

Discussion with Boy Ortila...

Natural/Alternative Medicine Practitioner... *Event held at Susana Co's residence, May 23, 2005, Center for Traditional and Alternative Medicine, Vicente Sotto Hospital (Southern Islands), Clinic hrs MWFS 8-4 pm. Lecture every Saturday at 9 pm... Documented by Pam Fernandez.*

1. Alternative medicine is not new. It existed before modern medicine and is now being revived. It is the original, natural medicine.
2. There are more than 300 modalities under alternative medicine which are now adopted by modern medicine.
3. Alternative medicine treats the cause rather than the symptom of a disease.
4. Simply done it means taking natural food, exercise, daily dose of healthy sunlight (30min-1 hr of early am and late pm sun). Feet should always be grounded, or in touch with the ground, esp. on the beach; walk barefoot on the ground part of the day. The shoreline also gives added advantage of the sea breeze which is laden with minerals. The mountain breeze is also good but not as rich as that at the seashore.
5. Did you know that Louis Pasteur (to whom we owe pasteurization or heating of food/drink) retracted his thoughts about germs in his deathbed? He said that it is not the bacteria that cause diseases. (Sharing from a listener: a guy was riding a train and very annoyed with spiritual stuff of the very old man who was seated in front of him who was praying the rosary throughout the trip. Upon disembarking he apologized to the old man for his own attitude. The man gave him a name card. To this young man's surprise, written on the card was the name of Louis Pasteur!).
6. Many terms now use the preceding word "anti" (e.g., antibiotic, antidepressant). They all oppose symptoms. Thus diseases always recur...this is good for the business of pharmaceuticals!
7. People may claim that bacteria indeed attack our bodies but one might also want to answer the question why bad bacteria became dominant in our bodies? They thrive well because of our food!
8. Designer foods now abound. They may look and taste good but are devoid of good nutrients and life force. They are chemo-agents.
9. Also in vogue are hormone therapies, again another approach that treat only the symptoms and not the cause. The extreme approach is surgery and it has become very common for minor or highly treatable ailments through naturally means.
10. Luckily physical therapy is now a popular approach in western medicine. It used to be only in the domain of traditional medicine.
11. It is a pitiful fact that there are only 10 recognized medicinal herb/plants in the Philippines by the formal sector (this includes sambong, lagundi, banaba and the 7-7 ones). We actually have a lot more. We only need to know that "our food is our medicine" and the diversity of food in the old days was thousand times more than now.
12. I prefer the oriental type of herbal medicine. That means Chinese, Japanese, Indian (ayurveda) and our very own indigenous medicine. What nature has grown beside us is what is needed by our bodies. Western or non-oriental medicine is not what is best for our system.
13. Three (3) things to remember in the alternative approach:

- 1) The five flavors according to the Chinese/Oriental culture: sweet, pungent/spicy, salty, bitter and sour. Take them daily. Balance is important.
 - 2) Energy of the product (the western type medicine or supplements may contain the essential nutrients but are devoid of life force).
 - 3) Season- take according to the environment. For example eat or drink food not in opposite but the same temperature as the ambient temperature. This is a big contrast to the common practice of, for example, drinking cold water during hot days. If we take in cold food/drinks on hot days we suppress the heat inside our bodies and it cannot escape thus making us imbalanced and sick. The use of aircon is a good example. People easily gets sick by being exposed to it (esp. getting in and out of it on a very hot day).
14. The temperature of the bath water also follows the same principle. It should be the same as the environment. One need not feel too cold or too hot after bathing if we bathe right. Following is the suggested sequence of wetting the body: navel down → lower back down → nape down to the spine → whole body or torso → face → head (LAST). The explanation in the Hindu culture is spirituality (the head being most important and therefore last). But it could also be that the head is the seat of the endocrine and immune system and should not experience shock (*masubhan*: fire and water violently meets). Heat will gradually go lower down the body. (*Pam's concern: why another approach says wet the back last to avoid chills which points to the shocked lungs; this may even result to pneumonia if not to simple colds*)
 15. Note that the same principle is used in fever management: to balance heat put hot compress at the feet area. (*Pam's concern: but how come anthroposopic medicine says use cold so heat will go down the body*)
 16. An important practice upon rising early in the morning is to have lemonsito/kalamansi with salt (as many fruit as you can handle, a pinch of salt in 1.5 liter fresh water). The drink is alkaline which is what is healthier. Sugar or sweetener will make it acidic so should not be used. Take within 5-10 min. Then after an hour take 2 glasses of water, about 10 min before breakfast.
 17. SUCH APPROACH IS CALLED A REVERSE MEAL. Water before a meal decreases the appetite, limits mucous membrane production in the stomach lining and prevents release of hydrochloric acid in the esophagus.
 18. Never take cold beverage. The body temperature is 37.2 C. Cold drink will make the body hang or shut off its function. Here the liver will build fat around the liver to insulate itself.
 19. To avoid *pasa* (napasahan o pasmo) or much delayed meal, before eating drink lukewarm water with salt first.
 20. Allergy is an immune system dysfunction.
 21. B complex vitamins are produced in the colon so lactobacillus drink is good to enhance its production.
 22. There are now 7 hepatitis viruses, up to hepa G already. One needs only to recall the movie Godzilla... (*Pam's concern: need to ask what is the movie about*).
 23. Too much of one of the 5 flavors create an imbalance. It is important to know what food has which property. Too much sweet and the kidneys will suffer. The lungs will follow, then the liver and then the stomach.
 24. Did you know that cancer is a cold disease? Other diseases are warm diseases (e.g. inflammations, allergies). These phenomena parallel the warming of the earth. Dabong or

bamboo shoots has cold energy. Yet not very many eat it anymore. Other cold foods are ampalaya and ... Whereas pungent foods compound heating. Meat is a warm energy food. Same with sweet foods. The Chinese eat dabong (bamboo shoot/sprouts) with meat to neutralize. (*Pam's concern: need to check out which are warm and cold diseases and the appropriate food*).

25. To get the most out of vegetables such as ampalaya and radish, don't squeeze the juice out. We need to recall our local plants or foods for better health management. Sharing: Libgos, a local mushroom that appears only during thunderstorm, can't be cultured.
26. In Alternative medicine we talk about imbalance instead of disease. Food needs to be balanced to prevent or cure disease.
27. It is quite useful to also know your blood type. This is becoming a popular trend now, "to eat according to one's blood type". Type O is adapted to high protein diet, A to vegetarian, B to semi-vegetarian. AB is the most evolved blood type and carries the characteristics of A and B (the book "Eat Right for your Type could prove useful).
28. The way to know the food energies or their "temperature" (i.e., being hot or cold) is to check out books or visit health practitioners. Iridology is useful but in my experience it is not very accurate. The tongue color or appearance is more indicative. Normal or healthy tongue is whitish pink. Purple means heat. Red and pink means there is overheat and while swollen tongue with sores at the sides means that the liver is problematic.
29. Problem with the stomach can be known simply through interview. Then also by the smell of the patient's breath (foul smell). For this take salt, cucumber and bananas.
30. Flatulence is also an indication of digestive dysfunction. One needs to eat live foods. Also take care that you drink live water. Processed water is in the form of distilled, reverse osmosis, chlorinated.
31. Distilled water is not good. In nature water is meant to go through full cycle before consumed. Rain water is distilled water and taking it means disrupting the water cycle.
32. Never use the microwave. So many are now in the country just like plastics and others but this means only that we are getting the waste from the western countries as they move away from these unhealthy materials. Microwave process destroys the healthy nature of food and drinks (it changes or reverses the spin of molecules such that they are no longer recognizable by the body).
33. Tap water is sufficient to use for drinking but one may use native charcoal to filter city water rather than using water filters. This is by far the best. Do not use coconut shell charcoal because it is high in fiber (*not as adsorbent?*) and not too effective for filtration. Use wood charcoal. Cut into a cubic inch size and wash in running water before using. When it is a few days old change to fresh ones while the old one may be recycled by washing and re-drying (or use for other purposes). It will float at the start and will eventually sink to the bottom.
34. Sharing: Charcoal is used to deodorize refrigerator. Sliced calamansi is put beside it, maybe functions as aromatizer.
35. As to the question whether charcoal is harmful due to the fact that charred material from broiled fish or meat is to be avoided, charcoal is not the same as burnt meat. Remember that benzopyrene is produced during grilling. Such compound is very carcinogenic.
36. Charcoal (activated) is very good blood purifier. It is good for dialysis (many of our patients experience reduced frequency of dialysis with its use, from daily to even just once a month in a number of cases). It is also good for those who have excessive gas production, and to drink on an empty stomach. Its site of action is in the duodenum (?) where the blood in the capillaries get in

touch with the charcoal and get cleansed (*this need some verification*). The liver is also more directly cleansed this way. The kidneys benefit greatly with charcoal.

37. There are 4 sources of charcoal: wood, clay, bones, coconut (the best among the four is coconut because it has the highest fiber).
38. Coconut oil the virgin kind is very good to thicken the hair. There is even no need to use shampoo. *The olds use samuyao (scented lime) to go with it.*
39. To make virgin coconut oil (VCO) is very simple. One way is to press the grated mature meat in its own water, put the expressed milk in the refrigerator, scoop out the hardened part (or drain the fluid out) and put in the cold again. Oil will eventually separate.
40. VCO is considered a good aphrodisiac.
41. A concoction that is akin to a beauty product is 1:1:1:1 proportion of coconut oil, lactic acid (or fresh milk), molasses, and egg. Mix together, dip a wad of cotton and apply on face for several minutes.
42. VCO is effective on lipid-coated viruses. It is thus antiviral (anti hepatitis C). It also gives us energy the whole day (much like squalene or omega 3 fatty acids).
43. With VCO one need not use soap for the body; just use luffa or stone as scrub, then use VCO.
44. An alternative to toothpaste that is very good is salt.
45. Vaccination is controversial. There are those who claim it is effective and others who contend that it is unnecessary and even does more harm than good. This approach is not favored by alternative medicine. We must remember that polio decline overtime was but a natural phenomenon and had paralleled only to the increased administration of the vaccine. We were not vaccinated in our time but we were ok. Vaccination does not necessarily prevent the disease but only delays it (to the point that it appears at a later but worse stage). It is even seen as necessary for some bodily constitution as a means to cleanse the body of certain pre-birth or after-birth impurities. We also need to be reminded that what is introduced into very young bodies are weakened germs which can be too much in population or could become stronger and more virulent. There is also an issue of the carrier substance used for the germs. Powerful solvents like mercury can be very damaging esp. to the child's nervous system and is linked to the high incidence of autism among children.
46. The pharmaceutical industries haven't caught up with the rate of mutation of germs, nor are they truly innocent or not party to the sweeping vaccination policies in schools requiring children to have them for admission.
47. For babies who have no mother's milk put coconut oil into the milk (dropper-full). Before filled milk had higher proportion of coconut milk. Now it is about 6%.
48. VCO is available at IPI. A good container is the one with pump to avoid contamination.
49. As to vitamins, there is a difference among different products or sources. The processing is critical. It is important that they still contain the needed life force or energy. Three sources that I recommend highly are **Chinese drug stores, Carica and Moreishi**. The supplement Intra contains 21 herbs which are foreign. Local is still best.
50. Local medicine or products: native garlic, ginger, carrots (closest to us like the ones in Dalaguet rather than Baguio or Cagayan de Oro). Produce must also be organic. Hydroponics is not truly

organic because the plant is not in touch with the soil. Moreover, only some 16 minerals are provided.

51. Brown rice can be obtained from groceries like Rustan's, Metro Ayala, Ananda Marga,...
52. For carrot juice, consume the juice within 5 minutes after preparation. Some say up to 6 hrs. Carrot juice is a good medication against diabetes but the juice increases sugar. Thus juicing with pulp is better. Fiber must be present. Carrot skin or peel should also be included as much as possible.
53. Another principle in health management is to eat the living colors every day, meaning the 7 colors of the rainbow: from red to purple. Find plant foods that match these colors. Thus for better health we look at colors, flavors and energy.
54. For more information refer to the book Chinese Natural Cures by Henry Lu, a thick book in English published in Canada. We should realize that most diseases now are due to nutrient excesses, or to vitamins.
55. All above seem too much for us to do but transforming what we do is never too late. It is ok to do it very late than later.
56. Violet or purple colored food is best to support the immune system. Thus duhat or lumboy is good. It is also good against diabetes. Eggplant (organic) is good immune booster. Purple camote and blue flowers are also good.
57. Tomato should be ripe from the vine, not green at all. Solanin is in the green one and is toxic. Lycopene (a good antioxidant) is most available if cooked.
58. If one is in an imbalanced state the moderation principle still cannot work.
59. Any symptom in the body is an indication of imbalance. Hearing problem is most likely linked to kidney problems; then also the liver. It is an indication of lubrication deficiency.
60. Other notes:
 - 1) Kefir is the best fermented food by far.
 - 2) Coffee enema also cleanses the liver. It is also good medicine for asthma.
 - 3) Mature coconut is the best source, better than buko in terms of nutrition, but to use it would be good to be sure first the kind of ailment one has. Some organ problem may not be able to tolerate coconut milk or oil very well. Buko juice contains a lot of sugar.
 - 4) Although bitter is good too much of it is also not good for the liver. Malunggay seeds (mature) should be avoided (it threatens the liver) but flowers are good.
 - 5) More than 400 IU of vitamin E is toxic to the liver. This vitamin is fat soluble and stored in the liver.
 - 6) Hawaya, a medicinal plant can no longer be found. (sci name?)
 - 7) One need not stick to the 3 times a day diet.