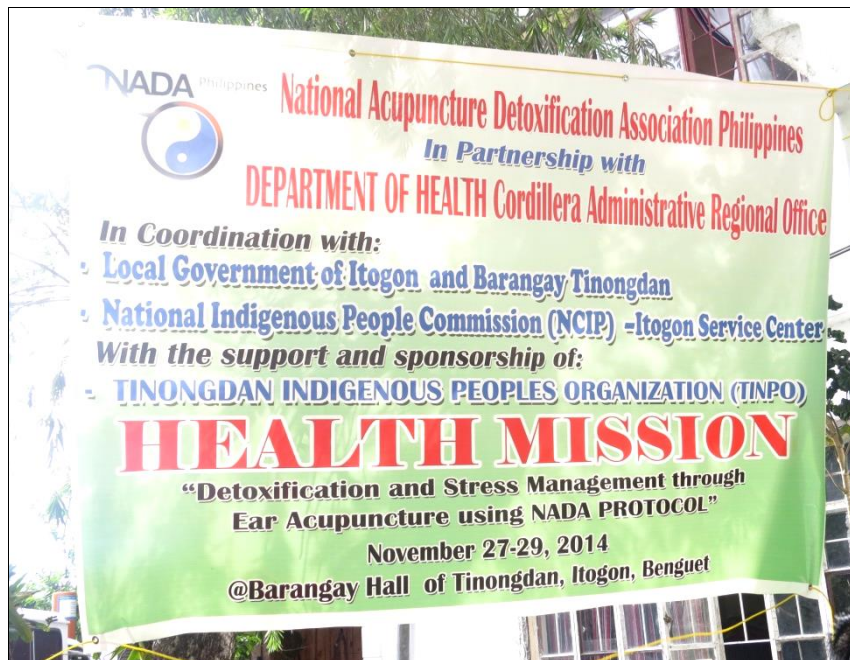


NADA Philippines in the Cordillera Mountains

November 23 to 30, 2014

From November 24 to 29, 2014, a NADA Acudetox training was successfully launched in the Cordillera region. A team of NADA trainers travelled by Victory bus up the mountains to Baguio City where for three days, lectures were held at the Cordillera Autonomous Region, Conference Room of the Department of Health. This was followed by a three-day community clinic held at barangay Tinongdan in Itogon, Benguet, an hour away from Baguio City.



The three-day community clinic was made possible through the participation of the local government and the various Indigenous Peoples groups in the area.

The training was organized by NADA-Philippines in coordination with Dr. Victorina Ducat, a doctor of Dentistry, a Certified Acupuncturist by PITAHC-DOH, NADA Philippines Board Member and a Board Member of the Cordillera Traditional and Alternative Health Care Coalition, and also through the efforts of Ms. Teresita Foman-eg of the Department of Health (DOH) in the Cordillera. The fifteen trainees came from different areas in the region: Sagada, Mountain Province, Tuba and Itogon, Benguet. All trainees were indigenous peoples coming from different tribal groups such as Kankanaen, Ibaloi and Applai.

The participants from Sagada, Mt. Province were all midwives who had previously helped out in the registration during the two-day NADA community mission held last May 2014. The participants from Tuba, Benguet were a mix of farmers, laborers, a community organizer, a schoolteacher, and a midwife.



The fifteen participants of the NADA training in the Cordillera.

Three participants came all the way from the interior town of Kapangan, Benguet and two represented the National Commission for Indigenous Peoples (NCIP) in the Cordillera.

For the community clinic, Dr. Vicky Ducat coordinated with the Local Government of Barangay Tinongdan and the Tinongdan Indigenous Peoples Organization (TINPO) for the ear acupuncture treatment of the local people.

Profile of Tinongdan

Tinongdan, Itogon, Benguet is approximately an hour away from Baguio City.

Tinongdan is one of the barangays in the Municipality of Itogon, Benguet. It is the second biggest barangay with land area of 12,720.37 hectares, with generally mountainous slopes ranging from 30 degrees and above. Mount Ugo is one of the hiking areas every summer.



Picturesque view of Tinongdan from the Barangay Hall. Many of the inhabitants live at the foot of the mountains, in the fields.

In 2009, Barangay Health Workers recorded a total population of 4,994 with 814 households. Most people rely on agriculture for livelihood such as farming, backyard gardening, mango production, and livestock-raising. Other sources of livelihood are gold panning, small medium enterprises and ecotourism.

There are 3 ethnic groups in the barangay namely Ibaloi, Iwak and Kalanguya. The Ibalois are the major ethnic group and are the dominant occupants, and as such the people here are known as Ibalois. English and Ilocano are the media of instructions in the schools.

NADA in Tinongdan

After three days of lecture series on the NADA protocol, the group proceeded to give free ear acupuncture to the people of Barangay Tinongdan. The NADA team departed from Baguio on November 27 at around six in the morning, and arriving an hour later at Tinongdan Barangay Hall.

The group was warmly welcomed by Tinongdan Barangay Capt. Benjamin Medino, the Council of Elders and Kagawad (Councilor) Norberto Pacio.

A short program and a welcome address was organized by the Barangay, where they gave a brief background of the area and introduced the people that the NADA team would be working with during the three-day community clinic.

Free ear acupuncture treatment was given at the Barangay Hall on November 27, 28, 29, 2014.



The Barangay Hall was converted into a clinic for three days.

The registration for the community clinic started at 7:30am and after registering, the people waited for their turn to be treated. Majority of the patients came in the morning, as the major

modes of transportation in the area only travel at this time. On the first day, almost 100 patients were treated in the morning alone. These included the elderly, mothers carrying their babies in a woven blanket, children, teenagers and middle-aged patients. Some of them have walked for hours from their homes at the foot of the mountain to get to the Barangay Hall for the acupuncture treatment. To accommodate these people who traveled on foot, the clinic hours were extended to five in the afternoon.



The wide range of the demographic who received ear acupuncture treatment in the three-day community clinic included mothers who brought their babies wrapped in woven blanket, children with their parents, and the elderly.

The common ailments reported by the people in Tinongdan were hypertension, body pains, (particularly in the back), arthritis, muscle cramps, cough and colds, sleep disturbance. Most of the patients were housewives, farmers, housekeepers, student, barangay employees and laborers. In the succeeding treatments, many reported having good sleep, felt relax, felt both ears were hot, pains were relived, and they felt good.

In the three-day community clinic, the NADA team (together with previously trained ADSes in Tuba, Benuet) was able to give more than 500 treatments, with a total of 480 patients.

After the clinic hours on the third day, the NADA team and the Tinongdan Barangay officials held an assessment of the activity. The officials reported that the reception of the treatment was generally positive, with many of the people reporting an increase in strength and appetite. The officials have also expressed interest in furthering the treatment and they have also expressed hope that in the future, some people in the barangay will be trained as ADSes as well.



The NADA team with the Barangay officials of Tinongdan.

The NADA team went back to Baguio city in the afternoon of November 29. After six days of lecture and clinic work, the fifteen participants received their ADS certificates.



Congratulations!