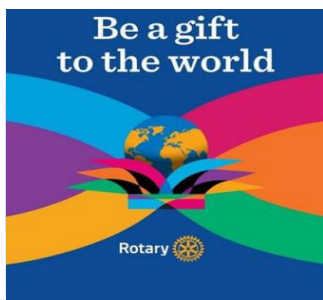




balita



No. 3616, September 3, 2015

GUEST OF HONOR AND SPEAKER

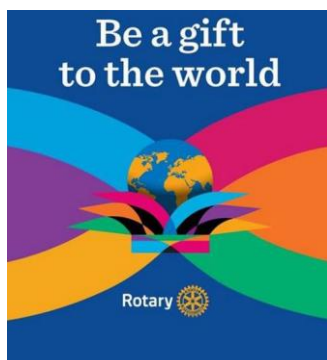


HON. MARVIC MARIO VICTOR F. LEONEN

Associate Justice
Supreme Court of the Philippines

KABALITA

Let the Peace Advocate, whose Iskolar ng Bayan and Lion upbringing has catapulted him to the highest court of the land, show the way to transparency in deciding meaningful jurisprudence as he graces Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2015-2016

EBOT TAN
President

FRANK EVARISTO
Immediate Past President

TEDDY OCAMPO
Vice President

SUSING PINEDA
ISSAM ELDEBS
AMADING VALDEZ
BOBBY JOSEPH
NING LOPEZ
OSCAR DEL ROSARIO
Directors

JORGE SALAZAR
Secretary

CHITO ZALDARRIAGA
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

ALVIN LACAMBACAL
Assistant Secretary

RAOUL VILLEGAS
Assistant Treasurer

JIMMY CABASE
COEN EVERTS
Deputy Sergeant-At-Arms

RCM's 10th for RY 2015-16

September 3, 2015, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Tong Payumo

PROGRAM TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Tong Payumo OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	Pres. Ebot Tan RCM WF Music Chorale Rtn. Ave Cruz RCM WF Music Chorale IPS Albert Alday
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Jovee Ong RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Sept. 5....PD Ralf Gonzales, Rtn. Roy Zosa, Rtn. Rex Alingog; Sept. 6....Rtn. Jay-Jay Jang; and Sept. 9....Rtn. Claver Ramos Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
12:55PM	Annual Election of the RCM Board of Directors for Rotary Year 2016-17 1. Announcement on the presence of a quorum to hold election by Sec. George Salazar ; 2. Announcement by Comelec Chairman IPP/AG Frank Evaristo ; 3. Distribution of ballots by Committee on Election	
1:15 PM	Introduction of Guest of Honor & Speaker	Rtn. Hermie Esguerra
1:00 PM	Address : Honorable Marvic Mario Victor F. Leonen Associate Justice, Supreme Court of the Philippines Public Forum Response and presentation of token of appreciation to Hon. Marvic Mario Victor F. Leonen Announcement of winners of annual elections	 Pres. Ebot Tan IPP/AG Frank Evaristo Comelec Chairman Pres. Ebot Tan
2:00 PM	Adjournment	

*****Photo opt for newly-elected RCM Board of Directors for RY 2016-17**

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, Former Solicitor General, Former Minister of Justice, and Past RCM Director Titong Mendoza, shared with us his insights and sentiments regarding the majority of prisoners in our jails, who have been detained for very long periods without, in his opinion, due process. It made all of us who listened to PD Titong's speech really think of about the way our justice system treats our prisoners and what it means to all of us.

On news within our club, today is a Red Letter Day, as we hold the Elections for our Club's Board of Directors for RY 2016-2017. Candidates/nominees are expected to have paid their membership dues for at least one semester in the amount of Php12,500.00 and to have fully paid all their other Club-activity financial obligations before they can be considered a qualified candidate. Other Club members are expected to have paid their membership dues for at least one semester in the amount of Php12,500.00 for them to be qualified to vote. Aside from the elections, I wish to invite you to actively participate in the ALAY LAKAD 2015 walk with the theme, "Alay Lakad Para Sa Magandang Kinabukasan", on Sunday, 6 September 2015. Meeting time is 5:00 am at the Manila Planetarium. Please be there at the appointed time. Those who will participate in the walk will be given a free t-shirt courtesy of the Alay Lakad Chairman and will be entitled to have breakfast at the Manila Hotel courtesy of Rtn. Rickie Yap. There is still time to signify your intention to join the walk. Please inform our Secretariat and support our ALAY LAKAD FOUNDATION President, our very own AG/IPP Frank Evaristo, and RCM Alay Lakad Chair IDCoS/ISDG/PD/IPS Albert Alday.

On news from around the district, last August 27, 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction Ceremonies of the Rotary Club of San Jose Tamaraw at the Tierra Roja Resort, San Jose, Occidental Mindoro, where WCP Leticia "Letty" Espiritu was inducted as Club President. During lunch time of the same day, they attended the Induction and Handover Ceremonies of the Rotary Club of Samarica San Jose in Occidental Mindoro, where WCP Eleanor Fajardo, the Mayor of the Municipality of Magsaysay, was inducted as Club President. On the evening of the same day, they attended the Induction and Handover Ceremonies of the Rotary Club of San Jose in Occidental Mindoro, where WCP Oswald Dizon was inducted as Club President. Two days later on 29 August 2015, I joined both of them in attending the 15th Induction and the 14th Handover Ceremonies of the Rotary Club of Hiyas ng Bacoor at the Sofitel Philippine Plaza in Pasay City, where WCP Jeanine Policarpio was inducted as Club President. Another two days later, on 31 August 2015, both DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Jose Abad Santos Manila at the Manila Grand Opera Hotel in Manila, where WCP Jan Ivan Santamaria was inducted as Club President. Last 1 September 2015, I attended the District 3810 Area Meeting for the month of September at the Aloha Hotel in Manila, where DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and AG/IPP Frank Evaristo were likewise present. The following day, 2 September 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Trece Martires at the Island Cove Hotel and Leisure Park in Binakayan, Kawit, Cavite, where WCP Martino "Mar" Francia was inducted as Club President. Our Club booked a table at the Mid-Autumn Mooncake Festival of RI District 3810, which we are co-hosting with RC Chinatown Manila, which is scheduled at 7:00 p.m. on Friday, 18 September 2015, at the Golden Bay Seafood Restaurant along Macapagal Avenue in Pasay City. Those of you who wish to go, please let our Secretariat know.

Today, the former Dean of the UP College of Law, Associate Justice Marvic Leonen of the Philippine Supreme Court, a co-alumnus of Columbia University, will be gracing our luncheon meeting. We can expect a very stimulating and educational discussion with him on matters he has been attending to in the Supreme Court and on various other legal issues.

We are also in the midst of organizing a Golf Tournament scheduled to be held sometime in November this year to raise funds for our Club's projects and outreach programs. Please actively participate and support this effort.

Mabuhay ang Rotary Club of Manila

GUEST OF HONOR AND SPEAKER'S PROFILE



**Associate Justice Marvic Mario Victor F. Leonen
Supreme Court of the Philippines**

Associate Justice Marvic Mario Victor F. Leonen became the youngest Justice of the Supreme Court of the Philippines when he was appointed last November 21, 2012. The youngest justice to be appointed this century, he is set to serve the highest tribunal for a total of 21 years.

Prior to his appointment to the Supreme Court, Justice Leonen served as the University of the Philippines (UP) College of Law Dean in 2008 and as the chair of the government negotiating panel in talks with the Moro Islamic Liberation Front (MILF) in 2010. As chief negotiator from July 2010 to November 2012, he led the government in signing a Framework Agreement on the Bangsamoro with the MILF – a historic milestone in waging peace in Mindanao.

Justice Leonen graduated fourth from the UP College of Law, passed the 1987 Bar Examinations and signed the roll in May 1988. Later on, he pursued his Master's Degree in Law from Columbia University in New York. Prior to law school, Leonen graduated *magna cum laude* from the UP School of Economics and was a consistent valedictorian during his elementary and high school years.

A servant leader even in his youth, Justice Leonen served as the President of the Law Student Government during his stay at the UP College of Law. Striking a balance between the study of law and its application beyond the classroom walls, he passionately spoke of ideals while also focusing on realities happening outside the academe and how the two points could meet. During the height of Martial Law in February 1986, he was among the student leaders of the Law Liberation Forces that led UP Law students to EDSA. He led the UP Paralegal Volunteer Organization under the supervision of the Free Legal Assistance Group (FLAG), a group of human rights lawyers, which he also became a part of in 1987.

Even prior to passing the bar exam, Justice Leonen – a dedicated son of Baguio – co-founded the Legal Rights and Natural Resources Center Inc.-Kasama sa Kalikasan (LRCKSK-Friends of the Earth Philippines), a legal and policy research institution advocating the rights of long term upland communities composed of mostly farmers and indigenous peoples (IP).

Justice Leonen went on to become a member of the UP Law faculty, initially as a professional lecturer in Philippine Indigenous Law. In 2000, he was invited to act as UP System's University General Counsel. In 2005, he became the first Vice-President for Legal Affairs of the UP System. He also became the Director of Legal Aid at the UP College of Law, and the Director of the Information and Publication Division of the UP Law Center.

It was in 2008 when he became the Dean of the UP College of Law. During his term, he built on the rich traditions of the college and at the same time, introduced changes and new experiences that allowed both faculty and students to become more engaged in critical discussions and attuned to current realities. As Dean, he allowed for intellectual discourse to flourish inside classrooms and beyond.

Today, aside from being an Associate Justice, he continues to be an inspiring mentor to those whom he works with, and a trusted friend to those who have the privilege of knowing him personally.

PREVIEW OF GUESTS OF HONOR AND SPEAKERS

September 10, 2015, 12N, Manila Polo Club

Hon. Maria Leonor G. Robredo (Confirmed)
Representative, District 3, Camarines Sur



September 17, 2015, 12N, Manila Polo Club

Dr. Onofre "Pagsi" Pagsanghan (Confirmed)
Professor, Ateneo de Manila High School
Inspirational Speaker



September 24, 2015, 12N, Manila Polo Club

Honorable Rodrigo R. Duterte
(Note: Subject to confirmation)
Mayor, Davao City



October 1, 2015, 12N, Manila Polo Club

Honorable Antonio T. Carpio (Confirmed)
Associate Justice,
Supreme Court of the Philippines



THE WEEK THAT WAS...



PS Butch Marking as OIC-Moderator directs the program of activities.



IPS Albert Alday delivers an ecumenical prayer.



STAR Rtn. Momo Mommaerts introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Ebot Tan present club bannerettes to first time visiting Rotarian / Vice President **Sugar Ham**, RC Seoul, Korea.



PD Albert Alday, Chairman, Alay-Lakad Committee; Sponsor of Alay-Lakad Tee-shirts for this year's annual Alay-Lakad walk-for-a-cause, during the symbolic presentation of Alay Lakad tee-shirt to **Pres. Ebot Tan** and **IPP/AG Frank Evaristo**, President, Alay Lakad Foundation, Inc.



Pres. Ebot Tan report on the club's activities during the President's Time.



PD Beda Fajardo does the honor and pleasure of introducing fellow member, **Past Club Director / Attorney Estelito P. “Titong” Mendoza**, Founding Partner, Estelito P. Mendoza & Associates as guest speaker.



Former Minister of Justice, Solicitor General and Past RCM Director Estelito “Titong” Mendoza spoke before Manila Rotarians, Visiting Rotarians and guests on the Forgotten Prisoners and Innocents Behind Bars.



An interactive public forum followed suit post the speech of **Past Club Director / Attorney Estelito P. “Titong” Mendoza**.



Pres. Ebot Tan presents to **Past Club Director / Attorney Estelito P. “Titong”** a religious icon of Jesus Christ and Mother and Child as the club’s token of appreciation for being the guest speaker.

SPECIAL BOARD MEETING



Present during the meeting were: **Pres. Ebot Tan**, **VP Teddy Ocampo**, **Rtn. Hermie Esguerra**, **PDG Alex Cureg**, **PP Boy Ampil**, **Sec. George Salazar**, **Dir. Bobby Joseph**, **AS Alvin Lacambacal**, **Dir. Amading Valdez**, **Dir. Susing Pineda**, **Dir. Oscar del Rosario**, **PD Issam Eldebs** and **ES Anna Kun Toledo**.



GOOD MORNING BOSS! Show over Chanel 4 Alaylakad Pres. Frank interviewed by Dian medina and Jb sept 2.

ALAY LAKAD MEETING



Alay Lakad Foundation, Inc. final planning and coordinating meeting presided by its **President Frank Evaristo** shown discussing the forthcoming Alay Lakad Walk for a Cause this coming Sunday, September 6, 2015, 5AM proceeding to Luneta Grandstand, Manila.

ALAY LAKAD 2015

RCMers' participating at the annual "ALAY-LAKAD WALK-FOR-A-CAUSE" this coming Sunday, September 6, 2015, 5:00 AM, converging at the PLANETARIUM, Padre Burgos Street, Manila. (Near Manila Hotel)

1. President Ebot Tan
2. IPP/AG Frank Evaristo
3. Vice President Teddy Ocampo
4. Director Issam Eldebs
5. Director Amading Valdez
6. Director Bobby Joseph
7. Director Oscar del Rosario
8. IPS Albert Alday, Chairman, Alay-Lakad Committee
9. IPT Chito Tagaysay
10. PDG Vince Carlos
11. PP Benny Laguesma with a companion
12. PP Francis Juico
13. PP Cesar Ubaldo
14. PVP Lance Masters
15. PS Butch Marking with Family Members
16. Rtn. Joe Assad and guest Mr. Jack Rodriguez
17. Rtn. Nilo Aventura
18. Rtn. Hermie Esguerra
19. Rtn. Mon Montaña
20. Rtn. Tong Payumo



FINAL NOMINEES RY 2016-2017

September 2, 2015

List of nominees for the Board of Directors of RY 2016-2017 as of August 22, 2015 :

1. **Dir. Jesus “Susing” M. Pineda, Jr.**

RCM member 1993, Paul Harris Fellow 1996; Director 2013-2016; 2009-2011; Director in Charge of Membership Concerns RY 2013-2016; Director in Charge of Community Service C RY 2009-2011; Chairman, International Relations Committee RY 2014-2015; Co Chairman, International Relations Committee RY 2012-2013; 2015-2016



2. **PD Beda Fajardo**

RCM member 1996, Paul Harris Fellow 1996; Director 2002-2004 Director in Charge Community Service C; Assistant Secretary 2001-2002; Program Chairman, RY 2010-2011



3. **VP Teodoro “Teddy” J. Ocampo**

RCM member 2005, Paul Harris Fellow 2010; Vice President 2013-2016; Director RY 2012-2013; Director in Charge of Youth Concerns RY 2014-2016; Director in Charge Community A (Health Concern) RY 2012-2014; Chairman – District Oktoberfest 2012; Graduate of Rotary Leadership Training (RLI)



4. **Rtn Arthur M. Lopez**

RCM member 2004-2008; Readmitted 2012
RC Downtown Manila 1985; RC Melbourne 1990
Chairman, House Committee RY 2014-2016



5. **Rtn Jose Manuel “Babe” D. Romualdez**

RCM member 2005-2008; Readmitted RY 2010; Chairman, Journalism Awards RY 2012-2016; Co Chairman, Program Committee RY 2014-2016



6. **Dir. Issam Eldebs**
RCM member 2008; Paul Harris Fellow 2012; Director RY 2010-2012; 2015-2016
Director in Charge International Service RY 2010-2012; Director in Charge Club
Service Group A RY 2015-2016; Chairman, Program Committee RY 2014-2015



7. **Dir. Amado “Amading” D. Valdez**
RCM member 2006, Paul Harris Fellow 2013; Director RY 2012-2016; Director in
Charge Community Service C; Board Legal Adviser RY 2011-2012; Chairman,
Justice Committee RY 2013-2016



8. **Dir. Robert “Bobby” L. Joseph**
RCM member 1999, Major Donor of TRF 2013; Paul Harris Fellow RY
2000,2002, 2004, 2005, 2007,2011,2012; Director RY 2013-2016; Director in
Charge of Interclub Activities; Chairman, Rotary Tourism Awards 2004-present



9. **Dir. Mariano “Ning” B. Lopez**
RCM member 2011, Paul Harris Fellow 2013; Director RY 2013-2016;
Director in Charge of Community; Service Group A (Health Concerns);
Chairman, Access to
Medicine & Health Care; Graduate of Rotary Leadership Training (RLI)



10. **Dir. Oscar A. del Rosario, Sr.**
RCM member 2012; Paul Harris Fellow 2013; Director RY 2014-2016, Director in
Charge- International Service; Deputy Sgt. At Arms RY 2013-2014; Graduate of
Rotary Leadership Training (RLI)



11. **Treas. Felix Francisco “Chito” S. Zaldarriaga**
RCM member 2001, Paul Harris Fellow 2013; Assistant Secretary RY 2003-2004;
Treasurer RY 2015-2016



12. **PD Arsenio “Nick” Z. Locsin**
RCM member 2005; Director RY 2011-2013; Director in Charge Club Service Group
C RY 2011-2013; Chairman, Road Safety Drivers’ Award RY 2015-2016



13. **Rtn John Emyl G. Eugenio**
RCM Member 2014
Chairman, 96th Charter Anniversary
Souvenir Program



14. **Rtn Antonio “Tony” S. Lopez**
RCM member 1990; Chairman, PR /
Media Committee RY 2015-2016



15. **PD Albert S. Alday**
RCM member 2005, Paul Harris Fellow 2015; Director RY 2013-2014; Director in
Charge Youth Concern; Secretary RY 2011-2013; Asst. Secretary 2010-2011;
Chairman, Balita RY 2015-2016; Co Chairman Balita RY 2014-2015; Chairman,
RCM Alay Lakad Committee RY 2011-2016; Chairman, ROTARACT Committee
RY 2012-2013; 2015-2016



16. **PVP Lance Masters**
RCM member 2000; Paul Harris Fellow 2013; 2015; Vice President RY 2010-2011;
Chairman, Grant Committee RY 2014-2016; Co Chairman, Paul Harris Committee
RY 2015-2016 ; Graduate of Rotary Leadership Training (RLI)



ELECTION PROCEDURE:

A. Early Voting

Following tradition, we shall allow early voting to give a chance to members who have appointments on Election Day (Sept. 04) but wish to cast their votes prior to proceeding to their respective appointments. Early Voting will start at 10:30AM. Those members who opt for early voting will follow the below-stated procedures:

1. Approach the Secretariat and inform them that you wish to avail of Early Voting;
2. Your name shall be checked to determine if you are qualified to vote and be voted upon (if you are a candidate);
3. You shall be given an ELECTION STUB to indicate that you are qualified to vote;
4. Present the ELECTION STUB to the Group Leader who shall be in-charge of Early Voting;
5. The Group Leader will give you a Ballot in exchange for your ELECTION STUB;
6. Proceed to the assigned table to vote (we encourage you to vote for 8 directors);
7. When completed, fold your Ballot and drop it in the Ballot Box assigned for Early Voting.

B. Regular Voting

1. Approach the Secretariat and inform them of your intention to vote;
2. Your name shall be checked to determine if you are qualified to vote and be voted upon (if you are a candidate);
3. You shall be given an ELECTION STUB to indicate that you are qualified to vote;
4. At a time to be announced during the program, present the ELECTION STUB to the Group Leader assigned to your table;
5. The Group Leader will give you a Ballot in exchange for your ELECTION STUB;
6. Proceed to vote (we encourage you to vote for 8 directors);
7. When completed, fold your Ballot and drop it in the Ballot Box of your Group Leader.

COMMITTEE ON ELECTION

IPP FRANK A. EVARISTO, Chairman
PP CESAR C. UBALDO, Co Chairman
PP FRANCIS E. JUICO, Co Chairman

DISTRICT 3810 AREA MEETING



District 3810 Area Meeting with World Class Presidents in attendance led by RCM President Ebot Tan, at far left, with our very own District Governor Obet Pagdanganan, 2nd from left, Immediate Past President / Assistant Governor Frank Evaristo, 3rd from left, and Club Past President / District Chief of Staff Rudy Bediones (4th from left) held last September 1 at Aloha Hotel. Photo shows the group in unison advocating the end polio now program worldwide.

CLUB PRESS RELEASE



B-10

The Pt



ROTARIANS DONATE 100 FIBERGLASS BOATS IN ORMOC: Rotary Club of Manila formally turned over 100 fiberglass fishing boats to the community of Merida, Leyte through Rep. Lucy Torres-Gomez. Gomez presented a certificate of appreciation for the donation of 100 fiber glass motorized fishing boats. Present during the formal turn over were (from left) immediate past president Frank Evaristo, past district governor Karen Tamayo, past president Rudy Bediones, Rep. Gomez, Hermie Esguerra and chief of staff Richard Gomez.

RC MANILA FOUNDATION INC.



Republic of the Philippines
DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT
Field Office NCR
309 San Rafael corner Legarda Streets, Sampaloc, Manila
Telephone Nos. (832) 734-8538/734-8642/733-8819 to 16; Telefax (852) 734-8642/458-3110
Email: rcnrc@dswd.gov.ph
www.dswd.gov.ph

August 27, 2015

MR. ROBERT M. SEARS

Trustee

RCManila Foundation Inc.

543 Arquiza corner Grey St. Ermita,
Manila

Dear **Mr. Sears**:

This is to acknowledge receipt of the following additional documents on August 13, 2015 relative to your application for the Certificate of Registration as a Social Welfare and Development Agency pursuant to Administrative Order No. 16 series of 2012, or the "Revised Administrative Order 17 Series of 2008 or (Rules and Regulations on the Registration and Licensing of Social Welfare and Development Agencies and Accreditation of Social Welfare and Development Programs and Services:").

1. Certified True Copy of SEC Amended Articles of Incorporation and By-laws
2. Enhanced Manual of Operation
3. Work and Financial Plan CY 2015 - 2016

We are pleased to inform you that your organization has met the minimum standard requirements for registration.

Likewise, below are the following recommendations for your consideration:

1. Post a signage about the foundation in a conspicuous place for public knowledge as well as the Vision and Mission of the organization.
2. Ensure that a regular meeting with the staff/volunteers of the organization is properly documented for reference.

As a registered SWDA, please be guided by the Memorandum of the DSWD Secretary on the standards for Fund Allocation and Utilization of Social Welfare and Development Agencies and Social Work Agencies which stipulates that administrative expenses should not be more than 20% of the total budget while 80% should be allocated to program and direct Social Welfare and Development services. An annual accomplishment and financial reports are also part of the requirements for submission every end of the year. Failure to submit the said reports for two (2) consecutive years shall result to the revocation of your registration certificate issued by the Department.

May we please inform you that as part of our monitoring activities, an announced or spot visit will be conducted by our technical staff to determine the extent of

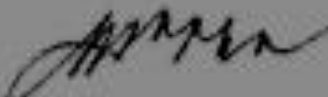
implementation of your programs and services and to provide technical assistance, if needed.

We are now providing you a copy of your Certificate of Registration for your reference while the original copy will be awarded to you during our flag ceremony which is scheduled on September 27, 2015 at 8 o'clock in the morning at DSWD-NCR Office.

We would like to extend our sincerest appreciation for the cooperation and accommodation you have afforded to our staff during the course of the assessment process.

Thank you.

Very truly yours,



MA. ALICIA S. BONOAN
Regional Director

Republic of the Philippines
DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT
100 San Rafael cor. Legarda Street Sampaloc, Manila

CERTIFICATE OF REGISTRATION

is awarded to:

RCManila Foundation, Inc.

Name of Agency

353 Avenida corner Quezon Street, Ermita, Manila
Address

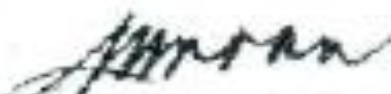
National Capital Region
Area Coverage of Operation

In recognition of its effort to contribute to the upliftment of the poor, vulnerable and disadvantaged sector of our society.

This entitles the above-mentioned agency to be included in the Registry of Social Welfare and Development Agencies of this Department.

This certificate of registration is valid from **August 27, 2015** to **August 26, 2018** unless suspended or revoked before the expiration.

Given this **27th Day of August 2015** in **Manila, Philippines**


MA. ALICIA S. BONOAN
Regional Director

Registration No. : **DSWD-NCR R-00014-2015**
Nature of Agency : **Assistance Fund**
Category : **Resource Agency**

PUBLIC HEALTH NUTRITION AND CHILD CARE



NATURAL WAYS TO CONTROL YOUR BLOOD PRESSURE

Elias D. Adamos, M.D.

There are some people who find it hard to comply with regular medicine intake. There are some who don't like taking medicines. One of the conditions that require regular or maintenance medicine intake is hypertension or increase in blood pressure. There are two types of hypertension. One is essential or primary hypertension that does not involve any organ and is thus unexplainable. Essential hypertension is the more common type of hypertension. Experts say that it is caused by anxiety, advancing age, weight gain, and reckless and irresponsible lifestyle that include smoking, bad foods, and alcohol. When uncontrolled, essential hypertension increases the risk for heart attack, stroke, vision problems, and kidney disease. To those who want to take control of their blood pressure, or to prevent its increase through natural means and not with medicines, this article is for you.

BP control without medicine

- Reduce salt intake.** Too much salt in the body causes the body to retain water, which raises the blood pressure. Salt (or sodium) is found in processed foods. Be conscious about food labels. Limit your daily intake of sodium to less than 1500 mg per day.
- Reduce alcohol intake.** Moderate use of alcohol lowers the risk of heart attack and stroke. The Washington Manual of Medical Therapeutics mentions about the medical use of alcohol since it can burn cholesterol. On the other hand, excess in alcohol raises the blood pressure. If you are a daily drinker, experts advocate a maximum of 2 bottles or cans of beer or less, or 1 shot of hard drink per day in men and 1 bottle of beer or less and a small shot glass of hard drink per day in women.
- Stop smoking.** Tobacco raises the blood pressure. Smoking is still the number one risk factor for stroke. Too much smoking can also lead to heart attack. Stop smoking today!
- Increase physical activity.** Lack of physical activity tends to cause weight gain. Weight gain can raise the blood pressure that can lead to overt diseases, such as heart attack and stroke. The current minimum guideline for physical activity is 30 minutes of daily moderate intensity exercise. Optimal is 45 to 60 minutes per day.
- Increase fruits and vegetables.** Countless studies have found out that those with the highest intake of fruits and vegetables are at lowest risk of developing heart attack, stroke, diabetes, cancer, and many chronic diseases. Fruits and vegetables are high in potassium and fiber that can lower the BP.
- Decrease sugar and flour.** Sugar and flour can raise cholesterol and weight that can lead to increase BP.
- Lose weight.** Know your ideal weight.
- Decrease caffeine.** Some people with hypertension can benefit from reducing caffeine intake.

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