helping them produce more, and let them sell at a better price," he added.

Agnes Madlansacay, manager of the Cafe Amadeo Development Cooperative, expressed her enthusiasm over the guaranteed boost of the coffee industry with PCBI presence.

PCBI aims to develop the Philippine coffee industry through provision of technical

assistance and credit programs for coffee farms, and marketing and promotion of coffee for the domestic and export markets.

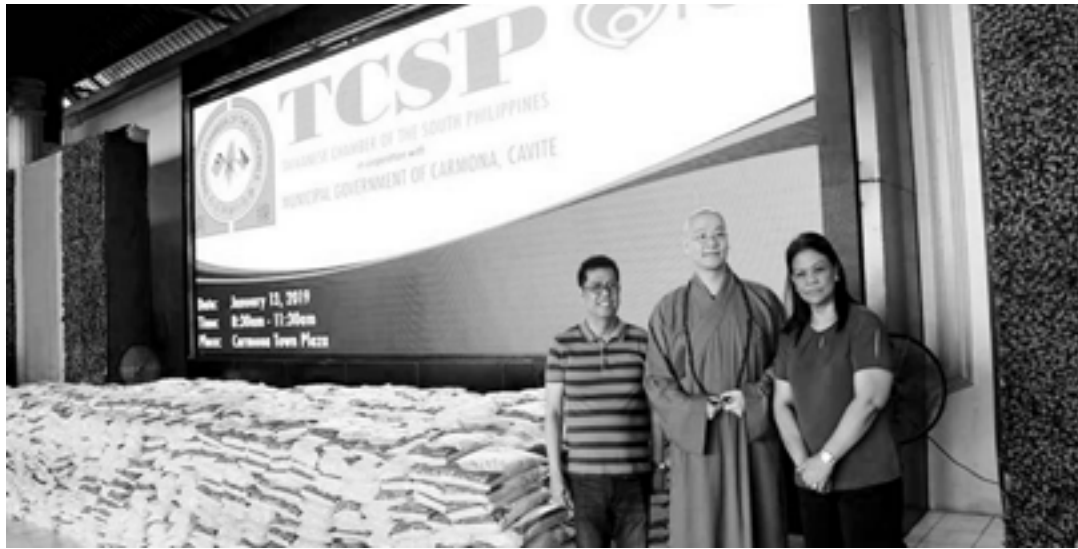
Its office will service coffee farmers and stakeholders in this town, including in the neighboring coffee-producing towns of Indang, Silang, Alfonso, Magallanes, Gen. Emilio Aguinaldo, Mendez-Nuñez, and the cities of Tagaytay and General Trias, as well as other South Luzon locations.

Meanwhile, the "Pahimis" Festival activities slated on February 22-24 in this upland town is meant to help promote Cavite coffee for domestic and worldwide consumption.

The festival also aims to revive farmers' interest in coffee farming, enhance coffee yield, and attain a competitive coffee price in the world market. (PNA)

SIMILARITIES /
DIFFERENCES BETWEEN
ISLAM AND CATHOLICISM

Catholics believe that the Pope cannot do wrong in the Papal pronouncements as part of his official duties. The Muslims do not have the Caliph - the successor to Prophet Muhammad. The Ottoman caliphate was abolished by the Turks.



Mayor Dahlia Loyola ksama ang kanyang aswang si Cong. Roy Loyola at Taiwanese Chamber of the South Philippines para sa isang gift giving activity.

Nagbahagi sila ng 2,000 bags of rice sa ating mga indigent residents ng ating bayan.

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border-collapse: collapse;"> <tr> <th style="width: 30%;">SOLO</th> <th style="width: 30%;">Good for 2 to 3 persons</th> </tr> <tr> <td>Lomi P135.00</td> <td></td> </tr> <tr> <td>Pancit Bihon P110.00</td> <td>P195.00</td> </tr> <tr> <td>Miki Bihon P110.00</td> <td>P195.00</td> </tr> <tr> <td>Pancit Canton P115.00</td> <td>P205.00</td> </tr> <tr> <td>Cha Misua P125.00</td> <td>P215.00</td> </tr> <tr> <td>Crispy Fried Noodles (All Meat) P130.00</td> <td>P220.00</td> </tr> <tr> <td>Crispy Fried Noodles (Seafood) P130.00</td> <td>P220.00</td> </tr> <tr> <td>Birthday Noodles P135.00</td> <td>P225.00</td> </tr> <tr> <td>Birthday Misua P135.00</td> <td>P225.00</td> </tr> <tr> <td>Hofan Noodles P150.00</td> <td>P255.00</td> </tr> </table> <p style="text-align: center;">RICE</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 30%;">SOLO</th> <th style="width: 30%;">REGULAR</th> </tr> <tr> <td>Yangchow Fried Rice P80.00</td> <td>P160.00</td> </tr> <tr> <td>HK Golden Fried Rice P100.00</td> <td>P190.00</td> </tr> <tr> <td>Salted-Fish Fried Rice P105.00</td> <td>P195.00</td> </tr> <tr> <td>Pineapple Fried Rice P115.00</td> <td>P225.00</td> </tr> </table> <p style="text-align: center;">HOUSE SPECIAL (Good for 2 to 3 persons)</p> <p>Seaweed & Century Egg P220.00 Pork Asado Roastin P320.00 Assorted Cold Cuts P320.00 Soy Chicken (whole) P490.00 Soy Chicken (half) P270.00 HK Fried Chicken (whole) P430.00 HK Fried Chicken (half) P220.00 Salt & Pepper Fried Chicken (whole) P490.00 Salt & Pepper Fried Chicken (half) P260.00 Patatim P490.00 Steam White Chicken (whole) P530.00 Steam White Chicken (half) P260.00</p>	SOLO	Good for 2 to 3 persons	Lomi P135.00		Pancit Bihon P110.00	P195.00	Miki Bihon P110.00	P195.00	Pancit Canton P115.00	P205.00	Cha Misua P125.00	P215.00	Crispy Fried Noodles (All Meat) P130.00	P220.00	Crispy Fried Noodles (Seafood) P130.00	P220.00	Birthday Noodles P135.00	P225.00	Birthday Misua P135.00	P225.00	Hofan Noodles P150.00	P255.00	SOLO	REGULAR	Yangchow Fried Rice P80.00	P160.00	HK Golden Fried Rice P100.00	P190.00	Salted-Fish Fried Rice P105.00	P195.00	Pineapple Fried Rice P115.00	P225.00	<p style="text-align: center;">ALA CARTE (Good for 2 to 3 persons)</p> <p>Salt & Pepper Squid P220.00 Fish Fillet Tausi & Beancurd P240.00 Chopsuey P190.00 Lohan Vegetables P190.00 Sweet & Sour Fish Fillet P240.00 Sweet & Sour Pork P220.00 Beef w/ Ampalaya P230.00 Beef Brisket Hot Pot P320.00 Beef w/ Broccoli P320.00 Lechon Macau P300.00 Canton Special P275.00 King Dao Spare Ribs P350.00 Salt & Pepper Spareribs P350.00</p> <p style="text-align: center;">RICE TOPPINGS</p> <p>Squid Tausi P105.00 Sze Chuan Squid P105.00 Fish Fillet Tausi & Beancurd P150.00 Mixed Seafood & Vegetables P130.00 Fish Fillet w/ Sliced Vegetables P150.00 Pork Asado Rice P150.00 Chopsuey P145.00 Soy Chicken P195.00 Sweet & Sour Fish Fillet P135.00 Pork Asado & Soy Chicken P145.00 Sweet & Sour Pork P145.00 Beef Brisket P155.00 Spareribs Tausi P140.00 Chicken Feet & Spareribs P145.00 Salt & Pepper Squid w/ Egg Rice P160.00 HK Fried Chicken w/ Egg rice P160.00 Lechon Macau w/ Egg Rice P160.00 Steamed White Chicken w/ Egg Rice P195.00</p>	<p style="text-align: center;">SOUP</p> <p>Spinach Seafood Soup P135.00 Pumpkin Soup P125.00 Crab Meat Corn Soup P160.00 Hot & Sour Soup P135.00 Solo Serving P60.00</p> <p style="text-align: center;">COMBO MEAL</p> <p>Sweet & Sour Fish Fillet P229.00 Pork Asado P229.00 Spring Roll P229.00 Sweet & Sour Pork P229.00 Salt & Pepper Squid P249.00 HK Emperor Chicken Macau P309.00</p> <p style="text-align: center;">DESSERT</p> <p>Black Gulaman P 50.00 Black Gulaman w/ Lychee P 55.00 Almond Jelly w/ Lychee P 55.00 Halo Halo P 65.00 Halo Halo w/ Ice Cream P 79.00 Egg Yolk Pao P 85.00 Almond Jelly Ala Doda P 70.00 Lache Plan P 29.00</p> <p style="text-align: center;">BEVERAGE</p> <p>Instant Coffee P 40.00 Brewed Coffee P 45.00 Iced Tea P 45.00 Pineapple P 45.00 Red Tea P 45.00 Mango Smoothie P 85.00 Milk Tea P 69.00 Banana Smoothie P 75.00 Mineral Water P 25.00 Soda in Can P 70.00 Bottomless Iced Tea P 90.00</p> <p style="font-size: 0.8em;">*Price are subjected to change without prior notice Price INCLUSIVE of 12% VAT.</p>
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Yes, There's Life After Retirement: Kumikitang Kabuhayan ng mga Lolo't Lola ng Tanza, Navotas City

By Earl Matthew SD. Sabile

Tuwing sasapit ang panahon ng Kapaskuhan, sagana ang iba't ibang negosyo, maliit man o malaki. Peak Season ika nga kung ituring ang panahong ito, lalo na at naghahanap ang mga tao ng magaganda at kakai-bang mga bagay para ip-angregalo.

Kabilang sa mga mak-abuluhang produktong pwedeng-pwedeng ipan-gregalo ngayong Pasko o maging sa ibang okasyon ay ang mga likha ng senior citizens ng Tanza, Navotas City. Kayat malaki ang pasasalamat ng mga senior citizens ng Barangay Tanza Office of Senior Citizens Affairs (OSCA) sa ibinibigay na tulong sa kanila ng Department of Science and Technology-National Capital Region (DOST-NCR).

Pagpasok pa lamang sa kanilang opisina, bubungad na ang iba't ibang tela at ang ilang makinang panahi. Abalang-abala ang mga tao sa paggawa at pagtatapos ng mga order para sa Kapaskuhan. Ayon sa mga masisipag na lolo't lola, hindi na nila kailangan pang pumunta kung saan-saan para ilako ang kanilang produkto, dahil sila na mismo ang pinupuntahan ng mga parokyano sa kanilang opisina upang mamili. Biro nila, sa ganda ng takbo ng kanilang negosyo, at sa bilis ng pag-aseño ng pananahi ng mga senior citizens ng Tanza, ay

mukhang kakailanganin na raw nilang mas palakihin pa ang kanilang opisina.

Sa kasalukuyan ay 20 mananahi ang direktang nakikinabang sa proyektong ito. Karamihan sa kanila ay nagtatrabaho sa sarili nilang mga tahanan at sa sarili nilang bakan-teng oras. Kabilang sa mga produktong tinatahi nila ang mga punda ng unan, kobre-kama, kurtina at maging mga T-shirt. Naglalaro ang kanilang presyo mula sa 30 pesos para sa punda ng unan, hanggang 450 pesos para sa magandang klase ng kobre-kama. Ang kinikita mula sa bawat produkto ay hinahati sa tatlong bahagi: humigit-kumulang 70 porsiyento ang ibinabalik bilang puhunan, 25 porsiyento ang napupunta sa mananahi, at ang natitirang 5 porsiyento ay napupunta sa OSCA para sa mga gastos sa operasyon ng opisina.

Ayon kay Gng. Violy Reyes, presidente ng Barangay Tanza Senior Citizens Chapter, "Napakalaking bagay ang naitulong sa amin ng DOST. Hanggang ngayon, mayroon pa rin silang itinutulong sa amin. Una, binigyan kami ng makina; ngayon pati materyales binigyan na rin kami. Hanggang ngayon kumikita kami. Nakatulong ito nang malaki sa mga mananahi at sa mga kapwa ko senior."



Ilang miyembro ng Barangay Tanza OSCA

Taong 2016 nang ip-agkaloob ng DOST-NCR sa Barangay Tanza Senior Citizens Chapter ang ilang makinang panahi: tatlong single needle high-speed sewing machines, at tigiisang edging machine, computerized embroidery machine, at cutting machine. Ang mga nasabing makina ay patuloy pa ring nagbibigay-tulong-pinan-siyal sa mga senior citizens ng Tanza kahit pa nga sila ay mga retirado na.

Nito lamang buwan ng Disyembre ay muling binigyan ng tulong ang mga senior citizens ng Tanza sa pamamagitan ng mga karagdagang tela at materyales na magagamit nila sa kanilang mga likhang produkto. Ang lahat ng mga ito ay bahagi ng programa ng DOST na Community Empowerment thru Science and Technology o CEST na naglalayong makapagbigay ng kabuhayan at makatulong sa pagbawas ng kahirapan sa mga komunidad sa pamamagitan ng siyensiya at teknolohiya.

Dagdag pa ni Gng. Reyes, "Ginugol ko ang buhay ko para rito (sa organisasyong ito). Wala na akong iniisip kundi diyan na lang sa mga senior. Pero umuuwi ako nang masaya... nagtatrabaho kami habang nagtatawanan lang, naglilibang, pero pagkatapos, abal, mayroon na kaming pera. Para sa akin, hindi dapat yung umaasa lang ang mga matatanda sa bahay. Ang dapat ay iniisip natin kung ano pa ba ang magagawa natin habang malakas pa tayo. Mag-otsenta na ako sa March, pero natutuwa ako at pinapayagan pa rin ako

ng mga bata kasi nakikita nilang nag-e-enjoy ako. Pakiramdam ko ay may silbi pa ako; at kahit may edad na, tuloy pa rin ang buhay."

Tunay ngang tuloy at higit pang makabuluhang ang buhay para sa mga lolo at lola na kasapi sa Barangay Tanza Senior Citizens Chapter ng Navotas City. Ngunit ang CEST ay isa lamang sa mga programa ng DOST para sa iba't ibang sektor ng lipunan. Bawat isang sektor ay may naghihintay na mas magandang bukas sa tulong ng teknolohiya at inobasyon, lalo pa nga't nagbukas na ng sangay* ang DOST-NCR sa iba't ibang bahagi ng Metro Manila.

(Ang DOST-NCR CAMANAVA Cluster Office ay pinangungunahan ni G. Warren Gomez at matatagpuan sa City of Malabon Polytechnic Institute Campus, Gov. Pascual Ave., cor. A. Reyes St., Barangay Baritan,



Si Gng. Violy Reyes (gitna), kasama ang ilang mananahi ng OSCA



Malabon City. Maaaring merong (02) 571-0403). rin silang tawagan sa nu- (DOST/NCR)

EDITORIAL

Ang mga Pilipino ay malikhain. Maging sa larangan ng pagkukumpuni ay mahusay din ang Pilipino, subalit ang ating magagandang katangiang ito ay hindi nagagamit sa pagbuo ng isang bansang patungo sa mabilis na industrialisasyon.

Ang mga kumpanyang dumating sa atin sa mga Export Processing Zone ay ginagamit ang ating labor force upang magawa ang mga produktong iluluwas na muli.

Dapat pagtuunan natin ng pansin ang mga hakbang patungo sa industriyalisasyon ng bansa kahit pansariling gamit muna. Saka na isipin ang pagluwas.



Silang Cavite Mayor, Hon. Emilia Lourdes "Omil" F. Pobleto (lady in white dress above and encircled) had been lucky to ride on top during the Traslacion 2019 of the Black Nazarene last Jan. 9, 2019 (Omil Pobleto FB)

Health Benefits...

ASHITABA

Overview Information Ashitaba is a large herb that grows primarily in the central region of Japan. Its root, leaf, and stem are used to make medicine.

Ashitaba is used for "heartburn" (gastroesophageal reflux disease, GERD), stomach ulcers, high blood pressure, high cholesterol, gout, constipation, and hay fever. It is also used for cancer, smallpox, fluid retention, blood clots, and food poisoning. Women use it to increase the flow of breast milk.

The fresh leaves and dried powder are used as food.

How does it work?

There is not enough information to know how ashitaba might work. Some chemicals in ashitaba seem to work as antioxidants. Other chemicals might block secretions of stomach acid. But most research has been done on animals or in test tubes, not people.

Uses & Effectiveness

Insufficient Evidence for "Heartburn" (gastroesophageal reflux disease, GERD).

- Stomach ulcers.
- High blood pressure.
- High cholesterol.
- Gout.
- Constipation.
- Allergies.
- Cancer.
- Smallpox.
- Food poisoning.
- Other conditions.

More evidence is needed to rate the effectiveness of ashitaba for these uses.

Side Effects & Safety

There is not enough information available to know if ashitaba is safe.

Special Precautions & Warnings:

Pregnancy and breastfeeding: Not enough is known about the use of ashitaba during pregnancy and breastfeeding. Stay on the safe side and avoid use.

Dosing

The appropriate dose of ashitaba depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for ashitaba. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

50 Benefits of the Ashitaba Tea Plant Leaves and Seeds Introducing Ashitaba

Considered one of the elite among medicinal plants, mention of Ashitaba can be found as far back as 16th century in Ming Dynasty Chinese Medicine documents.

Known in Japan as the "Longevity Herb", for its countless healing qualities, Ashitaba is an ancient medicinal plant, but only more recently, in the 90s, have the actual benefits been researched by scientists.

The remarkable plant is endemic to a central region of Japan, Hachijō-jima, a volcanic island, though now it is artificially grown elsewhere. Legend has it that the plant contributes to the

health and longevity of local residents and cattle. The name (Japanese for "Tomorrow's Plant") refers to its regenerative abilities.

After planting a leaf at the break of day, often you'll be able to see the sprout the next morning. Ashitaba the superfood.

In the 1990s, top researchers at Osaka University in Japan, Wuhan University in China, and Meiji College in Tokyo began diving into the health properties of the plant. What they all found were consistent indications that Ashitaba does belong on the medicine shelf and in the daily health regime. It's possible that all of the hype has actual fact to back it up.

These days Ashitaba can be found in health stores, vitamin shelves, supplement bottles and as a traditional tea, though it's still growing in popularity. It's hard to say where the potential and the future of the plant will go.

To date, there isn't a lot of American medical research to corroborate this data, but the feedback and buzz surrounding Ashitaba is convincing enough to give the delicious herbal tea daily a drink.

Ashitaba Tea

While we're certainly preoccupied with the health benefits of Ashitaba, it is important to keep in mind that it also a tea with a lovely flavor. Not only should it be consumed for medicinal purposes, but it should be savored. It has been described as a flavor sibling to Green Tea, but a non-caffeinated alternative, so it can be consumed later in the day. Ashitaba can also be steeped for longer, because the flavor doesn't grow more bitter with time. It is described as tasting fresh, nutritious and nutty.

One of the benefits of drinking Ashitaba tea is that it can be quite invigorating, so that should be kept in mind when consuming.

Our Ashitaba Plants

The Ashitaba offered by Wild Tea Qi comes from volcanic rich soil deep in the mountains where there is plentiful sunshine and clean air. It is carefully cultivated using entirely organic farming techniques. It has been called the King of Alkaline as it is known for its extremely alkalising properties.

It has found a place among the world's Super Foods because of its rich antioxidants.

Vitamins and Minerals Found in Ashitaba Leaves:

- o Protein
- o Anti-oxidants like Ancient Moonlight White Tea
- o Saponins
- o Amino acids like Mengku Rich Valley Raw Puer Tea
- o Vitamins
- o Vitamin B12 like Wild Schizandra
- o Vitamin C like Ancient Artisan Bi Luo Chun Green Tea
- o B-Carotene
- o Potassium
- o Calcium
- o Iron
- o Minerals

Research has revealed these Basic Ashitaba Benefits:

- o Increase Good (HDL)

cholesterol level

o Regulate blood pressure like Ancient Phoenix Break-away Bar Fermented Puer Tea

o Regulates blood sugar levels like Ancient Phoenix Fermented Puer Ball

o Alkalinizing like Rattan Qi Raw Puer Tea

o Antibacterial Mengku Rich Valley Raw Puer Tea

o Anti-cancer like Wild Gynostemma

o Anti-cancer for lungs Ancient Phoenix Fermented Looseleaf Tea

o Speed metabolism like Ancient Phoenix Break-away Bar Fermented Puer Tea

o Weight Loss like Ancient Artisan Phoenix Fermented Puer Tea

o Anti-inflammatory like Ancient Moonlight White Tea

o Reduce Pain associated with PMS

o Menopause Relief like Ancient Phoenix Break-away Bar Fermented Puer Tea

o Improve digestion like Yi Tribal Coins Fermented Puer Tea

o Speed elimination

o Beautify the skin and hair like Wild Schizandra

o Reduce joint and muscular pain like Ancient Purple Leaf Ball Raw Puer Ashitaba Can be Used to

Treat the Following Health Issues:

- GI tract disorders:
 - o Acute gastritis
 - o Chronic gastritis
 - o Skin disorders like Carcinoma and Melanoma
 - o Diabetes and Insulin Dependent
 - o Stomach cancer
 - o Duodenal ulcer
 - o Chronic enteritis
 - o Hyperglycemia
 - o Asthma
 - o Common Cold
 - o Anemia
 - o Low sperm production
 - o Diarrhea, another great tea to relieve diarrhea is Ancient Artisan Yunnan Black Tea
 - o Constipation

Here are the Chinese

Medicinal uses of Ashitaba:

- o Kidney Yin and Yang Qi Tonic like Yin Yang Emotions Balance teas at Wild Tea Qi
- o Qi Activator like Rattan Qi Raw Puer Tea
- o Blood Activator like five elements teas at Wild Tea Qi
- o Liver tonic like Ancient Moonlight White Tea
- o Gallbladder tonic like 5 elements teas at Wild Tea Qi
- o Spleen tonic like Wild Gynostemma
- o Clears heat like Ancient Baked Heart Green Tea

Ashitaba is Typically Offered in 3 forms - Tea, Leaves, and Seeds:

If these are currently not available on our website, please contact us: info@wildteaqi.com to ask about individual sales.

Ashitaba Green Leaf Powder: This is highly concentrated powder can be mixed with your favorite beverage. This gives the drinker the benefits of the powder, if they aren't especially fond of the flavor.



The green leaf powder is high in chlorophyll, giving it a green glow. Ashitaba Chalcone Powder: This powder is especially useful for fighting acid reflux. It offers a highly concentrated dose of the Chalcones (powerful antioxidants) in Ashitaba

plants. It can be mixed into beverages easily.

Ashitaba Loose leaf Tea: This tea has the slightly bitter and nutty flavor described above. It's invigorating and it's almost as though you can taste the delicious health benefits that it offers.

MAHALAGANG PAALALA: ANG NUTRI 10 PLUS AY HINDI GAMOT AT HINDI DATAP GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.

COMPONENTS	NUTRI 10 PLUS SYRUP	BRAND G	BRAND C
CGF (Chlorella Growth Factor)	100 mg	50 mg	100 mg
Taurine	25 mg	25 mg	50 mg
Lysine	300 mg	25 mg	200 mg
Zinc, elemental (as Zinc Sulfate)	6.8 mg		6.8 mg
Vitamin C (Ascorbic Acid)	60 mg		
Vitamin A (as Palmitate)	764 IU	1330 IU	1400 IU
Vitamin D3 (Cholecalciferol)	210 IU	200 IU	
Vitamin E (as Acetate)	13.5 IU	9 IU	
Vitamin B1 (Thiamine Hcl)	1 mg	0.9 mg	1 mg
Vitamin B2 (Riboflavin)	1 mg	0.9 mg	
Vitamin B3 (Nicotinamide)	15 mg		18 mg
Vitamin B6 (Pyridoxine Hcl)	1.3 mg	0.9 mg	1.56 mg
Vitamin B12 (Cyanocobalamin)	2.4 mcg	1.5 mcg	1.67 mcg
SRP	Php 180.00	Php 150.00	Php 194.00
PRICE OF ASCORBIC ACID		Php 122.00	Php 122.00
PRICE WITH ASCORBIC ACID	Php 180.00	Php 272.00	Php 316.00

CGF Tumutulong sa physical growth and development ng inyong mga anak, dahil sa kanilang wastong pagtanggap.

TAURINE Para sa maayos na brain development ng bata. Makakatulong sa mataas na pag-iisip at memorya.

LYSINE Naglalibing appetite enhancer na tumutulong upang maging magina sa pagkain ang inyong mga anak.

ZINC Para sa malakas at matibay na immunity. Naglalibing proteksyon laban sa ubo, sipon at iba pang uri ng sakit.

also available:

WERT

Available at Robinsons Mall Mercury Drug Outlet
CONTACT MS. LOISA JABOLI



Bacoorenos would be happy to know of the blessing and inauguration of a new covered court at Camella Springville in Molino 3. Mayor Lani Mercado Revilla was present during the ceremony alongside city and barangay officials.

Ospital ng Imus fully operational by Jan. 24

IMUS CITY, Cavite -- The city's public hospital, Ospital ng Imus (ONI), would be fully operational by Jan. 24. An advisory from the city mayor's office said the hospital would start admitting patients to its 22 wards and 19 private rooms with 130 beds. The PHP300 million,



Mayor Ony Ferrer , Vice-Mayor Morit Sison, and Congressman Jonjon Ferrer 2019 Midterm election unity walk and peace covenant signing.

OSPITAL NG IMUS
FULL OPERATION

- ✓ ADMISSION
- ✓ OUTPATIENT
- ✓ EMERGENCY

January 24, 2019
Pedro Reyes St., Malagasang 1-G

HON. EMMANUEL L. MALICO
CITY MAYOR

HON. ONY M. CANTIMBAN
CITY VICE MAYOR

one IMUS
AA
ELM
ONI SERBISYO

@EmmanuelMalico @onycanin
www.oni.gov.ph

three-story hospital, which stands on a donated 4,000 square meter lot, had its soft launch on October 12 last year, with services limited to emergency and outpatient care.

ONI, a level 1 hospital with major and minor operating capabilities, provides ancillary services such as laboratory, x-ray, and ultrasound.

The new state-of-the-art hospital, the first public hospital in the district, aims to provide quality, affordable and accessible healthcare. Dr. Edgardo Figueroa, hospital chief, will lead a team of at least 20 doctors, 25 nurses and 15 consultants, including specialists on its services.

There are also plans to construct a Medical Arts Building worth PHP35 million near the hospital. (PNA)

DO YOU KNOW ?

The shark can sense blood from a wounded animal from afar and swim towards it at 25 miles per hour.

(Shared by Fellowship with Humanity)



Province of Cavite

PRESIDENT: AURELIO PAREDES BAUTISTA

Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.