

ชีวจิต

NO.
602

เมษายน - พฤษภาคม
2568

รู้รอบเรื่องสุขภาพ ทำตามง่าย ได้ผลจริง

*Mental
Wellbeing*



คู่มือ
สุขภาพจิต
บำบัดเครียด
ลดซึมเศร้า
เราจะไม่สตีหลุด



Journal name : Cheewajit

Issue: 602

Month : April – May

Year : 2025

Abstract

Presenting content about **COVER STORY SCOOP** : Understanding mental health problems, the silent dangers that arise when everyone has the opportunity to create their own time bomb **SCOOP** : Deep insight into depression in Thais, children, working people, and the elderly: how to prevent, treat, and recover **SCOOP** : Alternative herbs and Thai massage to care for stress and depression **SCOOP** : Aromatherapy to restore body and mind, relieve stress **EAT WELL GUIDE** : Open the Cheewajit Kitchen: **HEALTHY FOOD** : Germinated brown rice and cacao tomatoes help improve mood and happiness **WORKOUT PLAN FIT FOR HEALTH** : Yoga Therapy: Yoga therapy heals the body, mind, and brain **HEALTHY MIND : Special Interview** : Talking about mental health and healing with sound therapy with a holistic health therapist **PEOPLE Health Experience** : Opening 2 experiences to increase happiness in life, good heart, good body, good life **HEALTHY HUB Cheewajit REVIEW** : From the intention of "wanting Thai people" to get sick less Sappaya, a traditional Thai medicine clinic.

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MAY 2025

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WARMER
VIBES

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WANARAT

10
GENTLE
MEN

EMPOWERING
CONVERSATION

WITH

ANNE
THONGPRASOM



Journal name : Praew Magazine

Year : 46

Issue : 1,018

Month : May

B.E. : 2025

Abstract

Presenting content about **JEWELRY STORY** : Life and Nature **TIMEPIECES** : The Ultimate Men's Watches **WATCH STORY** : Time & Speed 24 hours of memorabilia with a battle of speed and determination **BEAUTY SCOOP** : How A Hot Guy Can Be Even Hotter **MONTHLY BEAUTY STORIES** : The Guide to Makeup for Men **FASHION SCOOP** : Six Shades of Thai Menswear **FASHION STORY** : The Hottest Vibe **FASHION SET** : The Art of Everyday Luxshury **FASHION COVER** : Warmer Vibes **SPECIAL INTERVIEW** : The Real War **PRAEW FAVOR** : You & Me Aimm-Cherprang **INTERVIEW** : The Next Chapter Anne Thongprasom **SCOOP** : The Gentle Men **THE FOCUS** : The Power of Self-love by Vex King **MAKE MONEY** : Wealthy...in a changing world **SPECIAL STORY** : Beauty of Diversity **THE MASTERPIECES** : Priceless passion **LUXURY LIVING** : Unique Modern Home @ Khao Yai **MY FAVORITE PIECES** : Heng's Garage opens a garage for storing cars worth a hundred million baht **SPECIAL NEWS** : Take a tour of the Thailand Pavilion, a world-class exhibition, Expo 2025 Osaka, Kansai, Japan, Osaka, Japan **SPECIAL INTERVIEW** : Lifestyle Medicine answers the question of sustainable good health and beauty **HEALTH MATTERS** : Hypersomnia.. No matter how much sleep you get, it's never enough **ONCE IN A LIFETIME** : From coughing to hernias **PRAEW RECOMMEND** : When Art Meets Brunch **AROUND THE WORLD** : Longevity.. Sustainable, well-being **ART & CULTURE** : Sakwut Wisetmanee.