

Health Orientation Activity Foundation Corp.
7th Anniversary Event August 17th, 2019

Ladies and Gentlemen:

Today we can see many guests and new volunteer members in this ballroom. Your presence has made this event even more amazing.

On behalf of the **Health Orientation Activity Foundation Corp.**, I gratefully appreciate all of you.

I would like to also thank others who have worked with us and who could not be here tonight for this wonderful event.

Especially two officers of the foundation who have passed away within the last two years, fantastic officer Gustavo, who had an accident on highway I-95 and officer Eol, who died of a heart attack in the hospital.

This is so sad for us.

May I ask everyone to please stand up and give 1 moment of silence to remember officer Gustavo and officer Eol.

Thank you

Ladies and Gentlemen:

Everything in this UNIVERSE is not alive forever.

As humans, we are each a little universe. Just like everything else, we humans also die.

People die for many different reasons, such as: Accidents, sickness, disease, killed in action...Etc.

However, since ancient times, people have discovered many ways to treat illness and disease in 5 geographical regions in order to save the lives of mankind.

For 5 – 6 thousand years, the experience of the Eastern people in healing, has been established and continues to this day. This is called **ORIENTAL MEDICINE**.

Later, within 3-4 hundred years recently the West invented a new method of treatment, using machines to diagnose and treat illness and disease with new kinds of medicine, including surgery that is very successful.

It is called **WESTERN MEDICINE** or **CONVENTIONAL MEDICINE**.

Nowadays there are 3 main ways that have been used to treat sick people.

1. WESTERN MEDICINE – TREATS THE DISEASE.

This is very helpful in cases of accident or emergency.

Western Medical doctors specialize in treating each individual system of the body. Therefore it is very effective in caring for specific disease.

2. ORIENTAL MEDICINE – TREATS THE BODY

They consider that sickness and disease relates to the organs and meridians of the body.

Oriental Medicine is based on the theories of YIN and YANG, 5 ELEMENTS, ORGANS, MERIDIANS, MOTHER, and SON, UNIVERSE and HUMAN HARMONIZATION, Etc. Oriental Medicine physicians apply treatment into an organ, which is known as Mother, Son or Suppression of the organ, which was affected by sickness or disease, with acupuncture or natural herbs (for most serious cases).

According to Oriental Medicine, when the body is weak, imbalanced or energy (chi) and blood stagnated within the system, it creates condition and opportunity for disease to occur. Therefore, it is necessary to strengthen the body, restore the balance, and help it to release the stagnation for energy and blood to circulate fluently.

As soon as the condition and opportunity which the body created for disease to occur are cleared, the diseases will automatically withdraw afterward.

It is called: Treat the body for it to heal itself.

3. THE ART OF HEALING – TREATS THE PATIENT

This approach considers **THE PATIENT** who has the sickness or disease in 3 fundamental areas.

In THE ART OF HEALING, There are 3 Fundamental areas which are responsible for a person's health.

1. ENVIRONMENT AND LIVING CONDITIONS

Environment is one cause which may influence the patient to create the necessary conditions for sickness to develop in the body. The seasons and climate can also affect everyone's health.

Too hot or too cold may change the temperature in the body that makes the body imbalanced. Therefore, patients should be advised to keep their body in a compatible temperature at any time.

High rise buildings are built with a lot more iron but iron absorbs a lot of Yin Energy. Therefore patients with Yin deficiency or Yin kidney failure should not live on the upper floors.

Anyway, depending on each disease, the patient should stay in the right environment to avoid continuing to support the conditions for diseases to develop.

For example:

Patients with lung disease should spend more time on the beach.

Arthritis patients should stay away from damp areas. Etc.

2. WAY OF LIFE (LIFE STYLE)

All bad habits, like smoking cigarettes, drinking strong alcohol, using drugs, laziness, masturbation, too much sex (Mucho

kootchie kootchie) may damage the organs.

This causes disease to occur in the body because it may hurt the organs and reduce the body's capacity to defend itself. So, patients should avoid these habits and learn how to live in a healthy way.

Emotions also harm the organs. There are 5 harmful emotions which people usually carry along with their feeling.

Anger harms the Liver.

Excitement harms the Heart.

Worry harms the Spleen.

Sadness harms the Lung.

Fear harms the Kidney.

The anxiety is caused by these emotions when they are overloaded or stagnated within the system of organs.

Using the generation or suppression of 5 elements theory to treat those kinds of emotions, are highly recommended.

Using acupuncture or Natural herbal medicines to reduce the stresses and clear the stagnation is also advisable.

It's not a good idea to give any vitamins to the anxiety patient because that may cause the stagnation to increase.

Ice water is not good for patients who have chronic serious diseases. Water mixed of 50% boiled and 50% room temperature is helpful for them.

It is called: YIN & YANG water.

3. FOOD

FOOD is a very important element in healthcare. It is a significant cause of good or bad health.

THERE ARE 4 KINDS OF FOOD TO EAT

- A. FOOD FROM ANIMALS ON GROUND.**
- B. FOOD FROM ANIMALS UNDERWATER**
- C. FOOD FROM PLANTS.**
- D. FOOD FROM CHEMICAL PROCESSES**

Vegetables are especially important for sick people. The right type of food, and how it is prepared and cooked, really is of great value for people who are sick.

The food from Animals which live on the ground or in the water is incompatible with humans, especially for unhealthy people because they grow with their back up to the sky and humans grow with the head up to the sky.

The food from vegetables is good and is advised for people because they contain both Yin & Yang nutrients and energy. Also they grow upright, just like human beings.

However, People need to know what kind of vegetables they should eat or should not eat, for each kind of disease in order to make sure the disease does not receive any more supply which could make it worse.

Also people should know and avoid the foods that work against each other (incompatible foods) when they are cooked or eaten together.

A diet based on the balance between Yin and Yang, (negative and positive) is recommended.

The balance between Yin and Yang is established by harmonizing the four energies and the five flavors in food.

The four energies in food are **warm-hot** and **cool-cold**. Warm-hot belong to Yang and cool-cold pertain to Yin.

They also correspond to the four seasons of the year. Warm-hot indicate spring and summer, Cool-cold indicate autumn and winter.

Therefore in order to balance the Yin and Yang in the body, cool and cold Yin foods calm the vital organs and are recommended for spring and summer menus. Warm and hot Yang foods stimulate the vital organs and are good for autumn and winter menus.

The five flavors are based on the five elements activity. Bitter is known as fire, sweet is known as earth, pungent is known as metal, salty is known as water, sour is known as wood/tree.

Each of the five flavors has a natural affinity for one of five solid yin organs and its yang counterpart.

Bitter taste moves to the heart/small intestine. Sweet influences the spleen (pancreas)/stomach. Pungent affects the lung/large intestine. Salty associates with the kidney/bladder. Sour has affinity to the liver/gall bladder.

So each type of food and flavor has a purpose for our wellbeing, as each one will go and nourish certain organs in the body, if combined in the proper way.

How about white rice and brown rice?

White rice has no skin and brown rice does. Scientists have found a lot of benefit in the skin of rice. They advise people to eat brown rice because white rice mostly converts to sugar that may contribute to diabetes.

Let me tell you about my story relating to the white rice.

About 43 years ago, after the VN war had ended. All the officers of the losing army became POW's. I was one of them. At that time, I worked as a forced laborer in the rice fields.

The camp gave each person 3 bowls of white rice for 3 meals, without any other food for the day.

Most of the prisoners had additional support from their families. I did not.

My wife was taking care of my 3 little daughters also the camp is very far from my home so she could not come to support me therefore I ate only white rice. Sometimes friends shared a little bit of food with me.

One day I fell down in the field of the rice paddy and got a small skin scratch (It was not bleeding) on my right arm near by the elbow. I went to the clinic in the camp to ask for some antibiotic cream to put over it. The next day the scratch became a wound.

It turned into an infection with pus. The doctor gave me a shot of Penicillin, 1.5 million units per day. It still opened bigger and bigger. I could see my bone and blue vein inside the wound.

Twenty days later the doctor said I had no hope of being healed. The tissue and muscle became a deep ulceration until the bone was exposed. I had no idea. Every day I had to go to work in the field. I was not allowed to stay back in the camp.

Then one evening when all the workers went back to the camp from the fields, I saw 2 men carrying other men on their backs. They told us the 2 men were already dead in the field.

Instead of going back to prison cell, I went to the place where they kept the dead men, 3 Medical doctors was there. One doctor told me that both men had died almost an hour before. They would be buried in the next morning.

I asked the doctor if I could take a look. He reacted: "for what?" I said: "maybe I can help!" The doctor got mad. He yelled at me and wanted to kick me off the room. He said: "We are doctors and have already examined those men we verified their hearts stopped beating and they also had no pulse."

I would not leave. I asked again and again for him to allow me to examine the men.

Luckily, the correctional officer came and he allowed me to do so. After the examination both of them, I found the pulse of their kidneys at the location near the ankle was still warm and had a very gentle beat.

I said, "I can bring them back!" The officer asked me, "What kind of medicine would you use for them?" I said "No medicine, only rolled tobacco."

He gave me a bag of tobacco. I used a piece of paper to roll tobacco as a cigar and burned it.

Afterward I applied the heat of the cigar over the point (sea of energy point) under the belly button of the man and 2 points on his legs (called 3 miles foot point) and I kept changing the heat around those points from time to time.

Twenty minutes later, I could feel that his forehead was getting warm. I told the doctor: "this man is alive now!" The doctor checked but could not find any pulse or heartbeat.

I asked the doctor to lift the man up and hold him by his front shoulders. Then I went behind the man and forcefully hit him 3 times on the point located below his neck (this is called the great hammer point).

Now everybody at the scene could see the man's eyes starting to blink and open. The doctor checked and he found the pulse and the heartbeat.

Listened to me, the doctor rolled another cigar and continued to "moxa" this man until he could get up, while I was working to save the second man in the same way.

Finally both of them got up and walked back to their cells. Every body including the correctional officers of the camp was very impressed and happy

The next day, the camp officer assigned me to be the chief of the clinic in the camp also allowed 3 men to work for me in clinic. Now I was able to have some more food to eat with my rice from them.

Under my guide and instructions, the 3 men could go to pick vegetables and natural herbs from the field and brought them back to cook and nurse me as well as other prisoners in the camp each day.

Day by day my wound automatically became better and better. I got enough nourishment for my wound to be healed completely in a very short time without reducing the amount of white rice. Actually, I had eaten even more white rice than before.

Please consider: How is white rice? Should we eat or should not eat them? You decide it.....OK ?

Next time I will talk about the Brown Rice and the comparison between Brown Rice and White Rice.

NOW we come back to the ART of HEALING

Ladies and gentlemen,

BESIDE the methods of treatment we have talked in above. We also have many other techniques to treat patients, including massage, Chi Kung, Tai Chi, Kung Fu, Meditation, Reiki, Yoga, Exercise, Etc.

All of these arts will keep the body strong and active, in order to avoid the mistake that creates the conditions for the disease to grow in the body.

Last of all, I would say, the real physician who has capacity to heal diseases is the patient.

Thank you.

**HOA Foundation Corp.
Dr Hoa Nguyen
Founder/ CEO**