ชีวจิต

NO. 611
ตุลาคม - พฤศจิกายน 2569



Midlife Reset

คัมภีร์สุขภาพคนวัย 40+

กิน นอน พักผ่อนอย่างไร
ให้ชีวิตอยู่ดี อยู่ยาว

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Abstract

Presenting content about **COVER STORY SCOOP** Age 40+ The Sooner You Start Taking Care of Yourself, the More You Can Delay Decline. **SCOOP** Hair Loss at 40+ Understand the Causes and How to Manage It. **SCOOP** Slowing Down the Aging Process for Women Over 40 Through Traditional Thai Medicine **HEALTHY HUB SPECIAL INTERVIEW** Unveiling the “Peranakan” cuisine a culinary tradition where diverse cultural influences blend into a single, harmonious flavor presented by Chef Ae (Chantima Muneekul) **Cheewajit Recommends** 5 Peranakan Restaurants Savor the Allure of a Unique Culinary Culture **HEALTHY MIND** A Health-Themed Novel I Was Diagnosed with Cancer at Age 40 **EAT WELL GUIDE** Chewajit Kitchen 3 Healthy Recipes to Boost Carbs and Protein, Perfect for All Ages, Every Single Day by Seesod.