

“Radiating positivity, creating connectivity”

CEBU BUSINESS WEEK

September 28, 2020

Room 310-A, 3rd floor
WDC Bldg. Osmeña Blvd., Cebu City
You may visit Cebu Business Week
Facebook page.

Atlantic HARDWARE



TABOAN - MAIN
66-72 B. Aranas St., Cebu City
(032) 261-4692 to 97

MANDAUE
Subangdaku, Mandaue City, Cebu
(032) 346-2265 to 67

BULACAO
National Highway, Bulacao, Talisay City
(032) 272-1007

www.cebuatlantichardware.com ■ cs1.atlantichardware@gmail.com

SMORGASBORD

ACUPUNCTURE IS NO. 1 ANTI-INFLAMMATORY

By: **ELIAS O. BAQUERO**

MY GOOD friend Alfredo “Jun” Nagac Jr. said that if you are afraid of Covid-19, your immune system will go down and you will probably get sick of other illnesses.

Nagac is a Certified Acupuncture Detoxification Specialist, certified by the National Acupuncture Association, and the Philippine Institute of Traditional and Alternative Health Care (PI-TAHC), a division of the Department of Health (DOH).

Nagac explained that when there is fear in us, our energy will be reserved for the fight or flight mechanism. This means our blood and oxygen supply will prioritize our limbs, legs, and arms because that is our fight or flight mechanism.

Nagac said our growth mechanism which is in our internal organs will have limited supply of blood and oxygen that it will almost be suspended, in which case our immune system will also drop.

So, it is important that we must avoid fear because fear is a greater virus than Covid-19 itself.

He said that with fear, there is a threat against you. With anger, you will become

a threat to another party and your immune system will also have limited or inadequate energy supply to your limbs.

This is a reason why if a person will pray to God and has faith in God, his fear and anger will be stamped out, thereby boosting his immune system because joy is an energy which promotes growth mechanism.

So, having a positive mindset like praying and having faith in the Almighty will promote growth mechanism and energy will be supplied to all parts of the body.

Nagac said that along with other modalities of healing or medicine, acupuncture is number one anti-inflammatory. So, there is a big benefit in acupuncture.

Nagac explained that if a person is positive of Covid-19 but asymptomatic, acupuncture can boost his immune system and he can easily become negative. This is the only solution for now because there is neither medicine nor vaccine for Covid-19.

Until then, what we are hopeful is that the immune system of the body of a patient is functional. That is

the only way to prevent the virus from making a person symptomatic or severely symptomatic due to a weak immune system.

Nagac quoted Dr. Richard Mata, a pediatrician from Panabo City, that Covid-19 becomes deadly when it inflames the lungs which usually happens when the virus is not there anymore. The immune system reacts usually in the second week because the virus will stay in the respiratory from five to seven days. From 10 to 14 days, there will be inflammation in the lungs.

“That is the time acupuncture is important since it is anti-inflammatory, it has specific channels to the

lungs and other parts of the body. In alternative health care, even China is adopting and recommending acupuncture,” Nagac said.

Nagac said acupuncture is also anti-aging. The factors of aging are the liver and intestine. An example is a drug addict who smells like soil. A person who is 70 or 80 years old also smells like soil. The explanation for this, is because both persons have weak liver. So, strengthening the liver and the intestine will delay the aging process.

As we all know, all nutrients will pass through the intestine. If we eat too much meat without eating vegetables which are fiber, it will create ammonia which destroys the intestinal cells resulting to constipation

that also delay detoxification or body cleansing. The harmful impurities will go to your skin.

Nagac said that from the intestine to the liver, everything that comes out from it goes to the skin. And the person will age. Most points of the face are connected to the liver and intestine.

“That’s why as we pierce your face with needles, we also strengthen your internal organs like liver, intestine and kidney among others. That is what we call facial acupuncture,” Nagac said.

