

ชีวจิต

NO.
604

สิงหาคม - กันยายน
2568

รู้รอบเรื่องสุขภาพ ทำตามง่าย ได้ผลจริง

NATURAL SUGAR GUIDE

กิน
“น้ำตาล
ธรรมชาติ”
คุม “เบาหวาน”
ช่วย “อ่อนวัย”

ชีวจิต

Natural Sugar Guide - คู่มืออาหารธรรมชาติ / คู่มืออาหารสุขภาพ ฉบับพิเศษ / ISSUE 604 / สิงหาคม - กันยายน 2568

1 ฉบับ

บาท



Journal name : Cheewajit

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Month : August - September

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Abstract

Presenting content about **COVER STORY SCOOP** : Diabetes prevention, treatment and recovery program with food and exercise **SCOOP** : Is sugar really behind this terrible disease? And get to know the 3 soldiers of GI, GL and II who help us understand sugar levels **SCOOP** : Check 79 foods, what is their glycemic index? **SCOOP** : 5 flavors of medicine to defeat diabetes from local vegetables and Thai herbs **EAT WELL GUIDE Open Cheewajit Kitchen** : Menu to help control blood sugar, delicious from Job's tears, Gotu kola and okra **WORKOUT PLAN FIT FOR HEALTH** : 4 yoga poses to stimulate the pancreas, helping to control blood sugar **HEALTHY MIND MIND UPDATE** : Float above thoughts Health fiction: Death by weight loss pills **PEOPLE** Health experience: Reduce sugar, lose weight, increase happiness, good health Rujira Pitikanchanasakul **HEALTHY HUB** Cheewajit invites you to taste: Delicious without feeling guilty. Open a new experience with 2 health restaurants that people in this era must try **Cheewajit Review** : Long life with quality By Dr. Sarittha Samathap, OIVIVA Polyclinic.

ปีที่ 25

กันยายน 2568

ฉบับที่ 290

NATIONAL GEOGRAPHIC

ก้าวกระโดดครั้งใหญ่สู่

ดวงจันทร์

เผยอภิมหาโครงการ
พัฒนาดวงจันทร์
ขององค์การนาซา
ชาติมหาอำนาจ
ด้านอวกาศ
และบริษัทเอกชน



Journal Name : National Geographic

Year : 25

Issue : 290

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Abstract

Presenting content about As space powerhouse NASA and private companies prepare to return humans to the moon, ambitious plans are being developed to improve this pristine planet. A daredevil writer keeps Lagos afloat. Residents of Lagos, Nigeria, still rely on motorcycle taxis, or okatas, to get to their destinations despite a government ban. The potency (and dangers) of modern marijuana. Today, marijuana is more popular and potent than ever, and its use and study are leading to both disturbing and surprising discoveries. The cunning European fox roams. Why foxes are considered one of the most successful carnivores of the modern era. South Korean guerrilla balloonists follow a covert operation to send a giant balloon laden with contraband across the border to North Korea. The mission to revive an extinct Galapagos tortoise. The story of a team of relentless scientists who try to unlock the genetic secrets to bring a legendary giant tortoise back to its native habitat. Much of the world's ocean floor remains a twilight zone. One explorer aims to change this by inventing a new tool to help explore the dark deep sea. Or the future of data storage is DNA. DNA could be the solution to mankind's vast data storage problems. Will Mexico's futuristic train really destroy the past? The Maya Crane Railway was built to connect people and honor Maya archaeological sites, but the question arises: what was lost along the way.