

FINESSE © 2020





LETTER FROM THE EDITOR

FINESSE MAGAZINE
AND ITS PURPOSE

“ ”

Passion can often make the biggest difference of all. It is important that an individual follows their passion. And that passion gave me the courage to produce my very first magazine. I thought of creating an avenue where I can inspire many people in achieving their goals with the help of some outstanding men and women of our country.

Remember that every personality type has its own different strengths and weaknesses. You're only feeling down because the strengths of some other personality types (where you are weak) are what seem to be most valued in your culture. But remember that YOU also have strengths that THEY do NOT have. Where you are weak, they are strong. Where they are weak, you are strong. YOU uniquely have something to offer the world. Remember your strengths and stop beating yourself up over your weaknesses. Everyone has weaknesses. Your weaknesses aren't "worse"; they're just different. Don't forget about the amazing strengths you have.

I know some days you view your multipotentiality as a curse, but it is a true blessing! I've heard people say that they wished they could have just a fraction of the talent you have. Not everyone has those abilities and even fewer have multiple abilities like you do. I know you fear you will become a "jack of all trades and a master of none" and that you won't amount to anything; that you are wasting your time fueling multiple passions and will never be "good enough" at any of them. But I see it as a precious gift.

Yes, those artists may be farther ahead than you, but they also can't make music like you and write like you. Yes, those guitarists may be more skillful than you, but they also can't draw or write or even sing like you. They chose their singular path. It's ok...no, it's GREAT that you chose to not give up on what you love to do. You have a passion for multiple areas and that is beautiful. That is a gorgeous part of who you are. And with time you will master all of the skills you are passionate about

RITA ANGELICA BELMONTE

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PARA SA BAYAN

KEY ARTICLE 1



Josef Vincent Atilon Palonpon,
RMT, MLS(ASCPi)m, CLSSYB

To be honest, I wasn't totally in agreement with the government when they started asking for healthcare workers to volunteer instead of just hiring them. Wala na ba talaga silang budget for the people who are risking their own lives for others? I remember when the Philippines hosted the 2019 SEA Games, P50 million was spent on the cauldron alone. Kung 'yon kayang pagkagastusan ng malaki, why can't the government allot more budget for the appropriate compensation and hazard pay of healthcare professionals whom we badly need in this time of crisis?





I work in a private hospital under a unit which delivers non-urgent medical procedures. Due to the enhanced community quarantine, our operations were temporarily suspended and I was given the opportunity to stay safe in the comforts of my home, away from exposure to potentially infected patients.

Pero bilang isa ding healthcare professional, I can't help but to think how I can be part of the solution to the many problems we are facing now, isa nga roon ay ang kakulangan sa mga medical staff.

Marahil ay sinapihan ako ng espiritu ng #bayanihan kaya heto ako ngayon, volunteering my services for free to a local government facility which mostly caters to #COVID19 patients.





CONTINUATION

We are grateful to those who continue to donate food, PPEs, and handdrubs to us! Malaking tulong po ang mga iyon upang mabawasan ang aming pang-araw-araw na gastusin. Ang makitang gumaling at makalabas ng ospital ang mga pasyente ay sapat nang kabayaran para sa aming serbisyo.

Please continue to pray for the health of all #frontliners. Tulong niyo na sa amin ang pananatili ninyo sa loob ng inyong mga tahanan at ang palagiang paghuhugas ng inyong mga kamay. Tomorrow will be kinder,



PABAN LANG!

PINAY GUERRILLERAS

THE UNSUNG HEROES OF FILIPINA RE-
SISTANCE FIGHTERS DURING THE
PACIFIC WAR




WRITTEN BY:
STACEY ANNE BATERINA SALINAS

KEY ARTICLE 2

OUTSTANDING WOMAN OF THE YEAR 2019

Jinnie Uy
CEO/President
Nutravita International





Jinnie Uy is an entrepreneur at heart. As a mother of five, she strives to provide the best for her children while pursuing excellence in all her endeavors and business ventures ranging from industrial paint to the anti-aging industry.

Jinnie stumbled upon Celergen during her time in her anti-aging and wellness clinic. She found a way to bring it into the Philippines. In 2014, Jinnie along with her partners started the stock center known as Nutravita, representing avita throughout the entire Philippine Islands.

Her passion to introduce Celergen has made positive impacts to numerous individuals by improving their health and financial well-being.

Mental illness is never a joke. It's time to change the norms.

For anyone who is suffering, **you are never alone.**

Be brave, there is always **hope**.

HOPELINE

4 6 7 3

804-4673

0917-558-4673

HOPELINE is a project of the Department of Health (DOH) in collaboration with Natasha Goulbourn Foundation (NGF) that will provide **24/7 help and crisis support for depression and suicide prevention** in the Philippines.



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BEAUTY AND BRAINS

Miss SunSmart, Best in Long Gown and Swimwear



I personally chose mental health awareness as my advocacy for we know that a lot of people suffer from mental illness from time to time. We want to raise awareness to everyone especially my co filipinos that mental health is as important as physical health. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church. Stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative



stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.

Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health. Learning more about mental health allows us to provide helpful support to those affected in our families and communities. I personally want to contribute to my goal in ending the stigma of this illness that we should not be ashamed of. Speaking up and seeking help and receiving it from people who care, is key to a better future.



Speaker:
ELIZABETH BELMONTE

*We should all experience living
in abundance and pain free.*

BATTLE OF THE CELLS

Celergen changing lives

After 40 years of service Betsy retired from the US Air Force and came to the Philippines to do absolutely nothing. After one year of doing nothing she became lazy, lethargic, fat and depressed.

A friend introduced her to Avita where she discovered Celergen. Today, after 19 months of taking Celergen, Betsy shares her transformation.

I have been on celergen for 19 months now. I have lost 40 pounds and feel awesome. I have lots of energy, no more fatty liver, normal BP, cholesterol and blood sugar.

I can walk 5k without any knee joint pain. We should all experience living in abundance and pain free.





GET A WORKOUT WHILE YOU WALK™

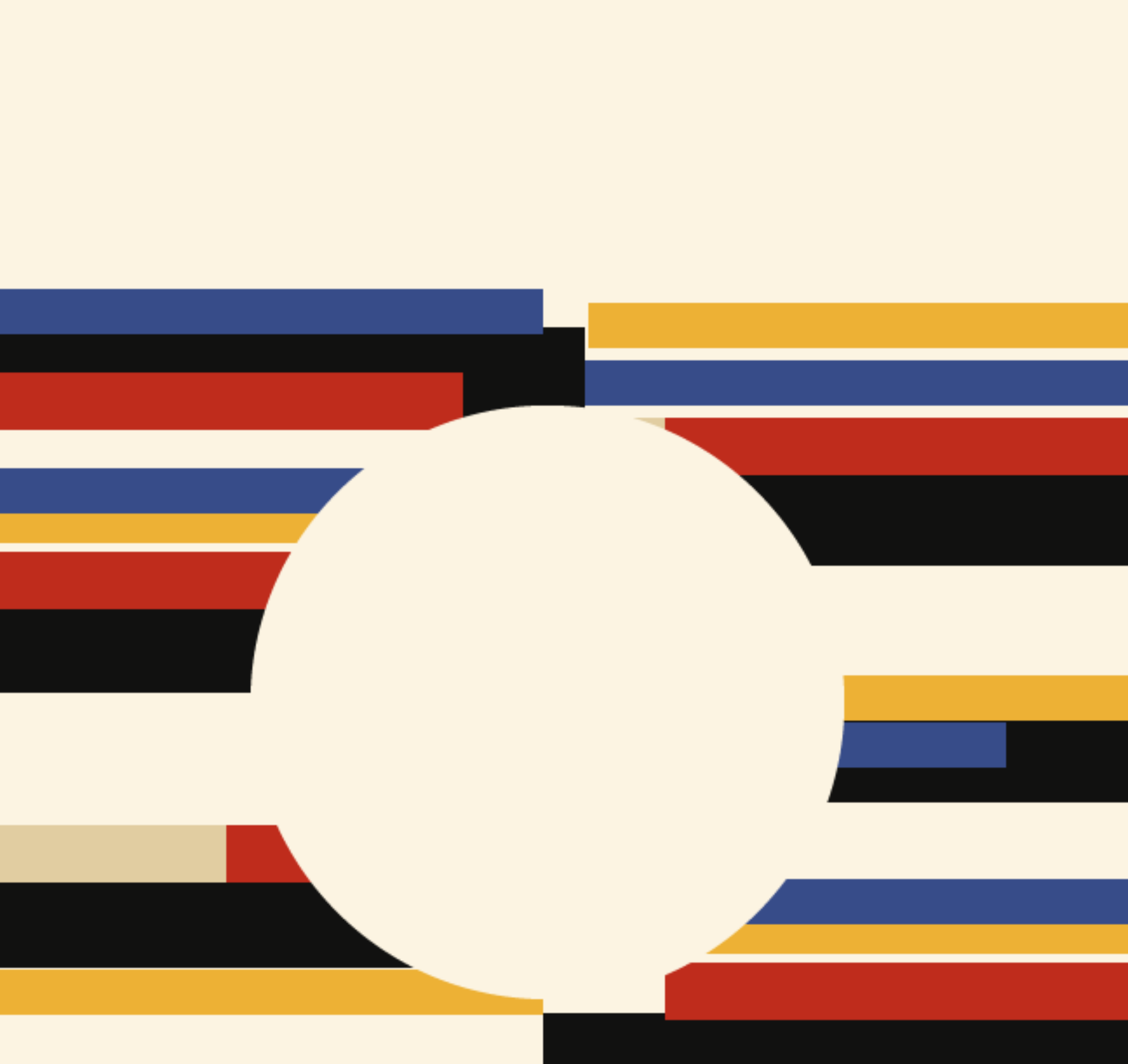
19% MORE QUADRICEP ACTIVATION
30% LONGER BOTTOM MUSCLE ACTIVATION
16% MORE HAMSTRING ACTIVATION

*SHOWN: PRE-WALK CENTER. Figures pulled represent average values. Results may vary per individual.

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