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No. 3625, November 5, 2015

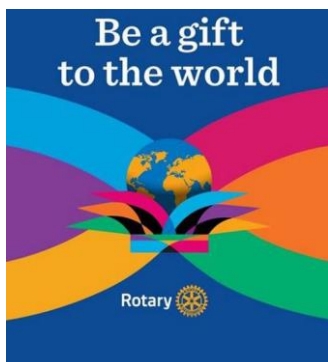
GUEST OF HONOR AND SPEAKER



STAR Rotarian Joaquin C. "Jackie" Rodriguez
Chairman, Lumad Agro Industrial Ventures Corporation

KABALITA

It's time for our very own Restaurateur Par Excellence and Renewable Energy Expert to show us why a delectable gastronomic delight can make our energy soar at Asia's First Rotary Club.



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

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RCM's 19th for RY 2015-16

November 5, 2015, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : Dir. Issam Eldebs

P R O G R A M T I M E T A B L E

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Dir. Issam Eldebs 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 STAR Rtn. Caloy Reyes RCM WF Chorale Rtn. Andy de Rossi
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. Justin Ocampo RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Nov..4.....PD Beda Fajardo; Nov. 8.....Rtn. Babe Romualdez. Rtn. Pepe Rodriguez Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of RCM Paul Harris Fellows (PHF): 1. PVP Fausto Preysler – New PHF member Spouse Ana Mirena Achivel Preysler – 1-Sapphire PHF member 2. Rtn. Hermie Esguerra – Major Donor Level 2 PHF member	DG Obet Pagdanganan; Pres. Ebot Tan; Dir.-in-Charge Oscar del Rosario
12:55 PM	President's Corner	Pres. Ebot Tan
1:00 PM	Introduction of Guest Speaker	Rtn. Joe Assad
1:05 PM	Address: STAR Rotarian Joaquin C. "Jackie" Rodriguez Chairman, Lumad Agro Industrial Ventures Corporation Classification: Power Production & Distribution – Renewable Energy Public Forum Response and presentation of token of appreciation to STAR Rotarian Joaquin C. "Jackie" Rodriguez	 Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

At last week's luncheon meeting, Former Senator, Former Manila Mayor, and our Club's PSAA Alfredo "Fred" S. Lim shared with us his ideas on what makes an ideal public servant and explained to us the attributes and qualities that a good leader should have. He is expected to run for the mayoralty seat of the City of Manila in the coming elections and hopefully return to the Manila City Hall as Mayor. We wish PSAA Fred all the best in his quest to return as Mayor of the City of Manila, as he certainly possesses all the qualities and attributes of a good servant leader.

On news within our Club, last 1 November 2015, I, together with several Manila Rotarians, including PP Archit Bartolome, PP Boy Ampil, ICoS/SDG/PP Cesar Ubaldo, AG/IPP Frank Evaristo, Dir. Ning Lopez, PT Jim Chua, and Rtn. Nilo Aventura, and Former RCM Member Rey Alejandro, attended the 80th Birthday Celebration of PP Dong Saludo at his residence in Pasig City, where we were treated to a lavish gastronomical feast. Indeed, it was a different kind of All Saints' Day. Three days later, 4 November 2015, our Honorary Member, the Japanese Ambassador, His Excellency Kazuhide Ishikawa, hosted a Farewell Reception at his residence in North Forbes Park, Makati City, for our member, Minister and Deputy Chief of Mission Tetsuro "Terry" Amano, where I and several Manila Rotarians were in attendance. Terry, as he is fondly called by our fellow Manila Rotarians, will be given a new assignment for which we wish him well. I would like to remind everyone that one of the most awaited fellowship parties of the Rotary Club of Manila, the Oktoberfest, will be hosted this year by the German members of our club, namely, PSAA Gunter Matschuck (the Chair of the RCM Oktoberfest), His Excellency Rtn. Thomas Ossowski (who is the German Ambassador to the Philippines), Rtn. Bodo Goerlich (who is the President of the Philippine-German Chamber of Commerce), Rtn. Uwe Hesse, Rtn. Henning Karcher, Rtn. Klaus Muller, and Rtn. Horst Kessler Von Sprengesen, and co-hosted by the other European members of our Club, namely, Rtn. Mikael Avellan and PD Knud Hedeager, and will be held on Tuesday, 10 November 2015, at 7pm, at the German Club in Makati City. Let us all attend the affair and enjoy the hospitality of our hosts.

On news from around the District, last 29 October 2015, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Malate Prime at the Alegria Lounge of the Waterfront Pavilion Hotel and Casino, where WCP Ronilda Reluya was inducted as Club President. The following day, on 30 October 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and I attended the District 3810 Halloween Party hosted by the Rotary Club of Pasay North under WCP Kristine Marie Corpuz at the Navy Fleet Marine Restaurant and Café at the Bonifacio Naval Station in Fort Bonifacio, Taguig City. Four days later, on 3 November 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and I attended the District 3810 Area Meeting for the month of October at the Aristocrat Restaurant in Manila.

Today, we shall have our very own Star Rtn. Joaquin "Jackie" Rodriguez as our Speaker. He will enlighten us on the rudiments of managing restaurants and his other business interests, including projects involving renewable energy. Please actively participate in the program and continue to support our Club's various projects and activities this year. Please help in recruiting new members into our Club. Please submit the name(s) of prospective new member(s) to Anna Toledo at our earliest convenience so that the review and acceptance process can be started as soon as possible.

Mabuhay and Rotary Club of Manila!

**Resume
of
JOAQUIN “Jack” C. RODRIGUEZ**

Suite 3002, 30th Flr., Infinity Tower
106 H.V. dela Costa St. cor. Leviste St., Salcedo Village, Makati City
Phone Nos.: (632) 888-6677 Ext. 3002
Mobile No.: 0918-8885225
Email: jcrodriguez.sr@gmail.com

Personal Circumstances

Date of Birth : April 27, 1941
Place of Birth : Barrio Uga-ac, Tuguegarao, Cagayan
Spouse Name : Sonja Habana Rodriguez
Children : Joaquin, Jr., Antonio Manuel, Gerard Sean,
Armando Charles
Grandchildren : Anthony, Katja, Nikolo Joaquin, Sofia
Gabriel, Danielle Olivia, Joaquin VII, Julia Adriana,
Alegra Beatriz, Emilia Alejandra

Educational Background

Primary : Colegio de San Juan de Letran (1953)
Secondary : International School of Manila (1959)
College : De La Salle University

Position Held

2010 – Present : Chairman
Lumad Agro Industrial Ventures Corporation
2010 – Present : Director
PRODEV Corp.

2009 – Present : Chairman
 Talaingod Agro-Industrial Group Corporation
 2005 – Present : Consul a.h.
 Consulate of the Republic of Serbia
 2003 – 2005 : Chairman
 Pars Pacific Corporation
 2002 – 2006 : President
 Orient Adriatic, Inc.
 1999 – 2004 : Chairman
 Phil. Musico Publishing (Philmusico) Co., Inc.
 1999 – Present : General Partner
 SALRO Ltd. Co.
 1997 – Present : Director
 California Pizza Kitchen
 1997 – 2006 : Director
 Outback Steak House
 1997 – 2006 : Chairman
 East Asia Technologies, Inc.
 1997 – 2003 : Proprietor
 Haze Boutique
 1996 – 2003 : Director
 New Zealand Natural, Inc.
 1996 – Present : Chairman
 Guidance Management Corporation
 1996 – 2004 : Director
 Westspring Development Corporation
 1996 – 2000 : Chairman
 Kimberly Holdings Corporation
 1995 – 2014 : Director
 Italianni's Restaurant
 1995 – 2002 : Director
 Titan Holdings Corporation
 1995 – 2005 : Vice President
 News and Entertainment Network Corporation
 1995 – Present : Chairman
 Unicorn Communication Corporation
 1995 – 2005 : Chairman
 Philippine-Korean Friendship Society, Inc.
 1995 – 1999 : Chairman
 Metro Manila Asphalt Corporation
 1994 – 2003 : Director/President
 Domino's Pizza/European Bakeries
 1994 – Present : General Partners
 ROSAL Ltd.
 1993 – 2014 : Director
 TGI Friday's Restaurant
 1993 – Present : Chairman of the Board
 Optimax International Corporation
 1993 – 2004 : Chairman of the Board
 The Bondlink Corporation

1992 – 2014 : Director
 Bistro Holdings, Inc.
 1993 – 2001 : Director
 Ocean Composite Yachts, Inc.
 1989 – 1996 : Member
 Sweetwater Golf & Country Club
 1987 – 1994 : Director
 Philippine-Japan Friendship Society
 1984 – Present : Chairman of the Board
 Golondrina Holdings, Inc.
 1981 – Present : President/Director
 Valley Mountain Mines & Exploration, Inc.
 1980 – Present : Member
 Manila Polo Club, Inc.
 1993 – 1995 : Director
 United Paragon Mining Corporation
 1981 – 1995 : Director and Chairman of Marketing Committee
 Mariwasa Manufacturing, Inc.
 1993 – 1994 : Director
 Philippine Realty & Holdings Corp.
 1995 – 2004 : Director / President
 Gran Ria, Inc.
 1983 – 1993 : President/Director
 Europhil Textile Co., Inc.
 1988 – 1989 : President/Director
 Pacific Chrome International Corporation
 1985 – 1988 : Director
 Busk Boake Allen Phils., Inc.
 1984 – 1989 : President/Director
 Sterling Life Insurance Co.
 1984 – 1988 : Director
 Precision Cutting Tools, Inc.
 1983 – 1989 : Chairman of the Board
 MAA Consultants, Inc.
 1983 – 1989 : President/Director
 Matalvi Oceaneering, Inc.
 1983 – 1988 : Director
 San Jose Oil, Inc.
 1983 – 1988 : Director
 Wise & Co., Inc.
 1982 – 1987 : Director
 Associated Metals, Inc.
 1982 – 1983 : Director/President
 OMICO, Inc.
 1982 – 1988 : Member
 Baguio Country Club
 1981 – 1988 : President/Director

Mankayan Minerals Dev. Corp.

1979 – 1986 : President/Director
Benguet Exploration, Inc.

1979 – 1985 : President
FALCON Mines Corp.

1979 – 1979 : Member of the Advisory Board of Directors
Imperial Trust of the United States of America

1974 – 1978 : President
Recrea Sports España S.A.

1971 – 1974 : President
Pioneer Minerals, Inc.

1971 – 1974 : President
Asian Finance Corp.

1969 – 1971 : Executive Vice President
Larutan, Inc. (Phils.)

1966 – 1969 : President
TAM Agency, Inc.

1964 – 1969 : President
Rodgers and Cummings Corp.

1964 – 1966 : District Sale Representative
American Photocopy Equipment Co.

1962 – 1964 : Underwriter Management Trainee
Firemen's Fund Insurance Co.

1962 – 1964 : Merchant Marine
American Mail Lines, Inc.

Awards Received:

2013 Ulirang Ama Awardee, 2013

1996 Adopted Son of Korea

1987 Adopted Son of Mountain Province

1985 Adopted Son of Kalinga

1984 Professional Executive of the Year

1984 Outstanding Mining Man of the Year

1983 Adopted Son of Oriental Mindoro Province

1983 Outstanding Letranite

1982 Most Outstanding Letran Jubilarian

1982 Outstanding Mining Company of the Year



Presiding officer PE/VP Teddy Ocampo calls the meeting to order.



Dr./PD John Cenica as **OIC/ Moderator** directs the program



PD Abe Pascual delivers an ecumenical prayer.

THE WEEK THAT WAS...



Rtn. Jujut Enriquez leads in the recitation of the four (4) way test.



PD Knud Hedeager introduces the guests, visiting Rotarians and personalities seated at the presidential table.



DG Obet Pagdanganan, Pres. Ebot Tan, Dir. Susing Pineda, Dir.-in-Charge, Membership Affairs, Sec. George Salazar present to **PD Paterno V. "Pat" Vloria** a certificate of appreciation for his services rendered to the Club from 1997-2015.



DG Obet Pagdanganan acknowledges with sincere thanks and profound appreciation to **RCMers'** – Paul Harris Fellows Major Donors Level 2: **PDG Alex** and **Spouse Anna Cureg** and **Rtn. Hermie Esguerra** and other members for their continuous support and active participation to the various civic activities of the District 3810.



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



Rtn. Art Lopez does the honour and pleasure of introducing a fellow member, **Hon. Alfredo S. Lim**, Former Senator, Republic of the Philippines; Former Secretary, Department of Interior and Local Government; Former Mayor, City of Manila; Past Sergeant-at-Arms, Rotary Club of Manila as guest of honour and speaker.



Former Manila Mayor and Rotary Club of Manila PSAA Afredo "Fred" Lim spoke before his fellow Manila Rotarians, Visiting Rotarians and guests on his plans for the City of Manila should he be given a chance to return as Mayor of the Philippines' capital.



An interactive public forum followed suit post the speech of Hon. Alfredo S. Lim.



Pres. Ebot Tan presents to **Hon. Alfredo S. Lim** a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest of honour and speaker.

PAUL HARRIS FELLOWS



DG Obet Pagdanganan, Pres. Ebot Tan present to IDCoS/ISDG/DE/IPS Albert Alday as a new Paul Harris Fellow (PHF) the PHF certificate and pin; and Ann Sharon Hughes Bediones as 2-Sapphire Paul Harris Fellow represented by DCoS/PP Rudy Bediones, the PHF certificate and 2-Sapphire pin.

RCM WEEKLY BIRTHDAY CELEBRANT'S



Pres. Ebot Tan together with the week's birthday celebrant **PD Jess Santos** joins the RCM World-Famous Chorale during the singing of the Happy Birthday song, for the traditional blowing of candle on the birthday

SAGIP KABATAAN FOUNDATION MEETING



Sagip Kabataan Foundation Inc. Meeting. Present during the meeting were: **DGN/COS/PP Rudy Bediones**, **AG/IPP Frank Evaristo**, **PDG Sonny Ventura**, **ES Anna Kun Toledo**, **Chairman/PD Abe Pascual** and **PT Jim Chua**.

DISCON 2016 MEETING



Present during the meeting were: (counterclockwise) **Pres. Ebot Tan**, **DG Obet Pagdanganan**, **IDCoS/ISDG/DE/IPS Albert Alday**, **AG/IPP Frank Evaristo**, **ES Anna Kun Toledo**, **Dir. Susing Pineda**, **Rtn. Art Lopez**, **DGND/COS/PP Rudy Bediones**, **AS Alvin Lacambacal** and **Rtn. Caloy Reyes**.

BIRTHDAY FELLOWSHIP



Birthday Fellowship Celebration of PP Aniceto G. "Dong" Saludo, Jr. held last November 1, 2015 at his residence in Pasig City. Photo shows some of the invitees, seated-counter clockwise, from right : **PP Dong Saludo** (Birthday Celebrant/Host), **PT Jim Chua**, **PP Archit Bartolome**, former Comelec Commissioner **PP Lucenito N. Tagle**, former NEDA **Secretary Romulo Neri** (in green shirt), former **Prime Minister Cesar Virata**, **PP Boy Ampil**, **Atty. Rey Alejandro** (former RCM member), **Ms. Marissa Saludo**, daughter of **PP Dong Saludo**, **PP Cesar Ubaldo** and **Rtn. Dr. Nilo Aventura**. Standing from right to left : **Pres. Ebot Tan**, **Dir. Ning Lopez** and **AG/IPP Frank Evaristo**.

ROTARY GOVERNOR ELECTED DIST. 3810

ROTARY GOVERNOR ELECTED

R.I. DISTRICT 3810 :

District Governor Obet Pagdanganan of D3810 declared Past President Rudy Bediones of the Rotary Club of Manila as the newly elected District Governor Nominee for 2018-2019 of District 3810, who will serve during the centennial celebration of Rotary in the Philippines and Asia. PP Rudy Bediones was overwhelmingly elected as announced by District Balloting Committee Chairman Past District Governor Paco Atayde. Rotary International (R.I.) District 3810 covers Manila City, Pasay City, Cavite and Mindoro Provinces, is composed of 2,879 Rotarians and 101 Rotary clubs.



THANKSGIVING DINNER



A thanksgiving dinner for the fast recovery and good health of **Rtn. Klaus Mueller** organized by Spouse Teresita Mueller last Thursday, November 29, 2015, at their residence in Parañaque City. From left to right : **Dir. Issam Eldebs**, **Rtn. Horst Kessler von Sprengelsen**, **Rtn. Henning Karcher**, **AG/IPP Frank Evaristo**, **Rtn. Klaus Mueller**, host and a family friend.

DISTRICT 3810 RELIEF OPERATIONS



Calumpit Lando Relief, Wednesday, October 27, 2015. **Dir. Oscar del Rosario** at Rotary international Dist. 3810 Relief Operations in Calumpit, Bulacan 3 Barangays Flood Victims led by **Dist. Gov. Obet Pagdanganan**. **Rtn. Hermie Esguera** donated 33 boxes of assorted noodles & 10 boxes of meatloaf while the club donated P50,000 to the District relief efforts.

DISTRICT 3810 HALLOWEEN PARTY



District 3810 Halloween Party hosted by RC Pasay North. Seen in photo with their costumes are District Officers, WCP's and DG Obet Pagdanganan, Pres. Ebot Tan, DGND/COS Rudy Bediones and Spouse Sharon.

ROAD SAFETY SUMMIT 2015

**PROMOTE
ROAD SAFETY**

Rotary
District 3810

our goal **ZERO ACCIDENTS
ZERO CASUALTIES**
Your roads. your safety. your responsibility.

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INTERIOR & LOCAL
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TAGAYTAY CITY, PHILIPPINES

2015

SUPPORT ROTARY PROJECTS. IT WILL SAVE LIVES.

**our
goal**

**ZERO ACCIDENTS
ZERO CASUALTIES**

Your roads, your safety, your responsibility.

23

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TO**

GO

ROAD SAFETY SUMMIT 2015

NOVEMBER 23-24
TAGAYTAY INTERNATIONAL
CONVENTION CENTER
TAGAYTAY CITY , PHILIPPINES

SUPPORT ROTARY PROJECTS. IT WILL SAVE LIVES.



LAUNCHING OF **CONNECT TO KOREA** ROTARY INTERNATIONAL CONVENTION



Major Co-Host - Php 9,500 for 10 persons
Minor Co-Host - Php 5,000 for 5 persons
• Per Head - Php 1,000

HOTEL **H₂O**
Pacific Ballroom

November 28, 2015 @ 7pm



Roxas Boulevard, Beside Quirino Grandstand & Manila Ocean Park, Manila



Hosted by: ROTARY CLUB OF PASAY WEST

To register, pls. contact:

Chair: AS Arlene Lim • 0917 5275363

DAD Gen Masahud • 0917 5226342

WCP Meg Alvero • 0905 4307188

RCM GERMAN OKTOBERFEST



2015 new date

NOVEMBER 10

Tuesday, 7:00PM

GERMAN CLUB

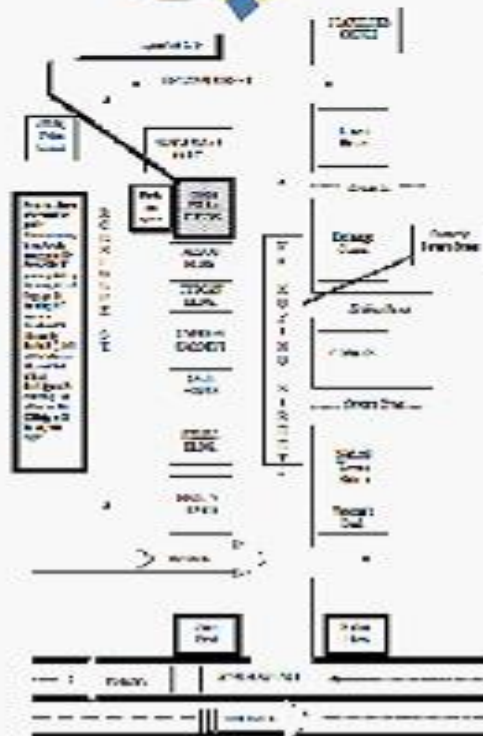
Penthouse, Eurovilla II Building
118 V.A. Rufino (formerly Herrera Street),
Legaspi Village, Makati City

Hosted by:

PSAA Gunter Matschuck Chair, RCM Oktoberfest
H.E. Rtn. Thomas Ossowski, German Ambassador
Rtn. Bodo Goerlich
Rtn. Uwe Hesse
Rtn. Henning Karcher
Rtn. Klaus Muller
Rtn. Horst Kessler von Sprengisen

Co-Hosted by:

Rtn. Mikael Avellan
PD Knud Hedeager



REPLY BOX:

E-Mail: rcmanila@rcmanila.org

Fax: 5271885

☐ ATTENDING

☐ REGRETS

Signature over printed Name

Date

INTERNATIONAL RELATIONS

November 4, 2015

Dear Fellow Rotarians,

RE : UPDATE ON INTERNATIONAL RELATIONS ACTIVITY

The International Relations Committee invites you to participate in the **46th Anniversary Fund Raising Ball, Rotary Club of Kowloon East**, our sister club since 1976, is celebrating their 46th Anniversary Fund Raising Ball .. Program of activities are as follows:

Thursday, November 19, 2015 6:30 PM

Welcome Dinner in honor of visiting sister clubs at the Neptune Chiu Chow Restaurant (address: 1/F, Energy Plaza, 92 Granville Road, Tsim Shau Tsui East, Kowloon

Friday, November 20, 2015 6:30 PM

46th Anniversary Ball at the Grand Ballroom, Kowloon Shangri-La Hotel

Flight details and accommodation of the RCM delegation are as follows:

	Name	Depart Manila			Depart Hong Kong		Accommodation
		Date Departure/Time	Carrier	ETA HK	Date Departure/Time	Carrier	
1	Chairman Edgar L Lee & Daffodil Costelo	11.15.2015 240 pm	PR 306	510 pm	11.22.2015 115 pm	PR 319	Kowloon ShangriLa Hotel
	Dr. Edward Bolanos & Ms Anna Esteban Mr. Edgardo Mendoza	-	-	-	-	-	-
2	IPP Frank Evaristo & Vicky Montilla	11.15.2015 945 am	PR 318	1215pm	11.21.2015 1810 pm	PR 311	Marco Polo Gateway / Kowloon ShangriLa Hotel
3	Dir. Ning & Josephine Lopez	11.19.2015 800 am	PR 300	1000 am	11.21.2015 2225	PR 311	Kowloon ShangriLa Hotel
4	Dir. Susing & Marites Pineda						Kowloon ShangriLa Hotel
5	PP Dong Saludo, Jr.	11.19.2015 800 am	PR 300	1015 am	11.21.2015 1315	PR 319	Guandong Hotel

	Name	Depart Manila			Depart Hong Kong		Accommodation
		Date Departure/Time	Carrier	ETA HK	Date Departure/Time	Carrier	
6	PD Ner & Femy Lonzaga	11.19.2015 800 am	PR 300	1015	11.21.2015 1810 pm	PR 307	Marriot Hotel
7	PD Bebot & Sylvia Pineda	11.18.2015 545 pm	CX 918			CX 935	Kowloon ShangriLa Hotel
8	Rtn David Wong						

By: _____ Date : _____
Signature over Printed Name

PUBLIC HEALTH NUTRITION AND CHILD CARE



“TANIM GALIT”
(ulcer, gastritis, and your extra baggage)



Elias D. Adamos, M.D.

While airline passengers worry about incidents of airport “*tanim bala*” in their baggage, there are also health concerns that you should worry about when you have “extra baggage”.

“Tanim Galit” and Extra Baggage

Extra baggage is a term used by healthcare professionals and counselors who attend to perennial patients who suffer from countless complaints and seem not able to get over their problems and symptoms. “Extra baggage,” when used in such manner, refers to resentments, guilt feelings, anger, anxiety, stress, fears, and other negative thoughts and antagonistic or negativistic psychological and emotional feelings that result to unexplained medical problems. “*Tanim galit*” or “*nagtatanim ng galit*” are tagalog words that describe somebody with unexpressed anger. It refers to a person who harbors fury and rage and animosity to somebody or a group. Such ill feeling results to bothersome bodily problems; one of which is acid peptic disease – acute or chronic peptic ulcer disease and acute and chronic gastritis. Although mortality rates in acid peptic diseases are low, the resulting pain brought about by the conditions can result to suffering and costs.

Acid Peptic Diseases

Gastritis is described as erosions in the mucosa or inner lining of the stomach. Peptic ulcer disease on the other hand is of two kinds: Gastric and duodenal (small intestines). Ulcers in general, refers to corrosive action of gastric juices or acids – pepsin and hydrochloric acid that result to open sores inside the lining of the stomach and/or small intestines. Ulcers also affect the inner lining of the esophagus.

Mechanism of the disease

Negative feelings, including unexpressed anger and resentment, and other negative emotions result to increase in peristalsis or movements of the stomach, resulting to increase secretion of gastric acid or juices that may produce erosions or breaks in the internal lining of the stomach, small intestines, and/or the esophagus.

Peptic ulcer disease and other acid peptic diseases are also caused by an impending bacteria, *helicobacter pylori*, a single-celled bacteria similar to ameba that takes advantage of the over-activity and over-secretion of gastric acid and juices.

Antacids are mainstay in the treatment of ulcers. Modifying lifestyle, behavior, and outlook in life; in other words ‘getting rid of extra baggage’ is important.

Myth about acid peptic diseases

It is a myth that spicy foods can cause acid peptic diseases.

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