

# Health Home

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**Sigarilyas**

The angelic  
winged bean

WHEN GOD  
MADE THE  
SKIN

My Married Son  
Is Still Staying With Us

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Not to Snack?

New Year  
**Pantry**  
Makeover

Will I Have  
Cancer, Too?

**Bukidnon**  
Sweet, thrilling,  
and cold

How to Spot and Help  
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**Wyatt Maktrav Bedural:**  
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**ABOUT THE COVER**

Four-year-old Wyatt Maktrav Bedural has already climbed 42 mountains together with his parents Eduardo and Kaila Sharlene. Find out more about his hobby, his family, and his sweetness on page 24.

Photos in this issue are by rogeRGSabio unless credited otherwise.



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