



# Lifestyle Medicine and Wellbeing International Conference 2024

“ The Rise of Health Lifestyle and Wellbeing in Thailand ”

**November 15-17, 2024**

📍 Le Lotus, 2<sup>nd</sup> floor, Swissotel Ratchada Bangkok



Dr. Surakiart Sathirathai



Dr. Chanchai Sittipunt



Dr. Tassana Boontong



Dr. Yongyuth Mayalarp



Dr. Sivanawaran Poobalasingam



Dr. Patana Teng-umnuay



Mr. Stephan Herzog



Dr. Sarawut Thepanondh



Dr. Akkarach Bumrungpert



Darren Soerbain

## DAY 1 SCHEDULE

November 15, 2024



**SCAN**  
Register

08:00 - 08:05 Welcome Remarks  
**Dr. Yongyuth Mayalarp**

08:05 - 08:30 Introduction to LM - the Six Musketeers  
**Dr. Yongyuth Mayalarp**

08:30 - 09:10 The Establishment of Malaysian Society of LM and the Development of LM in South East Asia  
**Dr. Sivanawaran Poobalasingam**

09:10 - 09:45 Opening Address - Royally-initiated Projects to optimize the People's Lifestyle and Wellbeing  
**Dr. Surakiart Sathirathai**

09:45 - 10:00 Coffee Break and Exhibition Booths

10:00 - 10:45 Lifestyle approach to NCDs  
**Dr. Patana Teng-umnuay**

10:45 - 11:30 Cigars, Cigarettes and Electric Cigarettes  
**Dr. Chanchai Sittipunt**

11:30 - 12:05 Burnout, Stress and Positive Psychology  
**Dr. Tassana Boontong**

12:05 - 13:05 Lunch

13:05 - 13:35 Global Trend and the Rise of Lifestyle Medicine and Wellbeing  
**Mr. Anthony Jude Tan**

13:35 - 14:20 Mindfulness and Lifestyle Medicine  
**Dr. Rex Gloria**

14:20 - 14:55 Mindfulness for Digital Detoxification and Improved Life Balance  
**Phra Paramai Dhanissaro**

14:55 - 15:30 Functional Food in LM  
**Dr. Chanida Pachotikarn**

15:30 - 15:45 Coffee Break and Exhibition Booths

15:45 - 16:30 Culinary Medicine: dedicated dishes for optimum health  
**Dr. Somboon Roongphornchai**

16:30 - 17:00 The Path to Flourishing  
**Mr. Stephan Herzog**

17:00 - 17:45 Beauty and Wellbeing from Whole Food, Plant-based Diet  
**Dr. Smith Arayaskul**

17:45 - 18:30 Annual Meeting of the Thai Lifestyle Medicine and Wellbeing Association



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18:30 - 22:00 Loy Kratong

**GALA**  
Dinner

REGISTRATION FEE

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Phra Paramai Dhanissaro



Dr. Pansak Sugkraroek



Dr. Somboon Roongphornchai



Dr. Suchitra Luengamornler



Dr. Brenda Rea



Dr. Rewadee Chongsuwat



Dr. Kobkullaya Chuengprasertsri



Mr. Anthony Jude Tan



Ms. Watcharee Pinthong

## DAY 2 SCHEDULE

November 16, 2024



**SCAN**  
Register

08:00 - 08:30 Physical activity and Optimal Health

**Dr. Brian Kunakom**

08:30 - 09:15 Cardiovascular disease reversal with nutrition - Online presentation

**Dr. Meagan Grega**

09:15 - 09:45 Nursing and LM

**Dr. Suchitra Luengamornler**

09:45 - 10:00 Coffee Break and Exhibition Booths

10:00 - 10:50 Restorative Sleep With A Lifestyle Medicine First Approach

- Online Presentation -

**Dr. Amy Mechley**

10:50 - 11:35 Stress-free, Sleep and Eternal Beauty

**Dr. Kobkullaya Chuengprasertsri**

11:35 - 12:10 Environmental Management in LM

**Dr. Sarawut Thepanondh**

12:10 - 13:10 Lunch

13:10 - 13:40 The Global Lifestyle Medicine Certification Framework

**Mr. Stephan Herzog**

13:40 - 14:25 Optimal Men's Health and LM

**Dr. Pansak Sugkraroek**

14:25 - 14:55 How 2% can add life to your year

**Mr. Darren Scherbain**

14:55 - 15:25 Role of macronutrients and micronutrients in LM

**Dr. Rewadee Chongsuwat**

15:25 - 15:40 Coffee Break and Exhibition Booths

15:40 - 16:10 Gut microbiome and healthy lifestyle

**Dr. Kobkul Sudsuansri**

16:10 - 17:00 Lifestyle Medicine in Oncology

**Dr. Sitt Tienthiti**

17:00 - 17:45 How to be a good Coach : LM prescription

**Dr. Pansak Sugkraroek**



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Dr. Rex Gloria



Dr. Smith Arayaskul



Dr. Brian Kunakom



Dr. Sitt Tientithi



Dr. Tangdan Phisalaphong



Dr. Wayne Dysinger

## DAY 3 SCHEDULE

November 17, 2024

08:00 - 09:00 Longevity, Telomere and LM

**Dr. Yongyuth Mayalarp**

09:00 - 09:45 LM and its integrative approach - Online presentation -

**Dr. Brenda Rea**

09:45 - 11:15 Lifestyle Medicine with Dr. Wayne S. Dysinger

**Dr. Wayne S. Dysinger**

11:15 - 11:30 Evidence-based LM and Summary

**Dr. Yongyuth Mayalarp**

13:00 - 17:00 **The International Board  
of Lifestyle Medicine Examination**



**SCAN**

Register



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