

FMA

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Filipino-American Healing Methods



Filipino-American Healing Methods in a New Land

Herbal Healing

Herbal Treatments

Physical Healing

Massage for Healing

Cuts, Wounds and Skin Injuries

Internal Healings

So How Can We Help Ourselves?

The FMA Informative is lucky to have Punong Guro Marc Lawrence of the South Bay Filipino Martial Arts Club which teaches the Modified Pangamut System, here sharing his knowledge on healing, which probably not many people knew that he had. Most people that know Punong Guro Lawrence, know of his ability to mix it up which he has proven throughout the years in tournaments, and his writings for the FMA Digest and here at the FMA Informative. Well in this issue Punong Guro Lawrence shares some practical healing tips and some insight to other areas of healing. Enjoy and if you have the chance to get together with Punong Guro Lawrence it is highly suggested that you do.

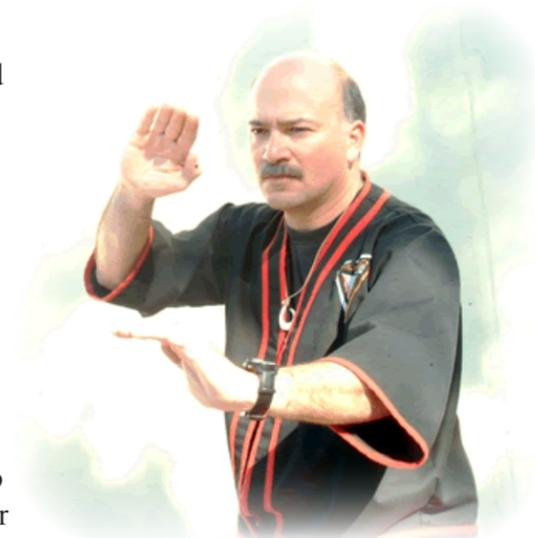
From: Marc Lawrence

First I wish to greet you the reader properly, Nama'ste! This means the God in me greets the God in you. This is a greeting used between spiritual people. I was first introduced to plants as food and medicine as young child of 7 years old. My mother would show me plants that grew wild near and around our home in the hills. She would tell us kids what we could eat and what was dangerous. She would tell me about their usage and of what she knew about them. When I was in my 11th year, we had moved to live on a farm for a summer, while I live there, there were several people who lived on the farm as well that knew about the local plants and their usage. They would gather wild plants, dry them, use them and sell them down in the city. I learned from them how to do the same.

In my 12th year my father moved us to town that was next a Zen Buddhist abbey. Much to my dislike at the time I would have to go with him, and listen and learn from the monks there. As a 12 year old they did teach me a lot even though it was under great protest as kid. My father was very interested in the religions of Asia and in my teenage years he taught classes in Meditation, thus my brother and had to attend. At the time I like any other kid did not see the value until years latter. When I was 16 years old I met Korean Master who did healing, taught meditation as well as how to fight. He and I became friends and I trained under him. He started me on the path of learning about Chi and internal healing using acupuncture. I continued to learn things here and there over the years in my martial arts training, but I did not actively pursue healing until my late 20s.

In my late 20's I met a neighbor who was massuse, she was impressed with my hand strength that came from working as firefighter. She said to me "have you ever thought about learning massage"? I had not thought about but said if she would teach me I would be willing to train. She trained me how to do deep tissue sport massage.

In my late 40's I was having some health challenges so I did not like the way the Western Doctors were handling it so I went to a former student of mine who was getting her Doctorate in Oriental Medicine. She helped me with some my issues with effective natural plant compounds. This helped me and got me to think about what she always said about being a Scholar-Warrior. It was a journey to Hawaii that made me decide to pursue this further. This came about by two people asking me a question; both asked me if I did REKI healing work. I did not know much about it but became interested in it. When I got back to the Mainland I looked about and found that there was a REKI teacher in my town, but I did pursue it until about 1 year later. I was able due to job changes to devote the time energy and worked needed. Since then I completed my training in REKI and received my Master rank as a REKI healer. I still go gather plants for medicine March through May just as I did as child with my mother. But now I share my knowledge with my children.



Each issue features practitioners of martial arts and other internal arts, other features include historical, theoretical and technical articles; reflections, Filipino martial arts, healing arts, the culture of the Philippines and other related subjects.

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Filipino-American Healing Methods in a New Land

The Filipinos that came to Hawaii and California were faced with some great challenges as they came to new lands and had to adapt to new environment. Using what was called "Island Ingenuity" they adapted to their new homes. Not all of the things found were the same as in Philippines and some were completely different, but the knowledge and methods were still there. There were those who were Masters of their Arts and Healers or Hilots that tended to those in need. Those healers studied what other Native peoples did and learned from them and shared. Today these problems and challenges still face a Martial Artist and Healers on the Mainland of the USA. Again you do not have all of the plants found in the island available but there are plants and compounds available through the knowledge of others. The solutions were the same as found in Hawaii when the Manongs came.

To understand better, here is some background of the types of Healers I have met. In Filipino martial arts you have teachers who are also called Hilots. There are a variety of Hilots in the Philippines, some use massage and pressures points, some use prayer-energy healing and some use herbal treatments. Today you will still find Hilots or Healers around just they have adapted to their new environment and picked up new methods and treatments to blend with the old. Some would say that they are not pure or traditional. I would argue that they are the true spirit and next generation healers. Today we have a mix of East meets West, with a blend of Filipino, Indian, Chinese and Polynesian methods in areas of Healing.

Herbal Healing

The reality is that everyone gets sick so everybody has to learn how to get well. Before the days of manufactured medicine people used plants and other materials to get well. When I was boy we had a cactus patch behind our house, I used to go get the fruits called Prickly Pears off the plants. I would get cactus needles in my skin, my mother would use mud over the spot until it dried to get the cactus needles out. Today I use duct tape over the spot to do the same thing.

My Cousin Ray used to tell me about how when he was in Hawaii learning Kajikepo, he would punch bunches of green bananas, and the juice would help heal his hands. I have used the juice from the banana leaves to do the same for myself. I have Pomegranate tree in my backyard, we grow and pick them and make a juice from them. There are companies that sell what they call a super food that has strong medicinal/ healing properties, like boosting your im-



mune system. We have been drinking the juice and notices and improvement in fighting off sickness and staying well. My wife's cousin who has been getting treatment for cancer has been drinking this along with her cancer treatment and has not been sick one day in the last year! What can I say, except I feel based upon my own observations that these things work.

One of the most interesting things happened in the Philippines

in the area of Holistic medicine. Back in 1992, when Juan Flavier of Secretary of Health, a brochure about 10 medicinal plants for major health problems in the Philippines was published and commercial production was pursued. These plants were the following: Akapulko, Ampalaya, Bawang, Bayabas, Lagundi, Niyog-niyogan, Pansit-pansitan, Sambong, Tsaang-gubat, Yerba Buena). This pamphlet is no longer available

but if you go this website: www.stuartxchange.org. You can research recreate you own with more information. If you wish to learn about these plants and more you can. They have the most complete

list of names in Tagalog with cross reference names in English and Chinese and information about herbal healing usages from many places in the world. This pamphlet was update again in 2002.

Both pamphlets are no longer available. So it is up to you the reader to research and create your own.

Herbal Treatments

OK, but what if I am here in the USA how do I take care of the most basic first-aid basic ills of life you may ask? Many of those plants are not here or a very expensive! I am going to list things that I have used over the years for my family.

I will say that you must use your best judgment and when in doubt call a physician. This information is not to be used in lieu of medical advice.

My home treatments for basics ills are:

- Diarrhea- Charcoal (ground-not charcoal bricks!) and mixed with water- aka activated charcoal
- Nausea -Ginger tea and honey
- Fungal Infections Athletes Foot- any vinegar or mild natural acid mixed with water- Tanic acid- acorn, etc.
- Bleeding-Clotting Due to Wound - Yarrow leaves dried & applied or Plantain aka Whiteman's foot print used in a pressure bandage
- Cleaning Out of Wound - Make a polltus out of Yarrow - polltus is made when making a tea with Yarrow for cleaning of wound area.
- Anti-Inflammatory - Nopales aka Mission cactus tea- watch dosage from fruits
- Pain Relief and Fever Control - Willow Bark tea use the inner bark for tea read up and watch dosage
- External (*topical*) Pain - Boil Wild Geranium in water put in clean rag, soak in the tea and apply to area.
- Bug Bites or Stings - Use Charcoal made into a paste with water, apply to skin, when cover with a dressing.
- Bug Bites#2 - Use baking soda 3 parts baking soda to 1 part water. Apply paste 15-20 minutes.
- Stings from Fish (Sculpin and Sting rays) Jelly Fish or Coral - Urine on site, hot black Coffee on site. For Jelly Fish use a mix of Ammonia and water in a spray bottle and mist on site.
- Stings and Bites from Bugs - Piece Papaya on the spot covered with dressing
- Bruises - Use the juice of a green Banana or the Banana leaf squeezed on the spot and rubbed in.
- Burns and Healing of Burns - use cold clean water then Aloe juice, made from squeezing a cut Aloe leaf
- Sun Burn - Have person soak in bath with warm water with ½ cup of baking soda mixed in. Cover the area with clean cloth soaked in vinegar or use a compress soaked in whole milk.
- Eye Infections - Aloe tea cooled, soaked and washed with it.
- Outer Ear Infections - vinegar and water or vinegar and alcohol like Vodka solution, wash area several times a day
- Poison Oak - Rashes - Aloe, this was helped many times
- Skin Infection - Charcoal powdered and held in place by bandages
- Dry Skin - Use Olive Oil mixed with warm water rubbed into spot.
- Breathing problems Chronic Bronchitis - Mint with Honey tea
- Coughs like Smokers Cough or from Asthma - Use Anise (taste like Licorice) in tea and drink
- Sedative - Sleep Aid - Chamomile Tea
- Homemade Tooth Paste and Mouth Wash - Use Baking Soda and brush your teeth with it as paste, not it takes getting use to the taste, then rise you mouth with a mix of 1 part hydrogen peroxide and 3 parts water
- Prevention of Heat Exhaustion - Poor Boy Sports drink - 1 tsp of baking soda to 1 packet of Cool Aid in 10 oz. of water



Dit Da Jau - For Bruises

Note: I am not giving the amounts as that would give a prescription, and this requires you to get medical advice before use. Find a good Homeopathic doctor.

There are many more out there for the treatments but you must take the time to learn about them, consult others who have used them!

This is simple formula to make up Balm or Sav for aches and pains-Take small jar of Vaseline, a small jar of Vicks vapor rub and some dried chili peppers (ground fine) and mix together. To mix it heat the Vaseline on low heat, mix in 2 TBS of Vicks and 2 TSB of finely ground red peppers. Mix the liquid together then pour into glass jar and seal, allow to it cool. You have now made Dragon Balm or Red Tiger Balm.

Physical Healing

Everybody gets sore muscles and get strains or knots in them. We all know about putting ice on injury. One of the simplest tricks I have found is to make a Poor-boy's cold pack using a clean dish towel. Soak it in cold water, wring it out so it still damp, then but in zip-lock type sandwich bag and freeze it. This allows you to put it right to skin but not get frost bite because you are putting a frozen cloth to the skin not ice. For those deep bruises and injuries use a zip-lock plastic back with crushed ice held in place by an ace

wrap. Make sure you have a cloth between your skin and the ice pack! Or you will get frost-bite! After 24 hours remember to alternate using heat and ice to speed up healing.

One of the simplest methods is to massage the part of the body affected. One of the simplest methods in done for boxing and bruises is done with just spoons. The spoon is used to massage out the lump caused by the bruise. This has to be done right away to speed up healing of the area. I have seen this done by a Manong

with his thumb for large bruise on his arm from stick play. He rubbed the area with rubbing alcohol with Witch Hazel and his thumb. For knots in the shoulders and back if you can stretch gently the area and massage it will starting to get better. You can use a baseball or hard racket ball in a sock and roll it against the spot while you lean against a wall to massage it. In Hawaii my cousin's make these sticks with rounded smoothed end that look like big "J" and they press and rub the knot out with them.

Massage for Healing

Hot rock massage the concept is found throughout the pacific region, this method of massage and heat with help with many tight muscles old aches and pains. OK, the first rule is you must use some common sense and not put rocks that are boiling hot on bare skin or you will have a burn! Heat a 1/2 pot of water until the water very hot but not so hot you burn your hands getting to the water then will put two-three stones that are smooth, round and flat into the water. Mine are black slate river stones about the size of the inside of my palms. Cover them and

remove from heat. Let them sit for about 15-20 minutes, then one at a time place over the area of the body that is sore. Let them sit for 5-10 minutes; put some mineral oil on the skin that has been warmed. Massage the area gently but firmly with the stone. Do not dig with it or you may cause bruising. This method will allow you kneed the muscle and work out any knots you find. I have used this method to massage members of my family.

Basic massage is an important skill, muscles cramp people get aches and pains but with some very basic use of thumbs, fingers

and some times elbow you have gently work out knots in muscle cause by old sports and work injuries. The basic concept is to start away from the area, then work your way to it, then past it. So if the person's is getting cramped in their forearm, then start at the wrist area with your two thumbs and finger tips slowly up the arm working all the way to the elbow. This massage process will also help with sports injuries to remove fluid found from deep bruises to the extremities. I have used this method with heat as well for my family members.

Cuts, Wounds and Skin Injuries

These methods are to be used in the event no medical care is available. These have been used by friends of mine in remote locations and have worked in a pinch. To close wound that would need to be stitched, you can cauterize the wound with heated knife blade make it red-hot. Note; it will scar

badly. You can use medical tape to close wound by pushing the wound together and then taping it.

Another method for small wounds that need to be stitched, is to use Crazy glue, this is done by pulling the parts of the skin together and apply glue. Poor boy Band-Aids can be made up using a

strip of duct tape paper, napkin or paper towel. Clean the wound with anti-bacterial soap or use hand sanitizer. To remove cactus needles use duct tape over the area and pull. Another method is put clay-based mud on the site until it dries.

Internal Healings

The Filipino learned many things from the Chinese settlers in the Philippines; one of the big things was about medical methods used in Asia. The Dhowist that settled brought many ideas and methods to the Philippines We talked some about the use of plants in compounds for healing. We did not talk about internal healing and the ways it is done. There different method used to help heal the body, but they work on the same principle, using Chi, Ki, Prana, Mana, the breath of God, Universal life energy. These are all names for the same thing. In the Philippines they have Hilots that are faith healers that do hands off energy channeling through prayer, There are Hilots that do healing through massage, pressure point work and meditative breathing channel their Chi. When the Filipinos started working with the Chinese they were introduced to acupuncture and Moxibuction, done with hot stones, hot coals and the hot cups (cupping). You will



Filipinos in Hawaii saw the Hawaiians use hot stones

still find people practicing this in the Philippines, China, Japan, Hawaii and here on the main land. The Filipinos in Hawaii saw the Hawaiians use hot stones and blending the concepts of Lomi-Lomi to what they already knew. In Hawaii they saw REKI from Japanese community, this was as they recognized Hilot style healing being done with hands on and hands off (Faith healing through prayer) Chi energy healing. This type of healing work is something that all humans recognize this from when they were children as their mother will hold them when they are injured. We all felt the love of our parent, which is our creator's energy flowing through expressed in love.

Acupressure for the pressure points is done on the merid-

ians of the body. Acupressure can be used for various problems and controlling aches and pains. This done by manipulating the channels which Chi flows called Meridians. These Meridians can be opened for meditation. This is for strengthening and healing with your own internal energy. Many motions used in Filipino Martial Arts have roots for exercises in building Chi or internal energy.

Today modern society has problems with stress. Stress caused by negative emotions makes the human body have many illnesses we see today, these are caused by toxins that accumulate in the body. People complain about high blood pressure, digestive problems, heart-burn and many others that are cause by the accumulation of stress.

So How Can We Help Ourselves?

One of the simplest things we can do is through breathing and meditation. The simplest form of meditation can be done by sitting in a chair. Sit in the chair with your legs crossed and your hands in you lap. Close your eyes and relax. Make sure that you can sit for 15-30 minutes undisturbed. You need to breathe in slowly through your nose, filling you whole lungs with air. Then slowly let the air out through you mouth. As you exhale, your mouth is open so you make an “H” sound. As you do this concentrate on your breathing as any thoughts come up let them drift by do not concentrate on them. This will allow you to clear your mind and not focus on your thoughts. Do this in quite place away from distractions like telephones, children. This works very well to calm you self and help keep your blood pressure down.

Now to apply it to motion like Tai Chi sword exercises, this is simple when applied Arnis. I will use Cinco Terros as common refer-

ence for the strike patterns. These being #1 right collar bone, #2 left Collar bone, #3 right ribs,#4 left ribs and #5 center line thrust. Starting with feet together and your stick to the side, take a deep breath in and take your hands and brush yourself off from the top of your head to waist slowly while exhaling slowly. Do this three times before starting the exercises. Then take your arms swing them back and forth ten times, then throw you hands down and relax exhale making and H sound, do this three times. Then swing your arms back to front gently slapping you shoulders front and back in rotational manner. Lastly swing your arms back and forth gently slapping your collar bone and your rump at the same, the rotate and do the other side. Do this ten times and will have opened up your meridian channel to help your Chi flow.

Now start with your feet shoulder width apart, right foot forward, left foot back and knees

slightly bent put your left hand by your heart and your right hand on your stick. Inhale through your nose filling your chest, then exhale as you strike with your stick slowly with a forehand (#1) strike. Next step with your left foot, repeat the breathing process but use a back hand strike and deliver a #2 strike. Imagine you are hitting the other collar bone now. Now step with your right foot and repeat the breathing process as you strike again with the #3 strike a fore hand strike at the ribs... Now step with your left foot and repeat the breathing process as you strike with a #4 back hand strike to the ribs. Last step with your right foot & breathe in and breathe out when you thrust. Now use the payong or umbrella strike to bring you weapon around you change direction. Start the whole sequence over again. When you complete the exercises smooth yourself again three times. Do this for at least 20 minutes a day. This will help you with your blood pressure and stress.

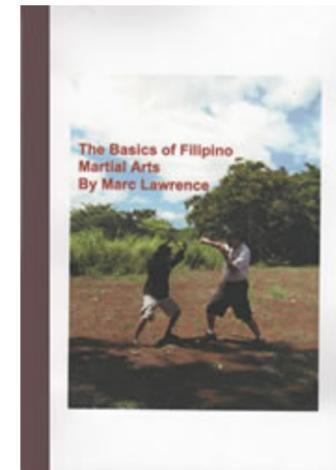
In closing, internal health and wellness is something we all seek, where ever we are in the world. It is no different when Manongs who came here long ago and for us today. A person must be open and willing to listen to knowledge shared by the native peoples.

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The Basics of Filipino Martial Arts

By Marc Lawrence

Master Marc Lawrence Academy of Masters Hall of Fame - Life Time Award, developed this book based upon information gathered over years from 37 different Grandmasters, Masters, Guros and Instructors of what makes up the basics of the Filipino martial art known as Arnis, Eskrima, or Kali. The book contains photographs, diagrams and detailed information that explains what makes the basics any of the Filipino Martial Arts styles is use today. This book serves as companion to any Filipino martial arts style and this information will enhance their skill. (92 pages)

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If you have a school that teaches Filipino martial arts, or you are an instructor that teaches, but does not have a school, list the school or style so individuals who wish to experience, learn and gain knowledge have the opportunity.

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