

## Lasallians Top Philippine Physical Therapy/Occupational Therapy Licensure

Congratulations to Br. Gus Boquer FSC, President and Chancellor of De La Salle Health Sciences Institute, together with his Vice Chancellor for Academics, Dr. Johnny Cabanias for fostering a culture of excellence to those entrusted to our care. Keep up the good work! You make us proud! (Photo: DLSHSI)



**DLSHSI**  
DE LA SALLE HEALTH SCIENCES INSTITUTE  
*Nurturing Life*

## CONGRATULATIONS TO OUR TOPNOTCHERS!

PHYSICAL THERAPIST AND OCCUPATIONAL THERAPIST  
LICENSURE EXAMINATION  
AUGUST 2017



**TOP 1**

DAISY JOYCE MADALI, OTRP

**TOP 6**

EUNICE JAIRAH DIN, OTRP

**TOP 6**

LORRAINE OLIVEROS, OTRP

**TOP 7**

CARLO JARON SICAM, OTRP

**TOP 9**

RAYMON JAN SARMIENTO, OTRP

## Singapore Graduating Class Retreat

I am loved by God, #EncounteredGod is the theme of this year's graduating class Josephians of 2017. They had a wonderful time experiencing God throughout the three days two nights camp in our fellow Lasallian school, St. Patrick's Secondary. It was a spirit-filled weekend with movies on the theme, sessions that spoke about the gift of being blessed and loved by God even through their difficulties and tiredness preparing constantly for their assessments. This retreat was directed by the Bros Cliff and Emong and lay partners, Ms. Geriz Bigol and AJ Roche, who travelled all the way from Philippines to be with the boys. It was a well-deserved and much needed retreat for the sixteen year old boys in which they entered the retreat reluctant and tired and ended the retreat still tired but knowing they are truly loved by God. **(Br. Kelvin Tan FSC, Photo: Ms. Geriz Bigol, DLSZ)**



## News Notes



**Congratulations.** Br. Jean de Dieu (District of Antananarivo) and Br. Antonio Cubillas both passed their comprehensive exam requirements at De La Salle University, Manila. Br. Jean passed his written comprehensive exam for his doctoral degree in educational management; he will now proceed to writing his dissertation. Br. Antonio passed his oral comprehensive exam which marks the completion of his Masters of Arts in Guidance and Counseling.

## Health and Wellness

### 9 Weight Loss Rules that Work

#### 4. Remember These Letters: BCAA

Amino acids are the building blocks of protein, and the branched-chain amino acids—leucine, isoleucine, and valine—are the best of the bunch. BCAAs are as close to magic foods as we'll ever get.

They help you recover from hard workouts by reducing the protein breakdown within your muscles; they increase testosterone and growth hormone, your body's most important fat-fighting and muscle-building hormones; and they have their most profound effect when you're following law number 1 and cutting calories in order to lose weight.

For starters, try to get at least 10 grams (g) of BCAAs a day. Since they're most abundant in meat and dairy products, you can get the better part of that by following laws 2 and 3. (Two scoops of whey protein and 3 ounces of beef contains 10 g of BCAAs.) You can also buy BCAA supplements (which, you should be aware, are expensive). Look for supplements that are 50 percent leucine, 25 percent isoleucine, and 25 percent valine. Start off with 10 g per day, and wait a month before bumping up the dose. The maximum useful intake is probably 60 g a day from food and supplements.

[http://www.menshealth.com/weight-loss/weight-loss-rules-that-work?internal\\_recirc=outbrain\\_hp](http://www.menshealth.com/weight-loss/weight-loss-rules-that-work?internal_recirc=outbrain_hp)



Fraternally,

Br. Edmundo Fernandez FSC