

Proceedings of the Fourth National Acupuncture
Detoxification Association (NADA) Philippines
Annual Forum

**Ang Diwa ng NADA: Tungo sa Ugnayan
ng Bawat Pamayanan**

The Spirit of NADA: Towards Linking Every Filipino Community

CEFAM Seminar Room 1, Ateneo de Manila University
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Proceedings of the Fourth National Acupuncture Detoxification
Association (NADA) Philippines Annual Forum

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Contents

	Page
Overview	1
Prayers <i>Elina RAMO, Joann CODILLO, Melinda GALLEGRO, Marichu BONAOG, Harriet AGWIKING and Mary Ann GABISAN</i>	3
Welcome Remarks <i>Janet Pimentel PAREDES</i>	6
Inspirational Message <i>Dr. Isidro SIA</i>	8
NADA in Mindanao Communities Ateneo de Zamboanga University Acudetox Team <i>Bernard Rommel L. VARGAS</i>	12
The ADSes of Monkayo National High School Compostela Valley <i>Editha T. JAO</i>	17
NADA in Visayas Communities Helping Each Other Heal: The NADA ADSes of Leyte <i>Marichu B. BONAOG and Lorena B. AGDON</i>	21
NADA in Disaster-Stricken Communities Lessons Learned from a Research Experience <i>Ace Lennon N. BABASA</i>	25
NADA International Communities: An Update <i>Dr. Michael O. SMITH</i>	28
NADA in a Rehabilitation Community Fazenda da Esperança <i>Miren L. SUN</i>	30
NADA in an Elderly Community San Lorenzo Ruiz Home <i>Terry O. SUGAY</i>	33

NADA in the Indigenous Peoples Communities in Cordillera	38
<i>Dr. Victorina M. DUCAT and Esther P. KOLLIN</i>	
NADA and the Armed Forces of the Philippines 105th Technical and Administrative Service Group Acudetox Team	44
<i>CPT Josefina C. MIRANDA (MAC) (Res)</i>	
Discussion	49
Caring For the Caregiver	50
<i>Anita C. PECSON</i>	
Invitation to ADSes	55
<i>Janet Pimentel PAREDES</i>	
Closing Remarks	56
<i>Dr. Victoria M. DUCAT</i>	
NADA Song – Just Five Needles	57
<i>Meriam MACALISANG, MD</i>	
Highlights of the Forum	58
Program Details	60
Participants	63
NADA Philippines Board Members	67
Organizers	68

Overview

Ang Diwa ng NADA: Tungo sa Ugnayan ng Bawat Pamayanan

The Spirit of NADA: Towards Linking Every Filipino Community

In the past year 2013-2014, NADA Philippines was faced with the numerous disasters that had hit the Philippines. Emergency response teams led by volunteer Acupuncture Detoxification Specialists (ADSes) went to different parts of the country to offer their services in post-trauma relief for the survivors.

During this year, NADA Philippines was able to link with the communities in various parts of the country. In Luzon, NADA has worked with the 1) Indigenous Peoples' communities in the mountains of Cordillera, 2) the urban poor in Barangay Culiati in Tandang Sora, 3) the elderly at the San Lorenzo Ruiz Home for the Elderly in Pasay City, 4) Women's Correctional in Mandaluyong City, 5) the substance users in Fazenda de Esperança Drug Rehabilitation Facility in Masbate, and 6) the different communities of the Armed Forces of the Philippines (AFP) Reserve command.

In the Visayas, NADA has reached: 1) the typhoon survivors in Barangay Magay and Our Lady of Assumption Parish in Tanauan, Leyte, 2) the Divine Word Hospital in Tacloban City, 3) San Fernando Elementary School Evacuation Center, and 4) the Silliman University Divinity School Indigenous Healthcare and Natural Agriculture Program, Silliman University Marina Clinic Mission, Silliman University College of Nursing in Dumaguete City.

Lastly, in Mindanao, NADA is present through: 1) the disaster survivors in Monkayo, Compostela Valley, 2) the Mindanao Tri People's Women's Resource Center, Social Action Center, Marbel in Cotabato City, and 3) the Ateneo de Zamboanga University.

The theme of the 4th Annual NADA Forum, "Ang Diwa ng NADA: Tungo sa Ugnayan ng Bawat Pamayanan" (The Spirit of NADA: Towards Linking Every Filipino Community), was the response of NADA Philippines to the requests made by the communities affected by the typhoons that had lashed the country in recent years—Ondoy, Sendong, Pablo, and Yolanda—as well as those affected by man-made disasters such as the ongoing war between the Armed Forces of the

Philippines (AFP) and the separatist group, the Moro Islamic Liberation Front (MILF).

In essence, NADA Philippines' response was to move forward by linking and connecting with the communities affected by such catastrophes and to train more ADSes at the local level, in these communities in particular, with the viewpoint of building sustainable NADA chapters that can readily offer their services when the need arises.

The objectives of the NADA Forum are:

1. To serve as a yearly get-together and reunion of the ADSes from different parts of the Philippines to relive the spirit of NADA of "helping people, help themselves";
2. To provide a venue for the sharing of experiences using the NADA protocol in different fields – disasters, addiction, elderly, women and children in conflict with the law, prison, AFP communities, research done, and many others;
3. To share research output on the effects of the NADA protocol on stress in disaster victims;
4. To encourage other ADSes to see the effectivity of the protocol by engaging in other projects where they can give treatments to other sectors especially in communities where it is most needed.

The different ADS groups shared with the rest of the NADA Philippines community their experiences, the programs and the partnerships they have forged in the past year. They also presented their reflections on the work that they have done, serving their own community as well as those neighboring it. The Forum yielded such rich insights that only served to inspire and to motivate NADA Philippines in strengthening the linkages of the communities in the country.

Prayers

Pangasinan

Elina RAMO

Dios na istorya tan manamalsa ed tawen tan dalin, gawam kumon so sinansakey ed sikami ya instrumento n kareenan mo. Say baleyt mi natan et napnuan na makapaerman ya antukaman ya mangi papalesay kaderal na kareenan mo. Iyabuloy mo kumon ya gawaen n sakey so pulaing pian mansiansya tan umbisgeg ni ingen so kareenan mo. Bendisyonan mo kami kumon pian nagawaan min mabulos so mam paabig ed saray pinalsam lalo la ed saray kakaabay mi. Amen.

God of history and creation, please make each one of us an instrument of your peace. In the present context of our country, a lot of concerns undermine peace; wars, natural disasters, social unrest are in our midst. Please allow us to fulfill our duties in maintaining and enhancing peace. Bless each of us as we engage in endeavors that bring about peace to your people. Amen.

Bicol

Joann CODILLO

Dios Amang Makakamhan, nagpapasalamat po kami sa maray na pagkakataon na kami magkatiripon, naghahagad po kami ning tawad sa samong mga pagkukulang. Sana iibahan mo kami sa maghapon kan samong aktibidad, tawan mo po kami nin katoninongan kan samong mga puso. Hinahagad mi po ini sa pangaran ni Hesus. Amen.

Heavenly Father, we thank you for this opportunity that we are gathered together, we ask forgiveness for all of our shortcomings. Please be with us throughout our activities. Give us inner peace in our hearts. We ask these through our Lord, Jesus Christ. Amen.

Cotabato

Melinda GALLEGO

Langitnong Amahan, salamat sa kahigayonan diin nagakatapok kami alang sa NADA Forum. Hatagi kami ug kalinaw sa among kaugalingon uban usab sa kalinaw sa biktima sa Mamasapano diin nikalas og daghang kinabuhi. Ang kalinaw makab-ot kung anaa ang gugma ug pagsinabtanay sa matag usa. Gugma unta ang maghari. Amen.

Almighty Father, we thank you for gathering us all on this Fourth NADA Annual Forum. Give us peace in ourselves as well as peace to all survivors of the Mamasapano massacre and all the people who died. May peace, understanding and love prevail amongst us. Amen.

Tacloban

Marichu BONAOG

Langitnon namon nga Amay, nagpapasalamat kami han grasya nga imo ginhatag ha amon. An panahon og oras ini nga NADA Forum mabinungahon unta og mainuswagon. Amon liwat gin ampo an mga nasud nga magkamay ada kalinaw, adto mga tawo nga nagkinahanglan hin pagkaon ug kakaturogan. Amon liwat ig-ampo an panahon ipaharayo kami mga kataragman nga mga umarabot tungod hini ngatanan amon pinanganagaro pinaagi kan Jesu Cristo nga aton Ginoo. Amen.

Heavenly Father, we thank you for all the blessings we have received. May this event, the NADA Forum, be fruitful and successful. We also pray for peace in every nation, especially for the people who are in need of food and shelter. We ask you for your guidance and protection, especially in the calamities and disaster. These we ask, through our Lord, Jesus Christ. Amen.

Mountain Province

Harriet AGWIKING

Ama ay wada id daya sanan batawa sika nan mangiwaned sanan ikakan m y men obla y lokatam nan wasdin m puso t gawus di ikakan m y men obla pakawanem apo no wada d ninkolangan m y ninbidotan m. Apo sika nan mangbindisyon koma snan ipogaw gawis d am in dawaten datona snan nagan Apo Cristo. Amen.

O Lord, guide us in our day's activity and open our hearts and mind so that we start our day in peace. Bless the people around us and forgive us, o Lord, for our shortcomings. All these we ask in the name of Our Lord. Amen.

Compostela Valley

Mary Ann GABISAN

Delaygon ug langitnon nga Amahan, kami nagadayeg ug nagapasalamat kanimo sa imong walay puas nga gugma kanamo. Daghang salamat sa imong pagbubo sa matag karon ug unya sa grasya ug panalangin luyo sa among pagkamakasasala. Salamat sa gasa sa kinabuhi, pamilya ug maayong panglawas. Daghang salamat usab sa higayon nga kami nahimong kabahin sa paghatag ug serbisyo sa among isig katao pinaagi sa National Acupuncture Detoxification Association Philippines. Dios Amahan kami nagadangop kami nga unta imohang ipadayon sa pagbubo ang imohang grasya sa kalinaw ug panghiusa sa among nasod. Himuon mo unta kami nga instrumento aron among mapadangat ang imohang bug-os nga gugma sa imong katawhan labi na sa among ubos ug timawa nga kaigsuonan. Ang tanang dungog ug himaya among ibalik kanimo pinaagi ni Kristo among Ginoo. Amen.

Our most gracious and heavenly Father, we give you glory and praise for your unceasing love and mercy. We thank you for pouring upon us your gift of forgiveness despite our imperfections. Thank you for the gift of life, family and good health. Thank you for choosing us to be a part of the National Acupuncture Detoxification Association Philippines in rendering service to our fellowmen. Lord we humbly ask you to continuously bless this organization whose intention is to help the less fortunate ones, in particular. Make us your instruments in achieving peace and unity, equality and fairness at all times. Make us agents of your love that we may live in this world full of joy, contentment and happiness. All glory and praise be yours Father God, forever and ever. Amen.

Welcome Remarks

Janet Pimentel PAREDES¹



Magandang umaga sa inyong lahat.

Nais ko pong batiin si Dr. Sid Sia, Director-General ng PITAHC-DOH; NADA Board Members, Dr. Michael Smith – a good friend, mentor and founder ng NADA; former principal ng Monkayo National High School, Compostela Valley – Ms. Editha Jao, na siyang principal ngayon ng Nabunturan High School; teachers Mary Ann, Josephine at Regina; Tanauan, Leyte ADSes; Ateneo de Zamboanga ADSes; AFP Reserve Command; Cordillera ADSes; Cotabato, Koronadal, Gen. San, Nueva Vizcaya, Davao City, Metro Manila ADSes; kasama pong muli ang mga nanay at ADSes ng Paco Manila Brgy. 823; Steering Committee; NADA working committee – Trisha, Jay-jay, Sinag, Rey, Chie, Evelyn at Mona.

I welcome you all to the Fourth Annual NADA Forum with the theme, “*Ang Diwa ng NADA: Tungo sa Ugnayan ng Bawat Pamayanan*”. 2014 has brought many interesting changes and developments for NADA Philippines. This year’s theme expresses the growing number of communities we have reached, connected to and linked with in different localities.

We started the year 2014 by networking and connecting with different barangays in Leyte, particularly in Tanauan and in Tacloban City. Other areas followed: Tuba in Benguet, Sagada in Mt. Province, and Tinongdan in Itogon; the Fazenda da Esperança in Masbate, Monkayo National High School in Compostela Valley and Silliman University in Dumaguete City. In Metro Manila, Barangay Culiati in Tandang Sora, Quezon City, under the leadership of Barangay Captain Victor Bernardo, became a new partner community.

We have been rendering free ear acupuncture for different communities since last year. The NADA Protocol was also welcomed at the San Lorenzo Ruiz Elderly Home in Pasay City and in the Women’s

¹ Board President, NADA Philippines

Correctional Facility in Mandaluyong City. The AFP Reserve Command in Camp Aguinaldo has integrated the NADA Protocol into its field services. The ADSes of the Guidance and Counseling Services of the Ateneo de Zamboanga reached out to different communities in the city and also started regular treatments for its staff. More communities around the country have expressed their interest to be trained in the NADA Protocol as word continues to spread about its positive effects. A NADA chapter may soon emerge in the Cordilleras as we now have 23 Acudetox Specialists there.

We have a simple technique that is easy to teach and learn; but it is also very powerful and very spiritual. We look forward to reaching more areas and training more ADSes in the NADA Protocol for the benefit of our people.

Thank you very much.

Inspirational Message

Dr. Isidro C. SIA¹



Magandang umaga po sa lahat!

Hayaan niyo po akong magsalita sa wikang Filipino.

Kapag pinag-usapan ang problema ng deficiency sa mahihirap na Pilipino, nariyan ang Vitamin A na binibigay ng DOH sa mga paaralan sa pamamagitan ng pagpapatak; Iron, na medyo mahirap dahil sa walang masyadong konkretong programa sa pagbibigay nito; Iodine, na medyo kontrobersyal; at ang panghuli, protina. Ang apat na ‘yan ang pinakamalalaking mga kakulangang pangnutrisyon.

Katulad ng Vitamin A, maraming tao ang hindi alam na ito ay mas madaling makukuha sa mga gulay na niluto sa mantika o sa gata. Nauugnay tayo sa mga food supplements, tulad ng Vitamin B. Ang sinasabi ko rito ay dapat pagkain pa rin ang dapat nating pagkunan, tulad ng gulay at prutas. Malayo ‘to sa acupuncture detox pero kinuha ko na ang pagkakataon na magturo dahil ang lahat ng ito ay magkakaugnay.

Isa sa mga adhikain na gusto nating isulong ay ang mensahe ng isang layunin, ang mensahe ng pakikipag-ugnayan—tulad ng nakasaad sa inyong tema—at ‘yong mensahe ng pagpapatibay ng ugnayan. Mayroon tayong mga ginagawa tungo sa isang adbokasiya na gusto nating gamiting mga gamot at mga paraan ng pangagamot para sa ating mga mamamayan ay ligtas, mabisa, at abot-kaya.

Gusto kong bigyang pansin ang kahalagahan ng pagsasaliksik. Kahit na may mga pagsasaliksik na nagawa sina Dr. Smith tungkol sa NADA, maganda rin na magkaroon ng mga pagsasaliksik na tampok ang mga lokal na sitwasyon. Nagbibigay ang PITAHC ng pondo para sa mga ganitong uri ng pagsasaliksik. At tayo ay hindi lamang tumitingin

¹ *Director-General, Department of Health - Philippine Institute for Traditional and Alternative Health Care*

sa mga pagsasaliksik na ginagawa sa mga paaralan. Ngayon ay tumitingin na tayo sa mga “innovative methodologies” sa research. Ito ay sa kadahilanang mahirap mag-research tungkol sa acupuncture at hilot, pero humihingi rin tayo ng tulong sa mga pamantasan. Ito ay para makagawa ng research design na gumagamit ng katanggap-tanggap na pananaw dahil maraming nagtataas ng kilay tungkol sa Traditional Medicine.

Kamakailan lamang, may patalastas ang Philippine College of Surgeons na “No to Traditional Medicine for Cancer.” Gusto nating protektahan ang ating mga sarili sapagkat may kalidad ang ating pagsasanay at praktis na kampante ako pati na rin pagdating sa ethics.

Pero ‘di rin lingid sa ating kaalaman na may ilang Traditional Medicine practitioners na kulang sa pag-aaral at pagsasanay. Minsan may mga naaksidenteng mga pasyente. Tulad na lamang ng aking pinsan na nilisan kami nang mas maaga dahil sa payo na ipatigil ang kanyang dialysis ng isang Alternative Medicine practitioner.

Sa pagpapatibay at pagpapalakas ng praktis ng Traditional Medicine sa pamamagitan ng pagsasaliksik at paghahanap ng ebidensya, Gusto rin nating bigyang kapangyarihan ang ating mga pasyente sa pamamagitan ng pagbibigay ng malinaw na impormasyon.

Nais kong magtapos sa pamamagitan ng inyong NADA Song. Marami akong binilugan at tinukoy na mga salitang importante tulad ng *safe services, to the needy and helpless, bring happiness and freedom to souls, integrates Western and Oriental principles, helping people*. Ang hamon ko sa gumawa ng titik ay kung paano ito isasalin sa Filipino, Bisaya, Waray, atbp.

Bilang pangwakas, gusto kong batiin ang NADA. Ang ibig sabihin ng NADA sa wikang Espanyol ay “WALA.” Ngunit, “MAS” naman! ‘Yon ang tinatawag na pag-uyam o *irony*.

May nabasa rin ako rito sa inyong pinamigay na babasahin tungkol sa *Qi*. Hinahambing nito ang *Qi* sa isang ilog na nasa ilalim ng lupa na gusto nating linangin. At ganoon niya nabanggit ang panggamot sa ating mga katawan, sa ating kalusugan at kaluluwa sa Diwa ng NADA.

Kapag pinag-usapan ang kaluluwa, gusto ko itong pag-usapan sa isang mas malaking pananaw tulad ng pambungad na panalangin kanina—*universal*. Pinakita rito ang pagkakaiba-iba ng ating mga salita at yaman ng ating kultura. Bagamat ang acupuncture ay hiniram natin

mula sa ibang lahi, tayong mga Pilipino ay mahusay sa pagpapayaman ng ating mga sarili at sa pagpapayaman ng ating mga hiniram. Nakikita kong patungo tayo sa isang kulturang monolitiko kung saan ang lahat ng tao ay nagsasalita ng Ingles, lahat ay kumakain sa mga kainang banyaga, umiinom ng sikat na softdrinks at marami pang iba. Huwag nating kalimutan na ang kakayahan at yaman ng ating kultura ay salamin ng ating kaluluwa.

Maraming salamat po.

A good morning to all!

Please allow me to speak in Filipino.

When we talk about the problems on nutritional deficiency among the poor in the Philippines, the most often mentioned are Vitamin A, which the DOH (Department of Health) administers in schools through drops; Iron, which is a slightly difficult matter because there is no concrete program to provide it; Iodine, which is a bit of a controversial topic; and lastly, protein. These four are the biggest nutritional deficiencies.

For example, many people do not know that Vitamin A is more easily acquired from vegetables cooked in oil or coconut milk. We associate this nutrient with food supplements, as we do with Vitamin B. What I'm saying is that food, such as vegetables and fruits, should still be our main source. This topic is far from acupuncture detox, but I am taking the opportunity to teach it, because all these things are linked together.

One of the objectives that we want to promote is the message of one goal, the message of linkages—as your theme indicates—and the message of strengthening this connection. Many things are being done towards one advocacy in which the medicines and ways of healing that we want to utilize for our communities are safe, effective, and affordable.

I wish to direct attention to the importance of research. Even though Dr. Smith has already conducted research on NADA, it is still preferable that we conduct research focusing on our local situation. PITAH (Philippine Institute of Traditional and Alternative Health Care) provides funding for this kind of research. And we are not only looking at researches done in academic institutions. We are now looking at “innovative methodologies” in research. This is for the reason that it is difficult to research on acupuncture and massage, although we do seek

help from these institutions. This is in order to make a research design that utilizes acceptable views, because many are still skeptical about Traditional Medicine.

Only recently, an advertisement was run by the Philippine College of Surgeons that said “No to Traditional Medicine for Cancer.” We want to protect ourselves because there is quality in our training and practice, which I am confident about, as well as with regard to ethics.

But it does not escape our knowledge that there are Traditional Medicine practitioners who are lacking in their studies and training. Sometimes there are patients who run into unfortunate accidents. My cousin, for example, left us earlier than expected because an Alternative Medicine practitioner advised them to stop their dialysis.

In reinforcing and strengthening the practice of Traditional Medicine through research and searching for evidences, we wish to empower our patients by providing them with clear information.

I wish to end with your NADA Song. I’ve encircled and made notes on some important words like “safe services,” “to the needy and helpless,” “bring happiness and freedom to souls,” “integrates Western and Oriental principles,” “helping people.” My challenge to the composer is to translate this to Filipino, Bisaya, Waray, etc.

In conclusion, I wish to congratulate NADA. NADA means “NOTHING” in Spanish, but even so it is “MORE”! This is what we call irony.

In the reading materials that you have provided, I have also read an article on Qi. It compares Qi to a river under the earth that we wish to enrich/nurture. And that is how they mentioned the healing of our bodies, our health and soul in the Spirit of NADA.

When we talk about souls, I wish to speak about a larger perspective, as articulated in the opening prayers earlier—universal. The diversity of our languages and the richness of our culture were shown here. Even though we borrowed acupuncture from other cultures, we Filipinos are skilled in enriching our own and those that we have borrowed. I can see that we are heading towards a monolithic culture where everyone speaks in English, everyone eats foreign foods, drinks popular softdrinks, and many more. Let us not forget that the skills and wealth of our culture are a reflection of our souls.

Thank you very much.

NADA in Mindanao Communities

Ateneo de Zamboanga University Acudetox Team

Bernard Rommel L. VARGAS¹



Background

NADA was introduced to Ateneo de Zamboanga University (ADZU) through its connections with Ateneo de Manila University. Fr. Karel San Juan, the current president of Ateneo de Zamboanga University, was first exposed to the NADA Protocol in the Loyola campus during the time when he served as the Executive Director of the Emmaus Center. The collaboration of NADA Philippines and the Emmaus Center for Psycho-Spiritual Formation was made possible through Inge del Rosario, former NADA Board Member.

Upon his transfer to ADZU, Fr. Karel San Juan specifically asked the ADZU Guidance and Counseling Department to collaborate with NADA Philippines to train their counselors as ADSes and to serve internally displaced persons (IDPs) affected by the armed conflict in the region.

Summary

The representative from the ADZU Acudetox Team started by sharing how their team was established on December 2013, two months after the month-long bloody Zamboanga Siege ended. It was through a seminar-workshop-practicum, in which 15 new ADSes graduated, that saw the beginning of a new journey for NADA Philippines in this part of the country.

He further expounded that the ADZU Acudetox Team found themselves immediately immersed in mission work, reaching out to an array of people needing this timely intervention, especially after a month of sustained trauma wrought by the war and the collateral damage, such as the loss of lives, homes, livelihood, continuous threats to life and property, hostage-taking and the depressed situations in the

¹ *College Guidance Counselor, Guidance and Counseling Department, Ateneo de Zamboanga University*

evacuation centers. The following groups became beneficiaries of the ADZU Acudetox Team / NADA Protocol ear acupuncture:

1. **Internally Displaced Persons (IDPs)** – in various evacuation centers and follow-up sessions at their transitory sites;
2. **Social workers from Department of Social Welfare and Development (DSWD) and Civil Service Welfare Division (CSWD)** – “Caring for the Carers”;
3. **Teachers** – the teachers administering their schools that have been converted to temporary shelters and evacuation centers;
4. **Hostages** – the hostages in Sta. Barbara who were in captivity for almost the entire duration of the armed conflict – mostly students from Zamboanga State College of Marine Sciences and Technology (ZSCMST) and residents in Sta. Barbara;
5. **United Nations (UN) Personnel** – various officers/staff of different UN programs contributing to the rehabilitation and social welfare of the IDPs;
6. **Bureau of Jail Management and Penology (BJMP)** – officers, personnel, and inmates of San Ramon Penal colony where the captured MNLF rebels were held for a month pending the filing of charges and other proceedings in court;
7. **ADZU Faculty** – CSIT Department Retreat – ADZU Acudetox Team looked after the welfare of the people within the Ateneo Community;
8. **Ateneo Fiesta** (December 2014) – the team offered free acudetox for faculty, staff, students, alumni and families of the Ateneo de Zamboanga Community;
9. **Tagaligtas - 84th Special Action Force Company** – acudetox as preparatory activity for Psychological First Aid (PFA) to the survivors/operators of the 84th SAF which was the main body that operated against the terrorist Marwan in an operation later known as the Mamasapano incident;
10. **ADZU Acudetox Team** – one of the most important aspects of being an ADS is personal well-being and self-care.

Reflections

The ADZU Acudetox Team is always there in times of need. They have responded to various calls for help within the region serving different communities and populations including IDPs, hostages and SAF operatives. Hearing their clients’ positive responses after each acudetox treatment inspired their team to continue being of service to other people. Specifically, they observed that their clients found physical emotional and mental relief after each session.

Since their certification as ADSes, they have been more aware and conscious about their health and well-being and their capability to give help and healing. The team acknowledged the need to recharge and replenish their *Qi* to ensure their readiness to give again. The ADZU Acudetox Team looked after each other. They carried on the tradition of re-energizing and caring for each other as ADSes. All these and many other little experiences have given them the privilege and honor to experience the joy of giving and being a blessing to others.

Tuloy ang buhay bilang ADS (Life goes on as ADSes) – They feel that there is no other way but forward in their journey as ADSes. They have become living witnesses of the benefits of NADA Protocol ear acupuncture and how it goes deeply into the lives of people that they have shared it with.

Through hard times or fun times, we will still be of service to others – Having been in the service to others over the years, they have realized the reality that even in their littleness as ordinary individuals, they have been equipped with a skill imparted to them by NADA Philippines that has allowed them to have the capacity to step up during extraordinary times.

Presentation



Ateneo de Zamboanga University(ADZU) acudetox team with NADA facilitators and volunteers

San Ramon Penal Farm



ADZU acudetox team, in coordination with the Bureau of Jail Management and Protection (BJMP), gave treatments to officers, personnel, and inmates of San Ramon Penal farm.

AcuDetox During Ateneo Fiesta



This banner was used to promote Ear Acudetox within their very own campus during the Ateneo Fiesta.



Internally displaced persons staying in public schools turned temporary shelters received ear acudetox treatments.

NADA in Mindanao Communities

The ADSes of Monkayo National High School Compostela Valley

Editha T. JAO¹



Background

Typhoon Bopha, known as Typhoon Pablo in the Philippines, was the strongest tropical cyclone to hit Mindanao. It made landfall on December 4, 2012 in the province of Compostela Valley as a Category 5 super typhoon with wind speed up to 175 mph. It wiped out the entire province, particularly the town of Monkayo, leaving thousands of victims homeless, hungry and devastated, on top of the enormous fatalities. Mindanao was known as a typhoon-free island but what happened grossly contradicted this previous assumption. This tragic event did not only destroy shelters, agriculture, livelihood, economic stability and public infrastructures. Fear, worries and trauma did not spare anyone in the area.

Editha Jao was pivotal in integrating the NADA Protocol in Monkayo. She was instrumental in the successful training of the 10 teachers. She introduced NADA to the Bureau of Jail Management and Penology (BJMP) in Montevista, Compostela Valley and worked closely with other agencies. She linked NADA Philippines to different organizations to widen the services of the ADSes.

Since then, they have envisioned a NADA Chapter in Compostela Valley.

Summary

They assigned clinicians every day to serve various patient conditions such as the following: Meningitis, drug-related cases, and athletics performance management. Sessions were also given to PTA Officials before they conducted their monthly meetings.

¹ *Former Principal, Monkayo National High School Compostela Valley and presently the Principal III, Nabunturan National Comprehensive High School*

Outreach NADA missions outside Monkayo were also done in the Municipality of New Bataan in collaboration with the Catholic Church and Alternatibong Katilingbanong Kahimsog ug Panlawas (AKKAP). Common complaints of patients were: body ache, headache, difficulty in breathing and difficulty in sleeping.

On February 14, 2013 treatment was given to the Maranao – Muslim Community in P-12, Cervantes St., Poblacion, Monkayo – facilitated by a Muslim clinician, Sittimeriam Cabugatan. Good rapport was established, as it was recognized that the *Spirit of NADA breaks walls and builds bridges*. DepEd Officials in the Division of Compostela Valley and Region XI appreciated the benefits of ear acupuncture.

In April 2014, NADA Philippines conducted the training that resulted in the faculty members becoming certified Acupuncturist Detoxification Specialists (ADSes). The practicum venue was held at the Bureau of Jail Management and Penology (BJMP), New Visayas, Montevista, Compostela Valley Province. The visit to BJMP every month was in partnership with Focolare Volunteers who facilitated the sharing of the Word of Life. Testimonies of the inmates were collated as follows: they felt relaxed and recharged, they had a good sleep, their body aches were relieved, and their minds had cleared.

Sessions with eighteen athletes in the field of sports, particularly Wushu, were held. These sessions were conducted by the coach, Mary Ann M. Gabisan, an ADS. It improved their concentration and focus and at the same time they found inner peace prior to their event.

The Monkayo ADSes collaborated with the following local government agencies: the Local Government Unit (LGU) of Monkayo, the Philippine Army, Philippine National Police (PNP), Bureau of Fire Protection (BFP), and the Association of Barangay Captains. From these collaborations, the Municipal Mayor, Hon. Joselito B. Brillantes, submitted himself to several sessions and experienced calmness, relaxation and great relief. He endorsed it to the administrators and on February 16, 2015 the local government adopted NADA Monkayo under Monkayo Risk Reduction Management Council Psychosocial Department. For two years NADA Monkayo has served 930 patients in different communities within Compostela Valley.

Reflections

Serving without discrimination and serving the poor. This declaration strengthened the commitment of ADSes in Compostela Valley to solidify services without discrimination and judgment. They learned to care genuinely for jail inmates and for those who were

convicted. A positive and pleasant feeling was fostered after they reached out and listened to the sentiments of those rejected and forgotten.

Photos



Group shot taken with NADA Philippines facilitators and Monkayo, Compostela Valley ADSes.



*Proceedings of the Fourth National Acupuncture Detoxification Association
(NADA) Philippines Annual Forum*



*Typhoon victims, police, military personnel, local government officials,
and school personnel received acudetox treatments in various settings.*

NADA in Visayas Communities

Helping Each Other Heal: The NADA ADSes of Leyte

*Marichu B. BONAOG¹ and
Lorena B. AGDON²*



Background

Typhoon Yolanda (international name: Haiyan) was a heartbreaking tragedy for all the citizens of the Philippines at home and abroad. Aerial views exposed the immeasurable spread of destruction. On November 8, 2013, the super typhoon swept from east to west through the islands of the Visayas region, making several landfalls and causing massive death tolls and leaving a trail of destruction in the towns and surrounding areas of Guian, Tacloban, Ormoc and Roxas. Over 6,000 people lost their lives and more than 4 million were left displaced. NADA Philippines was one of the many organizations who heeded their calls for help.

Marichu Bonaog is a Nursing Aid graduate and a survivor of typhoon Yolanda in Tanauan, Leyte. She became an ADS in 2013. She continuously provides services to the different barangays affected by the super typhoon. Lorena Agdon is a survivor from the same locality and became an ADS in 2013 as well. She is an active supporter of NADA Philippines and goes to the barangays, giving free NADA service to other typhoon survivors.

Summary

The ADSes whose stories were recounted in this presentation illustrated a section in the life of Typhoon Yolanda survivors. This also provided an overview of the mission conducted in Tacloban City in the aftermath of the catastrophe and summarized the shared experiences of strength and courage in the face of adversity. The training was conducted from March 31 to April 5, 2014 at the Divine Word Hospital (formerly St. Paul's Hospital). The NADA team was generously provided with a conference room and accommodations by Sisters of the Order of Saint Benedict (OSB). The practicum was held at Barangay Magay and at the Our Lady of Assumption Parish (OLAP), both located in Tanauan, Leyte.

¹ ADS, Tacloban City and Servant Leader, Our Lady of Assumption Parish

² ADS, Tacloban City and Servant Leader, Our Lady of Assumption Parish

Learning from the trainers was one of the cherished parts of the preparation as they were able to rebuild parts of themselves after the tragedy. Initially, they were worried that once the training was over, they would be struggling on their own. They overcame this by working together. Graduation day culminated all the efforts they have exerted in completing the training. As newly certified ADSes, their mission started by educating people about NADA and introducing the modality. In one year they have treated approximately 1,300 patients, majority of whom were elderly women with usual complaints of sleep problems, pain and numbness in the body.

Reflections

Learning from NADA, learning from life. This is the summary of their involvement in NADA Philippines. They felt empowered as they were able to help other survivors. Despite everything that happened in Tacloban, they are hopeful about the future. They needed to support each other, holding onto the philosophy and reminder that for as long as there is life, there is hope. Typhoon Yolanda did not kill the spirit of the ADSes; instead, it made them stronger and optimistic.

Presentation



NADA training lectures were held at the Divine Word Hospital, Tacloban City.



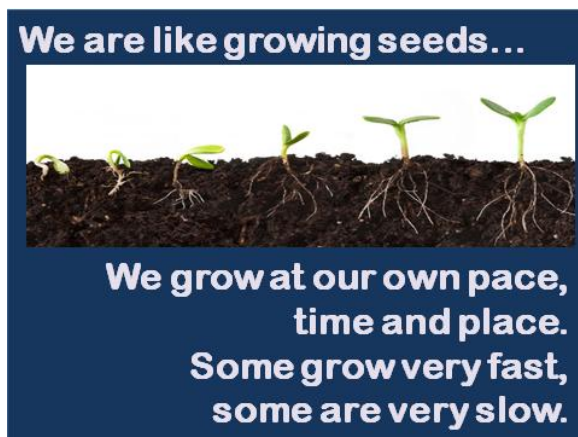
NADA training practicum were done at the Our Lady of the Assumption Parish and Barangay Magay, Tanauan, Leyte.



Tacloban ADSes with their respective NADA Philippines practicum facilitators from Manila.



After being certified, the Tacloban ADSes took their ethics pledge as witnessed by their mentors.



Tacloban ADSes comparing their experiences in NADA to a growing seed.

NADA in Disaster-Stricken Communities

Lessons Learned from a Research Experience

Ace Lennon N. BABASA¹



Background

The research entitled “Effects of NADA Ear Acupuncture Protocol on stress among typhoon victims” is a graduate thesis presented to the University of the East Ramon Magsaysay Memorial Medical Center in 2014 for the degree Master of Science in Asian Health Practices. Funding from Philippine Council for Health Research and Development – Department of Science and Technology was given. Ace Lennon Babasa is a registered nurse and a registered midwife.

Summary

One of the four pillars of NADA is Research and Development, where documentation is an integral aspect. NADA caters to the needs of varied clientele including disaster survivors. The motivations of conducting the research include healing processes of typhoon victims and the integral element NADA plays in the recovery of a person’s well-being.

The study was conducted to know the primary effects of the five-point protocol on stress among those who survived typhoons. The research questions posited were as follows: (1) Does NADA ear acupuncture protocol have significant effects in the stress of typhoon victims? (2) How do typhoons victims describe the effects of NADA ear acupuncture protocol after the treatments? (3) What are the characteristics of the victims of typhoon after the course of the treatments? (4) Are there variations in the psychological status of victims according to the occurrence of typhoon?

The paper explained the effects of the protocol and succinctly described the features of those who received the treatment. A retrospective cohort design was used utilizing patient intake forms

¹ ADS and Research Officer, Yuchengco Center De La Salle University Manila

from NADA Philippines. Records were collated and evaluated for the following response criteria: relaxation, better sleep and serenity. Patients who received two-day treatment were considered and the responses were tabulated and analyzed. Analyses indicated that there was a significant positive effect on the three response criteria among different population but showed a notable variability in terms of relative magnitude.

The results of the study concluded that NADA ear acupuncture protocol could be an innovative, sustainable and cost-effective intervention in stress management in humanitarian missions. The implications of the research include understanding that the field of acupuncture research is developing and a consistently growing body of knowledge, and a respect for the uniqueness of the method used.


Reflections

The research provided a unique privilege to see and understand human experiences; NADA helped patients find privacy within themselves; internal healing is there even for the most hopeless victims; examination of intake forms should be handled with respect; and in the conduct of research, one should bear in mind that doing research involves compassion and sincerity regardless of setting and participants.

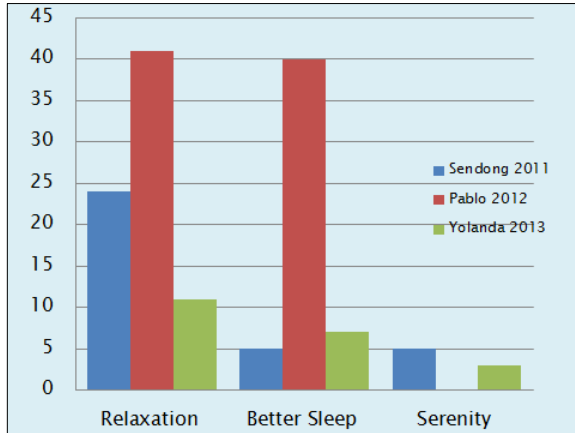
Presentation

Results

- ▶ (221) NADA patient intake forms from three typhoon disaster cohorts
- ▶ demographic profile of the respondents varied accordingly per mission
- ▶ Majority adults aged 50 and above while there were only 12 children whose ages fall below nine years across three groups.
- ▶ Females have greater proportion among males in all age groups.



Pertinent characteristics of disaster victims treated with ear acudetox included in the research.



The graph illustrates the relative effect of ear acudetox for the victims of typhoons Sendong, Pablo and Yolanda in terms of relaxation, better sleep, and serenity.

NADA International Communities: An Update

Dr. Michael O. SMITH¹



Background

Dr. Michael O. Smith, the founder of NADA, has been attending the NADA Philippines forum every year since it started in 2012. In this year's forum, he shared some updates on the experiences of the NADA international communities.

Summary

The presenter started off the updates by distinguishing the NADA Protocol from other treatments, how the former moves in many directions as opposed to the one direction movement of the latter. This translates into the effects of the NADA treatment varying from person to person depending on what they need—i.e. some people become more awake, some people fall asleep, some people talk more, some people become silent, some people try to figure things out—which in turn means that a wide range of problems can be treated using the same points.

Since the treatment's effects vary in accordance to what the patient needs, verbal communication is not necessary. The presenter pointed out that in many cases, the patients, those in trauma in particular, do not want to face the truth and so they do not tell the truth when asked. But eventually in the course of the treatment, people learn by being with the patients and observing how they respond.

The presenter lauded the achievements of the NADA Philippines, citing the treatments that have been given in various parts of the country as the best in the world and how NADA Philippines not only helps people, but also helps them help other people. He contrasted it with the experiences in other parts of the world, first the acupuncture tours, the Americans in Haiti in particular, where the

¹ Former Director of the Lincoln Recovery Center in the Bronx, and the founder of NADA, the National Acupuncture Detoxification Association

acupuncturists flew in, stayed a week and gave treatments and then went back home without training the local people. In Africa, there were many good programs but the local people who had no money stopped them after a year, comparing it with the experience in the Philippines where the local people help make a difference. In the refugee camps in the Thai-Burmese border, NADA has been there for three years and they have trained a lot of people. The presenter emphasized that training local people makes a big difference. The practice of NADA Philippines of training local people, arranging for the transport of needles to the area, and the reliance on the local people to do more training and help other people is better than any place in the world.

The presenter commended the presence of the local people who were trained in the NADA protocol in the forum, contrasting it with their experience in the United States where the local NADA practitioners never talk. The presenter concluded his presentation by once again praising the work done by the NADA Philippines.



NADA Philippines ADSes pose with NADA founder, Dr. Michael O. Smith.

NADA in a Rehabilitation Community

Fazenda da Esperança

Miren L. SUN¹



Background

Fazenda da Esperança is a Catholic community that takes care of substance abusers who actively chose to be rehabilitated, by presenting these people a new way of life by living each day according to the gospel. The basic points of reintegration included living together in family-like groups, living according to God's words and working together in order to discover the joy and dignity of labor.

The presentation briefly illustrates the significant experiences and lessons learned from the mission conducted by NADA Philippines in a rehabilitation center for substance abusers in Bangad, Milagros Masbate Philippines. A team of ADSes rendered services to the residents of the facility. Insights of their experiences were drawn and a partnership was made.

Summary

The humble beginnings of Fazenda da Esperança started in 1983 in Brazil when a German Franciscan priest Father Hans Staple formed a youth group to do daily meditation. The group started to live together as a community united in one purpose of living a new life. A land was donated and became what is known today as Fazenda da Esperança or Farm of Hope. The tremendous growth of this institution is evidenced by an increase in the number of facilities outside Brazil across several countries, such as Paraguay, Russia, Mexico, Guatemala and Mozambique. A total of 60 centers in Brazil and other countries have been established with over 2000 residents.

In the Philippines, the first Fazenda started in 2003 under the initiative of Father Pierino Rogliardi, a parish priest in Moonwalk, Las Piñas. The Fazenda in Masbate has a maximum residential capacity of

¹ ADS and Counselor, Center for Family Ministries (CEFAM), Ateneo De Manila University

40 boys. To date, more than 70 boys completed their one year rehabilitation program. Regular meetings are conducted in this unit. Different working areas in the community include: production of dairy, baking, vegetable gardening, and t-shirt printing. Three fundamental pillars are the guiding philosophy of their work: Manual Work, Spirituality and Community Life.

The work of NADA Philippines reached Fazenda on July 29 – August 1, 2014 with a team composed of five ADSes. Treatments were done in the facilities for boys and girls. The team was able to treat a total of 40 drug dependents including the volunteers.

On one hand, there were 22 boys, ages ranging 18-54 with histories of substance abuse (shabu, marijuana and alcohol). At least half of them came from Cebu. Self-reports during treatment comprise: decrease in frequency of night-time urination, resurgence of bad memories in the form of bad dreams, “hastening of the withdrawal process,” and less seizures. Most reported better sleep, increase in appetite and the ease of body pains. Others reported becoming more energized.

On the other hand, there were 12 girls, ages ranging 16-26, who had histories of cigarette, alcohol, marijuana, shabu and rugby use. More than half of them also hailed from Cebu. They were generally more somber than the boys, with common complaints of UTI and ulcer. Self-reports during treatment consisted of: better sleep, warmth in the body, clear urine, and better bowel movement and the easing of aches and pains.

After the 4-day treatment, Richardson Pereira, the Brazilian missionary facilitating Fazenda Masbate, expressed interest in incorporating the NADA protocol in their rehabilitation program, and to enlist some of their volunteers to NADA training




Reflections

One of the first lessons the ADSes experienced was going back to basics. This is characterized by letting go of emotional hurdles and recognizing our sense of connection. Gratitude in the context of giving and receiving was revealed. This means going there with an intention to give, but ending with a huge sense of gratitude for what they had received. Humility, peace, serenity and validation of insights to own stories were experienced by the ADSes. The clinicians observed the remarkable changes in the attitude of the boys and girls towards acupuncture as the days went by. Witnessing the boys and girls at their most vulnerable and “real” moments moved their hearts.

Presentation

The Three Pillars

- ▶ Manual work
- ▶ Community life
- ▶ Spirituality



Illustrations of Fazenda da Esperança's three pillars.

Patient Summary

	Fazenda Boys	Fazenda Girls
Patients with history of substance abuse	22*	12
Caretakers/Volunteers (no history of substance abuse)	4	2
Total no. of patients	26	14
No. of sessions	4	3

*2 did not complete the 4-day session

Length of stay		
Returnee (finished 1 yr.)	1	2
11 mos.	2	2
10 mos.	2	2
9 mos.	1	4
8 mos.	-	-
7 mos.	1	-
6 mos.	-	-
5 mos.	2	1
4 mos.	2	-
3 mos.	2	-
2 mos.	3	-
1 mo.	3	1
Less than 1 mo.	3	-

A demographic summary of boys and girls who received acudetox treatments.

NADA in an Elderly Community

San Lorenzo Ruiz Home

Terry O. SUGAY¹



Background

The San Lorenzo Ruiz Home for the Elderly is run by the Little Sisters of the Poor, which has been serving the elderly in 31 countries, including the Philippines. The order was founded by Saint Jeanne Jugan of France in 1830. The Vision of the Little Sisters of the Poor is to provide a home for the Elderly Poor where they can have a sense of security, belonging and usefulness. Their Mission is to care for the Elderly Poor in the spirit of humble service and to welcome the elderly as they would Jesus Christ himself and serve them with love and respect until death. Their Goal is to provide a dignified quality of life for the Elderly Poor.

In the Philippines, the San Lorenzo Ruiz Home has two locations: one in Pasay City, Manila and another in Bolinao, Pangasinan. The capacity for the Home in Pasay is 42, while the one in Bolinao can accommodate up to 55 people. The screening process for those to be admitted at the Home is done by a social worker, who checks on the family and financial background (i.e. if they come from a poor family, if they are single and/or abandoned, etc.) as well as their medical background to ensure that they are in a general good health condition upon admission (i.e. doesn't have terminal illness like cancer). The Home in Pasay has a strong support system; it is managed by seven nuns and the facility is complete with a cook and caregivers.

Terry O. Sugay and Reymundo M. Reyes have been giving treatments at the San Lorenzo Ruiz Home for the Elderly at Pasay City from August 2014 to March 2015.

Summary

The presenter had started their Acudetox (AD) Ministry at the San Lorenzo Ruiz Home in Pasay on August 27, 2014. They gave treatments twice a week to the elderly housed in the facility until

¹ ADS Batch November 2013

November 27, 2014. They took a break in December and resumed treatments in January until March, transitioning from twice a week treatments to weekly then to twice a month, as form of maintenance. Their average number of patients is ten and the oldest patient is 99 years old.

Audio recordings of the patients giving their feedback on the treatment were shared. The feedback included a marked decrease in the frequency of urination at night, from 5-7 times to 3-5 times; falling asleep earlier and faster than before, and of a better quality; decrease in or relief from pain (e.g. legs feel lighter, back of the neck hurts less, easing of headaches); disappearance of symptoms such as ringing in the ears, perspiring hands and feet, clogged nasal passages; and a general feeling of health and strength. The patients and the caregivers observing the patients also reported that they were less stressed and more relaxed. Some have reported not being depressed anymore, and the negative thoughts have gone away. One patient who was quiet and withdrawn before has become more sociable, as remarked by others.

Sr. Grace Theresa, the Mother Superior of the Little Sisters of the Poor expressed her gratitude for the time and expertise the presenter and her fellow ADS shared with the elderly residents, saying that,

"They might not be completely healed, but their aches and pains have decreased. They have felt your precious love and care, and they have realized that there are still loving people in the World. Thank you and God bless you in your endeavors."

Reflections

The presenter developed a deeper understanding and appreciation, especially of the psychological journey of the elderly. The presenter was also amazed at the outcome of the treatments, of the benefits that the elderly derived from them. Furthermore, being with them for more than seven months, the presenter also realized the elderly's continuous hunger for company and undivided attention.

Presentation

San Lorenzo Ruiz Home for the Elderly



ADSs
Rey Reyes
Terry Sugay

NADA ADSes with the indigents of San Lorenzo Ruiz Home for the elderly.

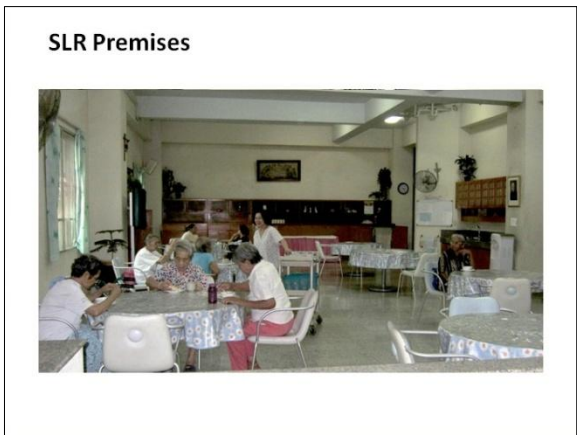
AD in Session



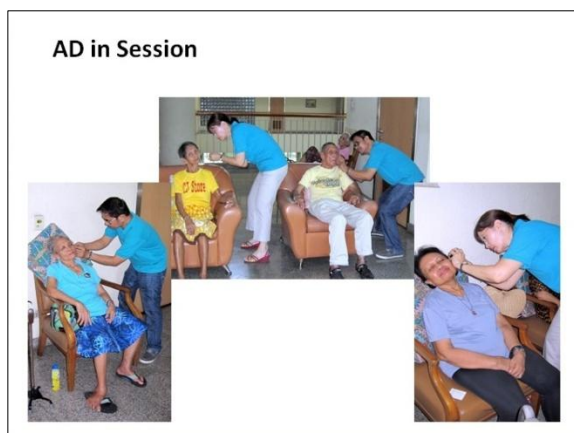
The elderly received treatments regularly at a set schedule.



NADA ADSes with San Lorenzo Ruiz Home for the elderly staff, personnel, and religious.



A typical day at the elderly home.



NADA ADSes in action.

NADA in the Indigenous Peoples Communities in Cordillera

*Dr. Victorina M. DUCAT¹ and
Esther P. KOLLIN²*



Background

The work of NADA reached the Cordillera region last November 24 – 29, 2014. Prior to the Benguet mission and training, Dr. Victorina M. Ducat, as the coordinator for the NADA activity, encountered questions from the Indigenous Peoples (IPs) such as, “Will you give us medicines?”, “What are the benefits?”, “Will you be able to return the assistance we will provide you?” All these reflected the Indigenous Peoples’ concept of medical missions which was limited to the typical check-ups and donation of medicines. She answered by saying, “We will not leave any medicine. Yet after the three days of the mission, we will leave you with something more than any medicine can give you.”

This response reflects Dr. Ducat’s rich experience in community organizing and her affiliations with several Indigenous Peoples’ organizations and non-government organizations. She is currently propagating the NADA Spirit by spearheading NADA activities in the Cordillera, which includes the recently concluded Benguet mission and training.

Esther P. Kollin currently serves the people of Sagada, Mountain Province as a midwife and as an Acudetox Specialist (ADS). As part of the Benguet mission and training, she now shares her unique experiences as a certified ADS and midwife.

Summary

The NADA mission and training was held at the Department of Health Cordillera Administrative Region Rural Health Unit. The cultural uniqueness of the IPs in the communities of Benguet is the rationale for the site selection for the community clinic. She stated that

¹ *Certified Acupuncturist; Doctor of Dental Medicine; Coordinator, Social Action Commission; Board member, NADA Philippines*

² *Registered Midwife, Municipal Health Office, Sagada, Mountain Province*

seeking coordination between the local government units and indigenous peoples organizations prior to the conduct of the mission was integral.

The presenter chose an IP community such as Itogon, Benguet over Baguio City for the reason that the 16 ADSes who joined the mission are indigenous peoples themselves. They served as community health workers and organization volunteers in their respective areas. Their affiliations include the following:

1. **Social Action Commission in Tuba, Benguet** – This organization, under the St. Paul Parish of Tuba, Benguet, offers ear acupuncture and Traditional Chinese Medicine modalities such as body acupuncture, ventosa and Tuina massage. They are tapped by the Municipal Children's Protection Council and Department of Social Welfare and Development to provide these services for Children in Conflict with the Law.
2. **Shountoug Foundation, Inc.** – This is a Cordillera-based non-government organization whose target population includes Indigenous Peoples and marginalized communities. This organization serves far-flung areas such as Barangay Sagubo and Taba-ao where there is no electricity, and hours of up-and-downhill hikes are needed before reaching the location.
3. **Sagada Municipal Health Unit** – The unit currently has five trained ADS midwives assigned to cover two to four barangays in Sagada.
4. **National Indigenous People Commission (NCIP) Tuba-Itogon Service Center** – The Commission has an office that caters to various concerns of Indigenous People of Tuba and Itogon. They currently have two ADSes – a midwife and a nurse.
5. **Tinongdan Indigenous Peoples Organization (TINPO)** – This organization has an office that caters to various concerns of Indigenous People of Tinongdan.

All in all, there are 22 ADSes in the Cordillera region. They primarily use ear acupuncture for smoking, alcohol intake, chewing betel nuts, stress, psychological trauma, exposure to pesticides and chemical fertilizers, common community diseases, and substance abuse.

The presenter also cites other areas that they cater to such as Barangay Takadang, Kibungan, Benguet where it requires their team to hike 8 – 18 hours in barefoot so as not to fall in the slippery slopes. She also mentioned Naswak, Ekip, Bokod, Benguet where there are

structures such as churches and clinics where no priest or midwife has attended to for the past five years, respectively.

Acudetox in Sagada, Mountain Province

Dr. Ducat called Esther, an ADS midwife from Sagada, to share their experiences in using the NADA protocol for postpartum mothers in their area.

Esther says that the mothers who just gave birth benefit from the NADA protocol in a number of ways: 1)bleeding discharges became lighter; 2)first-time mothers managed to overcome depression as evidenced with their smiles after an acudetox session; and 3)acudetox relaxed the body and mind, thus helping the mothers to produce more breast milk.

In Sagada, they have already included acudetox treatment in their postpartum visit within 72 hours after delivery. First-time mothers are given treatments at least three times a week to enjoy their being-ness. In conclusion, she thanked NADA Philippines for bringing acudetox to their mountain.

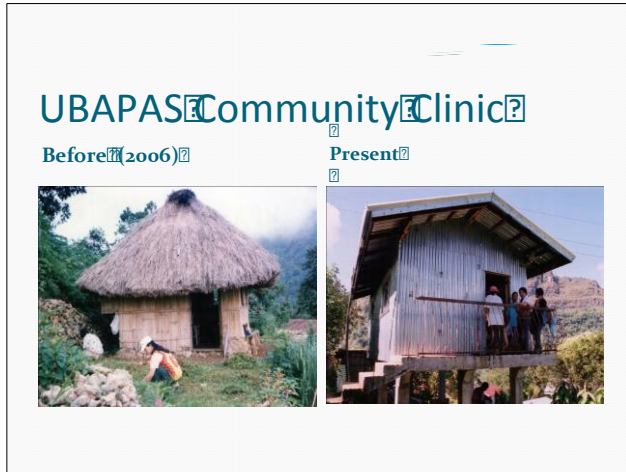
Reflections

Dr. Ducat ended by presenting the reality of the situation. She stated that most of the people who remain in the marginalized communities only finished elementary level of schooling. She urged that NADA trainings be conducted according to the readiness and needs of learners in the community.

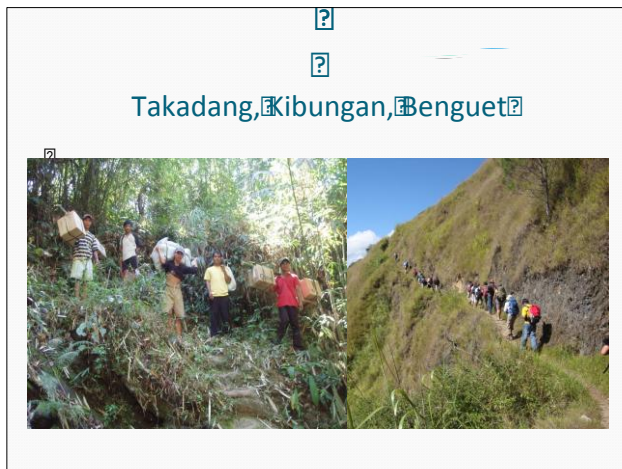
They will continue to organize more NADA trainings for midwives, nurses, community health workers and volunteers in coordination with local government and health units. She dreams of reaching the hands of the people in the communities through the spirit of NADA Philippines, like a burning bush that gives light and a rainbow that gives hope to the community.

Esther ended her sharing by quoting 2 Corinthians 9:8, “God can bless you with everything you need. And you will always have more than enough to do all kinds of good things for others.”, as an answer to why people who volunteer live longer.

Presentation



Structural improvements in one of the community clinics in Cordillera after 9 years.



Long hikes in steep hills and narrow tracks are required in order to reach far-flung communities.

Cordillera ADS Community Based

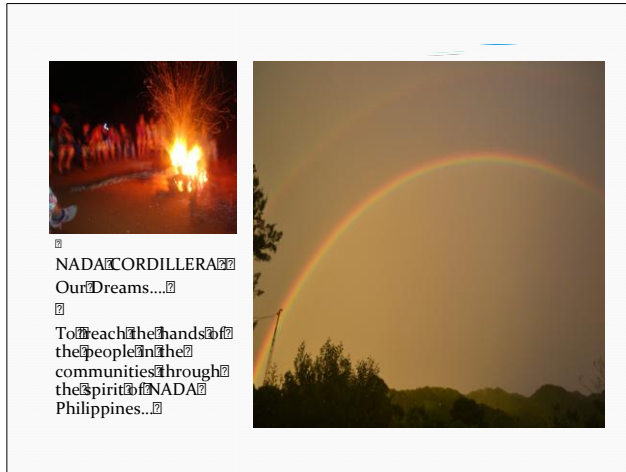
Province/areas	Organization/agency/address	#ADS
BAGUIO-BENGUET TUBA	Saint Paul's Parish Tuba Social Action Health Program (2-on-call, 2-on-leave)	10
KAPANGAN	Shontoug Foundation Inc. LAMPADA, DAYUKONG, BAPAS	5
TOGON	NCIP Tuba-Itogon Service Center	2
MT. PROVINCE	SAGADA Municipal Health Unit	5
	TOTAL	22
	N.B. ADS in private clinics/spa/salon not included in this data.	

Demographic distribution of Cordillera ADSes.

Saint Paul's Parish Tuba, Benguet



Cordillera ADSes work closely with religious, indigenous and various organizations.



NADA Cordillera's dreams symbolized by a bonfire and a rainbow.

NADA and the Armed Forces of the Philippines

105th Technical and Administrative Service Group Acudetox Team

CPT Josefina C. MIRANDA (MAC) (Res)¹



Background

The connection between NADA Philippines and the Armed Forces of the Philippines (AFP) Reserve Command began when Odin Nicolas, an Acudetox Specialist (ADS), encouraged then Lt. Col. Peter Suchianco to have his team trained as ADSes. The formal training was conducted from February – March 2014. A total of 12 ADSes were certified. Since then, the 105th Technical and Administrative Service Group Acudetox Team of the AFP Reserve Command was formed. They have rendered their services to various communities in Metro Manila.

Summary

CPT Miranda's presentation focused on their reflections on how their team was transformed by their experiences as ADSes within a year of providing acudetox treatments. They realized that being ADSes led them to a new vocation that allowed them to become instruments of help and healing to communities in ways beyond those already familiar to them. The NADA protocol united their team to take care of one another and gave them a sense of fulfillment. Their team saw how the NADA Spirit is passed on through the five needles to bring hope to individuals.

We were plucked from various professions and called to a new vocation.

Our team is mostly composed of office-based professionals who rarely interact with people who are distressed, disadvantaged, depressed, forgotten and in need. Being an ADS and visiting communities during missions, in a way, transformed and transported us to a different social reality – a reality which was different from what we experienced in our daily lives. The experience of acudetox and being an ADS is a humanizing one. Apparently, we may be physically

¹ 105th Technical and Administrative Service Group, AFP Reserve Command

okay but deep inside us, there is that longing for calm, inner peace and quiet. We are very busy but we are giving ourselves – as ADSes – time, i.e., time to nurture our human nature by serving the poor or those who worry too much, those who are tired of the daily grind; those who are saddled with a lot of personal responsibilities, such as taking care of a chronically sick family member. It is a bit ironic that while we are ‘treating’ others, yet we, the ADSes, are sort of healed or being treated as well.

We don’t have to wait for another typhoon or natural calamity to practice acudetox. Many people need and can benefit from our skills.

Certainly, Col. Suchianco’s remark makes a lot of sense. We don’t have to wait for another Pablo or Yolanda or a major earthquake to provide relief to aggrieved people. Some of us practice acudetox at home or in the office. Providing an officemate relief from migraine or just enabling them have a reinvigorating nap makes us happy. Seeing our loved ones sleep soundly after pricking their ears gives joy to an ADS. In our own camp at the AFP Reserve Command, we transformed a military conference/training room to an acudetox treatment room to achieve a ‘peace zone’. In some of our missions at the camp, we let our officers, personnel and civilian dependents experience calm and inner tranquility. In fact, some military personnel are looking forward to having more frequent acudetox missions in the camp. We don’t need to go very far. There are always people in need of acudetox.

What binds us is not just the uniform, but the desire to be instruments of healing, through the use of our inner strength, through the simple NADA Protocol.

We are not all personnel in uniform. Our team has two civilian personnel. That testifies to the fact that what binds us is not the uniform, but the desire to be instruments of healing. Visiting communities and doing the simple acudetox protocol to ordinary people gives us an exhilarating experience. Similarly, while we are a military unit, we treat civilians and military personnel alike. Regardless of stature in life, all of us are humans who need to be comforted and provided a brief respite from our chaotic world, particularly those who are in the city.

Indeed, the NADA protocol knows no boundary, no hierarchy, and is simple as what our experiences in our missions have shown.

While military culture is so rigid, bureaucratic, hierarchical and rich in protocols, our yearlong experience in doing acudetox did not conform to those. Our ‘patients’ in the camp merely queue when they are ready. Enlisted personnel are not obliged to follow their

officer if they are fearful of needles or have high blood pressure or are simply uneasy. Readiness is the key as the acudetox protocol works not because of the ADS or the needle but rather, the cooperation of the person undergoing it.

Seeing patients in a state of tranquility and calmness in an otherwise very chaotic life gives a sense of fulfillment.

The mere sight of 'patients' sitting calmly and seemingly in deep sleep not only amuses but provides a sense of fulfillment to us, ADSes. Somehow, it gives us a visual assurance that we punctured the right points and the patient is experiencing some inner positive transformation which at the moment we cannot see. When our missions are one-time visits to communities, seeing our 'patients' sway while sitting and apparently in a trance, makes us wonder what is happening within them. Nevertheless, we are certain our simple introduction of acudetox to their bodies will be remembered as a brief personal time of comfort, safety and deep relaxation which they will look forward to in their next visit.

We cannot give what we do not have. We learned to take care of one another.

It is not because of the selfie madness that we make it a point to have a team picture before or after our missions. After being with the group for a year, we began to realize that it was a way to ensure that we can smile and are psychologically, emotionally and physically ready to serve and give ourselves to whoever comes to our treatment nook. After a year of being together in acudetox missions, as ADSes, we became more sensitive to one another, particularly to how one feels during missions. We began to take care of each other's qi. In the final analysis, we are giving a part of ourselves to each of our patients; thus, our full combat readiness counts.

For both ADS and patients alike, a prick of a needle is enough to be transported to a place where hope becomes possible.

With our firsthand experience of acudetox healing, we have learned to yearn for that few minutes of silence, peace and quiet time for oneself. Yes, something is happening to the person being needled yet we cannot exactly say what it is. What is certain is that it is something good, nice and positive. The effect may not seem to end after the needling. Sometimes, it goes on. For us ADSes, we can always access that special state, a special place of being, and harness the spirit of positive transformation for a better world. Philosophical as it may seem, intangible as it is, truly the Spirit of NADA is alive and really transforming lives.

Moved by the Spirit of NADA, 105th TASG Acudetox Team is just starting. We will touch more lives as we further this newfound vocation.

Presentation



NADA ADSes of the 105th Technical and Administrative Service Group of the AFP Reserve command.



"The lawyer treating a doctor and a dentist after a medical mission..."

105TH TECHNICAL AND ADMINISTRATIVE SERVICE GROUP			
Date	Venue	People Served	Partner Organization
05-Apr-14	Kaingin 1 Covered Court, Brgy. Pansol, Balara, Quezon City	40	Roosevelt Quirino Memorial HS Alumni Association
30-Aug-14	Himlayang Palanyag, Tramo II, Parañaque City	62	AFPRESKOM (CMAB)
06-Sep-14	AFP Commissioned Officer's Clubhouse, Camp Aguinaldo, Quezon City	42	AFP for the National Reservist Week 2014
13-Sep-14	Lighthouse Baptist Church, Brgy Tatalon, QC	33	Lighthouse-Tatalon
07-Feb-15	One Arena Sports Complex, Cainta, Rizal	43	Lighthouse-Cainta
Total (Apr 2014 to Feb 2015)		220	excludes people served at SMC

Summary of the various acudetox activities of the 105th TASG AFP Reserve Acudetox team.

105TH TECHNICAL AND ADMINISTRATIVE SERVICE GROUP	
	<p>Military conference/ training room was transformed to an acudetox treatment room to achieve a 'zone' of peace from within.</p>

Military facilities are transformed into “zones of peace” because of ear acudetox activities.

Discussion

Forum discussion focused on the presentation *NADA in Disaster -Stricken Communities: Lessons Learned from a Research Experience*. Comments were raised with emphasis on the operational categorization of the variables relaxation and serenity. It was highlighted that from the chart review, the researcher cautiously screened data entries that fell under the above mentioned groupings. Those who reported *gumaan ang ulo ko, payapa ang pakiramdam ko* were grouped under serenity while those who reported relaxation directly were categorized under relaxation.

Relaxation is described as subjective reports of release of tension, decrease in palpitations, and decrease in muscle cramping. Better sleep is considered if patients reported absence of nightmares, vivid dreams, continuous or uninterrupted sleep and energizing feeling in the morning.

Serenity is described as an experience of a calming feeling of the head, peaceful mood, and an undisturbed overall sensation of the mind.

Magnitude is defined as the intensity of the effects of NADA ear acupuncture protocol to the exposed group relative to the unexposed group. The operational meaning was explained utilizing the histogram provided.

Caring For the Caregiver

Anita C. PECSON¹



Background

The NADA Philippines was moved to reach out to people who have experienced disasters in different areas of the Philippines and also to the frontliners who responded to the survivors. Last year, NADA Philippines also served a home for the aged, a drug rehabilitation facility, and areas in the Cordillera region that have no access to health facilities. NADA Philippines was drawn to go to places where the people need healing. For NADA Philippines, this is the Spirit that led them to go to different areas in the Philippines to conduct trainings and ear acupuncture.

Care for Caregivers

Caring for the caregiver is important in order to continue or sustain their volunteer work in various disaster areas and health service areas. NADA Philippines made an initiative to care for the Acudetox Specialist (ADS) by providing activities for the volunteers to listen to their experiences of serving the survivors of disasters. They also included additional topic on Caring for the Caregivers in their training module. This presentation is based on my experience in accompanying the volunteers who helped survivors of disasters.

The caregivers open themselves to the experiences of the persons they are helping. As the caregivers listen to the stories of the survivors they also touch their own experiences of pain and helplessness. They were not only attentive to the issues, concerns, needs of the survivors but also on how these affect them. The basic way of caring for the self is to attend or listen to the self at the physical, cognitive, emotional, and spiritual levels.

The caregivers need to clarify their identity. They were asked to reflect on their experience of accompanying survivors using the following guide questions:

¹ Pastoral Counselor, Center for Family Ministry (CEFAM), Ateneo de Manila University

1. What were the major struggles, issues and concerns of the survivors?
2. What were their deepest hopes and longings?
3. What were the resources that helped them come to terms with their condition?
4. What were your own pains that were opened up in the process of accompanying the survivors?
5. How were you gifted from the experience of being with the survivors?

They shared their reflections using artwork, e.g. drawings they made or poems they composed. The stories shared were their own experiences of pain and healing that was opened up by their experience of accompanying the survivors. In being with the survivors the caregivers were led to touch the core of their being with their hurt, limits, gifts, strength, and God or a power greater than themselves or the spiritual. They were humbled, yet amazed by the miracles of healing they witnessed. They were moved and inspired. They were grateful and affirmed their commitment to the mission of bringing the NADA Protocol to other areas that need healing.

I propose to craft spirituality for accompanying survivors of disasters in order to sustain the commitment to care for others. There are three ways that I propose for crafting spirituality for the caregiver namely:

1. Makes me SAFE
2. Gives me HOPE
3. Live/Go in PEACE

In accompanying survivors who experienced traumatic experiences the caregiver needs to feel safe, have hope and be at peace. This is important for the sake of the ones they care for or serve and also for their own good. There are acronyms that I propose to remember easily how to create that safe space, find hope and be at peace. First to create that safe space we use the acronym **SAFE** as follows:

Sacred/God = To deepen relationship with God in ways that you are comfortable with.

Abide = To allow yourself to be sensitive to God's presence. It is a prayer asking God to "Be with me. Stay with me."

Fidelity = To always remember in the work that you do what matters is God's faithfulness to us. He called us to the mission of helping in the healing of broken people, so we trust that He will be faithful to us.

Empowered = To rely on the power of God for the healing of survivors.

In order to give **HOPE** we develop the following:

Humility, Humor, Hospitality = Humility means that on our own power, we are limited. As we touch the experience of helplessness of the survivors we are also confronted with our own helplessness and limits. As we honor their limits, we need also to honor our limits and rely on the power of God. Humor means to laugh and to see the joy in the midst of the difficult situation. Hospitality is to open one's self to others.

Order = Freedom, Choice, Control. This is to remind caregivers that the work of bringing order in the midst of chaos can be facilitated if we help survivors to regain their capacity to make choices.

Promise = Covenant. This is to hold on to God's promise that He will always be with us and the ones we accompany.

Expectation = We wait in joyful hope. We wait patiently.

Finally, as we accompany survivors let us be at peace by developing the following:

Power/Prayer/Presence = In the midst of the sufferings, we can pray and be comforted and strengthened by God's presence. And that is what we share with the ones we accompany.

Endurance/Courage/Strength = We can ask for the courage and strength to bear the sufferings at the moment.

Acceptance = We can open ourselves to move towards acceptance rather than spend our energies resisting and fighting.

Calm = We remain calm in the midst of the storm knowing that God is there. "Be Still and Know I am God."

Entrust = We respect our limits and surrender everything to God. "Do not let your hearts be troubled. Trust in God."

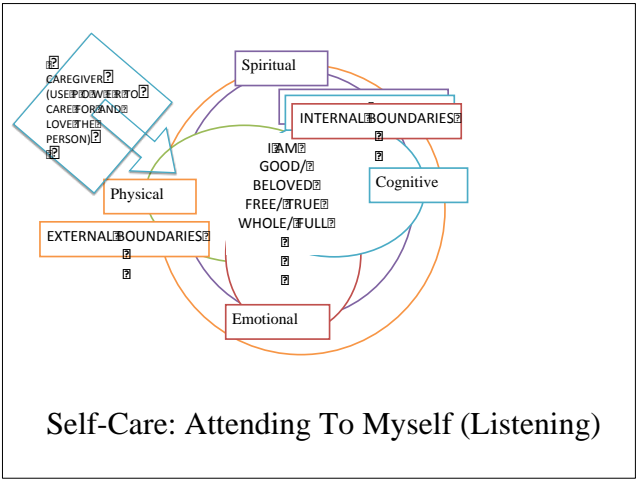
Presentation



ADSeS giving ear acudetox to one another.



ADSeS working together during outreach and missions.



Nurturing oneself through self-care.

Invitation to Acupuncture Detoxification Specialists

Janet Pimentel PAREDES¹



First of all, I would like to say thank you to all of you who made this forum a successful one.

Thank you my dear Acudetox Specialists who took time from Luzon, Visayas and Mindanao to be here today.

Thank you for those who booked their tickets one year ahead of time to make sure they are here today.

Please continue to volunteer your services to NADA Philippines.

As we continue to be part of different outreach programs and mission, we learn a lot from the people we serve and likewise.

Thank you and we hope to see you all next year. The 5th Annual Forum will be on February 27, 2016.

¹ Board President, NADA Philippines

Closing Remarks

Dr. Victoria M. DUCAT¹



On behalf of the officers and members of the NADA Philippines, I would like to express my deepest gratitude to Dr. Michael Smith, founder of the NADA Protocol for always being with us during our Annual NADA Forum. He came all the way from New York, then to India and finally here in Manila to bring good news and the Spirit of NADA International to the Philippines.

To Dr. Sid Sia, the Director-General of PITAHC, your presence today is a great inspiration for us to continue our endeavor, serving our people, our communities through quality, safe and affordable treatment using NADA Protocol.

To our speakers, thank you for your mission reports and presentations that ignite our faith as NADA Volunteers.

To the participants, may this forum touch our hearts, our mind, our spirit, as we continue our noble mission and go back to our communities.

And of course, thank you very much to Janet Paredes. I believe that without your efforts and perseverance there would be no NADA Philippines.

The end of this conference does not mean that it is the end of our lives but the start of our new lives as we go along with our journey as volunteers.

¹ *Certified Acupuncturist; Doctor of Dental Medicine; Coordinator, Social Action Commission; Board member, NADA Philippines*

NADA Song

Just Five Needles

*Meriam MACALISANG, MD
Composer and Lyricist*

1

From cities to villages, acudetox specialists
Deliver safe health services to needy and helpless;
Just five needles for every ear,
The NADA protocol for you and for me --

2

From East to West, NADA mission integrates
Oriental and Western principles make treatment wonderful;
Just five needles for every ear,
The NADA protocol for you and for me --

3

Where in continents of the world spread the NADA associates
To practice and coordinate that many can benefit;
Just five needles for every ear,
The NADA protocol for you and for me --

4

Beyond the needling, NADA Spirit is amazing,
Making people get and give others help indeed is empowering;
Just five needles for every ear,
The NADA protocol for you and for me --

Coda:

Just five needles for every ear,
The NADA protocol for you and for me --
[Join hands, join minds and join hearts,
Bring happiness and freedom to souls who are sick and in pain.]

(Repeat)

Highlights of the Forum



Ms. Janet P. Paredes, NADA Board President, with Dr. Isidro C. Sia, PITAHC-DOH Director-General.



The forum was attended by participants from all over the Philippines.

*Proceedings of the Fourth National Acupuncture Detoxification Association
(NADA) Philippines Annual Forum*



Forum participants feeling the Qi.



The NADA Philippines ADSes with NADA founder, Dr. Michael Smith.

Program Details

Fourth National Acupuncture Detoxification Association (NADA) Philippines Annual Forum

Ang Diwa ng NADA: Tungo sa Ugnayan ng Bawat Pamayanan
The Spirit of NADA: Towards Linking Every Filipino Community

CEFAM Seminar Room 1, Ateneo de Manila University
Quezon City, Philippines
28 February 2015

I. Registration

II. Invocation

III. Welcome Remarks **Janet P. Paredes**
Board President
NADA Phils.

IV. Inspirational Message **Dr. Isidro C. Sia**
Director General
PITAHG - DOH

V. NADA in Mindanao Communities

Bernard Rommel L. Vargas
Ateneo de Zamboanga University
College Guidance and Counseling
Dept.

Editha T. Jao
Monkayo National High School
Compostela Valley Volunteer

VI. NADA in Visayas Communities
Helping Each Other Heal: The NADA ADSes of Leyte

Marichu B. Bonaog,
Lorena B. Agdon
Volunteer ADSes - Tacloban

**VII. NADA in Disaster-Stricken Communities
Lessons Learned from a Research Experience**

Ace Lennon N. Babasa
ADS and Researcher

VIII. NADA International Communities: An Update

Dr. Michael O. Smith
NADA Founder

IX. Open Forum

LUNCH BREAK

X. NADA Song **Dr. Meriam B. Macalisang**
Composer and Lyricist

**XI. NADA in a Rehabilitation Community
Fazenda da Esperança**

Miren L. Sun
CEFAM Counselor
Masbate Mission Volunteer

**XII. NADA in an Elderly Community
San Lorenzo Ruiz**

**Terry O. Sugay and
Reymundo M. Reyes**
San Lorenzo Ruiz Volunteers

**XIII. NADA in the Indigenous Peoples Communities in
Cordillera**

Dr. Victorina M. Ducat
Baguio-Benguet
Training/Mission Volunteer

Esther P. Kollin
Sagada Midwife and ADS

**XIV. NADA and the Armed Forces of the Philippines
105th Technical and Administrative Service Group
Acudetox Team**

Josefina C. Miranda
105th Technical & Administrative
Group
AFP Reserve Command

XV. Open Forum

XVI. Caring for Caregivers **Anita C. Pecson**
CEFAM Counselor

XVII. Remembering the Qi

XVIII. Invitation for ADSes **Janet P. Paredes**
Board President
NADA Phils.

XIX. Closing Remarks **Dr. Victorina M. Ducat**
Board Vice-President
NADA Phils.

Participants

No.	Surname	First Name
1	Abayon	Realyn
2	Abluyen	Pablo
3	Abuy	Leticia
4	Agdon	Lorena
5	Agwiking	Harriet
6	Alvarez	Ed
7	Aragon	Babsie
8	Babasa	Ace Lennon
9	Bacolong	Josephine M.
10	Balboa	Sonny
11	Bancolita	Weng
12	Baracena	Sr. Jesusa Myra
13	Bartolome	Bernadette
14	Bella	Madeliene
15	Bonaog	Marichu
16	Borja	Fil
17	Buiquil	Marites B.
18	Cabañas	Marilyn J.
19	Cabra	Jasmin
20	Cabrieto	Cathy
21	Cabrieto	Raquel
22	Calderon	Karen
23	Carlos	Lilia M.
24	Casipong	Mary Jane
25	Castillo	Chie

No.	Surname	First Name
26	Castillo	Rafael Venancio N.
27	Cayabyab	Melvin M.
28	Codillo	Joann
29	Concepcion	Ma. Lourdes
30	Corro	Joy
31	Cuasay	Sinag
32	Cueto	MacGerald
33	Dacpano	Victor
34	Dagangon	Rosalita
35	De la Cruz	Macoy
36	De los Santos	Orlando
37	Del Valle	Aida
38	Dingle	Aida B.
39	Ditalo	Rowena
40	Ducat	Iana Gem M.
41	Ducat	Iris Gail M.
42	Ducat	Vicky
43	Dulay	Evelyn
44	Duntar	Regina
45	Edic	Cris
46	Gabisan	Mary Ann
47	Galicía	Irene
48	Gallego	Melinda
49	Geremia	Josephine B.
50	Jao	Editha

No.	Surname	First Name
51	Kalinggan	Ignacio B.
52	Kollin	Esther
53	Kuo	Ma. Elena B.
54	Liclic	Rosaline G.
55	Lim	Aida M.
56	Lima	Dante Jr.
57	Lopez Dee	Leny D.
58	Macalisang	Meriam
59	Medina	Alexander A.
60	Miranda	Jojo
61	Monta	Ma. Evita
62	Morales	Fe
63	Mursayac	Ma. Maeree Villas
64	Napura	Francelle
65	Norial	Maxima A.
66	Nubla	Dotty
67	Odonon	Leticia A.
68	Palabras	Leonila
69	Paredes	Janet P.
70	Pataras	Martha D.
71	Pecson	Anita
72	Peralta	Ma. Amparo I.
73	Posadas	John Joseph
74	Posas	Ma. Teresa T.
75	Ragay	Luz

No.	Surname	First Name
76	Ramo	Elina V.
77	Raneses	Cherry
78	Reyes	Reymundo
79	Robles	Amelia C.
80	Sabate	Nancy
81	Salazar	Fortunato
82	Saldaña	Sonia S.
83	Samson	Milarosa
84	Sanijon	Trisha
85	See	Betty
86	Sia	Isidro
87	Sia	Lorence Mae
88	Sison	Jylene
89	Smith	Michael
90	Sugay	Terry
91	Sun	Miren
92	Tangonan	Gloria
93	Tayaban	Ivan Jasper M.
94	Tayaban	Patricia M.
95	Tomilas	Magdalyn
96	Vargas	Rommel
97	Villafranca	Rose
98	Villena	Yolly Z.
99	Wantin	Mona
100	Yangkong	Desiree A.

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