

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

**Drawing Inspirations from the Field:
Voices of the NADA Spirit**

Mandell Auditorium, Trinity University of Asia
Quezon City, Philippines

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

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Prayers

Dumaguete
Rochie C. CAGARA



Among Langitnon nga Amahan kami nagpasalamat sa mga grasya nga imong gihatag kanamo ug nagtuo kami Diyos ko ug amo kang gi-ila nga magbubuhay sa langit us sa yuta ug naghatag kanamo sa tanan mga grasya ug mga abilidad ug sa tanan nga anaa kami. Among gi-ampo Ginoong Diyos nga magpataliwala ka kanamo samtang maghisgut kami sa importanteng mga butang ug sa mga ipa-ambit niining tigum karong adlaw. Among gi-ampo nga unta nga aduna kami mapupo ug mobalik kamisa tagsa-tagsa namo ka mga trabaho nga dala ang among mga nakat-onan niini nga forum karong adlaw. Ginoong Diyos among gi-ampo nga magahatag ka sa imong panalangin sa kanunay ug mamauli kami nga adunay bag-ong kadasig ug mga bag-ong pagtulon-an. Ginoo imo kaming lig-onon ug hatagan kami Nimo sa imong panalangin nga mahimong instrument aron makab-ot ang Mahimsog nga katawhang Pilipino. Kining tanan among gi-ampo sa ngalan sa imong anak, Ginoong Hesukristo. Amen.

Our Father in heaven we thank you for all your blessings and your grace upon us. We recognize You as the creator of the heaven and the earth who gave us everything that we have. Lord we pray that you will be in the midst of us as we discuss important issues and in the sharing that we will be having today and we will learn from it. We will go back to our respective places enriched with new knowledge that we will get from the forum today. Lord, we pray that You will continually bless us as we go back to our work and we will go home with renewed energy and enriched with new knowledge. We pray that You will strengthen us and give us your blessing and allow us to be an instrument a healthier Filipino community. All this we ask in the name of Your Son, our Lord Jesus, Amen.

Lake Sebu
Anecita Anggol MAGNAN



Mefasang he kemodu Ma, salamat be yom basa be klowil, basa be kebong nawa, yom kum benwu ni kedaw ni tey wadag libog ne kehekegis, heglaan ire beleem, heni me yom kom tulus, nim igo me setifun be nim kedaw ni, tey me hemtahu be yom kom tulus he tulus NADA hegloni ne slomong be hoso, hendem ne klowil be kem tau ani mewit yom kenek nawa be kem dumu, tengon me melan beleem kde nemo enget gebaling. Tenobongem kem kum dumu setwoli logi ne libon hol ne yo kem elel, hol yom kom molos kebong nawa ne ketengon netengon kul be kul ketau mung be kom kebong nawa ne kesegalak, hol henlosem melay kum kegis ne kekini nawa hemlos memo du yom kum hendon ani getobong me yo kem dumu me. Heni me ni melan be Kristo kum Amo. Amen.

Powerful and merciful Father, thank You for the gift of life, gift of love. Our world today faces many problems and struggles. We humbly ask Your spirit, as we gathered today we believe that Your spirit and the spirit of NADA come and work together in the hearts, minds and lives of all people to bring this peace about. I know that with you all things are possible. Help our brothers and sisters especially the vulnerable, may Your divine love and wisdom allowing them to penetrate to their very being filling them with love, peace and guidance. Please continue to give us strength and courage to continue our mission to help with others. We ask this through Christ our Lord. Amen.

Welcome Remarks

Janet Pimentel PAREDES¹



Magandang umaga sa inyong lahat and welcome! I see familiar faces again from the past NADA forum and now there are new faces. I would like to say my greetings to the following people who are here today: PITAHC-DOH, the Director General Dr. Anabelle Pabiona-de Guzman; Dr. Isidro Sia, the Executive Director, INAM Philippines; NADA Board Members Dr. Tan Cho-Chiong, new PAAI President Dr. Gemiliano Aligui, Vice President Dr. Victorina Ducat, Secretary MacGerald Cueto, Father Ben Moraleda, and our new Treasurer Dorothy May Nubla. We welcome also Dr. Manny Quirino, the Vice President of PAAI, who came all the way from Baguio City; Dr. Nymia Pimentel-Simbulan, the Vice Chancellor of UP Manila; Professor Peter James Abad, the College Secretary of the UP College of Nursing; Professor Nenita Panaligan of the Cavite State University; Mr. Orly delos Santos of Ashvins; and Victor Rescober, the President of the Visually Impaired Society for Unity, Advancement and Liberty Incorporated and Operational Manager of the Visual Therapeutic and Wellness Massage Clinic in Manila.

I would like to welcome Acudetox Specialists from different areas: mothers from Paco (Barangay 823) and Culiati, Tandang Sora; Perpetual Help Community in Dumaguete City; Bacolod City; General Santos; Cotabato City; Iligan City; Monkayo, Compostela Valley; CBHP Diocese of Ilagan, Isabela; Tuba, Benguet, and Baguio City in the Cordillera; the Apostolic Vicariate of Bontoc-Lagawe; Infanta, Quezon through the courtesy of Municipal Health Officer Dr. Abelardo; the representative of Ms. Lilian Adlawan of Davao City; students of SMIC-TCM Institute; INAM Philippines; *Aralan ng Paggamutang Pilipino*; Tacloban City; Ashvins Acudetox Specialists; and all our sponsors and generous donors who made this possible.

To all our volunteers and to the NADA secretariat who helped make this possible: they are John Joseph Posadas, Ace Lennon Babasa, Chie Castillo, Dorothy May Nubla, and Trisha Sanijon. I see familiar faces today here at the Seventh National Forum this time at the Trinity

¹ Board President, NADA Philippines

University of Asia. Our theme this year is “Drawing Inspirations from the Field: Voices of the NADA Spirit.” Those voices are our Acudetox Specialists nationwide from different areas, from the communities where they are, who will be sharing their experiences in using the NADA protocol in various situations. It has been two years since our last forum and allow me to briefly share important events in 2017 and 2018 that involved NADA Philippines.

A Recap of 2017: Reaching Out to the Community

In 2017, we had a very successful NADA Forum, “Facing the Challenges by Using Ear Acupuncture in the Philippine Drug War.” NADA work was concentrated in conducting trainings and giving treatments in communities like Culiat, Tandang Sora, Paco, Manila (Barangay 823), Marikina City in coordination with UP Manila, Baguio City through Project New Hope, the Social Action Center of Baguio, and the Municipality of Infanta, Quezon.

In May 2018, five Acudetox Specialists were able to attend the NADA U.S. Conference with the theme, “Healing and Hope: NADA for Stress, Trauma, and Addiction” in Delaware, U.S.A. from May 4 to 6. This was made possible through the sponsorship of Dr. Michael Smith, the NADA founder. Our participation enhanced the visibility of NADA Philippines in the NADA international community.



Participants from the 2018 NADA US Conference in Delaware, U.S.A.

In June 23, 2017, NADA Philippines, representing the community, academe, RMT CEFAM, medical professionals, and

religious sectors, did a courtesy call at the office of the new Director-General Dr. Anabelle Pabiona-de Guzman, who is here today.



Courtesy call to PITAHC-DOH Director-General Dr. Annabelle Pabiona de Guzman.

In May 2017, the Marawi war broke out. This was a different challenge for NADA. Martial Law was declared in Mindanao. Thousands of families were displaced and killed. At that time, we had only two Acudetox Specialists in Iligan City. Through the kindness of the late Bishop Elenito Galido, who provided board and lodging at the Iligan Pastoral Center, we were able to give a NADA training in Iligan City and provided treatments for depression, trauma, and anxiety to survivors housed in evacuation centers in August 2017. This was a different experience (*kakaibang karanasan*) going to Mindanao under Martial Law, where our venue of training was only two hours away from Marawi City. From the CDO airport, we passed through several checkpoints. There were more on the way to the Sta. Elena evacuation centers. ADS Serlyn “Bebs” Basalo, who came from General Santos City, narrated that she had to get down the bus more than ten times as they passed through checkpoints on her way to Iligan City. I salute and commend the Acudetox Specialists who were in this mission: Trisha Janine Sanijon from Tacloban, Dr. Vicky Ducat from the Cordillera, Nene Gallego and Racma Nguda from Cotabato, Rosa Migue from Digos, Davao del Sur, Noralyn Manghi from Nueva Vizcaya, Bebs Basalo from General Santos, Yennah Torres from Iligan City and Robert Sual and Dra. Frances Bernardino from NCR.

In November 2017, NADA Philippines held a second NADA training in Infanta, Quezon through the Municipal Health Office and the Mayor’s office. Trained were health workers and nurses of the Municipal Health Office. Two are here today, Ms. Aida Morilla and Ms. Maricel Villaflor. Dr. Abelardo Jose, the Municipal Health Officer, has

informed NADA that they have now established a regular clinic on Ear Acudetox in Infanta, Quezon.

As 2017 was ending, on Christmas day in Manila, I received an e-mail message from NADA U.S.A. Executive Director, Sara Bursac, informing me that our NADA Founder, Dr. Michael O. Smith, just passed away. NADA Philippines was deeply saddened by the passing of Dr. Michael O. Smith. He was a beloved mentor, compassionate friend and generous supporter of NADA Philippines. Every year from 2011 to 2016, Dr. Smith regularly visited the Philippines and graced the NADA Annual Forum, until his health deteriorated in 2017. His profound love for the people will remain an inspiration for the volunteerism and service that drives the NADA Spirit among Filipino Acudetox Specialists. NADA Philippines will forever be grateful to Dr. Michael O. Smith, a great man.

A Review of 2018: Of New Beginnings and Opportunities

The following month in January 2018, we paid tribute to the passing of Dr. Smith by rendering free ear acupuncture to students, staff, and faculty of the UP Manila College of Nursing.



UP Manila students, staff, and faculty after the free clinic.

Also in January 2018 in the NADA board meeting, it was agreed upon that a writeshop workshop would be conducted this year with the following objectives:

1. Review organizational milestones of NADA Philippines;
2. To update organizational processes;
3. To assess the organization's contribution in addressing the Philippine's health and social needs; and
4. To determine NADA's direction of further growth and development.

The Writeshop Workshop would encourage the conduct of a Trainors' Training (TOT) which will be another milestone in the history of NADA Philippines. This will pave the way for NADA Acudetox Specialists in Luzon, Visayas, and Mindanao to organize and lead trainings in their respective regions with the assistance and guidance of NADA Philippines.

From March 1 to 6, 2018, we conducted a Mayon Volcano Outreach in coordination with the Bicol University and UNTV Bicol, who helped us to coordinate the activities for the Mayon Disaster Volcano survivors. Acudetox volunteers from Mindanao: Bebs Basalo, Hussein "Zhen" Mangray. George Facsoy and Victor Dacpano from the Cordillera, mothers from Paco, Manila Barangay 823 from NCR (Mona Wantin Fe Morales, Daisy Roxas and Cres Edic), AFP Reserve Command NADA volunteer Jane del Rosario, ADSes Edel Pantua and Jao Codillo from Legazpi and Naga City. Ador Ramo and yours truly comprised this mission.

On March 24, 2018, NADA Philippines was present at the memorial services in New York City for Dr. Michael Smith. He was honored and remembered by all NADA organizations from all over the world.

In April 2018, Bishop Valentin Dimoc hosted a NADA training in Teng-ab, Bontoc. Sixteen trainees, mostly indigenous peoples of the Cordillera, including some former drug dependents, took the NADA training and are now part of the Community-Based Rehabilitation Program (CBRP) in Ifugao, Tabuk, and Bontoc.

In May 4, 5, and 6, 2018, the very first Negros-wide (Dumaguete and Bacolod) gathering of Acudetox Specialists was held in Mabinay Hot Springs, led by the Dumaguete Chapter Head, Mr. Magin Ardena, and Ms. Rochie Cagara.



ADSeS pose for a group picture during the Negros-wide Conference of ADSeS.

In June 30, 2018, a lecture on drug detoxification using the NADA Protocol was given to graduate students, and allied medical practitioners of UERMMMCI. The main objective was to stimulate the thinking of graduate students regarding possible research applications they may work on for their thesis. This was spearheaded by Dr. Gemiliano Aligui, the Vice President for Academic Affairs of UERRMMCI and a member of the NADA Philippines Board of Trustees. For Dr. Anabelle Pabiona-de Guzman – this was our step towards research and we're really trying hard on this!



UERMMMCI students listen to the lecture on drug detoxification.

NADA Writeshop Workshop was held in July 6 to 8, in Tagaytay City. Organizational milestones, assessment of the organization's contribution to Philippine society and NADA's direction

of further growth and development were discussed. Holding of a Trainors' Training nationwide was agreed upon.

On September 6 and 7, an international NADA conference was held in Roskilde, Denmark, entitled, "Simplicity and Diversity." This was attended by almost four hundred Acudetox Specialists from around the world, including Europe, U.S., and Africa. NADA Philippines was invited and through the sponsorship of NADA Denmark, I attended the conference and gave a presentation on the developments of our work in the Philippines.



Janet Pimentel-Paredes delivering a speech at the International NADA Conference in Denmark

This was followed on September 8 and 9, 2018 by the ICMART-Isams 2018 World Congress on Medical Acupuncture, International Scientific Acupuncture and Meridian Symposium in Munich, Germany. Through the sponsorship of NADA Germany, President Dr. Ralph Raben, who led the forum on "Acupuncture Without Borders: How to Improve Health After Disaster," I was able to present our rich experience in disaster work. The title of my presentation was "Acupuncture Training in Disaster Areas Promote Helping People Help Themselves." Other speakers in the forum were Dr. Erna Wenus of U.S.A. ("In Nepal After the Earthquake"); Dr. Takayama of Japan ("Acupuncture and Massage Therapies for Disaster Victims"); and Dr. Elizabeth Freidrichs of Germany Refugees Welcome

(“NADA Acupuncture and Qi Gong with Refugees and Helpers in Germany”).



Speakers at the ICMART-Isams 2018 World Congress.

Later in September 2018, a landslide triggered by Typhoon Mangkhut crushed the living quarters of miners in Ucab, Itogon, Benguet, causing many casualties. Through the leadership of Dr. Vicky Ducat, local ADSes immediately led community rescue operations, including distribution of relief goods, conducting debriefings and treatment with the NADA Protocol.

On December 17 and 18, 2018, community clinics were held at the Itogon Municipal Gym where more than one hundred and fifty patients, disaster survivors, and their families availed of treatments. This was spearheaded by NADA Cordillera and the National Commission on Indigenous Peoples (NCIP) Cordillera through Ms. Patty Fianza, ADS.

Moving Forward

To summarize, NADA Philippines continues to try to be there where we are needed. We continue to pursue our main direction to empower communities and make this very simple technique accessible to the majority of communities in Luzon, Visayas, and Mindanao.

This year, we are forging partnership with *Aralan Paggamutang Pilipino* led by Dr. Sid Sia to promote our indigenous practices. *Katutubong atin, ang medisina na malapit sa masa* will be encouraged, given due recognition, *mamahalin, yayakapin, at aangkinin*.

Teaching simple things that can help our Filipino brothers and sisters, teaching the NADA Protocol that can be learned by our *nanays, tatays*, family members with their existing *paggagamutang Pilipino* at hand. *Marami na pong* health conditions *ang matutugunan*.

At this point, I would like to acknowledge the support from our fraternal NADA organizations abroad, especially in the supply of needles and invitations with sponsorship to international conferences. There are more greetings from other countries I would like to share.

I am happy to announce that we received only recently from NADA U.S.A., a ***Certificate of Recognition as an International Training Center for the NADA Protocol***. We are recognized to accept trainees from other countries who wish to learn the NADA Protocol. We are very happy to train not only Filipinos but citizens of other countries, who have received very good feedback on our training course.



Certificate of Recognition as an International Training Center from NADA U.S.A.

Before I end, I would like us all to have a moment of silence for our colleagues who passed away since our last forum. Let us have a moment of silence to remember Dr. Michael Smith, NADA Founder, and all our Acudetox Specialists in the Philippines who passed away: Marlyn Reyes (2011), Sister Tonette Go, RGS (Cebu City, 2013), Sr. Lourdes Cruz “Sr. Alou”, OSA (2013), Dr. Rene Duque (2015), Lotus Cabrera (2015), Helen Grace Fullantes (2018), Noel Resella (2018) and Maria Liwayway Arambulo, 2019.

Maraming salamat at mabuhay tayong lahat!

Greetings from International NADA Members

*Sara BURSAC
Executive Director, NADA U.S.A.*

Hi! I am so happy that you all are getting together for the 7th National Forum in the Philippines. That is such an amazing accomplishment. I wish that I could be with all of you today. The spirit of NADA in the Philippines is just so vibrant, so dynamic, so active. Truly, all of you, are an inspiration for all of us. The part that's really impressive to me is how you can stay together and so many of you gather in one place when many of you live really far away from each other and make that commitment to come and do that is really, truly extraordinary.

So here are some objects that are near to me and dear to me, and helped me. It's a little bit strange but it's a little wooden figurine of Michael Smith and my favorite part is this (a heart at the bottom). This man was so much heart and so much compassion for people around the world and he came to all forums in the Philippines until he was unable to travel – for the sixth one that happened two years ago. So it sits on my desk and looks at me all day and gives me encouragement and support for this work. This is just another thing from Mike. It's a crystal and it was on his desk in his office at Lincoln Recovery Center for many years. So it sits behind me with these plants that you'll see here. I feel it provides great healing and energy. The last thing I wanted to show you was this beautiful fabric that I got when I was in the Philippines in 2016 for the last forum. Sometimes, when we go to an exhibit and give NADA treatments, I'll bring this and I'll put all our supplies on it and it makes it very colorful and also I just feel I'm carrying our spirit wherever we go.

I hope you have a beautiful forum and I hope you have a wonderful meeting together, that you've learned a lot from each other and that you are ready to do more NADA within your community. If you're doing it with needles or doing it with beads or seeds, it doesn't matter. It's really the energy and love and support that you bring to people that's the most important. So thank you so much for your work and I'm excited to hear how the forum went and what new things you will be doing in the future.

*Kenneth CARTER, MD
Former President of NADA U.S.A.*

Hi NADA Philippines! My name is Kenny Carter. I'm a past president of NADA and I'm talking to you now from Saint Petersburg, Florida. I'm contacting you now, by way of video, to wish you much success on your 7th NADA Filipino forum. I've been practicing NADA since 1982. I'm a psychiatrist and an acupuncturist and I can't imagine being satisfied with neither without the NADA Protocol as the foundation. Thank you very much for what you do. I really wish I could be there as you honor your work and honor my friend and mentor, Mike, and I am determined to be there in 2021. So wishing you highest peace and blessings on this forum. I look forward to seeing you again in 2021.

*Lars and Mette WIINBLAD
NADA Denmark*

Hello Philippines! We wish you a very good conference here in Denmark. I've been very happy to get a very good inspiration from you, from your fantastic knowledge, work, and the NADA Spirit that's incredible in the NADA Philippines. Thank you.

We wish you a very good conference in February. It would be nice to be there but we were happy that we joined your conference years ago and pass on the inspiration from that conference to everyone we meet. We just sent you a greeting from 28 new trainees who just passed the test and are very impressed with your work. Thank you so much all of you.

*Rachel PECKHAM et. al.
NADA Great Britain*

Hello Janet and NADA Philippines! This is Rachel, Jill, and Sarah from NADA Great Britain. We're on the field here – it's about to start. It's a weekly NADA acupuncture session for people at the Greenfield community. We hope you have a really great meeting and we're there with you in spirit. I hope the sun shines bright, enjoy the big moon tonight, and lots of love from NADA Great Britain. See you in the next one!

*Suneel VATSYAYAN
Chairperson, NADA India*

I am happy to learn how you continue to take Dr. Michael O. Smith's mission a step further. He enjoyed each one of your Annual NADA Forums. I see the 7th Annual NADA Forum happening on this Saturday, February 23 as another opportunity to remember and rededicate ourselves to live up to the NADA Spirit. Nada India family joins you all in your NADA moments and spirit. NADA Forums have always been vibrant and bring back NADA energy (Chi) among members under the able leadership of Janet and many more working at community level. I congratulate and wish you all a grand success.

*Aja LUCHTRATH, MD
NADA Germany*

Dear NADA Philippines, in the photo are people from Israel, U.S.A., Turkey, Iran, Germany, Persia with five different religions sitting in my living room together after having treated refugees with the NADA-Protokoll the whole afternoon, enjoying pumpkin soup. That is the most important fact: I get to know the nicest people in the world with the NADA-Protokoll.

*Ajándok EORY
NADA Hungary*

We wish you a great success for your NADA Forum/meeting from our heart.

*Jo Ann LENNEY
Former Lincoln Recovery Staff*

Mainit na pagbati sa inyong lahat mula sa New York. I am sure you will have a wonderful meeting with all your fellow NADA people. I only wish that I could be there to share the day with you. Over the years, I have heard so much about you from Dr. Smith, and his words always stay with me. He was so impressed with your unique qualities and strengths – your emphasis on the fact that all participants should be treated equally, that the needs of everyone should be met with support and compassion. And he knew that we could all learn from your example – which he told us we should accept as a gift. He said, “Let us value this gift, and appreciate what it shows us about our own humanity and our ability to organize people without artificial hierarchies – with natural dignity.” One of the many things I appreciated so much about Dr. Smith was his incredible kindness. I am happy to know that he always received that kindness back from

you all when he visited with you – and he carried it back home with him. Please continue to do what you're doing so well – it is an honor to Dr. Smith and to all of you. Beannacht [Blessings in Irish]!

*Nancy SMALLS
Former Lincoln Recovery Staff*

Greetings to all NADA members. I hope the conference is going well. I'm sorry I can't be there, but hopefully next time I'll be able to make it. Give everybody my love and best wishes.

*Ralph RABEN, MD, DAC
President, NADA Germany*

The board of NADA Germany is glad to support the admirable work of NADA Philippines. You give that effective NADA treatment to thousands of people, when they suffer difficult times. As we do it in hundreds of medical clinics and hospitals and university clinics in Germany. You give it also as a tool for hope. We congratulate your work and wish you a successful NADA Conference 2019.

*Aloui Mohmed MONCEF
NADA Tunisia*

It is with great pleasure that I come to send you my sincere and warm congratulations for your 7th Annual NADA Forum. I am very happy to see all the progress NADA Philippines has grown well since the last years. Despite the potentiality limit there is progress. Courage to all NADA Philippines members, congratulations for your perseverance.

So here I facilitate Ms. Janet P. Paredes, because it's great to see her focused on what she's doing trying as hard as possible and to do the impossible to advance and develop NADA nationally and internationally. She has the will that's for sure! And I find it fabulous that her efforts are rewarded. It is for you and your team the recognition of your actions and the realization of a remarkable course, made of competence, professionalism. I hope you success in your Vision and Mission and Goals and the sustainability of the program.

I would like, by the present, to thank you on behalf of all the team of our NADA Tunisia and to convey this message to the whole team. I propose that we collaborate and help one another and change the experiences to be Tunisia and the Philippines. As we share several problems and challenges. A big thank you and hope to see you again soon. Together for humanity.

Message from PITAHC-DOH

Dr. Anabelle PABIONA-DE GUZMAN¹



First of all, I would like to thank Janet Paredes for this opportunity to be part of your National Forum. I would be able to get to know more about NADA and I am so glad that one of the first organizations that came to my office as a Director-General was NADA Philippines. Thank you very much. I would also like to thank NADA Philippines in your endeavor to help those affected by the Marawi conflict. Thank you for giving your time, effort, dedication, and commitment. Let's give NADA a big hand of applause.

You have a very dynamic leader who not only leads NADA in the Philippines, but also has connections worldwide. I would like to acknowledge special people: Dr. Tan Cho-Chiong, present PAAI President; Dr. Isidro Sia, the former Director-General whose post I succeeded, for being a big support; Dr. Manny Quirino; and Dr. Orly delos Santos for bridging the gap in the Philippines in the area of healing. I was supposed to go home to Iloilo since I am based here but my family is in the province so I go home regularly on weekends but I couldn't say no to Ms. Paredes. I also want to get to know more about your organization. It is a great privilege for me to represent, on behalf of PITAHC, a message on your significant occasion. Who among you here knows about PITAHC? When I speak to various organizations, I am usually disappointed especially when I speak to medical organizations. I make it a point for my advocacy to promote PITAHC.

On this significant occasion, I would like to extend my greetings to the organizer, especially Janet Paredes, the Board of Trustees, officers, distinguished guests, and speakers, and to congratulate the National Acupuncture and Detoxification Association (NADA) for the successful conduct of the Seventh NADA Philippines Annual Forum with the theme "Drawing Inspirations from the Field: Voices of the NADA Spirit."

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

We saw that, indeed, NADA is worldwide. There were a lot of voices from the world uniting us in one voice in serving the communities. NADA is an organization that envisions a society wherein communities can provide accessible treatment that is affordable through ear acupuncture.

The first time I heard about ear acupuncture, I did my own research. It has been widely used around the globe since it was developed by Paul Nogier in 1956—which later on, was developed by the Chinese government and established a model known as the “barefoot doctor” model. The main goal was to teach and empower community workers known as “health promoters” in basic acupuncture protocols and other medical prevention/intervention methods. These health promoters were able to provide simple acupuncture treatments in rural areas and to different communities who have no access to basic health care services. I want to support your organization because when we had our National Health Sector meeting, one of the stakeholders’ questions is how to implement the Universal Health Care Bill with the low number of doctors and nurses in the field. “How will you be able to reach GIDAs and IPs?” I raised my hand and said that PITAHC and supportive organizations will help to reach the different communities with no basic health care so we can promote preventive healthcare. NADA will be helpful in this endeavor.

I also learned during my research that the NADA Protocol was adopted by the World Health Organization and the barefoot doctor acupuncture training programs modeled after China was implemented here in the Philippines and all over the world.

Through the efforts of NADA Philippines, not only did they maintain the standards of training and provide education on auricular acupuncture here in the country, they also support communities as an addiction therapy and has been applied broadly and used within a variety of community health settings. We started a Hospital Congress in order to mainstream TCAM in our hospitals and we will be inviting Janet P. Paredes; the congress will be participated by the different Department of Health (DOH)-retained hospitals and rehabilitation centers all over the Philippines and the directors of the different regional health centers. I want them to know that there is another protocol that will help patients in rehabilitation centers. So not only will we employ hypnotherapy and medical therapy, but also another protocol that will let them live meaningful lives. I would like to congratulate NADA for being recognized as an International Training Center.

Furthermore, I would like to commend NADA for your humanitarian relief efforts following natural disasters, war, postwar, and refugee milieu. A concrete example was your participation in the Marawi siege or tragedy, in which you volunteered in the post-traumatic debriefing procedures. While people were running away, you were there to offer your services. I really congratulate and praise you for people willing to give their lives just to help the community.

Moreover, the persistent efforts of NADA Philippines and other civic organizations who provide acupuncture training and services to the grassroots community, especially those who have no access to basic health services, will have a commendable impact in addressing the needs of the underprivileged. To be able to reach out to the communities, even those who have no access yet to basic health care – we can still promote preventive TCAM.

So I am very confident that through the conduct of this yearly event, there will be an exchange of knowledge, best practices, and experiences on the practice of auricular acupuncture. I also hope that medical and non-medical auricular or Acudetox Specialists will be empowered to improve their practice through further training and research. We will be supporting your endeavor to put up scientific and evidence-based research to further the NADA Protocol.

Auricular acupuncture is a novel approach during drug rehabilitation. I hope that the drug rehab centers in the Philippines will employ the NADA Protocol and the drug dependents will profit from this non-conventional method.

PITAHG salutes NADA in its efforts to serve our countrymen using an alternative modality. We assure you of our support in giving affordable, accessible care to our countrymen. I end with Matthew 25:40 as Jesus said, “As much as you have done this to My brethren, you did for Me.” Let’s work together to broaden our practice so we can use these knowledge and skills to help our countrymen, especially the underprivileged and the poor, to give them optimal health.

Mabuhay ang NADA! Mabuhay tayong lahat!

Inspirational Message

Dr. TAN Cho-Chiong¹



I would like to extend our welcome to all of you and we would also like to extend our gratitude to Dr. Anabelle Pabiona-de Guzman, the Director-General of PITAHC, to be with us. So it's really our honor with our special guests like former Director-General Dr. Isidro Sia; Dr. Nymia Pimentel-Simbulan, the Vice Chancellor of UP Manila; and Dr. Victorina Ducat, the Vice-President of NADA Philippines. We would like to thank you for joining us. Without your presence, this would not be possible.

In the history of NADA, during the time of the Acupuncture and Training Research Center (ATRC), our president Janet Paredes went to the U.S. Upon returning, she actually practiced and promoted the NADA Protocol. We presented this to PITAHC and this NADA Protocol became an official or legitimate modality of PITAHC. In the practice of medicine, we have a lot of specialties and sub-specialties. In acupuncture, we talk about general acupuncture. Now, we have this NADA Protocol, specifically for detoxification and stress.

This is very relevant because our president is a champion in the fight against drugs. In the past, when we talk about health we talk about tuberculosis, gastrointestinal problems, etc. but there was no mention about mental health. Without mental health, there is no complete health. When you talk about mental health, some of the important issues are drug addiction, family troubles, and violence. Stress is also a very important thing – with post-traumatic stress as well. With this problem, the NADA Protocol can play an important role. The significance of NADA is becoming more upscale and we are promoting this not only to give treatment to the communities but also to give back to them at the grassroots level. We congratulate ourselves for doing this and we hope we can do more. Let us all work together not only for the grassroots communities but also as part of our mission.

¹ Board Member, NADA Philippines

The NADA Protocol in the Marawi Siege: From a Disaster Survivor to an ADS Helper

*Eulit F. TORRES¹ and
Rohaima REGARO²*



Background

Last August 21-25, 2017, NADA Philippines held a training-clinic in Iligan City, in response to the then-ongoing Marawi Siege which started in May that year. The recipients of the treatment were internally displaced persons (IDPs) from Marawi City and the surrounding areas, with many of them staying in temporary shelters and evacuation centers. Fifteen (15) new Acupuncture Detoxification Specialists (ADSes) were trained, with some of them refugees themselves.

Eulit Torres is the President of the Multi-Stakeholders Initiative for Humanitarian Action against Disasters (MIHANDS) and the Executive Director of Tri-People's Organization Against Disasters (TRIPOD) Foundation. She underwent the NADA Protocol Training and became a certified ADS in November 2015. She assisted in the August 2017 training in Iligan City.

Rohaima Regaro is a college graduate of Mindanao State University (MSU) of AB-Islamic Studies and works at Unypad Ranao, a local NGO. She is one of the fifteen ADSes trained in Iligan City.

Brief Situationer

Before the Marawi siege, the city was a melting pot of southern Philippines. Marawi City had a population of 201,785 (Census 2015) and was one of the first urban areas of ARMM, aside from Basilan and Cotabato. It is the only Islamic city in the Philippines and the capital of Lanao del Sur, which is among the poorest provinces in the Philippines with 60% of population being poor.

The Marawi crisis started on May 23, 2017 around 2:00 pm. Terrorist Maute group attacked the city, burning churches and schools and taking over hospitals and prisons. At 10:00 pm, Martial Law was declared all over Mindanao. As of June 6, 2017, the city is still in ruins,

¹ ADS Batch 25 November 2015; President, Multi-Stakeholders Initiative for Humanitarian Action against Disasters (MIHANDS)

² ADS Batch 33 August 2017; Worker, Unypad Ranao

like what we see in Syria. The most affected communities are 25 barangays, which have not been penetrated or accessible by people who used to live there. We call this Ground Zero.

Impact

A total of 104,220 families or 466,040 individuals were displaced. Unfortunately, not all of them were documented by the government because of the tedious process of profiling. Many of those affected came from Marawi City but those who evacuated went to different areas such as Iligan City, Lanao del Norte, and farther north to Cagayan de Oro and Cotabato City. Those that were not captured were those who went to CARAGA, Bukidnon, and Metro Manila.

Based on government data on Internally Displaced Persons (IDPs), the government was not able to reach all affected individuals and families. The number of families with DSWD Assisted Family Access Card (DAFAC) is only 78,466 out of 104,220 families, which is equivalent to 359,466 out of 466,040 individuals. Also, only 4,950 out of 104,220 families are inside evacuation centers; the majority or 99,270 out of 104,220 families are home-based.

Based on DSWD data, 78,446 families from 96 barangays were displaced and relocated to different regions. Almost half a million individuals were displaced and populations around the periphery of Marawi were greatly affected but were not given assistance.

Current Situation

Twenty five barangays are still inaccessible by residents and these constitute an area called Ground Zero. The barangays in the north eastern section are cleared by the military and can be gradually accessed by residents. The southern portion has been declared government property via the “Task Force *Bangon Marawi*” and residents cannot live there. It is reported that they can only go there during daytime by batches (25 families per batch) and cannot stay at night. Also, the military says that it is not safe because there are unexploded improvised explosive devices (IEDs), but it has been almost two years. The rumor is that these barangays will be developed for eco-tourism because of the lake, while half will be for military reservations. There is also talk that Chinese construction groups are entering the place and funding and support for development will come from China. During the open forum, a participant asked why Ground Zero cannot be given to the residents and there is no definite answer because the government has plans for the area but is not disclosing it to the public.

The *Kambisita* program divides the 25 most affected areas into nine sectors. The government has given housing for 4,000 families. Currently, only 1,200 families were given transitory 22 square meter housing while the others are still living in tents.

MIHANDs Interventions

The Multi-Stakeholders Initiatives for Humanitarian Actions against Disasters (MIHANDs) is composed of 52 grassroots member organizations, with around 1,500 active individual members. It was established in 2013 during Typhoon Haiyan (Yolanda). For the Marawi Siege, MIHANDs conducted various humanitarian responses and was based in Iligan City, with command centers in Cotabato and Lanao del Norte.

Following the Marawi crisis, interventions include the provision of cooked organic meals for displaced communities; provision of hygiene kits and non-food items; conducting psycho-social support for adults and children; holding medical missions in partnership with INAM (herbal medicine production such as lagundi and turmeric and massage) and NADA (acudetox treatment); conducting the five-day training on ear detox or NADA Protocol for 15 trained ADSes; and directing a follow-up mission with Marawi IDPs.

The NADA Protocol has become part of MIHANDs humanitarian action. It has become part of MIHANDs programs in Yolanda (November 2013), Datu Saudi Maguindanao Development (July 2015), Marawi Siege (September and October 2017), Mt. Feris displacement of Tedurays-Lambiang tribes (December 2017), and Typhoon Vinta medical missions (January and July 2018). There is also the formation and operation of different teams in every cluster: Iligan City/Lanao del Sur, Lanao del Norte, Pagadian, Cotabato, and Maguindanao. The organization plans to further expand in Agusan/CARAGA, Sultan Kudarat, and North Cotabato. As of the moment, MIHANDs has opened health centers in Maranding, Lanao del Norte and Cotabato City, with 21 active ADSes serving in different areas.

Learnings and Insights

The presenters shared that it is the first introduction of the community to the NADA Protocol. As ADSes, they have many considerations such as peace and security and access to IDPs because of restricted movement due to military presence. Torres shared that they experienced harassment because of red tagging and “Maute” labeling. They plan to launch a study on the differences of experiences in armed conflict in Maguindanao, IP communities in Duray, and

conflict in Zamboanga. It is not a comfort zone and cultural sensitivity is a big consideration.

Rohaima Regaro's Story: From a Disaster Survivor to an ADS Helper

"I want to share my experience in the Marawi Siege. Before it happened in 2017, it was month of Ramadan. I had nightmares in 2016 and I was dreaming of cars, bombs, soldiers, and burning houses. I shared them to my teacher and she said it is unlikely to happen. During that day, we were in Ground Zero because that is the month of graduation. We attended graduation and when we came home, there was no public transportation back to Mindanao State University because of gunfire.

Because of the Marawi Siege, it was the bridge for training in NADA. I had no idea about acupuncture and our teacher texted us who is interested in training. I wanted to give up during training because my mother was hospitalized because of the stress. I did not give up and because of that training, I realized that you cannot help in giving foods or money to fellow Maranaos because you also have nothing. But by ear acupuncture, I can help them. When I was trained and went to the Iligan evacuation center, I treated MSU staff and faculty. I am thankful because it's the first time, after the treatment, they thanked me because they feel relieved. Other teachers want us to go to MSU for follow-up.

After training with Ma'am Janet, there was a patient who cried during the treatment because all of his ten male children went to live with different relatives and he and his wife could not see them.

Keep on spreading the spirit of NADA."

Presentation



Left to right: Marawi City in ruins as of June 6, 2017 and the IDPs in an evacuation center.



Top to bottom: The ADSes during the NADA Protocol Training in Iligan City and their subsequent missions.



Batch 37 of NADA Philippines ADSes in Iligan City.

Helping the Community During and After the Ucab, Itogon Landslide

Father Manuel FLORES, Jr.¹



Background

The Acupuncture Detoxification Specialists (ADSes) in the Cordillera have been actively conducting ear acupuncture treatments for drug surrenderees and disaster survivors, with these activities being made possible through partnerships with the local government units, peoples' organizations, and the support of the Diocese of Baguio.

Fr. Manuel Flores, Jr. is the Social Action Ministry Coordinator of Diocese of Baguio and the Director of CARITAS Baguio.

Summary

For the Social Action Ministry (SAM) of the Diocese of Baguio City, the years 2017 and 2018 were marked by a lot of health missions, launchings, guestings on radio programs, trainings, and seminar workshops. The Social Action Ministry disseminates and spreads information through guestings on a radio program on DZWT 540 called "Shepherd's Voice," which is a program of the Bishop.

In 2017, Project New Hope was leveled up to the diocesan level or Baguio/Benguet area. CARITAS Baguio is the office and helps spread the NADA protocol to different networks of the church. Since its launching, the project has conducted different activities and health missions. It is under the *Alay Kapwa* program to help people in distress, under stress, and those with a lot of concerns. In addition, the Community-Based Rehabilitation Program includes acudetox and the NADA Protocol. The diocese is currently presenting it to government or other institutions that would like to undergo a community rehabilitation program.

There are also trainings with the appreciation of the NADA Protocol, which are well-attended by staff and other parishes. "Through the structure of the diocese of the church, we are slowly

¹ *Social Action Ministry Coordinator, Diocese of Baguio and Director of CARITAS Baguio*

spreading the NADA protocol appreciation,” Father Flores shared. The staff has also undergone training in counseling in order to help them prepare and deal with experiences of patients. Father Flores said, “The NADA Protocol has relieved people of extra baggages in life, not only physical healing but also mental healing.”

In the year 2018, Typhoon Ompong triggered a landslide in Itogon, Benguet with two months’ worth of continuous rain. This led to a lot of deaths in this area and a lot of stress on how to recuperate through rehabilitation. The diocese was somehow prepared with NADA and became their way of addressing the stress and trauma management of the victims and responders. In the Bua Elementary School evacuation center, SAM coordinated with NCIP and the LGU to help people appreciate NADA. Different volunteers and acupuncturists also extended their services in a health mission for the responders, military, police, and government personnel (DILG, DOH, LGU) who helped in the retrieval. A total of 288 beneficiaries were reached through Project New Hope’s psychosocial support intervention.

Presentation



Volunteers in action during the health mission for responders.

Acudetox in Albay: Outreach Mission of NADA Philippines in Bicol

Serlyn W. BASALO¹



Background

Last January 2018, Mount Mayon became reactive and during the last week of January, volunteers were texted and advised to prepare. Around 75,700 residents from 39 barangays in seven municipalities in Albay were affected. From March 1 to 6, 2018, a contingent of 13 ADS and volunteers from various points of the country trooped to Legaspi with two from Mindanao and some from Baguio. The outreach was assisted with the support from the following: acudetox advocates from Bicol region; two local Acupuncture Detoxification Specialists (ADSes) from Naga and Legaspi; UNTV Bicol; Dr. Ruben Caragay, Dean of the College of Medicine of the Bicol University; Msgr. Ramon Tronqued, the Parish Priest of the Tabaco Catholic Church; and donations from ADSes, friends, and relatives.

Serlyn Basalo was one of the ADSes who volunteered in the Bicol Outreach Mission. She traveled all the way from the Sarangani Province to volunteer her services. She was certified as an ADS on November 2015 and has been actively joining in missions since.

Support and Conduct

In the community outreach, there was networking and linking with organizations in Bicol for possible NADA training sessions in the future to serve as exposure for ADSes who joined the first time in community outreach. It also became a venue to build camaraderie and solidarity among ADSes coming from different regions of the country. Most importantly, they were able to show the effect of the NADA protocol on evacuees.

In terms of results, the outreach was able to treat 621 patients (401 acudetox treatments, 220 magnetic beads) from two evacuation centers in Daraga and Bical. Five point ear needling was primarily administered to patients, composed of 256 women and 145 men.

¹ ADS Batch 25 November 2015

There are lesser male patients because the men are often guarding their property and livestock. Magnetic beads were applied mostly to children and women afraid of needles. Most of the patients are farmers, while a significant number are teachers, LGU officials, and other professionals. A lot of them were curious as to how to avail of training. Coughs and colds were the common medical complaint.

Feedback on the NADA Protocol

Based on the experience of the ADSes, ear acupuncture is an entirely new thing for most people in the evacuation center and most of them were hesitant because of the recent dengvaxia scare or *tigbaksya* (*tigbak* means death) during the first day of the outreach. Mothers did not want to try or let their children try because of their fear. Most patients were initially wary and anxious, but once treated most patients were relaxed and some fell asleep. A young ADHD patient stayed calm during the duration of the treatment and a significant number of patients returned for the second day for follow-up treatment.

Showing the NADA Spirit

Basalo shared that community service is a calling from God. Based on feedback, many expressed their appreciation to NADA for the opportunity to serve and to join community outreach projects. In the Mayon Volcano outreach, there were three ADSes from Paco, Manila who were senior citizens. Some of the patients were concerned with their capability because of their age, but they just said, "It's the NADA spirit at work." According to ADS Jane del Rosario, "It feels good serving others whom you do not know" during the community outreach, while ADS Fe Morales feels that "ordinary persons can do extraordinary things."

A key takeaway is that the Bicol community outreach may mean many different things to the participants, but community outreach projects such as this strengthen the camaraderie and the NADA Spirit in them.

Presentation



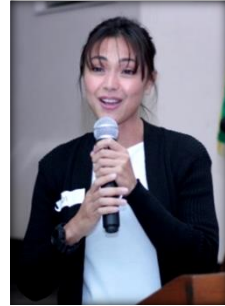
The brave children (mga batang oragon) of Bicol who were very curious about ear acupuncture.



The volunteer ADSes from all over the Philippines on a break from giving treatments.

A Home with NADA: Sharing a Mother's Heart through the NADA Protocol

Jodi Chrissie STA. MARIA¹



Background

Jodi Sta. Maria's journey began when she experienced the NADA Protocol during a counseling session with Gisa Paredes. She recalled, "After the first set of needles, I felt a deep sense of calm and sleepiness and that was a good feeling. I liked how it made me feel and I realized I wanted to share this to my family, friends, and loved ones and anybody who wants to experience a deep calm in their system." After doing her research, she learned that ear acupuncture was developed to treat addiction and discovered that it had a lot of benefits to behavioral health. She underwent training in Dumaguete last October 2018.

Healing Family and Communities

Based on her experience, the most special thing to her during the training is getting to know service users on a personal level. "You learn about their story and they will ask questions. There is instant rapport," she reflected. She mentioned Dr. Wale, the oldest ADS alive, who served as her inspiration in serving the community.

Her biggest takeaway in the training in Dumaguete is that when you heal an individual, you can heal an entire community. It inspired Sta. Maria to share the NADA Protocol to a lot of people in the name of love. She said, "My main reason for doing acudetox is for love." Based on her experience in treating her family, extended family, and household members with acudetox, she noticed that their relationship at home became better because they feel they are calmer, feel more valued, and become more open as a result of the treatment. On a personal level, she became more understanding of other people.

She narrated the wondrous effects of acudetox, even on children. After treating her son's teammates in the varsity basketball team while they were reviewing for exams, one boy reported that "it was magical" because he didn't become nervous during the exam and was able to remember all the things that the tutor taught them.

¹ ADSB Batch 37 October 2018

Last Christmas, Sta. Maria sponsored a party for the Kythe foundation at the National Children's Hospital and performed ear acudetox for parents, primary caregivers, and the staff of the hospital with other volunteer ADSes.

Lastly, she shared that she has held two sessions of acudetox parties for her colleagues in show business, which combined acudetox with foot massage, shoulder rubs, and healthy food to enhance the whole experience.

The Protocol of Love

"The NADA Protocol is a language of love. Something we want to give a person because you know it will bring something positive to their lives," she reflected. For Sta. Maria, she wants to help and serve other people out of love because "when you love a person you become generous and generosity is not limited to money alone – it is time, service, and effort. This is one of the ways that I know that I can show fellow people or family that I love them. To do things with love is to have a heart of compassion to feel and act lovingly, to freely give what we have freely received."

"Let's all remember that we do it one person at a time. What we do for one, we cannot do for all. *Kung kaya natin gawin para sa iba, bakit di natin simulan sa bahay?*" She added that the NADA Protocol does not require a complicated or extensive prerequisite, a medical profession, or a background in psychology. She believes that compassion and love are the driving force behind each ADS: "*Ang tanging kailangan natin dito* is that we have a heart of compassion. This is our motivation and the rest is secondary. At the heart of every ADS and volunteer is love. We cannot do anything apart from love or else it will tire you or we will feel it's just an obligation. If you do things with love and joy you will realize that as you satisfy the needs of others, you satisfy ourselves and we continue to be filled. Let all that you do be done with love. To do things with love is to do and act lovingly and the beauty of love is how it changes lives."

Presentation



WHEN YOU HEAL AN INDIVIDUAL, YOU HEAL A COMMUNITY
Under NADA Philippines, I got certified as an Acupuncture Detoxification Specialist. Did this treatment for the community health clinic in Loooc where I got to also know the service users on a more personal level

Jodi Sta. Maria relates her experience in the community clinic in Loooc.

TO DO THINGS WITH LOVE IS...
Your Motivation



To have a heart of compassion to feel and act lovingly



To freely give what we have freely received



Being generous of your time, efforts and service

The motivation behind giving ear acupuncture treatment – love.

INAM Philippines: Mga Tahakin Tungo sa Paggagamutang Pilipino

Dr. Isidro C. SIA¹



Background

Dr. Isidro Sia is the current Executive Director of the Integrative Medicine for Alternative Healthcare Systems Philippines, Inc. (INAM) Philippines. He is the former Director-General of the Philippine Institute of Traditional and Alternative Health Care under the Department of Health (PITAHC-DOH).

For Dr. Sia, health is a basic and fundamental right that should be provided by the state. Because the government cannot provide this basic right alone, non-governmental organizations (NGOs) were established to work on and provide healthcare to the people.

History of INAM

The Acupuncture Training and Research Center (ATRC) was established in 1984. It began as a foundation for the “formation of a responsive Philippine health care delivery system where acupuncture’s place shall be assured. This in turn would mean continued benefits to the majority of the population of a health modality which is affordable, accessible, acceptable, and of good quality.” From its roots in Traditional Chinese Medicine and the rise of integrative medicine, the ATRC became the Integrative Medicine for Alternative Healthcare Systems Philippines, Inc. (INAM) Philippines in 2004. Since then, INAM has partnered with different communities in Luzon, Visayas and Mindanao.

Healthcare is a primary interest of different stakeholders and Dr. Sia firmly believes that “*ang gawaing pangkalusugan ay gawaing panglahat*” and this manifests in the TAMA Law of 1997. He hopes that PhilHealth will also recognize their efforts and work in integrative medicine.

INAM Activities and Services

¹ Executive Director of the Integrative Medicine for Alternative Healthcare Systems Philippines, Inc. (INAM) Philippines

INAM offers community-managed health programs, external apprenticeship program, integrated health services, community clinics, community-based recovery program, advocacy, and networking. Like NADA, it operates and works at the community level. One opportunity to expand their work in TCM, integrative medicine, and overall health is pursuing “*gamutang Pilipino, ginhawa ng tao*”.

According to the logo, the *gamutang Pilipino* (Filipino medicine) embraces both indigenous and foreign systems of healing that are safe, effective/beneficial, affordable, and acceptable to the people. Dr. Sia argued that health can be achieved if there is a healthy environment and fair political, economical, and societal institutions. Additionally, health also entails good connections to other people, the environment, and God through the body, mind, and spirit. He reminded everyone that a good healer has a good heart, humble, compassionate, studious, and makes healing a service.

He emphasized INAM’s mission to serve the people and its communities in realizing the right of everyone to have access to healthcare. He enjoined everyone to move forward with a *gamutang Pilipino* system for all, wherein “*kalusugan para sa lahat, katuwang ang lahat*.”

Presentation

- ☞ Katutubo at dayong panggagamot na mabisa, ligtas, abotkaya, at tanggap
- ☞ Malusog na kapaligiran at mga makatarungang istrukturang pampulitika, pang-ekonomiya, at panlipunan
- ☞ Mabuting ugnayan sa ibang tao, kalikasan, at Maykapal
- ☞ Katawan, isip, at diwa para sa buong kalusugan
- ☞ Ang mabuting manggagamot ay may magandang loob
- ☞ Kalusugan para sa lahat, katuwang ang lahat

Gamutang Pilipino Ginhawa ng Tao

INAM Philippines promotes the propagation of Filipino medicine in communities.



The programs and activities conducted by INAM Philippines.

Paggagamutang Pilipino: Pagtuklas, Pagdokumento, at Paglilinang

Daniel S. TORRES²



Background

Daniel Torres is an independent researcher who finished a BS Fisheries – Major in Marine Fisheries course, specializing in marine megafauna (dugongs, dolphins, whales, sea turtles, whale sharks). As a student of the *Aralan ng Paggagamutang Pilipino* (School of Filipino Medicine), he assists in mapping of traditional medicine information. He is now conducting studies in the Traditional Medical Knowledge of the Zamboanga-Basilan-Sulu-Tawi Tawi (ZamBaSulTa) as a Project University Research Assistant of the UP Open University.

The Philippines is geologically, biologically, and culturally rich and is known as the “*lupain ng ginto at bulaklak* (land of the gold and flowers)”. In the present, the Philippines has a total of 7,641 islands, 30 million hectares of soil, 36,289 kilometers of sea and ocean, and over 1,139 kinds of animals, 555 of which are endemic.

Knowledge of Medicine in Language

In a span of 44,000 years, a total of 170+ ethnic groups were documented in the Philippines. Each group has their own system of healing. Unfortunately, climate change, environmental degradation and destruction, and loss of natural habitat and endemic species are threats to indigenous medicinal knowledge systems, which are rooted in the language and environment.

Team LEXICON is the research group behind the study and includes the following members: Dr. Isidro Sia, Assistant Professor Marie Sol-Hidalgo, Josefa Innocencia Ancheta, Erlene Purugnao, and Daniel Torres. Using Google Earth, they mapped different word families, healer specializations, and source. The results show that the top three terms for *manggagamot* or healer are *hilot*, *tambal*, and *albularyo* (general practitioners) while the top specializations are *tawas* and *bulong*. The study shows that these words come from a combination of languages: Austroneisan, Arabic, Spanish, and English.

² Co-Convenor of the *Aralan ng Paggagamutang Pilipino*

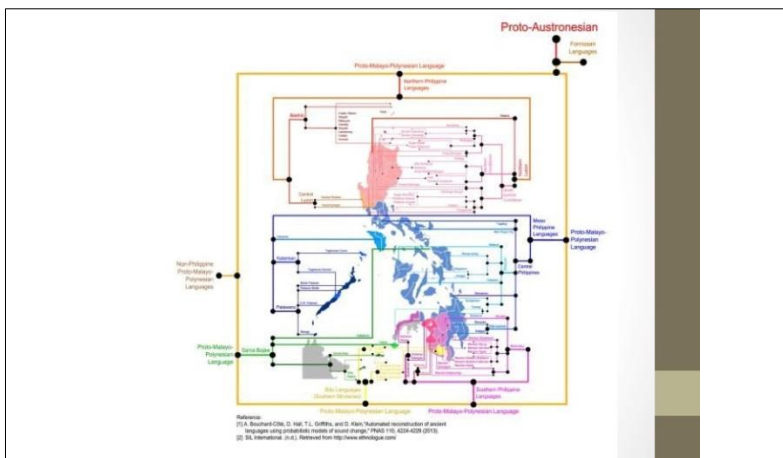
The study was presented in “*Mga Katawagan sa Tradisyonal na Manggagamot ng Pilipinas*” last November 2015 during the celebration of the 7th TAHC Month.

Aralan ng Paggagamutang Pilipino

Some of the activities are planting medicinal herbs/plants last April 22, 2017 in Miriam College; celebrating the *Pista ng Paggagamutang Pilipino* last November 20 to 21, 2018 at the Davao People’s Park, where 19 healers from different institutions treated a total of 282 visitors; and the gathering of traditional healers of Central Luzon in Porac, Pampanga last December 21, 2018. In the last event, the food served was made out of endemic ingredients that come from the Aeta’s own system of healing and medicine.

Torres invited everyone to help in discovering, documenting, and cultivating the rich knowledge of *paggagamutang Pilipino* and to attend the 2019 *Pista ng Paggagamutang Pilipino* at Mt. Palali, Bayumbong, Nueva Viscaya on August 31 to September 1, 2019.

Presentation



A map of different indigenous or ethnic groups in the Philippines.

Research on the Effects of Ear Seed Acupressure Using the 5-Point NADA Protocol on Depression Levels of the Elderly in Metro-Dumaguete

Mary Nathalie M. CATA-AL¹



Background

Mary Nathalie Cata-al is a faculty member of Silliman University – College of Nursing. She underwent the NADA Protocol training and became a certified Acupuncture Detoxification Specialist (ADS) on October 2016.

Summary

The research looked at correlates of depression and the effects of ear seed acupressure using the five-point NADA Protocol. It is a descriptive, correlational, and quasi-experimental study and looks at correlations of socio-demographic, health economic profiles, and depression levels of elderly persons in Metro-Dumaguete. A random sample was taken from five municipalities including one city. Out of the 197 subjects in correlational study, 74 participated in the intervention study. They were mostly aged 65-70 years (40%), female (70%), married (48%), Roman Catholic (91%), affiliated with local Senior Citizens' Organization (55%), and living with family members (82%).

Depression levels were noted as mild depression using the Burns Depression Inventory (48%). The BDI is a checklist which comprises questions to determine characteristics of depression. The tool's 15 items are congruent to the American Psychological Association's definition of depression. The 74 subjects were introduced to ten days of intervention. For the first two sessions, the seeds were retained for three days each. On the last session, the ear seeds were retained for four days. Other ADSes in Dumaguete assisted in the treatment over a period of five months.

Most of the respondents were mildly depressed at the start of the study, and after the intervention, the number of respondents with severe depression went down to zero. The study used seeds because the respondents were hesitant with the needle. During the evaluation after the treatment, the respondents shared that their back pain was

¹ ADS Batch 28 October 2016

relieved, they can now carry their goods down the mountains, and some were able to sleep straight at night. There was also one who said her hearing improved.

Presentation



Dumaguete ADSes administer ear acupuncture to elderly respondents.

DIFFERENCES IN DEPRESSION LEVELS OF ELDERLY IN METRO DUMAGUETE BEFORE AND AFTER THE NADA ACUPRESSURE INTERVENTION				
Levels of Depression	Before Intervention		After Intervention	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Minimal/no Depression	3	4	54	73
Borderline Depression	28	38	15	20
Mild Depression	36	49	5	7
Moderate Depression	7	9	0	0
Severe Depression	0	0	0	0
TOTAL	74	100	74	100

Data on the differences in depression levels of the elderly respondents before and after NADA treatment.

NADA in Dumaguete: Building a Chapter

Magin L. ARDEÑA, Jr.¹



Background

Magin Ardeña is the President of the NADA Philippines – Dumaguete Chapter. He helped organize the three NADA Protocol trainings in Dumaguete City. He became a certified Acupuncture Detoxification Specialist (ADS) in the first Dumaguete training on September 2015. He is currently with Our Mother of Perpetual Help – Redemptorist Parish.

Summary

There was no chapter yet after the training in the NADA Protocol in 2015. January 23, 2016 was the first meeting, initially establishing the chapter with eleven members and Ardeña as the coordinator. The chapter agreed to initially have monthly meetings and then changed it to quarterly meetings every three months. To augment for operational costs and to have a source of funds, the chapter required members to pay a lifetime membership fee of one hundred pesos and annual dues of a hundred pesos. Currently, the chapter gets income from the needles they source from Manila and sell in Dumaguete and from their share of the training fees. Now, the chapter has a total of 25 active members.

The chapter has linkages and networks with universities like the Silliman Extension Program, Silliman University College of Nursing, Silliman University Cooperative Store, Silliman University Community Cooperative Inc. or SUCCI, Redemptorist Parish (Dumaguete), St. Augustine Parish (Bacong), Negros Oriental Community Primary Hospitals, Christian Advocates for Justice and Development in Negros, Inc. or CAJDEN (Bacolod City, Negros Occidental), Dumaguete City Health Office, Dumaguete City Jail, Perpetual Help Community Cooperative, private institutions, and individuals.

¹ ADS Batch 24 September 2015

Chapter Activities

The following table summarizes the different activities of the Dumaguete Chapter since its establishment:

Table 1. Summary of Activities, Dumaguete Chapter

2015	2016	2017	2018
<ul style="list-style-type: none"> - October 19-23: <i>Buglasan festival</i> - September 26: <i>Batch 25 Training</i> 	<ul style="list-style-type: none"> - January: <i>Redemptorist parish-wide ear detox caravan (seven barangays)</i> - May 18-20: <i>Community clinic for fire victims in Looc, Dumaguete</i> - August 26: <i>Wellness Camp in Bacolod City</i> - September 3: <i>Silliman Heights Outreach</i> - October 26: <i>Batch 28 Training</i> - November 13: <i>Redemptorist Parish medical mission</i> - November 26: <i>Batch 29 Training</i> - November 24-26: <i>Medical mission in Murcia, Negros Occidental</i> - December 15-17: <i>Medical</i> 	<ul style="list-style-type: none"> - March 3-5: <i>Medical mission in Barangay Banago, Bacolod City</i> - May 4-6: <i>First Negros-wide Conference of ADSes</i> - October 18-20: <i>Medical mission in Barangay Daro, Dumaguete</i> - December 2018: <i>Christmas fellowship</i> - Nov 11, PHCCI <i>Medical outreach in Dumaguete</i> 	<ul style="list-style-type: none"> - October 15-18: <i>Batch 37 Training</i> - November 9: <i>Medical mission in Amio, Sta. Catalina, Negros Oriental</i> - November 11: <i>PHCCI Medical Outreach in Dumaguete and Santa Catalina</i> - Oct 17-19: <i>Medical mission in Barangay Looc in Dumaguete City with Batch 37</i> - September 2: <i>Medical mission at Silliman Heights</i> - September 25: <i>Medical mission in Dawis, Bayawan City, Negros Oriental</i> - August 25-26: <i>Medical mission in Bacong, Negros</i>

2015	2016	2017	2018
	<i>mission in Barangay Taloc, Bago City, Negros Occidental</i>		<i>Oriental - August: SU Alagad at Silliman University College of Nursing</i>

For 2019, a community clinic was established last January 28 in the primary hospital in Nabilog, Tayasan, Negros Oriental. There are also plans to help the City Health Office this year.

Challenges in Building a Chapter

One challenge is increasing the membership of the chapter because there are 40 ADSes trained in Negros Oriental, but some of them do not have the confidence to treat patients aside from their family. The chapter recognizes the need for continuing education and medical missions. It has organized a free clinic for two days to reacquaint the ADSes and after two days, many were able to build their confidence and buy needles from the chapter regularly. Other challenges for the chapter include enjoining the active participation of medical doctors in the activities of the chapter, strengthening the chapter, and helping the Bacolod group organize themselves.

Presentation



ADSes from Dumaguete Chapter during their medical missions.

NADA – An Adjunctive Treatment to Counseling

Miren SUN¹



Background

Miren Sun is a counselor at the Center for Family Ministries (CEFAM) in Ateneo. She is part of the fifth batch of the NADA Protocol training in August 2011 and became a certified Acupuncture Detoxification Specialist (ADS) upon finishing the course. She is currently finishing her Master's in Psychology.

Procedure in Using the NADA Protocol in Counseling

The NADA Protocol is implemented in CEFAM with the following procedure:

1. Ask who is the counselor and what is the concern;
2. Give the NADA information sheet and explain the points and general information on acupuncture as part of TCM;
3. Present and explain consent form and ask for signature – known benefits on acudetox, possible side effects, etc.;
4. After treatment, ask how they feel. They are told to observe effects, if any, in following days; and
5. Discuss suggested treatment schedule.

In CEFAM, there is a certain schedule for treatment since group sessions are also beneficial. The NADA Protocol has a cumulative effect and counselors advise counselees to inform their doctor that they are also undergoing acupuncture.

Common Cases

The use of the NADA Protocol started in 2014 but documenting cases only started in 2017. Based on data from January 2017 to present, these were the top concerns of counselees:

- Stress/anxiety (39)
- Depression/anxiety (19)

¹ ADS Batch 5 August 2011; Counselor, RMT Center for Family Ministry (CEFAM)

- Depression/lack difficulty sleeping (11)
- Chronic depression (5)

The top concerns are stress and anxiety and depression with its associated symptoms.

Short Narratives

These are vignettes or short stories of Sun's experience in using the NADA Protocol:

1. A female counselee in her thirties, depressed and suicidal who broke off with BF, who was not responsive after 30 minutes of counseling. After fifteen minutes of NADA treatment, her eyes brightened and reported that she "felt the energy right after [I] inserted the needle". She underwent counseling and NADA Protocol for around three months.
2. A male counselee, with anxiety in his thirties observed good effects of calmness and less anxiety for a period of time after the first week of NADA Protocol. On the week, the anxiety lessened even more. After two months, he was able to skip weekly treatments because he felt better and treatment changed to every other week.
3. An successful yet agitated female counselee in her early thirties with a complicated family story. After the NADA Protocol, she felt more at peace and agitation towards biological parents lessened. After each treatment she reported "*kaya ko na*".
4. A high-level male counselee executive battling overwork, anger, and stress and not responsive to Cognitive Behavioral Therapy (CBT). Through NADA Protocol, he became calmer and can accept change in thinking.
5. A couple in their fifties with marital concerns, with the husband having depression and anxiety and the wife being emotional and angry. After the NADA Protocol, both reported better sleep, calmness, and self-awareness.
6. A female teenager with depression for three months because of bullying in school and an absentee father. Because of the NADA Protocol, she did not need psychiatric intervention.
7. A female in her late 50s with panic, anxiety attacks, and emotional outbursts came to CEFAM for family counseling. A total of ten sessions of ear acupuncture were administered before counseling started. Eventually, her psychiatric medicines were tapered down.
8. A single male counselee in his thirties with deep depression, who went through three months in isolation with no activity

and no psychiatric medicines. He is now back to normal and working because of the NADA Protocol and counseling.

9. A schizophrenic male in his thirties underwent the NADA Protocol for a span of three months with psychiatric help to address his anxiety and mental condition.
10. The mother of a female teenager who was depressed and suicidal was advised to observe her daughter 24/7 watch and called in-house psychiatrist for guidance.

NADA Protocol with Counseling

A few important things to remember when using the NADA Protocol with counseling:

1. It is an adjunctive therapy. Clients are told that CEFAM is not an acupuncture center but the treatment is only for our clients.
2. An option to immediate medication. We are not against medication, but if we don't want medicine we have an option.
3. With not much improvement, consider referring to and working with a psychiatrist.
4. Based on experiences, percentage success is around 90-95%.

It provides an option to medication and enriches counseling practices, it is a valuable tool to help counselees calm down and helps the client become more expressive and receptive to counseling, and it helps enrich the therapeutic relationship between counselee and client because it is a holistic approach.

Lastly, Sun reminded everyone that "ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down. When you counsel, you will still be affected but you need to learn how to handle the things that are happening outside."

Updates in the Ethical and Safe Use of the NADA Protocol

John Joseph B. POSADAS¹



Background

John Joseph Posadas is currently a faculty member of the College of Nursing of University of the Philippines – Manila. He attended the first ever NADA Protocol training and became a certified Acupuncture Detoxification Specialist (ADS) on October 2010.

Summary

In previous NADA trainings, there was no detailed or emphasis on the practice of acupuncture in the community. This comes at a relevant time because not all that are using NADA are knowledgeable about medicine. Hence, there should be time in giving importance to ethics in treating patients and in correcting the practices of others.

Ethical Principles

ADSEs are expected to observe the following principles:

- 1) *Autonomy*: The right to make decisions or “self-rule” and the ability to make a choice free from external constraints regarding their health. That is why “Are you ready?” is one of the questions we ask our patients. This can be observed through informed consent (e.g. consent forms in intake forms) or getting consent from children and their parents. If something happens to the patient, we will be held liable.
- 2) *Obtaining consent* from children for treatment: The rules are as follows:
 - a. Under 7 years old: Parents/guardians must give permission and signature.
 - b. 7-12 years old: Parents/guardians must give permission and signature, but the child can refuse treatment.
 - c. 12-15 years old: Parents/guardians and children can both give permission; assent forms or a modified or simple consent form for children can also be used.

¹ ADS and Trainer, NADA Philippines

- d. 15-18 years old: Regular forms with parents/guardians signature.
- 3) *Fidelity*: “Promise-keeping” or meeting patient’s reasonable expectations and faithfulness to one’s commitment to the patient. The problem is that many acupuncturists give false claims and claim to do the impossible. Also, observe privacy and confidentiality in handling sensitive and personal information about patients.
 - 4) *Veracity*: The obligation to tell the truth and not to lie or deceive others. If patients ask if the procedure is painful, they should be informed about it.
 - 5) *Beneficence and non-maleficence*: First, do no harm and then prevent/remove harm to promote good. Acupuncture is an invasive procedure, but the benefits outweigh the physical pain.
 - 6) *Justice or distributive justice*: Equal distribution of social benefits and burdens and giving priority to sectors with special needs (e.g. senior citizens) during treatment.
 - 7) *Compensatory justice*: Patients must be compensated for any harm done due to negligence or medical malpractice.
 - 8) *Procedural justice*: Arises in processes that require order (e.g. first come, first service).
 - 9) *Double-effect*: Morally justify actions that produce harmful and beneficial effects, such as the pain and benefit of the treatment.

In the open forum, one participant mentioned that children with mental disability must still have the consent of the parents or guardians regardless of the age.

Patient’s Basic Rights

Patients are entitled to the following:

- Right to information
- Right to make decisions about one’s own care (autonomy)
- Right to privacy and confidentiality
- Right to quality care

With these in mind, there is a need to ethically practice and to correct practices of others attending the NADA forum.

Related Laws to Acupuncture

Philippine laws related to the practice of acupuncture are as follows:

- *Philippine Medical Act of 1959*: States that only the registered physicians can legally practice medicine in the Philippines.

- *Traditional Alternative Medicine Act (TAMA) of 1997*: PITAHC recognizes alternative modes of healing and NADA as an acupuncture organization.
- *Indigenous Peoples Act of 1997*: Calls for the respect of the culture, practices, and knowledge of IPs especially in health and medicine.
- *Data Privacy Act of 2012*: There is a need to give consent for all institutions to use your information, which is relevant to patients who provide sensitive information and personal data.

Lastly, the ethics pledge as an ADS or acupuncturist is rooted in the ethical principles and basic rights of patients.

Forum Synthesis

Trisha Janine Y. SANIJON¹



Summary of Topics

- *The NADA Protocol in the Marawi Siege: From a Disaster Survivor to an ADS Healer:* The first two presenters shared that the Marawi Siege became a bridge to NADA Philippines. It became part of MIHANDs humanitarian action and became a protocol to help fellow refugees not with money but with heart and service.
- *Helping the Community During and After the Ucab, Itogon Landslide:* The integration of the NADA Protocol in community-based rehabilitation programs through Project New Hope shared how the NADA Protocol was used for stress and trauma management among victims and responders post-Typhoon Ompong.
- *Mayon Volcano Outreach:* We saw the NADA spirit at work, inspiring and giving strength to ADSes during the Mayon Volcano Outreach in Bicol, and proving that “ordinary persons can do extraordinary things.”
- *A Home with NADA: Sharing a Mother’s Heart through the NADA Protocol:* The NADA Protocol as a language of love from a mother and how it makes practitioners generous of their time, efforts, and service.
- *INAM Philippines: Mga Tahakin Tungo sa Paggagamutang Pilipino: Paggagamutang Pilipino* saw how integrative medicine can combine indigenous and Filipinized foreign systems of healing, emphasizing good connections with others, nature, and God and the harmony of the body, mind, and spirit.
- *Paggagamutang Pilipino: Pagtuklas, Pagdodokumento, at Paglilinang:* The geological, biological, and cultural wealth of the Philippines includes over 170 indigenous groups with their own modalities and systems of healing embedded in their language. There is a call to research, document, and nurture/develop these systems further.

¹ ADS and Trainer, NADA Philippines

- *Research on the Effects of Ear Seed Acupressure Using the 5-point NADA Protocol on Depression Levels of the Elderly in Metro-Dumaguete:* This study tackled how mild depression significantly decreased among senior citizens after five months of ear seed acupressure using the NADA Protocol. It also highlighted other benefits like easing of body pains and improved hearing.
- *NADA in Dumaguete: Building a Chapter:* Starting with 11 members in January 2016 and currently with 25 active members, the Dumaguete chapter shared their linkages and networking with various sectors such as universities, parishes, local government units, coops, NGOs, private institutions, and individuals. They face challenges in activating members, strengthening their chapter, and helping Bacolod group to organize themselves.
- *NADA – An Adjunctive Treatment to Counseling:* It was shared that top concerns are stress/anxiety, depression/anxiety, and depression/difficulty of sleep. The NADA Protocol makes counselees more calm, relaxed, expressive, and receptive and gave stress relief with 90-95% success. NADA with counseling is an adjunctive therapy and provides an option to medication.
- *Updates in the Ethical and Safe Use of the NADA Protocol:* Discussed were principles of autonomy, obtaining consent from children, fidelity, veracity, beneficence and non-maleficence, justice, and double-effect. Also tackled were patients rights' such as their right to information, make decisions about one's own care, privacy and confidentiality, and quality care.

This year's annual forum covers a variety of experiences across geographical areas and in the use of the NADA Protocol in their community as part of community rehabilitation programs and traditional, integrative, and alternative health care. These are the different voices of the NADA spirit.

What is asked of ADSes is how they will apply their learnings from the sharing of our fellow ADSes. In achieving the objective to draw inspiration from the field, Sanijon hoped that more ADSes will be able to share their experiences to add more inspiration to continue NADA's work.

Invitation to ADSes and Closing Remarks

MacGerald V. CUETO¹



I will miss all of you because I will be seeing you next two years. I will be giving you my talk again, so right now, to summarize all we have seen. From what we organized in a small conference room in Loyola Heights, we have grown to two chapters and growing in Benguet and Dumaguete. Hopefully, in Mindanao soon. From being one with ourselves and with the community, hopefully we will catch up with the researches.

All of us are here even if we came over from the Philippines just to refresh ourselves with the NADA Spirit. Remember, we are not here because we learned the five points. We would like to rekindle the sense of community we had in the six days we underwent intensive training in NADA. So I would like to tell you *sana* even though *mas maganda* if you have it annually so we have an annual gathering and recharging of spirits – maybe two years is enough so we can miss each other.

I will be giving one synthesis of what I have seen and heard: only two things define the NADA spirit for me personally. First, *agape* and unconditional love which we felt as we are overflowing with unconditional love; and second, benevolence and love for others, including yourself. If you want to know how I define an ADS, we are full of *agape* and benevolence. As I close today's biennial conference, remember to always have big ears to listen to our clients and communities; big hearts to give empathy and compassion; and strong hands to always give and share to those who always needs our help. Big ears, big hearts, and strong hands.

See you in February 2021 for the next NADA Forum.

¹ Board Secretary, NADA Philippines

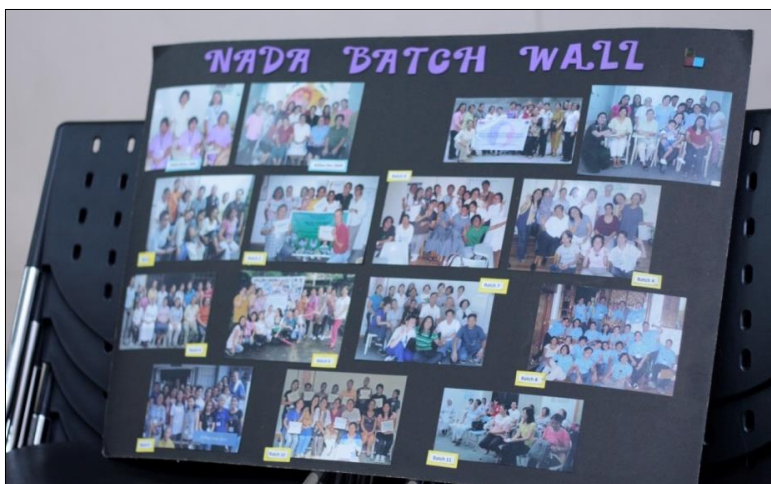
Highlights of the Forum



PITAHC-DOH Director-General Dr. Anabelle Pabiona-De Guzman and NADA Philippines Board President Janet Paredes pose for a picture.



Awarding a certificate of appreciation to NADA Philippines Board Member Dr. Tan Cho-Chiong.



A collection of pictures of the NADA Philippines batches since the organization's inception in 2011.



ADSes from all over the Philippines attended the Forum.



The attendees of the 7th National NADA Forum.



Greetings posted on the wall from international NADA members.

Sponsors



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Annette Almine of AcuQuest Trading Acupuncture Supplies

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Program Details

Seventh National Acupuncture Detoxification Association (NADA) Philippines Annual Forum

Drawing Inspirations from the Field: Voices of the NADA Spirit

Mandell Auditorium of Trinity University of Asia
Quezon City, Philippines
23 February 2019 (Saturday)

I. Registration and ‘Feel the Qi’

**II. National Anthem and Invocation in Philippine
Local Languages**

Rochie Cagara
ADS (Dumaguete)
NADA Philippines

Anecita Anggol Magnan
ADS (Lake Sebu)
NADA Philippines

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

IV. Message from PITAHC-DOH

**Dr. Anabelle Pabiona-
de Guzman**
Director General
PITAHC – DOH

V. Inspirational Message **Dr. Tan Cho-Chiong**
Board Member
NADA Philippines

VI. Plenary Session I

- a. The NADA Protocol in the Marawi Siege: From a Disaster Survivor to an ADS Healer**

**Eulit F. Torres and
Rohaima G. Regaro**
ADSes, NADA Philippines

- b. Helping the Community During and After the Ucab, Itogon Landslide**

Fr. Manuel Flores Jr.
Social Action Ministry
Coordinator, Diocese of
Baguio
Director, CARITAS Baguio

- c. Acudetox in Albay: Outreach Mission of NADA Philippines in Bicol**

Serlyn W. Basalo
ADS, NADA Philippines

- d. A Home with NADA: Sharing a Mother's Heart through the NADA Protocol**

Jodi Chrissie Sta. Maria
ADS, NADA Philippines

VII. Open Forum

LUNCH BREAK

VIII. Plenary Session II

- a. INAM Philippines: Mga Tahakin Tungo sa Paggagamutang Pilipino**

Dr. Isidro C. Sia
Executive Director
INAM Philippines

**b. Paggagamutang Pilipino: Pagtuklas,
Pagdodokumento, at Paglilinanag**

Daniel S. Torres

Co-Convenor, Aralan ng
Paggagamutang Pilipino

**c. Research on the Effects of Ear Seed Acupressure
Using the 5-Point NADA Protocol on Depression
Levels of the Elderly in Metro-Dumaguete**

Mary Nathalie S. Cata-al

ADS, NADA Philippines

d. NADA in Dumaguete: Building a Chapter

Magin L. Ardeña, Jr.

ADS, Philippines

e. NADA – An Adjunctive Treatment to Counseling

Miren Sun

ADS, NADA Philippines
Counselor, RMT Center for
Family Ministry (CEFAM)

**f. Updates in the Ethical and Safe Use of the NADA
Protocol**

John Joseph B. Posadas

ADS and Trainer
NADA Philippines

IX. Open Forum

X. Forum Synthesis

Trisha Janine Y. Sanijon

ADS and Trainer
NADA Philippines

XI. Invitation to ADSes and Closing Remarks

MacGerald V. Cueto

Board Secretary
NADA Philippines

List of Participants

No.	Surname	First Name
1	Abad	Peter James
2	Abuy	Leticia
3	Almeida	Louchel Joyce
4	Almine	Annette
5	Almine	Alexandra
6	Almine	Arnulfo
7	Alutaya	Edgardo
8	Ampey	Amparo
9	Angeles	Maria Remedios
10	Anggol	Anecita
11	Apelado	Raquel
12	Ardeña	Magin
13	Alvarez	Oscar
14	Babasa	Ace Lennon
15	Banaay	Clent
16	Baracena, ACI	Sr. Jesusa Myra
17	Basalo	Serlyn
18	Bautista	Lucrecia
19	Belardo	Nestor
20	Bernardino	Frances
21	Blanca	Gretchel
22	Borja	Filomena
23	Bulatao	Robert
24	Bumocyas	Mayona
25	Bumocyas	Olympia

No.	Surname	First Name
26	Cabra	Jasmin
27	Cabuten	Marites
28	Cagara	Rochie
29	Cartagena	Artedes
30	Casayuran	Jorelyn
31	Casayuran	Lenlen
32	Castillo	Chie
33	Cata-al	Nathalie
34	Cataylo	Kristin Faith
35	Cataylo	Paul Anthony
36	Chiong	Tan Cho
37	Cion	Jeraldine
38	Condino	Ma.Teresita E.
39	Coquia	Sr. Gloria
40	Corro	Joy
41	Corro	Ariel
42	Cueto	MacGerald
43	Dacpano	Victor
44	Dean	Mark
45	De Blas	Vilma
46	Dela Cruz	Jonna
47	De La Cruz	Jonathan
48	De Los Santos	Orly
49	Delos Santos	Ronald
50	Diesto	Theresita

No.	Surname	First Name
51	Ditalo	Rowena
52	Doloeras	Lourdes
53	Doroteo	Sabado
54	Ducat	Iris Gail
55	Ducat	Victorina
56	Dulay	Evelyn
57	Flores	Alma Kristine
58	Flores Jr.	Fr. Manuel
59	Galang	Sigfried
60	Gallego	Melinda
61	Ganaba	Neneng
62	Isidro	Diwata
63	Jacob	Venus
64	Kadchao	Reynaldo
65	Kalinggan	Vanessa Maye
66	Lavina	Leila Milagros
67	Legaspi	Miguel Lopez
68	Legaspi	Jesusa Christina
69	Lim	Aimee
70	Lodias	Wegina
71	Lumabao	Rahma
72	Maala	Maria Isabel
73	Mangray	Hussien
74	Marasigan	Arlene
75	Marasigan	Jennifer Rose

No.	Surname	First Name
76	Mijares	Rica
77	Monilla	Aida
78	Morales	Fe
79	Morgado	Amabelle
80	Muring	Dalmacio
81	Napura	Francelle
82	Nicolas	Odin
83	Nubla	Dorothy
84	Obmerga	Cynthia
85	Oso	Emelinda
86	Pabiona-De Guzman	Annabelle
87	Pangilamen	Edna
88	Paredes	Gloria Isabel
89	Paredes	Janet
90	Parungao	Saviour
91	Pedero	Linda Rose
92	Posadas	Jayjay
93	Pugong	Khenny Franco
94	Pyponco	Chereisle
95	Quiambao	Angelina Emerson
96	Quintana	Dino
97	Quirino	Dr Manny
98	Raval	Ofelia
99	Regaro	Rohaima
100	Rescober	Bea

No.	Surname	First Name
101	Rescober	Victor
102	Resurreccion	Liza
103	Resurreccion	Michael
104	Reyes	Alvin Von Klaus
105	Reyes	Graceila
106	Rillorta	Tita
107	Robles-Olivera	Joanne
108	Ronquillo	Rommel Ryan
109	Roper	Jean
110	Roxas	Daisy
111	Ruiz	Rosalia
112	Salanga	Jerico James
113	Saldana	Sonia
114	Salvador	Hazel
115	Salvilla	Cedric
116	Samson	Milagros
117	Sanijon	Trisha
118	Shakil	Anna
119	Sia	Isidro
120	Silerio	Jean Armil
121	Simbulan	Nymia
122	Sister	Johanna Marie Astrid
123	Sister	Wyona
124	Sta. Maria	Jodie
125	Sun	Miren

No.	Surname	First Name
126	Tabirara	Vincent
127	Tambidi	Maryam
128	Tambong	Geraldine
129	Tang	Carol
130	Tayaban	Patricia
131	Torre JR	Remigio
132	Torres	Yennah
133	Torres	Daniel
134	Traboco	Reynaldo
135	Turtal	Rowena
136	Vasallo	Risaldy
137	Ventic	Lucia
138	Verana	Menandro
139	Villacorta	Joy
140	Villaflor	Maricel
141	Wale	Pacita
142	Wung	Harry Brent

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Fil Borja
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Daisy Roxas
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Acupuncture Supplies

annette_almine@yahoo.com

Acupuncture Doll

Acu Foot Model

Reflex Sleeper

Massager

Acu Ear Model Large & Small

Heating Bag

Acu Stimulator

Acu Hand Model

Wood Pillow

Korean Face Mask

Spa Heating Stone 28 pcs

Ion Napkin

Spa Heating Stone 16 pcs

Korean Soap

ACUPUNCTURE SUPPLIES

DONGBANG NEEDLE (KOREA)
1000 needles/box, 10 needle w/ 1 Guide

Size
20 x 15 (1.5 cm)
20 x 30 (1.5 cm)
25 x 30 (1.5 cm)
25 x 40 (1.5 cm)

SPECIAL NEEDLE

Size
18 x 8- hand/ facial
16 x 15- facial
20 x 15- Silver Coated

HANYI (CHINA)
100 needles/box w/ individual guide tube

Size
25 x 30- 1 cm
20 x 30- 1 cm
25 x 40- 1.5 cm
20x15- .5 cm

HANYI (CHINA)
100 needles/box, individual pack no guide

Size
25x30- 1 cm
25x40- 1 cm

HUANGLI (CHINA)
100 needles/box w/ individual guide

Size
16x33
20x15
20x30
25x25
25x40
30x50
30x60

Ear Seeds

Magnetic Acu (L)

Magnetic Acu (S)

Press Needle

Moxa Roller Set

4 Hole Moxa Holder

Single Moxa Holder

Moxa Roller

TDP Lamp

Cupping Set (30 pcs)

Moxa Roll

Smokless Moxa

Cupping Set (10 pcs)

Silicon Ventosa

Prick Pen

S Needle Tray

L Needle Tray

Kidney Tray

Guests Set

Lancet

Acu Chart

Electric Vacuum Ventosa

AcuQuest Trading Acupuncture Supplies

Facebook page: Acupuncture Supplies

E-mail: annette_almine@yahoo.com

Remembering
Dr. Michael O. Smith
NADA Founder



October 16, 1942 – December 24, 2017