



Kabalita

No. 3728, January 25, 2018

GUEST SPEAKER



ATTY. RAFAEL MA. "BOY" C. VINZON, LL.M.

Head, Tax Services
Reyes Tacandong & Co.

KABALITA

Let the Tax Guru TRAIN us as he makes a sentimental journey back home to Asia's First Rotary Club.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA

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11:30 AM	Registration & Cocktails (WINEs courtesy of RCM DE/Dir. Bobby Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Rtn. Ricky Trinidad
12:30 PM	Call to Order	Pres. Jimmie Policarpio
	Singing of the Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale Rtn. Ray Davis RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. Momo Mommaerts RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCManila Birthday Celebrants) Jan. 27...PP "Babes" Reyes, Rtn. "Danny" Go; Jan. 29...Rtn. "Paquito" Dizon, Rtn. "Colin" Patterson; Jan. 30...Rtn. "Shah" Tamano; Jan. 31...PD "Oscar" del Rosario; Feb. 3....Rtn. "Thad" Liamzon; Feb. 4....Rtn. "Ric" Ramos; Feb. 6....PP "Ebot" Tan, PSAA "Eloy" Adamos; Feb. 7....Rtn. "Dennis" Montecillo Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	Induction of new member to RC Manila Brief Introduction of Inductee by Proposer Mr. Thierry Tea (French-Cambodian) Founder and Chairman, Philjets Aero Services, Inc. Classification: Air Transportation—General Aviation Service Proposer: PVP "Fausto" Preysler Formal Induction Ceremony	 PVP Fausto Preysle Pres. Jimmie Policarpio Inducting Officer

	Welome Baby Rotarian Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Jimmie Policarpio
12:55 PM	Introduction of the Guest of Honor and Speaker	Rtn. Dennis Montecillo
1:00 PM	Address: Atty. Rafael Ma. C. Vinzon, LL.M. Head, Tax Services, Reyes Tacandong & Co.	
	Public Forum Club fund-raising raffle of cash prize	DE/Dir. Bobby Joseph
	Response, Presentation of tokens of appreciation to Atty. Rafael Ma. C. Vinzon, LL.M.	Pres. Jimmie Policarpio
2:00 PM		Adjournment

PRESIDENTIAL TIMELINE



January 16, 2018 - DGE Rudy Bediones and Lady Sharon Bediones participated in the march of District Governors-Elect and their respective spouses from the various countries at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

January 17, 2018 - DGE Rudy Bediones administered the oath to new Rotary members and attended the fellowship of the Rotary Club of San Diego Paradise Valley at the Rotary Club of San Diego Paradise Valley Clubhouse in San Diego, California, USA. He likewise gave a short talk during the occasion as he was requested by Rotary International Director-Elect Raffy Garcia to do all these in his behalf as he had a dinner meeting with Rotary International President-Elect Barry Rassin on the same date and time.

January 18, 2018 - DGE Rudy Bediones and Lady Sharon Bediones attended the General Session of the 5th day of the International Assembly at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

- DGE Rudy Bediones with Rotary International Director-Elect Raffy Garcia at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

- DGE Rudy Bediones with Past Rotary International President Mateo Armando "Mat" Caparas at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

- DGE Rudy Bediones and Lady Sharon Bediones attended and participated in "A Night in the Caribbean Dinner Dance" of the International Assembly at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

- The Centennial Committee of the Rotary Club of Manila led by Chair PDG Obet Pagdanganan met at the Ballroom of the New World Makati Hotel in Makati City where updates from the different subcommittee Chairs on the Calendar of Activities and Initial Budget Estimates were discussed.

- The World Famous Music Chorale led by PP Babes Reyes held a choir practice with Coach Domino Marcos at the Infinity Tower Suites in Makati City. Also present were VPE/Dir. Lance Masters, DE Jackie Rodriguez, PD Nick Locsin, PD Oscar del Rosario, PT Jim Chua and Rtn. Warren So.

January 19, 2018 - PVP Roy Golez was speaker at the Maritime Forum held at the Department of Foreign Affairs (DFA) in Pasay City. He expressed alarm over the decision to allow China to conduct maritime research in the Benham Rise. He said the Philippines should not allow China to survey the Benham Rise. Chinese research ship Kexue is listed as part of the Chinese Navy.

January 20, 2018 - IPSDG/IPDCoS/DE/IPD Albert Alday (Chairman, New Generations Service Committee), DE/Dir. Caloy Reyes (Director-in-charge, Community Service B where New Generations Service belongs), PD Oscar del Rosario and Rtn. Jason Ong (Co-Chair, New Generations Service Committee and Past District Rotaract Representative of District 3810) attended the 17th Charter Anniversary of one of its sponsored Rotaract clubs, the Rotaract Club of Manila, entitled, "GETTING HIGHER AT 17", at the 6th floor of the One Pacific Place, Makati City. During this event, Rotaract Club of De La Salle University-Manila's IPP Abigael Sarmiento was inducted as the said Rotaract club's newest member.

January 21, 2018 - DGE Rudy Bediones and Lady Sharon Bediones hanging out with classmate Philippine District-Governors-Elect and their respective spouses in San Diego, California, USA.

January 22, 2018 - PVP Roy Golez was interviewed by DZRH and Catholic Media Network. Both interviews tackled the Scarborough Shoal conflict between China and the USA with the deployment near the shoal of a US destroyer.

- Rotary Club of Singapore invited Rotary Club of Manila to a meeting together with Rotary Club of Rizal West (District 3830), Rotary Club of Makati (District 3830) and Rotary Club of Chinatown Manila. The purpose was to present modern medical equipments for possible regional service partnerships providing medical equipment and training, specifically, endoscope. Also discussed was the possibility of applying for international and regional grants available through Rotary International for future purchases. Dir. Carlos Reyes, PP Dr. Cesar Ubaldo, AS Rene Policarpio and I attended on behalf of Rotary Club of Manila. During this meeting, I likewise seized the opportunity to invite all Rotarians present to the Rotary Club of Manila Centennial Celebration in June of 2019. Also, during the discussion, doctors from St. Luke's Bonifacio Global City were made aware of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Medical Mission Team and all have expressed willingness to be part of the mission team. The event was held at the Shangrila at the Fort, Bonifacio Global City in Taguig.

- DGE Rudy Bediones and Lady Sharon Bediones met with DGE Bing Garcia of District 3860 and his spouse, Lady Nene Garcia, at Porto's in Glendale, California, USA.

January 23, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Karen Davila on ANC's HEADSTART regarding the Scarborough Shoal and the Benham Rise.

January 24, 2018 - PE/Dir. Susing Pineda met with Rtn. John Emyl Eugenio and Treasurer Nicky Villaseñor regarding the Souvenir Program for his June 2018 Inaugural at his residence in Greenhills, San Juan.

January 25, 2018 - Welcomes Former Manila Rotarian Atty. Rafael Ma. "Boy" Vinzon, LL.M., Head, Tax Services, Reyes Tacandong & Co., to talk on Tax Reform for Acceleration and Inclusion (TRAIN)

GUEST OF HONOR AND SPEAKER'S PROFILE



Mr. Rafael Ma. C. Vinzon

Personal Information

Office Address : 26F Citibank Tower, 8741 Paseo de Roxas Makati City Mobile Number : 63 918 991 2899 Email Address : rafaelvinzon@revestacandong.com

Date of Birth : October 30, 1957 Civil Status : Married

Professional

Qualifications • Extensive exposure and experience in handling cases at the Bureau of Internal Revenue, Security Exchange Commission, Court of Tax Appeals, including protests, refunds and requests for rulings • Corporate restructuring and reorganization • Clients include power generation, utilities and manufacturing companies, among others, including those registered with the BOI and PEZA Background • Head, Tax Services, Reyes Tacandong & Co. • Principal, Tax Services, SyCip Gorres Velayo & Co, July 1998 - 2009 • Master of Laws, Tulane University, The School of Law, New Orleans, Louisiana, USA • Management Development Program, Asian Institute of Management • Bachelor of Laws, San Beda College of Law • BS Commerce, Major in Management of Financial Institutions, De la Salle University • Bachelor of Arts, Major in History – Political Science, De la Salle University • Member, Integrated Bar of the Philippines • Treasurer and Member of the Board of Trustees of the Ninoy & Cory Aquino Foundation, Inc. • Member, Tax Management Association of the Philippines • Member, Integrated Bar of the Philippines

PREVIEW OF NEXT THURSDAY LUNCHEON MEETING

February 1, 2018, 12N, New World Makati Hotel



Hon. Antonio T. Carpio

Senior Associate Justice, Supreme Court of the Philippines
Guest Speaker;

A Testimonial Luncheon in Honor of PP Francisco V. "Toting" del Rosario; and R.I. D-3810 Governor Emmanuel "Loy" Consico's Official Visit to RCM

ROTARY INTERNATIONAL THEME
FOR 2018-2019



BE THE INSPIRATION

THE WEEK THAT WAS



AS "Rene" Policarpio as OIC/Moderator, calls the program of activities.



Pres. "Jimmie" Policarpio calls the 26th meeting of the **Rotary Club of Manila**.



Dir.-elect "Albert" Alday delivers an ecumenical prayer.



Rtn. "Jason" Ong introduces the visiting Rotarians, Guests and Personalities seated at the presidential table.



Pres. "Jimmie" Policarpio during the President's Time.



PVP "Roy" Golez does the honor, pleasure and privilege of introducing **Hon. Imee R. Marcos**, Governor, Province of Ilocos Norte, as guest of honor and speaker.



Ilocos Norte Governor Imee Marcos showcased before Manila Rotarians, Visiting Rotarians and guests, the bounties of Ilocos Norte as well as the many reasons to invest in the province.

SUMMARY:

THE 7 IN'S TO FULLY APPRECIATE ILOCOS NORTE

1. INfiltrate the Cracks - find problems in the province to be solved
2. INspire or EXpire - showcase Ilocano pride, culture and legacy
3. Always Pick the INsane - induce change
4. INstigate Trouble - take risks
5. INcentivize Overwork or Maybe If You Can Overpay - find creative ways to increase compensation and earn
6. INvoke Ilocano Social Capital - resilience as the bulwark of Ilocano unity and social capital
7. INViting All of You to be Our INvestors - seize investment opportunities amid the bounties of Ilocos Norte



An open forum immediately followed right after the speech of **Ilocos Norte Governor Imee Marcos** with RCMers' raising questions: **Rtn. Vee David**, **PP Frank Evaristo**, **PD Beda Fajardo** and **Dir. Bobby Joseph**.



Pres. “Jimmie” Policarpio for the response, presentation of bell and gavel to Ilocos Norte Governor Imee Marcos, as a token of appreciation and meeting adjournment. Also in photo are: PVP Roy Golez and VP Chito Zaldarriaga.

MUSIC COMMITTEE



The World Famous Music Chorale led by PP Babes Reyes held a choir practice with Coach Domino Marcos last January 18, 2018 at the Infinity Tower Suites in Makati City. Also present were VPE/Dir. Lance Masters, DE Jackie Rodriguez, PD Nick Locsin, PD Oscar del Rosario, PT Jim Chua and Rtn. Warren So.

CENTENNIAL COMMITTEE



The Centennial Committee of the Rotary Club of Manila led by **Chair. PDG Obet Pagdanganan** met last January 18, 2018 at the Ballroom of the New World Makati Hotel in Makati City where updates from the different subcommittee Chairs on the Calendar of Activities and Initial Budget Estimates were discussed.

NEW GENERATIONS SERVICE



IPSDG/IPDCoS/DE/IPD **Albert Alday** (Chairman, New Generations Service Committee), **DE/Dir. Caloy Reyes** (Director-in-charge, Community Service B where New Generations Service belongs), **PD Oscar del Rosario** and **Rtn. Jason Ong** (Co-Chair, New Generations Service Committee and Past District Rotaract Representative of District 3810) attended the the 17th Charter Anniversary of one of its sponsored Rotaract clubs, the Rotaract Club of Manila, entitled, “**GETTING HIGHER AT 17**”, last January 20, 2018 at the 6th floor of the One Pacific Place, Makati City. During this event, Rotaract Club of De La Salle University-Manila’s IPP Abigail Sarmiento was inducted as the said Rotaract club’s newest member.

INAUGURAL MEETING



PE/Dir. Susing Pineda met with Rtn. John Emyl Eugenio (not in picture) and Treasurer Nicky Villaseñor last January 24, 2018 regarding the Souvenir Program for his June 2018 Inaugural at his residence in Greenhills, San Juan.

ROTARY CLUB OF SINGAPORE MEDICAL EQUIPMENTS AND TRAINING MEETING HELD



Rotary Club of Singapore invited Rotary Club of Manila to a meeting together with Rotary Club of Rizal West (District 3830), Rotary Club of Makati (District 3830) and Rotary Club of Chinatown Manila. The purpose was to present modern medical equipments for possible regional service partnerships providing medical equipment and training, specifically, endoscope.

INTERNATIONAL RELATIONS



Also discussed was the possibility of applying for international and regional grants available through Rotary International for future purchases.



Pres. Jimmie seized the opportunity to invite all Rotarians present to the Rotary Club of Manila Centennial Celebration in June of 2019. Also, during the discussion, doctors from St. Luke's Bonifacio Global City were made aware of the One Rotary, One Philippines, One for Marawi Medical Mission Team and all have expressed willingness to be part of the mission team.



Pres. Jimmie Policarpio, Dir. Carlos Reyes, PP Dr. Cesar Ubaldo and AS Rene Policarpio attended on behalf of Rotary Club of Manila. The event was held at the Shangrila at the Fort, Bonifacio Global City in Taguig last January 22, 2018.

INTERNATIONAL ASSEMBLY



DGE Rudy Bediones and Lady Sharon Bediones are shown getting ready for the march of District Governors-Elect and their respective spouses from the various countries on the occasion of the International Assembly last January 16, 2018 at the Manchester Grand Hyatt San Diego in San Diego, California, USA.

JANUARY 18, 2018
A NIGHT IN THE CARRIBEAN DINNER DANCE





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This is the official picture of DGE Rudy and Lady Sharon Bediones with Rotary International President-Elect Barry and Lady Esther Rassin at the International Assembly in San Diego, California, USA with the Rotary International Theme for RY 2018-2019, "Be the Inspiration", as backdrop.





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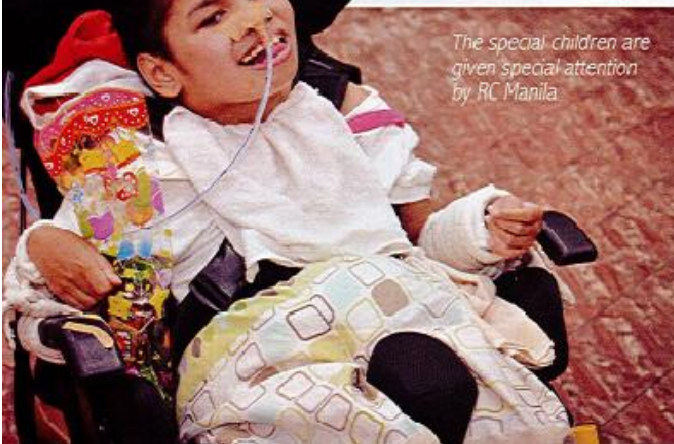


DGE Rudy Bediones and Lady Sharon Bediones hanging out with classmate **Philippine District-Governors-Elect** and their respective spouses last January 21, 2018 in San Diego, California, USA.

PHILIPPINE ROTARY MAGAZINE



RC Manila Rotarians Ray Davis and Philip Ong enjoy the Christmas party for the special children with the staff of Hospicio de San Jose and the elderly who were invited to the event.



The special children are given special attention by RC Manila.



The elders at the hospice were invited to join the Christmas party for the special children.

CARING FOR SPECIAL CHILDREN

For the past 16 years, the Rotary Club of Manila (RCM) has been actively supporting Hospicio de San Jose, home to about 56 special children who were born with neurodevelopmental disorders. RCM supports the children's occupational and physical therapy to develop their mental and physical faculties and the self confidence that will allow their assimilation into mainstream society. The children are taught to be self-reliant in such basic personal needs as eating and expressing themselves.

Members of RCM hold yearly summer picnics, Halloween parties, and Christmas fellowships for the children-annual socialization events that help the children to participate in group activities such as dancing and group games, and to train them to behave in socially acceptable ways.

RCM's involvement started as a matching grant project way back in 2001 during the presidency of Sebastian "Buster" Arrastia, in cooperation with the University of the Philippines' College of Allied Medical Professions, the Hospicio de San Jose, and the Rotary Club of Osaka East. But RCM has not limited itself to providing funds for the children's therapy. Bearing in mind that the environment



Project Chair, RCM Rotarian Philip Ong, participates in the Christmas program

has a significant effect on the development of each special child, in August 2016, RCM and its sister club, the Rotary Club of Osaka East, installed a grid-tied roof-mounted solar power system worth US\$12,000, that enabled Hospicio de San Jose to provide airconditioning in the area occupied by the special children without adding to the cost of electricity.

Last Christmas, a get-together with the children was again organized by the Rotarians of RCM, led by Project Chair. Philip Ong and Co-Chair. Ray Davis. It was an extraordinary treat for the children, as well as the elderly who were invited to join the event. Gifts were generously distributed, but more than the gifts, the warmth of hugs and the attention given to them brought bright smiles to their faces.



Rtn. Zdenek Jankovsky with the Hospicio de San Jose staff

DISCON 2018



The poster features a blue background with a yellow and white geometric design. At the top left is the word "Rotary" in blue, followed by the Rotary International gear logo. To the right is a circular logo with colorful stylized figures and the text "ROTARY: MAKING A DIFFERENCE". The main title "ROTARY INTERNATIONAL DISTRICT 3810, PHILIPPINES" is in red, and "DISTRICT CONFERENCE 2018" is in yellow. Below this, the dates "March 16-17, 2018" and the venue "Harbor Garden Tent, Sofitel Philippine Plaza Hotel" are in yellow. The host "Rotary Club of Ermita Manila" is also in yellow. The registration fee section is in black text, and the payment information is in black text at the bottom.

Rotary   **ROTARY: MAKING A DIFFERENCE**

ROTARY INTERNATIONAL DISTRICT 3810, PHILIPPINES
DISTRICT CONFERENCE 2018
March 16-17, 2018
Harbor Garden Tent, Sofitel Philippine Plaza Hotel
Host: Rotary Club of Ermita Manila

Reg Fee:
Php 4,000.00 until Feb 15
Php 4,500.00 until Feb 28
Php 5,000.00 onwards

Please deposit payment at:
Rotary Club of Ermita Manila
Bank: BDO
Accnt #: 005438008751

SPEAKERS' BUREAU



PVP ROY GOLEZ INTERVIEWED BY ANC HEADSTART ON SCARBOROUGH SHOAL AND BENHAM RISE

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed last January 23, 2018 by Karen Davila on ANC's HEADSTART regarding the Scarborough Shoal and the Benham Rise.



PVP ROY GOLEZ SPEAKS BEFORE DFA MARITIME FORUM

PVP Roy Golez was speaker at the Maritime Forum held last January 19, 2018 at the Department of Foreign Affairs (DFA) in Pasay City. He expressed alarm over the decision to allow China to conduct maritime research in the Benham Rise. He said the Philippines should not allow China to survey the Benham Rise. Chinese research ship Kexue is listed as part of the Chinese Navy. His discoveries on the matter include the following:

1. China is illegally occupying & claiming our West Ph Sea, and IMHO lusting for more seas.
2. Benham Rise is rich in fish resources & China apparently lusting for food.
3. Benham Rise is rich in energy (methane hydrates, gas) and China apparently is lusting for energy.
4. Benham Rise has strategic importance, a good area for submarine channels which an oceanographic survey can reveal. PLA submarines can hide in those channels constituting a threat to the security of the Philippines and our allies in the Western Pacific.

Golez got information that "Kexue", the Chinese research ship, assigned to Benham Rise, is jointly owned by PLA Navy or China Navy. "Type 625C, named as Science (Kexue,) is "manned by a mixed crew of civilian and naval crew" because this is "jointly owned by PLAN and civilian governmental agencies." Please note that it is listed as part of the PLAN Fleet (China Navy). In his humble opinion, the survey to be conducted in the Benham Rise will be a Naval survey in support of China's military objectives in the Western Pacific.



Ex-national security adviser warns vs China in PH telecoms

ABS-CBN News

Posted at Jan 23 2018 02:09 PM | Updated as of Jan 23 2018 02:32 PM

MANILA - Giving China a stake in telecommunications in the Philippines will give Beijing a potential weapon against Manila should relations sour, a former national security adviser said Tuesday.

Communications is the most important aspect of security, as it can reveal "maybe 100 percent of you," said former congressman Roilo Golez, who served under the Arroyo cabinet.



"China is potentially still our adversary because they have a claim on our West Philippine Sea. They're claiming about 90 percent so there's a possibility in the future that they may become a physical enemy and they have a big part of our communication system," Golez said.

"The government can instruct their representatives here. They don't have to infiltrate, it's already built in," he told ANC's Headstart.



PVP ROY GOLEZ INTERVIEWED BY DZRH AND CATHOLIC MEDIA NETWORK

PVP Roy Golez was interviewed by DZRH and Catholic Media Network last January 22, 2018. Both interviews tackled the Scarborough Shoal conflict between China and the USA with the deployment near the shoal of a US destroyer. Philippine Government's stand is to stay out of the US-China Intramural while his stand is that the Philippines must protest China's claim because our country has sovereignty over the Scarborough Shoal. Republic Act No. 9522 provides that Scarborough Shoal is Philippine Territory. The Philippines' silence may be interpreted as acquiescence. The said law signed last March 10, 2009 by then President Gloria Macapagal-Arroyo provides as follows:

"Section 2. The baseline in the following areas over which the Philippines likewise exercises sovereignty and jurisdiction shall be determined as "Regime of Islands" under the Republic of the Philippines consistent with Article 121 of the United Nations Convention on the Law of the Sea (UNCLOS):

- a) The Kalayaan Island Group as constituted under Presidential Decree No. 1596; and
- b) Bajo de Masinloc, also known as Scarborough Shoal."

NEWS RELEASE

INQUIRER.NET

Pitoy Moreno's passing marks the end of an era

'Politics? Hindi ko dinidibdib 'yan. I always defer to my friends'

By: Thelma Sioson San Juan -Lifestyle Editor

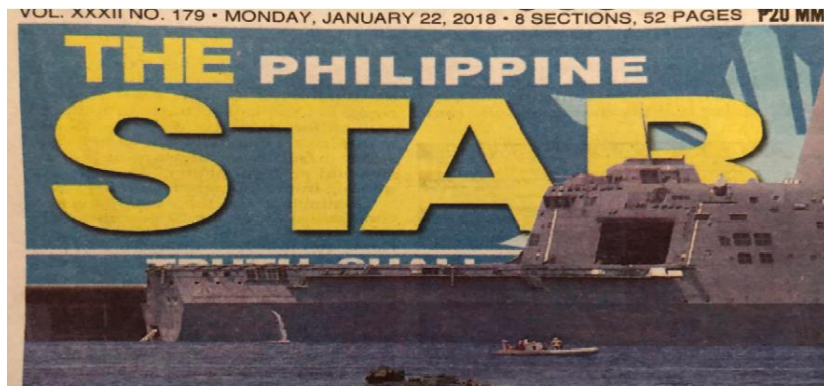


José "Pitoy" Moreno in a picture in the coffee-table book he authored, "Kasalan," published in 1990.



The young Moreno with Dama Mangot; entych in 1942, from the coffee-table book Moreno authored, "Philippine Costume"

...The Jan. 28 gala is sponsored by the Ninoy Aquino Movement spearheaded by Senator Heherson Alvarez, Precy Lopez Psinakis and Ching Montinola; the Jan. 29 show by the University of the Philippines Alumni Association led by Philippine National Bank president Edgardo Espiritu, publisher and presidential friend Betty Go-Belmonte and UP professor Elena Fernando; the Jan. 30 by the Heart Foundation; the Jan. 31 by Ramon Lee of ITM; the Feb. 1 by DMT Concept of Bingle Diago and Paul Mathay; the Feb. 2 by Rotary Club of Manila led by Boy Guevara and Vince Carlos.



Mapúa holds investiture for first University president



Mapúa University will hold the investiture of its first president, Dr. Reynaldo B. Vea, on January 29 at the Philippine International Convention Center (PICC).

Dr. Vea is Mapúa's first president since it received the University status grant from the Commission on Higher Education last year.

Upon assumption of office at the turn of the century, Dr. Vea took up the challenge of globalization as the cornerstone of his presidency and enunciated a vision of Mapúa joining the ranks of the best universities in the world.

Dr. Vea graduated *magna cum laude* from the University of the Philippines with a Bachelor of Science degree in Mechanical Engineering in 1978. He then pursued further studies abroad and obtained an MS degree in Naval Architecture and Marine Engineering from the Massachusetts Institute of Technology. He subsequently obtained his PhD in engineering from the University of California at Berkeley as a Fulbright-Hays scholar. ■

PUBLIC HEALTH NUTRITION AND CHILD CARE



HERBAL REMEDIES FOR HEARTBURN

Elias D. Adamos, M.D.

Heartburn is a major symptom of a condition called gastroesophageal reflux disease or GERD. It is also known as acid indigestion. It presents itself as a burning sensation in the chest and the upper portion of the abdomen. The pain may radiate to the neck, throat, and angle of the jaw. Heartburn results when gastric acid in the stomach goes up and over reaching the lower portion of the esophagus. Heartburn is then perceived as chest pain. Because of this, Patients with heartburn are sometimes mistaken to have heart attack. Some people with heartburn are already tired of taking medicines. They want to try some herbs and natural remedies. Here are some herbal and natural treatments for heartburn:

- **Chamomile.** A cup of chamomile tea may have a soothing effect on the stomach.
- **Ginger.** Ginger is used as folk remedy for heartburn for many centuries. Aside from the commercial and imported ginger and lemon tea, you may want to try the local “salabat.”
- **Licorice.** Many studies claim that licorice increases the mucous coating of the esophageal lining, helping it resist the irritating effects of stomach acid. Deglycyrrhizinated licorice or DGL is available in tablet form.

Other natural remedies include fennel, marshmallow root, papaya tea, and catnip. There are some people who eat **fresh papaya** as a digestive aid. Others swear by raw potato juice three times a day.

Apple cider vinegar (ACV) contains probiotics that aid in digestion. Homeopathic practitioners advise 2 teaspoons of ACV in ¼ cup of water that is taken as a drink, every five minutes until heartburn subsides.

Some heartburn patients brag about the effective use of **organic lemon juice**. The organic lemon is juice into a glass and is taken as a drink. Some want to add ¼ cup of water and take the lemon juice as a shot.

Betaine HCL and **calcium** tablets are natural supplements that can prevent heartburn. Seek the advice of a health professional or physician before taking Betaine HCL and calcium on a daily basis.

Before you decide to take any herbal remedy or supplement for your heartburn, discuss it with your doctor. Some supplements can have side effects and some may interfere with medicines you are already taking.

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