

ชีวจิต

NO.
610

สิงหาคม -
กันยายน 2569

คีนสมดุลลำไส้

พรีไบโอติกส์ โปรไบโอติกส์
โพรสโตไบโอติกส์



อายุยืน
ด้วยจุลินทรีย์ดี
ในท้อง



Journal name : Cheewajit
Month : August-September

Issue: 610
B.E. : 2026

Abstract

Presenting content about **COVER STORY SCOOP** Q&A Answered from Research and Real-Life Experiences: Do Probiotics Really Help Manage Diseases and Disorders? **SCOOP** THE GUT REVOLUTION: Probiotics, Prebiotics, Postbiotics - Longevity with Gut Microorganisms **SCOOP** Thai Herbs for Gut Health: Supplementing the Microorganisms Your Body Needs **SCOOP** Miso 2: Lemon and Honey-Infused Probiotic Food @ Pasuthara **SCOOP** Herbal Kombucha... Drink This for Your Gut and Good Microorganisms - Thai Traditional Medicine Practitioner Bongkoch Kasikijthamrong **EAT WELL GUIDE** Opening the Organic Kitchen: From Farm To Table - Delicious and Refreshing with Lemon: Avocado @ Pasuthara Suan Phueng **WORKOUT PLAN FIT FOR HEALTH** Gut Care Through Movement with 4 Pilates Exercises to Improve Digestion **HEALTHY MIND** Health Story: The Tale of Bad Bacteria and Probiotics **PEOPLE** Health Experiences: Good Gut Health Isn't Built in a Day, Just Like Irritable Bowel Syndrome It didn't happen overnight. Urai Jiramongkolrat, from **HEALTHY HUB**, invites you to sample a healthy lifestyle, starting with gut health, with meals that heal the body from within at "Rasayana Raw Food Cafe," a **WELLNESS DESTINATION**. Replenish your life with natural vitamins amidst a lemon grove and a lifestyle of happiness @ Pasuthara, Suan Phueng, Ratchaburi.