

## Thank you Mom

My mom unfortunately suffered a heart attack. Though it could not be averted for she refuses to have a checkup, using all her motherly authority over us, a situation we could do nothing about God's goodness, technology and the able hands of her doctors spared us from what could have been life's poignant reality.

Mom is 81 and, apart from her six hospital admissions due to childbirth, she has blissfully spent her years in good health and timeless beauty. "Aging gracefully" is Mom personified.

Interventional cardiologist Enrique "Pogi" Posas performed her angioplasty, turning the tide from critical to walking, in just two days. He did the procedure in 45 minutes in what seemed like a game room filled with monitors for viewing clogged arteries.

The tools doubled as joy sticks with which Posas suctioned off blockages to make way for a stent (some kind of an internal splint).

Along with the best cardiac surgeon Stan de Castro, surgeon Pepito Oreta and cardiologist Kiko Lucban, Mom got the best of care.

### Discoveries

Having cooked for Mom while she was in the hospital, I was left with the hospital food tray, since I couldn't eat what I cooked.

I'd never touched hospital food till now. It was so beautifully presented. Looking so tempting, it deserved a shot.

To my surprise, the best prawns are not only found in fancy restaurants but at Saint Luke's, too. Their patient food is exceptional, so long as there are no dietary restrictions. Thanks to chef Ron Buela.

Pristinely antiseptic, St. Luke's actually has butlers, a concierge service, waiters (the best is Ben de la Cruz), a huge fully equipped hotel-like kitchen and 24-hour room service on the executive floor.

I don't wish for you to be confined to try their menu so I asked St. Luke's highly competent Marilen Tronqued Lagniton to make sure I got this recipe so I could share it with you. I also thank her for all the help.

In case you need a midwife to care for your loved ones, Mildred Wong is pleasant and efficient (tel. 0921-3280497).

### Heart's Delight Prawns with Shallot Marmalade

180 g prawns, de-veined, butterfly cut  
10 g each garlic, chopped, shallots, sliced  
1 wedge lemon  
20 g peanut sauce/satay sauce (Unimart)  
3 tbs olive oil  
10 g paprika  
10 ml white wine

Season prawns with salt and pepper. Saute shallots in olive oil until caramelized, de-glaze with white wine, add peanut sauce.

Grill prawns and stuff with shallot mixture. Serve with roast potato and buttered vegetable.

### Tribute

Mom is home now, walking around and perfectly normal. She has resumed her daily routine, the most pressing of which are the beauty parlor and weekly facials.

Today's Kitchen Rescue is my tribute to her. Pardon me for this, but while I can and while I am gifted with precious time, I must let her know how truly special she is.

Dearest Mom,

To put eloquently into words what the heart so deeply feels, is an injustice. But at least, let me try...

We will never be able to thank you as we should, for no love equals yours.

For 81 years you have loved us and we know love because of you. All that is right and good in us, in fact, the best part of us, is you.

Today I laud the beauty of your person, literally and figuratively. For 81, you look so good, Mother! You like hearing that, don't you?

Each day spent by your side is a gift and we continue to count our blessings one by one, and slowly and of which, you are one of heaven's greatest.

Bask in the comforting thought that you are loved more than you will ever know, that you are appreciated more than we could ever truly show and, for all that you are to us, we remain forever in gratitude.

Thank you so much, Mommy, for loving us!

Three-day diet

Speaking of the heart, let's talk about the Three-day Diet. Having lost seven pounds and two inches in three days was such good news that I had to share it with you.

But, before we get all excited, I would like to thank my readers for pointing me to the web site of the American Heart Association (<http://216.185.112.5/presenter.jhtml?identifier=4715>) which stated:

"The public should be aware that there are diets that purport to be from the American Heart Association that are not.

"The phony diet describes a three-day menu, supposedly prescribed by the American Heart Association or by the 'Heart Association.' It includes vanilla ice cream, hot dogs, eggs and cheddar cheese.

"The diet promises a 10-pound weight loss in three days. The diet also goes by the names: Spokane Heart Diet, Cleveland Clinic Diet and Miami Heart Institute Diet."

In the excitement of fitting beautifully into my jeans, nothing else seemed to matter but to spread the news. Mea culpa! My sincerest apologies and many thanks to those who went out of their way to correct the diet's claim. Hay nako! AHA may be the American Hotdog Association!

E-mail the author at [raspiras@inquirer.com.ph](mailto:raspiras@inquirer.com.ph)

( [www.inquirer.net](http://www.inquirer.net) )

## About the Author

From [www.asianjournal.com](http://www.asianjournal.com):

Source: <http://productsherbal.com>