

ชีวิิต

NO.
607

กุมภาพันธ์ -
มีนาคม 2569

รู้รอบเรื่องสุขภาพ ทำอย่างไร ได้ผล

living
for
longevity



ใช้ชีวิตเป็น
อายุยืนยาว มีความสุข

Journal name : Cheewajit

Issue: 607

Month : February-March

B.E. : 2026

Abstract

Presenting content about **COVER STORY SCOOP:** Opening 3 Fronts for a Long Life...Longevity with Dr. Sant Jaiyodsilp **SCOOP:** In-depth Look at the "Longevity" Concept in a Bio-Spirit Style: Starting with Yourself **SCOOP:** Decoding Longevity: The Prosperity of Body and Mind from the Perspective of Thai Traditional Medicine Teacher Chaiyaphon Klinchan **SCOOP:** Wellness Food for Longevity: Delicious and Healthy **EAT WELL GUIDE: Healthy Meals:** A Short Guide to Eating Fruits and Vegetables for Longevity and Good Health Bio-Spirit Kitchen: 4 High-Antioxidant Thai Curries – Longevity-Boosting Menus for Thais **HEALTHY MIND MIND UPDATE:** Problems Are Not Problems; **Health Story:** How Much is Too Much Weight When Menstruation Becomes a Yearly Period? **WORKOUT PLAN CHEEWAJIT FRIEND CLUB:** Blue Zone Thailand, Bio-Spirit Club, Chanthaburi **FIT FOR HEALTH:** Investing Tens of Baht for Million-Baht Health with "Bonus Stick Dance in Bio-Spirit Style" **PEOPLE High-Experience Image:** Conquering a Stroke With discipline and dedication, "Khun Yukol Phisomyarom" **HEALTHY HUB WELLNESS DESTINATION:** Blue Rabbit Hotel, a tranquil space in Chanthaburi that invites you to slow down the pace of life and heal your heart. **WELLNESS DESTINATION:** The journey to wellness...begins with a true understanding of the body @Anantara Wellness. **Healthy Living Food Review:** "Mee Rit" serves Thai food to create longevity.