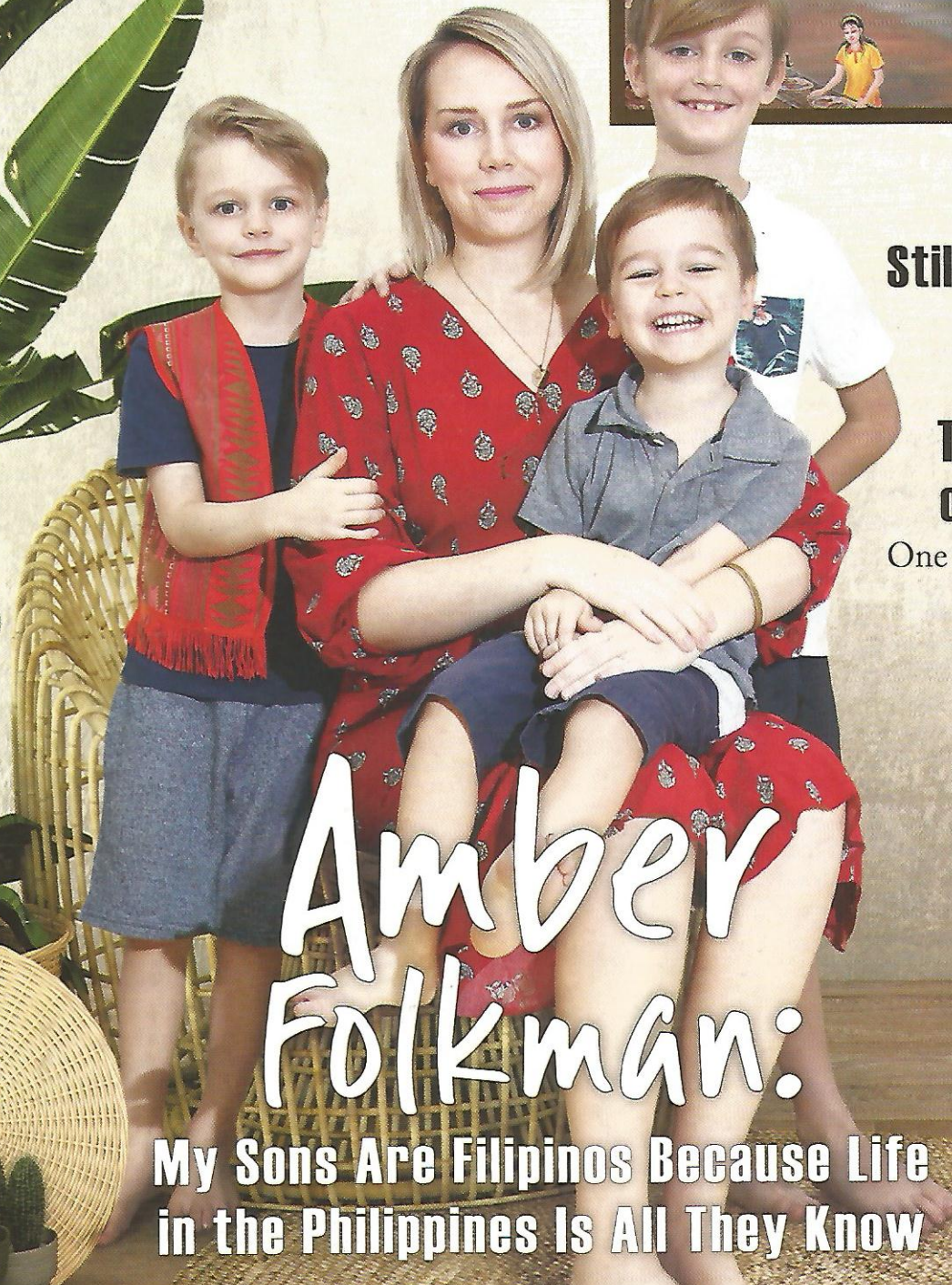
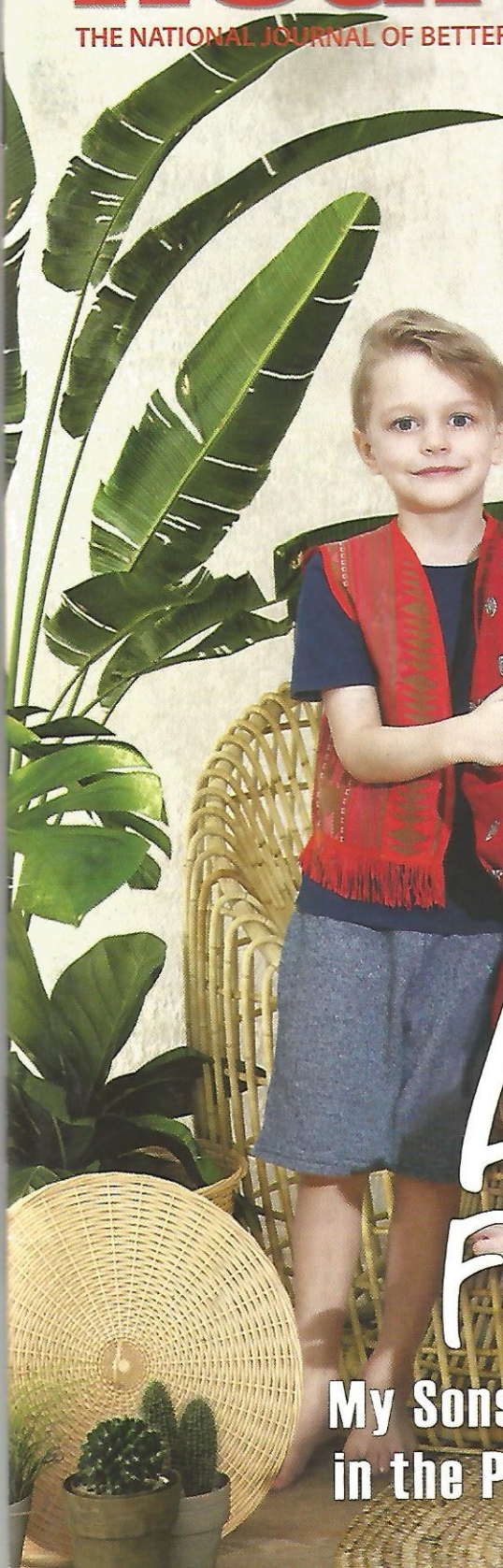
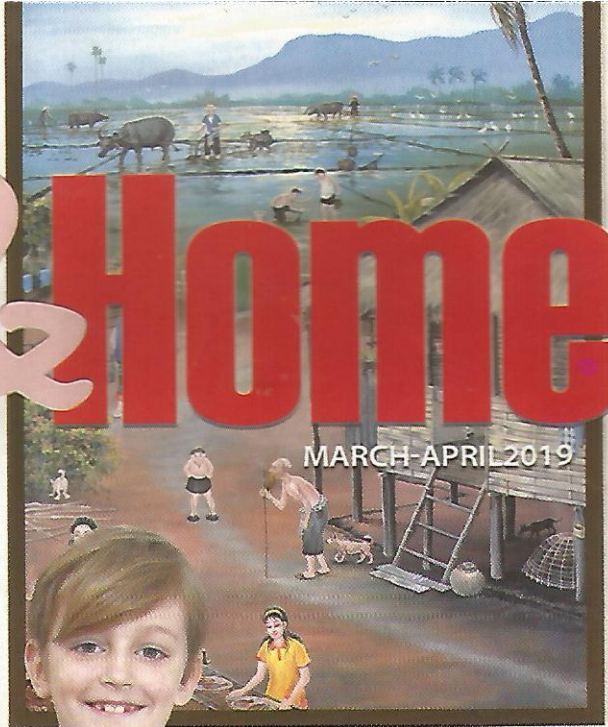




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**Still standing strong**

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One value at a time

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It's more than living in peace with a spouse

## Amber Folkman:

**My Sons Are Filipinos Because Life in the Philippines Is All They Know**



- 6** **Let Me Tell You About My School**  
By Arian Jay A. Perenal  
Staying rural is beneficial
- 8** **Crazy Rich Asians**  
By Rose Fres Fausto  
Financial realities from fiction
- 11** **Cold Facts on Fats**  
By Rowena R. Antemano  
How too much can ruin your cells, heart, and brain
- 14** **When God Intervenes**  
By Marilyn S. Lucero  
Ascending paralysis leads to ascending praise
- 16** **Backpacking Myanmar: Mandalay Travel Guide**  
By Angel C. Juarez  
Walk around the world's largest book
- 23** **A Letter to My Sleeping Son**  
By W. Livingston Larned  
Sorry, tomorrow I'll be a better daddy
- 24** **A "Foreignay" and Her Pinoy Boys**  
By Nathanlie M. Baldoza  
An expat family has learned to adapt
- 28** **Fatherhood and Values**  
By Patrick A. O'Neill  
The rules and non-negotiables
- 30** **An Old Story**  
By Luz L. Barayuga  
Unwrapping the gift in each student

## Subscribers Section

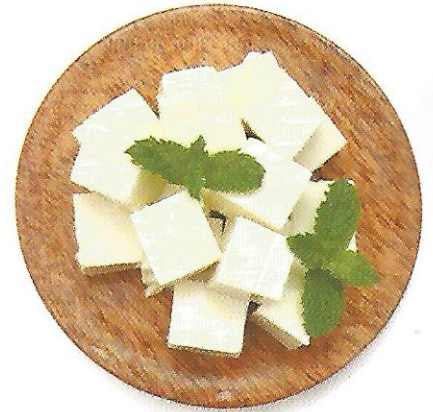
Compiled by Mark Jubilee M. Matira  
**10 Favorite Health & Home Features**

- 32** **How to Overcome Screen Addiction**  
By Mark L. Lastimoso  
Detox for the whole family
- 34** **How to Keep Hubby Happy**  
By J. DeWitt Fox  
Make marriage fun for your husband
- 37** **6 Life Hacks to Simplify Life**  
By Michelle Anne P. Diamante  
Simple solutions to life's little problems
- 38** **Still Standing**  
By Victor M. Parachin  
How not to let death do you part
- 44** **The Art of Shredded Paper**  
By Lebette Angel M. Baybay  
Create a work of art by coiling and shaping

# 36

## Scrambled Tofu With Tomato

By Sue Radd  
An Asian twist to something Greek



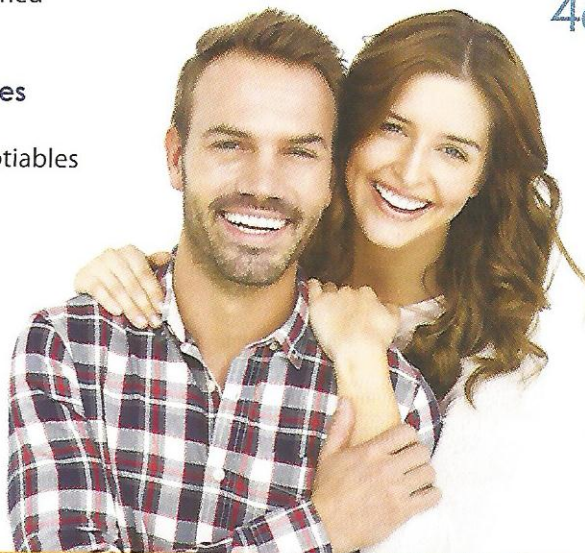
## 46 Depression: Excess Past

By Julian Melgosa & Michelson Borges  
Causes, symptoms, and prevention

# 20

## The Secrets of Highly Happy Marriages

By Trafford Fischer  
Fantastic ways to please him/her





## COLUMNS

### 3 Here and the Hereafter

Leonardo C. Heyasa, Jr.  
From a Single Step

### 4 iContact

Compiled by Michelle Anne P. Diamante

### 10 Consult Your Lawyer

Atty. Silvino L. Sumagaysay, Jr.  
Incorrect Name and Lot  
Description in the Title

### 18 Echoes of Life

By Nathanlie M. Baldoza  
Attempts: Hit or Miss

### 19 Dear Doctor

By Linda L. Varona  
TV Watching and  
Prolonged Sitting

### 27 Personal Answers

Arnold C. Serra  
A Friend in Debt

### 41 Word for the World

By Dan Namanya  
Stop and Remember

### 42 Children's Corner

By Janet R. Tolete  
Baby Steps

### 45 Food for the Family

By Miriam R. Estrada  
Which Is Fake:  
The Food or the News?



#### ABOUT THE COVER

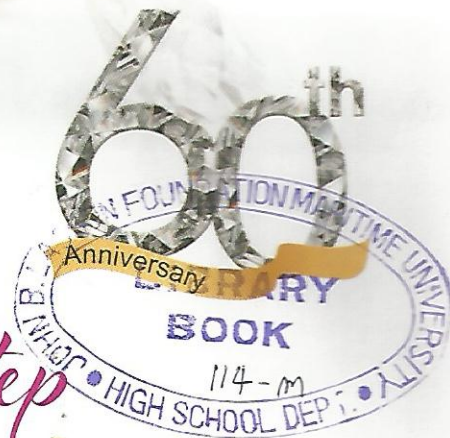
A HOME AWAY FROM HOME. Living away from their country of origin, the Folkmans blend in with the local culture and experience firsthand how it is to be a Filipino.

Cover photo by Harold Bryan Libunao Namoca

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here and the hereafter

# From a Single Step



Comfort zone—a “place, situation, or level where someone feels confident and comfortable.”\*

Normally, that is where we want to be or to stay. But life is not a status quo. It moves, and exposes us to risks—which many of us are afraid of taking.

Like in softball, we need to risk through the bases to score. No matter how we feel safe in a base, we need to leave it so we can reach the home plate.

In this issue we will talk about baby steps or leaving our comfort zone and risking into new ventures. You will learn of that in our cover story on page 24, the Children's Corner on page 42, and Echoes of Life on page 18.

The quote, “The journey of a thousand miles begins with a single step,” urges us to take the baby steps that will eventually lead us to beautiful people, places, and experiences we will most likely never know if we stay in our comfort zones.

The Bible counsels, “The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe” (Proverbs 29:25). Great things await you. Take those baby steps now.

Because we value relationship with our readers, we sell and deliver our magazines and books personally. I hope by now one of our “literature evangelists” has already made you a friend.

This summer, we also accommodate students to spend two months as our sales representatives. The program gives them an opportunity to earn scholarship and prepares them for future service. Instead of traveling for leisure, staying in school, or bumming at home, these students choose to work in your vicinity for you to have

access to *Health & Home* and our other reading materials. We hope that you are delighted by their presence.

Now that this magazine is in your hand, may it make your day brighter, your relationship with your family better, and your relationship with God closer.

If you are blessed, please let us know by liking our Facebook page: @HealthnHomeMag.

Since this year is our diamond anniversary we want to spare a space for you in our next issues. Contribute to the Subscribers Section by telling us how long have you been subscribing to *Health & Home*, and how this magazine has inspired you.

If you have suggestions on topics you want included, or you have articles you want printed, email us at [editorial@pphsda.com](mailto:editorial@pphsda.com) or [healthandhome@pphsda.com](mailto:healthandhome@pphsda.com).

If you want us to pray for you and your family, please send your prayer request to the Editors Prayer Circle in any of the email addresses above.

Our heartfelt gratitude to you for making *Health & Home* a part of you and your family. Always it is our aim to help make you happy not just for now but for eternity, not just here but in the hereafter. 🙏

\*“Comfort zone,” *Merriam-Webster Dictionary*, last modified March 5, 2019, <https://www.merriam-webster.com/dictionary/comfort%20zone>.

Leonardo C. Heyasa, Jr. is editor in chief of *Health & Home*.