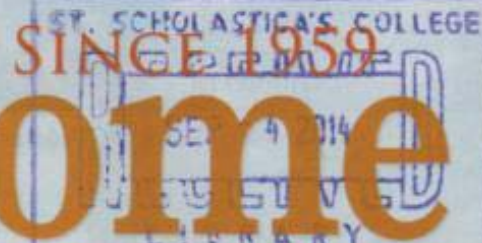


Health & Home

THE NATIONAL JOURNAL OF BETTER LIVING

NOVEMBER-DECEMBER 2013

ISSN 0115-0839



Financial
rights of wives

Christmas:
A journey
of trust

10 commandments
for a happy marriage

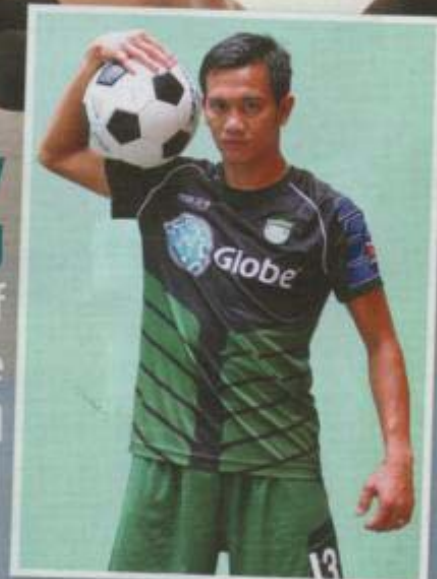
Gnawed jeans,
fashionable bags

SQUASH
SECRETS

Aya Mateo
Never too young to work out
for optimum health

Why
lowfat
diets
won't work

Chieffy
Caligdong
Pride of
Philippine
football



The 2013 book cover



ABOUT THE COVER

Aside from singing, 19-year-old **Maranatha "Aya" Mateo** takes time working out and getting fit for a holistically healthy life.

Raised as a vegan, she advocates a meatless diet as her secret to looking good and feeling better.

Aya also believes that long life denotes a positive mental state and a regular physical exertion that begin at home and at a young age. More about her on page 11.



12



18

CONTENTS

6 Trusting God-3

By Kay Kuzma
Two moral commands that will keep you spiritually upright

8 The Fine Art of Expressing Gratitude

By Victor M. Parachin
What does thank you mean to you and those who hear it?

11 Aya Mateo: More Than Meets the Eye

By Nathanlie M. Baldoza
A teen's passion for living a holistic lifestyle rises above teenage stereotypes

12 Why Lowfat Diets Won't Work

By Andrew Cate
Debunking lowfat myths that affect you

14 A Dream Walk

By Lord Lawrence Latonio
A boy realizes that dreams do come true even when he stops dreaming

18 10 Commandments for a Happy Marriage

By Randy Maxwell
Fundamental principles of family living to help a good marriage stay good

20 Scared of Death

By Anne Stumpf
A grandchild's frightening encounter with death makes her look to God and trust Him more

22 Financial Abuse on Women

By Rose Fres Fausto
What every wife needs to learn about

her financial rights and how to protect herself against financial abuses

24 Christmas Every Day at Sampaguita Gardens

By Lebni T. Bernardino Jr.
This garden-resort is one place you shouldn't miss while in Aklan

26 Christmas: Trust Makes the Journey

By J. Grant Swank Jr.
Journey with the three wise men who acted out their faith that led them to the cow stall

28 Squash Secrets

By Arlene May G. Corpus
A trailing crop that holds some of the secrets on how to squash sickness and diseases away

30 Body and Soul: Together Forever

By Samuele Bacchiocchi
Re-explaining the human nature at Creation, after the Fall, and after Redemption

34 Gnawed Jeans Turned Into Bags

By Johanna C. Gallermo
Repurposing a thing when it loses its original purpose

36 My Sweet Struggle

By Esther M. Herriott
A woman shares her secret to overcoming her cravings for sugar-laden foods

41 Health & Home Index 2013

By Lucile B. Tañalas

34



45 Philippine Azkals' Chiefly Caligdong: Pinoy Pride Personified

By Lucile B. Tañalas
This homegrown striker's passion has brought him to international fields and made us proud to be Filipinos

COLUMNS

2 icontact

5 Toward the Mark

By Mamerto M. Guinguingo
Triple Celebration This Holiday Season

10 Consult Your Lawyer

By Silvino L. Sumagaysay, Jr.
Duties of Employers

16 Personal Answers

By Arnold C. Serra
My Wife Is a Terrible Housekeeper

17 Echoes of Life

By Nathanlie M. Baldoza
Students of the School Beyond

19 Subscribers' Section

By Felix B. Daray
Even at Twilight

33 Dear Doctor

By Linda L. Varona
Always Feeling Tired

35 Food for the Family

By Miriam R. Estrada
What Color Is Your Christmas?

38 Children's Corner

By Lucile B. Tañalas
Sharing Is Fun

40 Prophetic Word for a Perplexed World

By Loron Wade
What Is the Problem With Lying?

Coming Up

12 Habits for 12 Months • How Important Is Financial Stability to a Family? • The Bible Millennium • Anti-Reflux Guidelines • Teen Depression • Pomelo: Packed With Potent Nutrients • Teeth and Health

Photos in this issue are by rogeRGSabio unless credited otherwise.

ERRATA: The title of "Prophetic Word for a Perplexed World" on page 4 of the 2013 September-October issue should have been "Lying" instead of "Stealing", and the box under "Bignay Juice" on page 46 should have been 1/3. Our apologies.—Editors