

One Create

Wellness & Lifestyle

Issue #6



A Life Inspired.

- ★ Forensic Investigator
- ★ Charity Founder
- ★ Leadership Speaker
- ★ Elite Ultramarathon Runner

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The Epic 26 Day
1400km

'Run to Remember'
Campaign

Longevity Special

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Wellness & Lifestyle

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Dear Readers,

I am excited to introduce our 'Wellness and Lifestyle' magazine.

This edition focuses on all matters surrounding the science and lifestyle approaches to longevity whilst building an increased healthspan.

We are proud to present an interview with His Excellency Pat Bourne, the Irish Ambassador to The Kingdom of Thailand, discussing how wellness and altruism can transform lives.

The awe inspiring featured interview with Peter Baines OAM is an extraordinary story and not to be missed.

In this edition we share diverse wellness perspectives, including:

- Insights from health and longevity experts from 'MIT Management 'Beyond Years - The Future of Longevity' conference
- Therapy advice for self-healing from Human Garage
- Exploration of medical tourism in Thailand
- Stu Wilson discusses the benefits of ice baths, breathwork and personal approaches to health interventions
- Interview with the Chief Science Officer from Bumrungrad International Hospital - Assistant Professor Dr. Polakit Teekakirikul
- VitalLife Scientific Wellness Centre's Dr. Suwanna Suwannapong discusses deep insights on longevity science
- Plus lots more inside these pages

One Create Magazine aims to inspire and educate on all aspects of wellness and lifestyle. We invite you to share this magazine and subscribe for enjoyment of further issues, as we embark on our 'Life Inspired' journey.

Thank you.

Buzz Langton



His Excellency Pat Bourne
Irish Ambassador to The Kingdom of Thailand

Diplomacy, Wellness, and the Power of Empathy

A Conversation with Ireland's Ambassador to the Kingdom of Thailand

In the heart of Bangkok's diplomatic quarter, along the tree-lined Wireless Road, sits a piece of Ireland. The Irish Embassy, nestled in a sleek business tower, serves as a bridge between two cultures, fostering relationships and promoting understanding.

On a warm Bangkok afternoon, we find ourselves in the Embassy's cheerful meeting room, surrounded by the essence of Ireland.

Behind me, a bookcase stands proud, its shelves lined with volumes exploring every facet of Irish culture, history, and society.

Across the table, framing Ambassador Pat Bourne, is a vibrant collection of posters – each one a colourful reminder of the annual Irish Film Festivals that have graced Bangkok's cultural scene over the years.

Ambassador Bourne's story begins far from the corridors of power. "I was born in the Rotunda Hospital in Ireland, which is the biggest maternity hospital in Ireland. But my family were originally from Finglas and Glasnevin areas of Dublin. Working class, very ordinary neighbourhoods," he recalls.

As the fifth of six children, Ambassador Bourne's early life was typical of many Irish families in the 1960s and 70s. Schooled at one of the many Christian Brothers Schools, then leaving and starting work was a common path for many in his generation.

The ambassador begins to explain the economics of the mid-eighties, painting a vivid picture of the challenges faced by young Irish people at the time. "When I left school in 1984, Ireland was in the depths of the 1980s depression. I think of my school peers, the vast majority of them emigrated quite quickly, either England, the US, Australia, Canada or mainland Europe".

"Only 10% of my class actually stayed in Ireland, of which I was one."

"I was quite happy to do so". The ambassador smiles quizzically, "It was quite ironic that a few years later I was the one who went travelling the world".

"Most of those thankfully were able to come home when the economy improved in Ireland and with the opportunities that they gleaned overseas".

His path to diplomacy was far from conventional. At 17, he joined the public service, initially working in the Home Civil Service before transitioning to the Foreign Service. "I've been in the public service now for 40 years, five or six years in the Home Civil Service in Ireland, and the last 34 years now in the Foreign Service," Ambassador Bourne explains. This journey, from the streets of Dublin to representing Ireland on the global stage, has given him a unique perspective on the world and the role of diplomacy in fostering international understanding.

When asked about his early days in the service of the Department of Foreign Affairs, the ambassador's eyes light up with the memory. "I never had the wanderlust bug really, you know, to go and explore the world".

"That really only came after I kind of fell into the Department of Foreign Affairs in the Foreign Service and, as we were sent abroad pretty early on to Iraq after Saddam Hussein's invasion of Kuwait when the crisis had broken out, which led to the first Gulf War".

Ambassador Bourne continues, "Well I didn't know much about the world of diplomacy and embassies and ambassadors". He continues "I was really just getting to learn the business; and then suddenly there was this crisis that erupted, within a few months of me joining the Irish Department of Foreign Affairs; I think I just happened to be the last foot in the door, so I was the first one sent out the door to go over to Baghdad".

The ambassador leans forward towards me, his voice taking on a more serious tone. "It was a bit scary, no doubt about it, because none of us knew what was going to happen".

"But it was also exhilarating because it was very much being at the centre of the biggest news story on the planet and also it was a real opportunity to do something very important, very concrete and very rewarding to help people; as you might remember, there were hundreds of foreign hostages that were being held by the regime in Iraq, including hundreds of Irish hostages that were being denied exit visas".

"They were being kept there being used as human shields, essentially".

The ambassador's face takes on a more serious expression. "So my job was very much to try and persuade the Iraqi authorities to give them exit visas, to let them out".

"There were lots of Irish construction workers, but there were big, even bigger numbers of Irish nurses who were there working in hospitals."

Ambassador Bourne again leans forward in his chair, his eyes animated, a noticeable hint of a smile as he speaks.

"It was incredibly rewarding" he says, "to see the appreciation and the relief of those people when we finally managed to come back from the ministry with their passport and the exit stamp in it! - We could then take them to the airport and put them on planes and get them out of the country, and home to their families and their loved ones."

"So that was really what I imagine what infected me was that desire to help people and that realisation of how working in an embassy overseas can really help people, it's incredibly real, very practical and very concrete stuff."

Surviving the Tsunami - A Diplomat's Trial by Fire

Perhaps no experience has shaped Ambassador Bourne's outlook more profoundly than his survival of the 2004 Indian Ocean tsunami.

On December 26, 2004, Ambassador Bourne, then the deputy Irish Ambassador to India, was vacationing with his family in Sri Lanka when disaster struck.

"My wife is from Sri Lanka, and we were there holidaying down at the Bentota Beach Hotel on Sri Lanka's southern coastal province, a kind of Bourne family tradition. We were having a lovely Christmas," he remembers. "We'd had a wonderful evening meal on Christmas Eve and danced and partied. We'd had a quieter day on Christmas Day exchanging gifts and having lunch, all of the lovely family Christmas stuff. And then on Saint Stephen's Day, Boxing Day morning, the 26th, we got up quite early and we went to do some water sports with the children, there were quite a few of us as we had brothers and sisters and their kids too."

The ambassador paints a vivid picture of the scene just before disaster struck. "The kids were having great time on inflatable banana boat and donut rides, the adults were water skiing too."

When asked about the ages of the children, Ambassador Bourne recalls, "Mine would have been eight and ten, their cousins were, aged, eleven and five".

"So all the kids and the parents were having a good time, But the peaceful holiday was shattered when the first wave hit. There it was at 9:26am I think was the official tsunami time. Probably a few minutes later in terms of when it hit Sri Lanka".

Ambassador Bourne's account of the 'tsunami' is both harrowing and inspiring. His voice takes on a somber tone as he continues to recount the events of that catastrophic day:

"We were there when the first wave hit, actually my daughter and her cousin were in a boat being towed along, in one of these doughnut inflatables (lorry Inner-tubes). They were immediately swept away by the wave". The Ambassador's face takes on an almost ashen pallor as he continues this incredibly harrowing story:

"To this day I'm very grateful for the fact that the word 'tsunami', I didn't really understand or know the real understanding of what a tsunami was. I certainly didn't think there was any risk of a 'tsunami' or a possibility of a 'tsunami' here in Sri Lanka."

"So we were all kind of protected from the panic by the fact that 'tsunami' wasn't in our lexicon, so to speak'.

'We just thought at the time that this was some kind of strange freak high tide or wave or whatever, It was obviously a bit worrying when our children were washed away out of sight by the wave'.

'But, within a relatively short time, one of the local chaps had rescued the two children and brought them back, both soaking wet, but they'd been wearing life vests, which probably saved them."

The relief in the ambassador's voice is palpable as he continues, "They weren't badly injured, they had a few scratches and bruises and were in a bit of shock'. 'But again, none of us knew what had happened or what was going on. So we weren't really particularly frightened at the time."

Ambassador Bourne's account provides a unique perspective on how the disaster unfolded.

"But then it actually went on."

"I mean, that's my experience and possibly different from others in some places. I think that first wave hit, you know, very, very hard and shockingly it caused a lot of damage."

The Ambassador continues: "Then there was some follow on, but it was less strong, whether that was due to the offshore coral, the nature of the topography or the terrain around that shoreline I don't know."

We had a series over a couple of hours, of strong, strong waves, strong tides coming in, the water level growing consistently higher and higher over the shore and inland areas, he recalls.

"We were trying to find our way back to our hotel to try to get to higher ground."

The ambassador's voice grows more somber as he describes the devastation. "Because the whole coastal area was being completely inundated.

We watched buildings slowly being undermined and eroded and falling down in front of us, boats flying across the road and stuff like that".

"So it was very, very frightening. But we did eventually get back to our hotel and the hotel unfortunately was pretty badly damaged and all of our rooms were underwater."

Ambassador Bourne reflects on the surreal nature of their initial concerns.

"I remember, it's strange sometimes with hindsight, that we were very worried about our possessions in the rooms and what we could salvage and recover. Things like Christmas presents, which were of sentimental value, at that time not really having any inkling of the scale of this event and the fact that there had been any fatalities and casualties at all."

The ambassador's account provides a vivid picture of the confusion and gradual realisation of the disaster's scale.

"We were kind of stranded on this little bit of elevated land where our hotel was for several hours. We were trying to get news from radio and television sources, and slowly it began to filter in that this had been a 'tsunami' that had affected a big part of the coast of Sri Lanka and possibly other parts of the region as well, and that there were initially reports of some people missing. Then it started to become clear that significant numbers of people were missing, and reports of confirmed deaths - All this was a very slow drip feed, during that day."

"The journey back to safety was equally harrowing" he adds. "Eventually we were advised, I think it was the 'Automobile Association of Sri Lanka' that the water had receded on a particular road inland that would enable us to get back to Colombo".

"So we joined a very long convoy of stranded individuals trying to get back to Colombo".

"It took us many, many hours to get back there. We arrived late on the night of the 26th."

The Ambassador continues unfolding the events: "Back in Colombo, we had access to the BBC and international news. It was really only then that the full scale of what had happened across multiple countries became clear."

Despite the chaos and destruction, Ambassador Bourne quickly transitioned from survivor to his role as diplomat, working tirelessly to assist in the humanitarian effort, regardless of nationality. "I was pressed into action by the events and volunteered for action to say, well, look, there's a likelihood it's going to be other Irish citizens in Sri Lanka at the time."

"You know, I'll try and identify who they are, where they are, if they've been affected, or injured, or worse." Ambassador Bourne notes that while no Irish citizens died in Sri Lanka, the embassy was responsible for a huge geographic area including India, Sri Lanka, Bangladesh, and Nepal.

This experience, while traumatic, reinforced Ambassador Bourne's commitment to public service and highlighted the vital role that diplomats play in times of crisis. It also gave him a unique perspective, bridging the gap between personal experience and professional responsibility.

Wellness in the Diplomatic Corps

The demands of diplomatic life can take a toll on one's well-being, a fact that Ambassador Bourne is acutely aware of.

"When you talk about high stress, there are certain moments in my career where it's been high stress," he admits. To combat this, Ambassador Bourne has developed strategies to maintain his physical and mental health.

Chief among these is exercise, particularly running, "One of the great antidotes is getting out in the fresh air for a brisk walk or a run. That is really my go-to activity when it comes to wellbeing and getting my head back in the right space," he explains.

Ambassador Bourne also strives to maintain a morning routine, despite the often unpredictable nature of his work. He rises early and takes a walk, often around the nearby Lumpini Park or Benjakitti Park in central Bangkok.

Recently, at his wife's encouragement, Ambassador Bourne has begun practicing intermittent fasting. "My wife has encouraged me to do it. This intermittent fasting thing," he shares.

This approach has led him to largely cut out breakfast, focusing on two meals a day within a specific time window, when his diary allows.

However, Ambassador Bourne is candid about the challenges of maintaining wellness in his role. "The occupational hazard of being ambassador is you are not always in control of your time," he notes.

Balancing official functions, which often involve rich food and drinks accompanied with gifts of chocolates and local delicacies. His personal health goals is an ongoing challenge.

Advocacy for Disability Rights

A crucial aspect of Ambassador Bourne's life and work that shapes his perspective is his own experience with a degenerative eye disease. With only 30% of his vision remaining, he has become a passionate advocate for disability rights. "Because of my own visual impairment, I particularly try to engage with or help in any way causes or charities that support disabilities and promote disability rights," he explains.

This personal connection has made Ambassador Bourne a strong voice for inclusivity and accessibility in both his professional and personal endeavours.

As we conclude our interview and I step out into the vibrant streets of Bangkok, Ambassador Bourne's words linger in the air.

When asked if he had any special message he's like to pass on to anyone reading this interview, his message to "**stop and think**" resonates deeply.

It's a simple yet powerful reminder that in our fast-paced, interconnected world, taking a moment to consider others' perspectives can make all the difference – whether in personal relationships, international diplomacy, or the pursuit of wellness and balance in our own lives.

For Ambassador Bourne, this philosophy is not just a professional stance, but a deeply personal one, informed by his own experiences and challenges.



I would like to personally thank His Excellency for taking time to meet me to have this very meaningful conversation to share with One Create Magazine and its readers.

Murray Russell (Buzz) Langton

Featured Interview.



Click on the page for the audio version

TWENTY YEARS RUNNING

Peter Baines Journey from Disaster to Hope

On a sweltering Sunday afternoon in Bangkok, Peter Baines settles into a chair in one of the Four Seasons meeting rooms, his composure belying the frenetic pace of his day.

Just an hour earlier, he had addressed a rapt audience of 50 business leaders, his words a blend of hard-earned wisdom and compassionate insight.

Our meeting, squeezed into a brief window of calm, stands in stark contrast to the grueling regimen that awaits him; five days of intense training in the Thai countryside, each day a punishing 40-kilometer run.



The air conditioning hums softly, offering a stark contrast to the tropical heat outside, and an even starker one to the challenge Peter Baines is preparing to undertake.

This former forensic investigator turned humanitarian sits across from me, his lean frame and weathered hands bearing testament to a life spent in service of others.

In December, Peter Baines will embark on a 1,400-kilometer run, down through Thailand, a journey that seems to mirror his life's trajectory; long, arduous, and driven by an unwavering sense of purpose. As he sips water from a nondescript bottle, a habit ingrained by years of ultra-marathon training,

Peter reflects on the path that led him from crime scenes in Sydney to tsunami-ravaged shores in Phuket, and ultimately to the helm of one of the largest Australasian charities in Thailand.

"Everything changed after the Asian tsunami," Peter Baines says, his voice carrying the weight of countless identifications performed in the aftermath of the 2004 Asian tsunami disaster.

It's a phrase that makes you listen, you feel the weight behind his words.

Were it not for the profound shift it heralded in Peter Baines life; a shift from bearing witness to tragedy to actively working to prevent further hardship to those children orphaned by the tsunami 20 years ago, and which continues to support children that have a dire need of love and care, with outreach programs so kids can stay in their family homes and not add to those in homes that 'Hands' support.

As the afternoon light gently filters through the foils hanging in front of the hotel's windows, Peter Baines leans forward, his posture a curious mix of relaxation and readiness, a man accustomed to springing into action at a moment's notice.

"For 20-odd years, I worked with the New South Wales Police," he begins, a slight smile playing at the corners of his mouth. "This was long before 'CSI Miami' made forensics look glamorous."



"Everything changed after the Asian tsunami"





Peter Baines trajectory from a fresh-faced university graduate to a seasoned forensic investigator is a study in the grim realities of human nature.

His cases, homicides, suicides, suspicious deaths, read like a litany of life's darkest moments. Yet it was this very immersion in tragedy that would ultimately equip him for his most challenging role.

"I transitioned to forensics while simultaneously pursuing a law degree," Peter explains, his words revealing a man driven by an insatiable curiosity and a desire for justice.

"I wanted to ensure legal compliance in my cases."

This dual pursuit of practical experience and academic knowledge, formed Peter Baines into a detail oriented and meticulous professional, that would serve him well in the complex world of international disaster response.

The 2002 Bali bombings marked Peter Baines first foray into international crisis response. "It positioned us as key players in Southeast Asia's forensic landscape," he explains, the understatement belying the magnitude of the task.

But it was the 2004 Asian Tsunami that would prove to be the crucible in which Peter Baines future would be forged.

"We faced an unprecedented challenge," Peter recalls, his voice dropping to a near-whisper, as if the weight of the memories demands reverence.

"Identifying over 5,395 victims among nearly 300,000 who died across the region."

"The scale was staggering, surpassing even 9/11 in its devastation!"



As Peter speaks of those harrowing days - bodies exposed to water and heat, the race against decomposition, the sheer logistical nightmare.

One can almost smell the tropical air heavy with loss and death.

It's a testament to his resilience that he can revisit these memories without visible distress.

Instead, there's a quiet determination in his eyes, a look that suggests that from this catastrophe, purpose was born.

The Birth of 'Hands Across the Water'

It was in this crucible of crisis that 'Hands Across the Water' was conceived.

"Just ten months after the tsunami," Peter notes, a hint of wonder in his voice, as if he himself can scarcely believe the swift transition from identification to aid.

"I was still serving as a forensic investigator when we founded the charity."

Today, 'Hands Across the Water' stands as a colossus in the world of Thai-focused charities, having channeled over 750 million baht into the country.

But Peter is quick to emphasize that the organization's mission transcends mere financial aid. "We aim to create 'a life of choice' for these children," he says, leaning further forward in his chair, his gaze fixed and forthright.

He then sits back in his chair, looks up as he envisions the future he's helping to shape.

This philosophy of empowerment rather than mere assistance permeates every aspect of the charity's work. From education to vocational training, the goal is clear; to nurture self-sufficiency, to transform victims into victors.



As our conversation unfolds, it becomes evident that Peter Baines' approach to charity mirrors his background in forensics—methodical, detail-oriented, and always with an eye on the long-term implications.

It's an approach that has served him well, both in the painstaking work of victim identification and in the equally challenging task of rebuilding lives.

The "Run to Remember" A Marathon of Deep Meaning

As the interview progresses, our focus shifts to the monumental task looming on Peter Baines' horizon: the "Run to Remember." campaign.

Starting this December 1st, 2024, Peter Baines and his long time friend, and supporter of 'Hands', Greg Wallace, will embark on a **1,400-kilometer** run across Thailand, from the northeastern town of Yasothon to Takua Pa in the south.

"Sixty kilometers a day for twenty-six days," Peter states matter-of-factly, as if reciting a grocery list rather than describing a feat of near-superhuman endurance.

The run will conclude on December 26th, coinciding with the 20th anniversary of the tsunami that forever altered the course of Baines' life.

As he outlines the logistics of the run, Peter's eyes light up with a mixture of anticipation and resolve. "Heat management is a concern," he admits, his brow furrowing slightly.



"Avoiding heat stroke and staying hydrated are critical factors I have to consider. The tropical environment adds another layer of difficulty."



The route, carefully planned to balance safety and community engagement, will take them from Baan Home Hug, a home supported by 'Hands' in Yasothon, to Baan Tharn Namchai, the home 'Hands' built in Takua Pa.

"To the best of our knowledge, we'll be the first to run this specific 1,400km route," Baines adds, a hint of pride in his voice.

"And certainly the first Australians to do so."

But for Peter Baines and Greg Wallace, the physical challenge pales in comparison to the mental fortitude required.

He quotes ultramarathon champion Courtney Dauwalter.

She talks about entering the pain cave... *"when you get into that pain cave is when you say, okay, now we get to work."*



This embrace of discomfort, this willingness to push beyond perceived limits, seems to be the thread that connects Peter Baines past life as a forensic investigator with his current role as a humanitarian.

Both require a steely resolve, a capacity to face the darkest aspects of human existence and emerge not broken, but galvanised.

"You have to stay focused and resilient to push through the inevitable challenges," Peter explains. "My goal is to simply finish each day without injury.

There are no record-breaking attempts against each day that I've previously run."

As our conversation turns to the practicalities of the run, Peter reveals a meticulously planned nutritional strategy.

"The biggest challenge, particularly here in Thailand with the heat, is taking enough in," he explains.

His approach is a blend of science and intuition: liquid calories, high sodium intake, electrolytes, and highly processed carbs for quick fuel.



"I aim to consume about 250ml of fluid every 15 minutes, with a minimum of one litre per hour," Peter details.

"I'll actually be taking in more than that, particularly in the heat because I'm losing so much fluid, I'm also losing a lot of sodium.

Post-run nutrition is equally crucial. "It's really interesting in the preparation of what I want to eat for the run and I can prepare a whole lot of stuff and get to the end of the run and go, I haven't eaten anything because my gut just wouldn't tolerate it," Peter says.

He often craves salty foods like potato chips after a run, a testament to the body's need to replenish electrolytes lost through sweat.

But it's when Peter Baines speaks of what truly sustains him that his voice takes on a different timbre.

"It's really about focusing on the mission," he says, his eyes meeting mine with an intensity that belies his calm demeanour.

"Knowing that every step I take during this run is making a difference in the lives of those children.

That's what keeps me going."

"In this moment, the true nature of Peter Baines journey becomes clear. The run, like his life's work, is not about personal glory or achievement.

It's a vehicle for change, a means of drawing attention to a cause that has become the cornerstone of his existence.



The "Run to Remember" is not just about the physical act of running; it's a campaign designed to raise awareness and funds for Hands Across the Water's ongoing work.

The ambitious goal is to raise \$1m USD to support the charity's initiatives.

A highlight of the run will be a community event in Bangkok on December 15th. "By the 15th of December I'll be well past Bangkok," Peter explains.

"So on the afternoon of the 14th, I'll finish my 60 kilometers, I'll pull out the spray can and will mark the road where I finished.

I'll get in the car and we'll drive back to Bangkok... On the morning of the 15th, I'll wake up, and we'll have the community run and it'll be between a three kilometre run or a nine kilometre run."

This event will include participation from the Australian Ambassador and the Bangkok governor, showcasing the wide-reaching impact and support for the run.

It's a testament to the bridges Baines has built between Australia and Thailand, between individuals and institutions, all in service of children in need



As our interview draws to a close, Peter Baines turns his gaze to the future. His vision for 'Hands Across the Water' is evolving, focusing on building local capacity within Thailand. "We've recently recruited a wonderful Thai person into our team," he says, a note of pride in his voice.



"There's a real purpose behind us in wanting to move the base of Hands and the fundraising from Australia to Thailand." This transition, Peter explains, isn't about physically relocating the Australian team, but rather about empowering Thais to support their own communities. It's a philosophy that extends to the charity's newest ventures: a social enterprise called Hands Experience Thailand, which provides bike tours and employs young people who have grown up in Hands Across the Water homes.

This initiative involves setting up their own company, buying their own bikes, making a capital investment to establish the business, and training staff to become licensed tour guides.

The enterprise services the resorts of the Khao Lak region with day tours on bicycles, creating a sustainable source of income and employment. As Baines outlines the charity's future projects, the scope of his vision becomes clear.



"We set up a company as a social enterprise in the south of Thailand called Hands Experience Thailand," Peter elaborates. "It provides bike services and touring services for the bike riders that we bring across. Previously, the income generated through the riding fees went to a for-profit company. For a number of reasons, we looked at it and said, "I think we can do this ourselves."

There are four major initiatives in development:

1. A Center Located In Baan Home Hug: To provide digital services training, allowing young people to stay in the Isaan region (NE Thailand) while being gainfully employed in the digital space.

2. A Hospitality Training Centre: Located in the Khao Lak region, this center is close to obtaining its licensing.

3. An Agricultural Learning Centre: The government of Phang Nga recently donated land where Hands Across the Water plans to invest in and open an agricultural learning centre. This will provide income for the homes, produce for the community, and training opportunities.

4. A Registered Training Organization: Hands Across the Water aims to set itself up as a registered training organization to provide opportunities for kids who don't want to go to university.

Each of these initiatives is designed not just to provide immediate aid, but to create sustainable pathways out of poverty.

"How we measure our success is creating a life of choice for the children, rather than one of chance," Baines emphasizes.

"What we want is that when it comes time for the kids to leave our care, when they decide to leave, they've got a real choice before them."

As I step out of the air-conditioned sanctuary of the Four Seasons into Bangkok's sweltering heat, I can't help but feel a sense of awe. In a world that often seems defined by short-term thinking and quick fixes, Peter Baines stands as a testament to the power of playing the long game. His upcoming run may be measured in kilometers, but the true distance he's covered from forensic investigator to humanitarian leader - is immeasurable.

As our time together draws to a close, I ask Peter for one piece of advice he'd like to leave with our readers.

His response is immediate and profound: "Feed your soul," he says, his eyes alight with conviction.

"When we do work that feeds our soul, there are immeasurable returns that come to us in many different ways."

As I watch Peter Baines gather his things, a water bottle, his running shoes for our front cover photo, I'm struck by the dichotomy of the man before me.

Here is someone who has witnessed the depths of human tragedy, yet remains steadfastly optimistic about our capacity for good.

A man who has made a career out of running towards disaster, not away from it.

In December, Peter Baines will set out on his 1,400-kilometer journey across Thailand. But in truth, he's been on this run for decades - a marathon of compassion, resilience, and unwavering commitment to creating a better world, one step at a time.

The "Run to Remember" is more than just a physical challenge or a fundraising event.

It's a powerful symbol of Peter Baines' two-decade commitment to the people of Thailand, a journey that began when he was deployed as a forensic specialist in the aftermath of the tsunami.

As he prepares to retrace the path that changed his life, Peter Baines is not just remembering the past; he's running towards a future where every child has the opportunity to thrive.

Words - Buzz Langton



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King Blue Mushrooms



In a nondescript commercial building on a quiet Bangkok side street, two American brothers are revolutionising the Asian wellness market, one mushroom at a time.

Buzz Langton explores how earthling mushroom farm is capitalising on the growing functional fungi trend.

The filtered air-conditioned calm of earthling mushroom farm facility in Bangkok's On Nut district is a world away from the humid chaos of the Thai capital's streets.

Here, in meticulously controlled conditions, rows of exotic mushrooms flourish behind glass walls, their lifecycle carefully monitored by a team of mycology experts.

At the helm of this operation are Alex and Sam, two Florida-born brothers who have transformed their passion for fungi into a burgeoning wellness empire.

Their journey from a garage in the Sunshine State to a state-of-the-art facility in Southeast Asia is a testament to the growing global appetite for functional mushrooms and the entrepreneurial spirit that thrives in Bangkok's dynamic business ecosystem.



Pink Oyster Mushrooms



"We're not just selling mushrooms," explains Alex, the elder of the two, as he guides me through the facility.

"We're cultivating wellness, leveraging the untapped potential of fungi in ways that bridge Eastern traditional medicine with Western scientific rigour."

Indeed, earthling mushroom farm's' product line extends far beyond the gourmet mushrooms coveted by Bangkok's high-end restaurants.

Their range of functional mushroom supplements – including varieties like 'Lion's Mane' for cognitive health and 'Reishi' for immune support – positions the company at the intersection of two booming markets: wellness and nutraceuticals.

The brothers' business acumen is as carefully cultivated as their mushrooms. Their decision to relocate from Florida to Bangkok was driven by the opportunities they saw in the Thai market.

"Thailand's restaurant industry and the incredible logistics for e-commerce here made it an ideal location," Alex explains. "We could deliver the freshest fungi possible to customers in Bangkok in a matter of hours."



Alex Holding Fresh Lion's Mane



This move allowed them to tap into Bangkok's vibrant culinary scene and expand their business model.

Sam's culinary background from the Cordon Bleu school at Dusit Thani College proved invaluable, providing them with a unique understanding of the local food culture.

Their expansion into Thailand has allowed earthling mushroom farm to explore new avenues in both fresh mushroom production and functional mushroom supplements.

By tailoring their offerings to the Asian market, they've maintained their commitment to quality and innovation while adapting to local tastes and preferences.

The science behind their products is a key focus for earthling mushroom farm.

In a market often criticised for pseudo-scientific claims, the brothers emphasise the importance of quality and purity in their production process.

Their facility's sterile, climate-controlled environment is a testament to this commitment.



earthling
mushroom
farm
Bangkok, Thailand



"We start with a substrate made of six organic ingredients, primarily soybean hulls and wood sawdust," Alex explains, pointing to bags filled with a brownish mixture.

"We sterilise this for 10 hours at 100 degrees Celsius to ensure only our specific mushroom species will grow."

This meticulous approach results in mushrooms so clean they can go straight from 'farm-to-plate' without washing.

It's a point of pride for Alex and a cornerstone of their quality assurance.

Earthling mushroom farm product line spans both fresh culinary mushrooms and functional mushroom supplements, catering to different market segments.

For their fresh mushroom production, Alex proudly showcases their variety. "We grow Lion's Mane, Pink Oyster, Yellow Oyster, and Black Pearl Oyster," he explains.

These gourmet mushrooms, harvested from the first flush for optimal quality, are primarily sold to high-end restaurants in Bangkok, capitalising on the city's vibrant culinary scene.

In addition to fresh mushrooms, the company has expanded into the functional supplement market. They offer seven varieties of mushroom supplements, each associated with specific health benefits:



Chaga Sclerotia Extract Capsules

Reishi Mushroom Extract Capsules

Lion's Mane Mushroom Extract Capsules

Maitake Mushroom Extract Capsules

Shiitake Mushroom Extract Capsules

Cordyceps Mushroom Extract Capsules



Lion's Mane: Known for cognitive benefits and potential nerve growth factor improvement.

Reishi: Often called the "king of mushrooms" for its wide-ranging benefits, including immune support and stress relief.

Cordyceps: Popular among athletes for potentially improving oxygen utilisation and energy levels.

Shiitake: Promoted for hair, skin, nails, and heart health.

Chaga: Touted as an antioxidant powerhouse.

Turkey Tail: Known for immune support.

Maitake: Beneficial for gut health and digestion.

Alex is quick to emphasise that these supplements are not miracle cures. "These supplements work best when you already have healthy habits in place," he advises.

"Good sleep, proper nutrition, not smoking, moderate alcohol consumption - these all play a role."

This dual focus on culinary and wellness products positions earthling mushroom farm at the intersection of Bangkok's renowned food culture and the growing health-conscious consumer market.

The brothers' commitment to quality is evident throughout their operation. The facility's laboratory, with its state-of-the-art equipment ensuring the purity and potency of their products, would not look out of place in a pharmaceutical company.

It's a far cry from the DIY setup in Sam's Florida garage where the brothers first experimented with mushroom cultivation.

Looking to the future, the brothers have ambitious expansion plans.

"We're planning to expand with satellite fruiting chambers in other locations, starting with Phuket," Alex explains, his excitement evident.

This move aims to bring fresh, high-quality mushrooms to more people across Thailand.



Earthling mushroom farm has already ventured into creating mushroom-infused coffee, partnering with local Thai coffee growers. "It's not a coffee replacement," Alex clarifies. "It still contains caffeine.

We've just added the health benefits of mushrooms to your regular cup of joe."

This innovative product combines their expertise in mushroom cultivation with Thailand's renowned coffee industry, potentially opening new markets for the company.

The broader functional mushroom market in Asia is at an inflection point. While mushrooms have been used in traditional medicine for millennia, the fusion of ancient wisdom with modern science is opening new market segments. Japan and South Korea are currently leading the charge, with China rapidly catching up.

Earthling mushroom farm's' success in Thailand could serve as a blueprint for expansion across the region.

However, the brothers are not without competition. Multinational wellness companies are taking notice of the functional mushroom trend, and local startups are proliferating. Alex and Sam's advantage lies in their first-mover status in Bangkok and their deep understanding of both Western and Asian markets.

As our tour concludes, I'm left pondering the broader implications of earthling mushroom farm's' journey. Their story is more than just a tale of entrepreneurial success; it's a microcosm of larger trends reshaping the global wellness industry.

As I step back out onto the humid street, leaving behind the clinical calm of the earthling mushroom farm facility, these questions linger. What's clear is that in the world of wellness, the future is fungi, and it's sprouting right here in Bangkok.



earthling mushroom farm

THE BLUNOS GASTRONOMIC GAZETTE

THE LAYERS OF LIFE *THE MINDFUL ONION*

Have you ever peeled an onion? Layer after layer, each revealing something new beneath.

Life, my friends, is much the same, “especially in the sizzling world of professional kitchens”. As a chef who's navigated the highs and lows of this industry for decades, I've learned that true wellbeing comes from understanding and embracing all our layers.

The Outer Skin - Appearances can be deceiving from the outside, we often view others' lives and careers with a simplified lens. Take the culinary world, for instance. You might see the glitz and glamour of celebrity chefs or the artfully plated dishes on social media. But unless you peel back those layers, you'll never truly understand the blood, sweat, and tears that go into creating that perfect bite.

Martin Blunos hails from the beautiful South West of England. Renowned 2 Michelin Star restaurateur, Iron Chef and Master Chef, now based in Bangkok, Thailand



As my dad wisely quipped when I was pondering my career path: "Everyone's got to eat, so get into food because you'll have a job for life, son." Little did I know how prophetic those words would be, setting me on a path filled with both triumphs and challenges.

Peeling Back the Layers - The reality behind the brave face as my career has woven its merry way through the years, I've often reflected on the times I've had to put on a brave face " that outer layer of the onion, if you will. In the intensity of a busy kitchen, especially during service, showing any sign of weakness could single you out for ridicule or abuse. So, we push on, wearing that mask of invincibility.

But at what cost? How much damage does wearing that brave face do to our mental health? Too often, the toll of "getting through" only reveals itself in those quiet moments late at night, when we're left alone with our thoughts and a mug of cocoa.

The Heart of the Onion - Embracing vulnerability, here's the thing; it's okay to melt down. It's okay to let it all out. Your wellbeing doesn't have to be something you mull over in solitude. In these times of constant social media scrutiny, where opinions are dished out like smarties, remember that your layers are yours to expose as you wish.

Don't settle for that first hard, dry, crusty layer. Let people see the real deal, the you that you want to show. It's the ME show, people! Be mindful of yourself because your personal wellbeing is your gig. It keeps you and your head in a positive place.

Words Martin Blunos

Photograph Buzz Langton



Nourishing your Core - The power of mindfulness, take the time - No! scratch that! "Make the time for YOU! Be empowered by your wellness. With it, you can take on anything that rears its ugly head. And if something does challenge you, you'll be mentally stronger to deal with it. Remember, we all have a choice. Sometimes, walking away isn't a sign of weakness; it's a sign of wellness.

Balancing the Flavours of Life - Strive for a sound work-life balance. We're not here long, and life's too short to live just to work. Instead, work to enrich your life. Make that tapestry of your time in this world multicoloured, spattered with neon, and adorned in glitter.

It's worth pondering: when we leave this mortal coil, most of us will be forgotten after about 100 years or three generations. Makes you think, doesn't it?

So, my fellow onions, embrace your layers. Be mindful of your wellbeing. And remember, in the grand recipe of life, you're the star ingredient. Make it count, make it flavourful, and most importantly, make it authentically you.



KAUAI, the health-focused cafe known for its commitment to fresh, sustainable food, is excited to announce the re-opening at the location inside the Virgin Active Fitness Club at True Digital 101 (East Building).

This strategic partnership brings together fitness and nutrition, offering club members and the public alike access to delicious, wholesome meals that complement an active lifestyle. KAUAI's philosophy centres on creating a better future through good food.

The cafe starts each day from scratch, sourcing fresh, seasonal ingredients with a focus on sustainability. Their diverse menu caters to various dietary needs, featuring convenient on-the-go options and a healthy variety of choices.

"We're passionate about making healthy, natural food both affordable and accessible," says Khun Boyd, one of KAUAI's owners. "Our experienced team of chefs follows five core principles to ensure our food is as fresh and wholesome as possible."

These principles include: No compromise on taste - As close to natural as possible - Nutrient-dense - Responsibly sourced and made - Customisable to different dietary preferences

Behind KAUAI's success is a team that's 100% committed to exceptional service. Led by Khun Boyd, the staff supports the cafe's mission of providing nutritionally dense, clean food to its customers.

KAUAI boasts an impressive variety of menu items, including:
A wide range of smoothies and fruit shakes - Fresh-pressed juices - A comprehensive coffee menu - Nutritious meal options suitable for pre and post-workout fuel.

The cafe's location within Virgin Active Fitness Club at True Digital 101 makes it an ideal spot for health-conscious individuals looking to refuel after a workout or simply enjoy a wholesome meal in a vibrant setting.

Kauai Cafe is now open and welcoming customers including corporate catering. For more information: Email: PrakatN@kauai.co.za Tel:+66(0) 83 048 7798

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FOCUS ON PILATES With Kim Holliday

Pilates has become one of the most popular workouts in fitness today.

Pilates has become one of the most popular workouts in fitness today.

It has seen a huge resurgence post Covid pandemic as people have shifted their exercise preferences towards mind body practices, and the trend continues, fuelled by social media exposure.

There are countless celebrities, elite athletes, fitness enthusiasts, models and Tik Tok influencers espousing its transformative benefits.



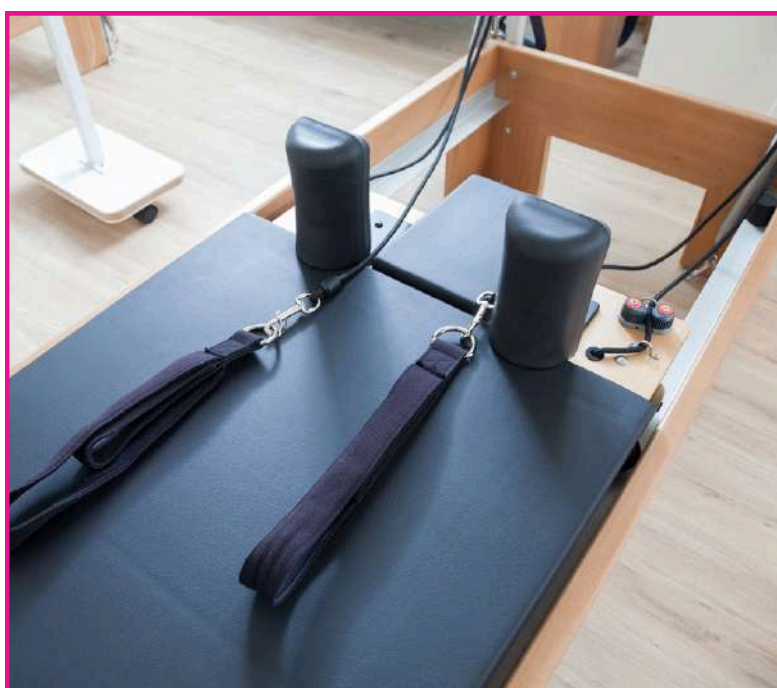
Mindbody reported Pilates as the most popular workout of 2023, with Google searches increasing by 71%, confirming its status as one of the most sought-after training methods.

Developed by Joseph Pilates in the early 20th century, this method of exercise and body conditioning emphasizes core strength, enhancing overall stability and posture while helping alleviate common issues like back pain.



‘Pilates Is So Much More Than Working Your Core’

Many of the exercises focus on the ‘powerhouse’, the epicentre of the body, with the network of muscles spanning from the base of the ribs downward including the deep abdominals, lower back, pelvic floor, glutes, and the muscles encircling the hips which help us perform everyday activities, play sport, prevent injury, move with ease and improve posture.





‘Remember having a defined six pack does not always relate to a strong core!’

So what’s all the fuss about ? The obsession with Pilates for many is driven by so much more than the fundamental benefits of core strength.

Online classes fronted by star instructors, the rapid growth in boutique studios and now global health and fitness chains scheduling group Pilates classes has taken the once niche practice into the mainstream.

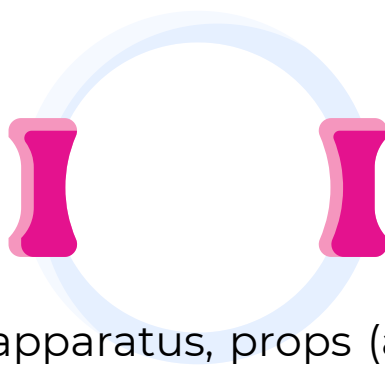
There is no such thing as a Pilates body, it’s a holistic movement practice for everyone and every type of body, every age, gender and fitness level.

Some claim it’s life changing and seriously addictive.

The overall physical benefits of this full body workout include increased strength, flexibility, and balance through a series of low impact exercises coordinating movement and breath.

Pilates can also increase mobility as you use slow (but not always) and controlled stretching movements to improve flexibility and strengthen the muscle at the same time, increased mobility improves the movement of your joints.

‘You will feel better in ten sessions, look better in 20 sessions and have a completely new body in thirty sessions.’



The variety of classes, apparatus, props (and terminology) makes it an exciting challenge for body and mind and there is always room for improvement but for the Pilates novice this is often quite intimidating.

Where do you start? Understand the basics, set foot in a studio and remember to breathe.

Classical Pilates: Classical Pilates, originally called 'contrology,' follows Joseph Pilates' traditional teachings with a set sequence based on control, concentration, centre, breath, precision and flow.

Mat Pilates: Mat pilates, requiring only a yoga mat, is ideal for beginners and focuses on fundamental movements and core strength.

Contemporary Pilates: Contemporary pilates adapts classical exercises with modern anatomical knowledge, incorporating props like mini balls, magic circles, and resistance bands.

Reformer Pilates: Reformer Pilates, endorsed by athletes like LeBron James, Cristiano Ronaldo, and celebrities like Lady Gaga, offers intense workouts using spring-loaded resistance on a sliding carriage, allowing for diverse movements in multiple positions.

Clinical Pilates: Clinical Pilates consists of physiotherapist-developed exercises for rehabilitation after injury or surgery.

The appeal of Pilates extends beyond physical benefits, fostering a profound mind-body connection.

Through regular practice, many experience improved emotional well-being and self-esteem through the combination of movement and mindfulness.

Pilates demands complete focus and concentration, requiring practitioners to clear their minds and concentrate solely on movement coordination and flow.

This heightened body awareness extends beyond the studio, influencing how people carry themselves in daily activities.

While not a quick fix, Pilates delivers profound results through consistent practice, helping build strength and healthy movement patterns over time.

Kim Holliday is a Pilates Instructor, teaching group Reformer classes at Virgin Active Singapore and Thailand, now based in the UK. Connect on IG - @pilateswithkimh

As an instructor, witnessing the transformation in people's physical capabilities and confidence is rewarding.

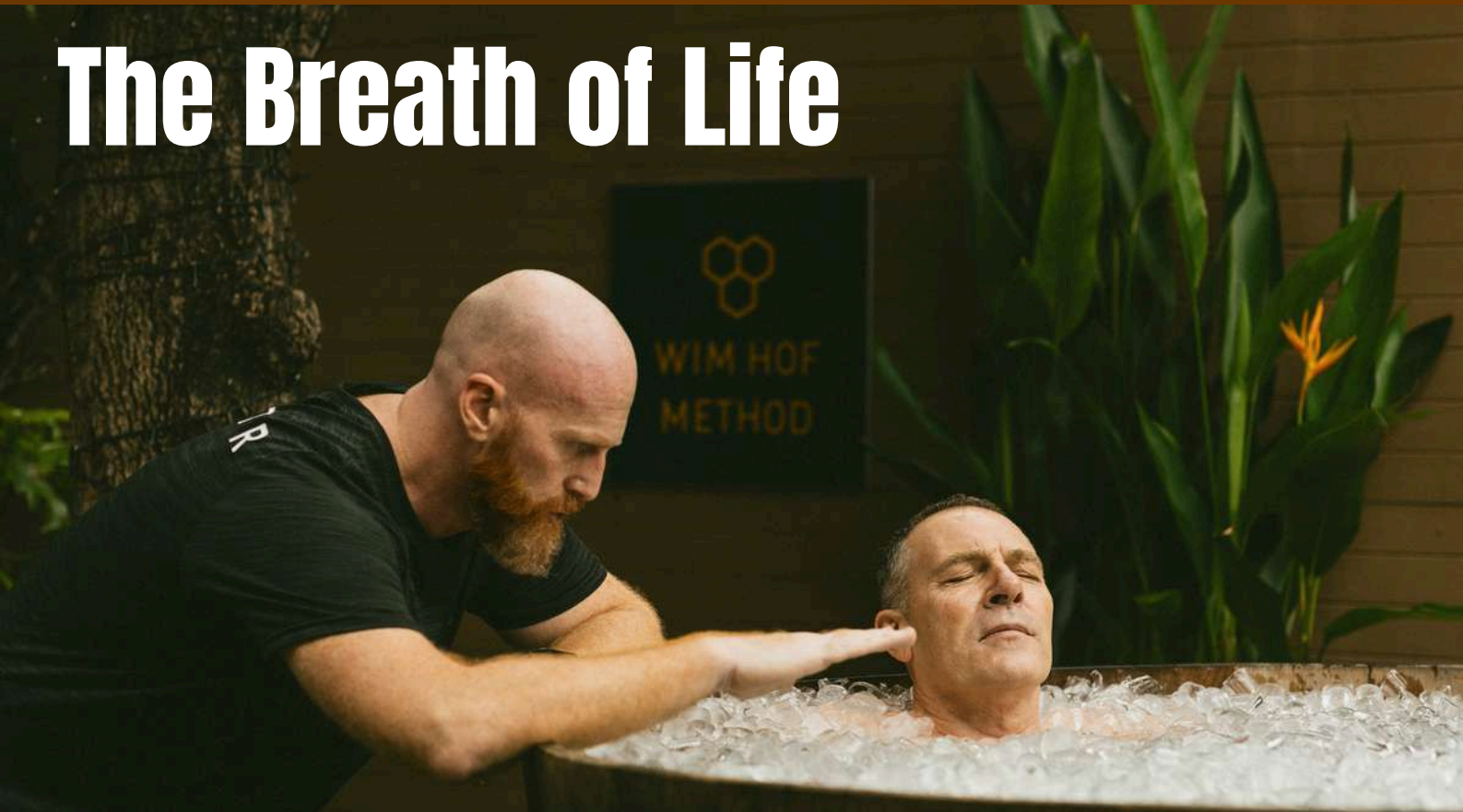
It's particularly meaningful to see individuals reconnect with their bodies after leading sedentary lifestyles, recovering from injuries, or managing mental health challenges.

Many discover freedom in movement, which helps release tension and reduce stress.

The practice creates unique communities within studios, built on shared commitment, motivation, and the collective challenge of movement. Ultimately, Pilates serves as medicine for both body and soul.



The Breath of Life



Stuart Wilson's Journey from Corporate Finance to Ayahuasca, Training with Wim Hof and Beyond..

In a quiet corner of a reasonably subdued shopping mall in Bangkok's burgeoning tech district, True Digital Park. Seated across from me in a chain café is Stuart Wilson – a man who seems to embody both the rugged determination of an athlete and the serene wisdom of a sage.

Stuart Wilson has made the journey from his business in Thonglor, one of Bangkok's most upmarket areas, to meet me here in Punnawithi. It's a gesture that speaks volumes about his dedication to spreading his message, crossing the city to share his story and insights.

In his mid-40s, Wilson cuts a striking figure.

His bald head gleams under the café's fluorescent lights, a stark contrast to the splendid, full ginger beard that adorns his face like a fiery halo.

As he speaks, his eyes twinkle with enthusiasm, and his words carry the warm, distinctive lilt of Wigan, a town in North West England nestled between Liverpool and Manchester.

At first glance, Stuart, better known as 'Stu' doesn't fit the mould of your typical wellness guru. There's no flowing robe, necklaces made of beads or affected serenity here; instead, he exudes an energy that's part excited scientist, part reformed financier, and part adventure seeker, come rugby player.

Over the course of our nearly three-hour interview, it becomes clear that Wilson's journey is as fascinating and multifaceted as the man himself.

He recalls his memories as a corporate financier back in Dubai.

"I was making more money than I'd ever made in my life," Wilson recalls, his fingers tracing patterns on the table's smooth surface, "and I was less happy than when I didn't have money."

On-screen: Stu & Kam Wilson at the Wim Hof Training Camp



This realisation, coming at the peak of a successful finance career in Dubai, set Stu Wilson on a path that would lead him from air-conditioned offices in Dubai to the steamy depths of the Peruvian jungle, and eventually to the forefront of a wellness revolution in Southeast Asia, culminating in his thriving business 'Breath Inspired' in the heart of Bangkok's elite Thonglor district.

Stu Wilson's story is not just one of personal transformation, but a real testament to the power of 'breathwork' and cold exposure therapy—practices that are gaining traction in the wellness world but remain shrouded in mystery and misconception for many.

As we sit in the café, surrounded by the muted bustle of mall-goers, Stu Wilson takes me on a journey through the science and spirituality of these ancient practices, his Wigan accent adding a touch of down-to-earth charm to even these most esoteric of concepts.

The Ayahuasca Awakening

Stu Wilson's transformation began with a leap into the unknown.

At aged 35, he found himself in Peru, drawn by curiosity and the whispers of Joe Rogan's podcast guests.

"I just signed up for it," he says, still sounding a bit surprised at his own audacity. "I can't believe looking back, I can't believe I did it."



What Stu Wilson 'did' was participate in an ayahuasca ceremony, a powerful psychedelic experience that has been used for centuries by indigenous Amazonian peoples for spiritual and medicinal purposes.

For Stu Wilson, it was nothing short of revolutionary. "It was the first time in maybe 20 years I cried," he says, his voice softening. "It wasn't sadness. It was just like all the emotions came out at once".

This emotional release was just the beginning. The ayahuasca experience opened Wilson's eyes to a world beyond spreadsheets and profit margins, a world where the mind-body connection wasn't just 'New Age' jargon but a tangible, transformative force.

He's been back another nine times since his initial ayahuasca ceremony over the past decade.



Stu Wilson's journey from ayahuasca to breathwork wasn't a straight line, but rather a series of serendipitous encounters and "aha" moments.

One of the most significant came during a trip to Poland, where he participated in his first of many workshops with 'Wim Hof', the Dutch extreme athlete known as 'The Iceman'.

"I walked up a frozen mountain in nothing but shorts the first time ever, the breath work was the start of it all, the first time I've ever done any form of breath-work," Wilson recounts, his excitement palpable even years later.

Stu Wilson goes onto discuss the many other types of breath work therapies and protocols that he teaches outside of the Wim Hof Method.

He's the only Wim Hof instructor in Thailand, and his wife 'Kam' is in fact the only 'Thai' Wim Hof instructor in the world, such is the couple's dedication to their wellness practices."

As Stu Wilson delves into the science behind breathwork, his enthusiasm is infectious.

He speaks of heart rate variability, nitric oxide production, and the vagus nerve with the fluency of a medical professor and the zeal of a convert.

"The breath is the connection between your mind and body," he explains, demonstrating a simple breathing technique right there in the café. "When you're doing breathwork, you're actually changing the blood chemistry in your body."

One of the most intriguing aspects of Wilson's approach is his focus on functional breathing—the way we breathe in everyday life. He advocates for nose breathing, explaining its benefits with a mixture of scientific jargon and colourful analogies.

"Imagine you breathe in, oxygen comes into your lungs, then it goes into your red blood cells and it binds to haemoglobin," he says, his hands moving animatedly. "Imagine haemoglobin is really sticky. You don't want oxygen in your red blood cells. You want it in your bodily tissues."

This sticky haemoglobin, Wilson explains, only releases oxygen in the presence of carbon dioxide—a gas many of us have been taught to expel as much as possible.

It's a counterintuitive concept, but one that's backed by emerging research.

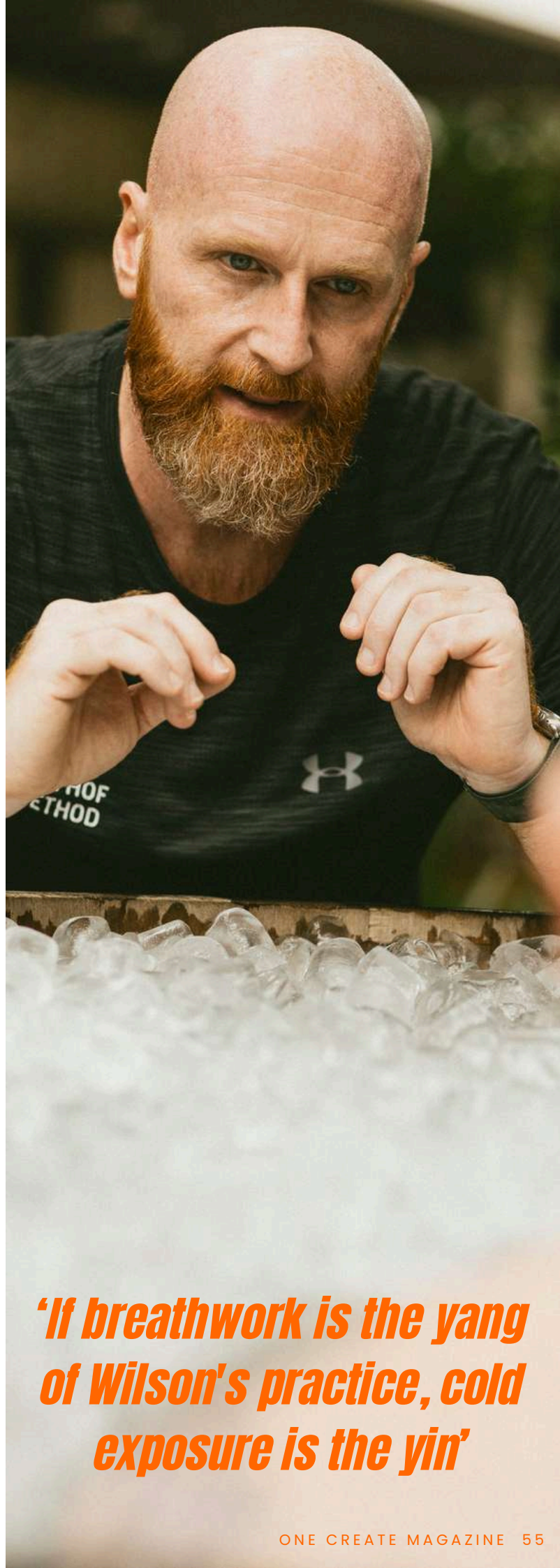
If breathwork is the yang of Wilson's practice, cold exposure is the yin.

His eyes light up as he describes the benefits of ice baths and cold showers, ranging from reduced inflammation to increased dopamine production.

"When you go in the cold, you release 250% dopamine," he says with a grin. "lets say If you're a nicotine smoker, you release 150% of dopamine. So doing an ice bath, you actually get high."

"When you go in the cold, you release 250% dopamine"

'If breathwork is the yang of Wilson's practice, cold exposure is the yin'



But it's not just about the physiological benefits. For Wilson, the ice bath is a powerful tool for mental training and resilience building.

"When you're up to your neck in a large tub with 500 kilograms of ice, you're not thinking of regrets," he says. "You're not thinking about where you're going out for dinner.

You have to think of here and now."



This present-moment awareness, Stu Wilson argues, is one of the most valuable skills we can cultivate in our distraction-filled world.

And the beauty of it?
It's accessible to almost everyone.

As our conversation winds down, Stu Wilson touches on a theme that clearly drives much of his work: the democratisation of wellness practices. "Breathwork is free," he says emphatically.

"Once you know the technique, it's your breath."

This accessibility is at the heart of Stu Wilson's mission.

He speaks passionately about bringing these practices to a wider audience, from corporate executives to kids from the slums of Bangkok.

"We want people to break through using it, do it safely," he says.

"It's about the understanding of what's going on."

In a world where wellness can often feel like a luxury reserved for the wealthy, Wilson's approach is refreshingly egalitarian.

He's not interested in creating a cult of personality or selling expensive retreats. Instead, he's focused on giving people the tools to transform their own lives, one breath at a time.





Intrigued by Stu Wilson's passionate advocacy, my wife and I decide to take him up on his invitation to experience the Wim Hof Method firsthand.

A few days after our café interview, we find ourselves at Stu and Kam Wilson's Thonglor studio on a sunny Sunday morning, joined by about 15 other curious students.

The studio, a stark contrast to the café where we first met, is a blend of minimalist design and functional spaces. Yoga mats are laid out in rows, outside in the garden, I can't help but notice the imposing presence of several large ice baths.

The atmosphere is charged with a mix of excitement and nervous anticipation.

Stu Wilson, now in his element, begins the session with an in-depth explanation of the science behind the Wim Hof Method. He breaks down complex physiological processes into digestible chunks, explaining how controlled hyperventilation can lead to increased alkalinity in the blood.

How cold exposure triggers the production of brown adipose tissue, and how these practices can influence our nervous system.

"Your breath is a steering wheel to your nervous system," Stu Wilson says, echoing our earlier conversation. But now, surrounded by fellow students and about to put theory into practice, his words carry a new weight.

We start with the breathing exercises.

Under Wilson's guidance, we lie on our mats and begin a series of deep, rhythmic breaths, then we hold our breath for periods that I never managed before.

The effect is almost immediate. As we progress through the rounds of breathing, I feel a tingling sensation spreading through my body, my hands and feet begin to feel light, almost disconnected.

Some participants report seeing colours or experiencing intense emotions.

It's a powerful reminder of the profound impact something as simple as breathing can have on our physiology and consciousness.

But the real test comes with the ice bath!

As we gather around the tubs filled with water and ice, the largest has 500kg of ice, and I see Stu breaking it so we can get in it, as it's solidified, it's a zero degrees centigrade!

Stu Wilson explains the proper technique for immersion and the importance of maintaining calm, controlled breathing. "Remember," he says, "the cold is going to be a shock to your system.

Your mind will want to panic. Your job is to stay present, to breathe, to find comfort in the discomfort."



One by one, we lower ourselves into the ice-cold water. The shock is immediate and intense. Every instinct in my body screams to get out, but Wilson's calm voice guides us through the experience. "Breathe. Focus on your breath. You are in control."

To my surprise, after the initial shock, a sense of calm begins to wash over me.

The cold is still there, but it becomes manageable, almost separate from my conscious experience.

When we finally emerge from the ice bath, there's a palpable sense of achievement amongst us all.

We've all pushed past our perceived limits and come out the other side.

The aftermath of the ice bath is where the magic really happens. A wave of euphoria sweeps through the group.

People are laughing, hugging, sharing their experiences.

The endorphin rush is real, and so is the sense of empowerment that comes from conquering the cold.



The Road Ahead

As the session winds down and we gather for a final debrief, I'm struck by the transformation I see in my fellow participants.

There's a brightness in their eyes, a lightness in their movements that wasn't there at the beginning of the session, a deep calm - that's what I really understood at that moment - we were all on a journey of calm.

Stu Wilson, observing the group with quiet satisfaction, shares his vision for the future. "This is just the beginning," he says. "Imagine a world where these tools are as common as going to the gym".

Where people understand and can regulate their own nervous systems. Where we're not dependent on external substances for our wellbeing."

It's an ambitious vision, but after experiencing the power of these practices firsthand, it doesn't seem far-fetched.

As we leave the studio, I find myself taking deep, conscious breaths, newly aware of this simple yet profound tool I carry with me always.

In a world that often seems to be spinning out of control, Stu Wilson's message is both timely and timeless.

It's a reminder that sometimes, the most powerful tool for transformation is right under our noses—or rather, within them. And in Stu Wilson, this ancient wisdom has found an unlikely but utterly compelling modern champion.



As I reflect on our long conversation in the café and the intense experience at the studio, I'm left with a sense of hope and possibility that wellness tools aren't just for the wealthy, they are there for us all, regardless of our socio-economic background.

If a former finance executive from Wigan can find balance and purpose through these practices, perhaps there's hope for all of us in this frantic, modern world.

Perhaps the key to our wellbeing isn't in the latest gadget or app, but in the simple, profound act of breathing, in the shock of cold water, in the connection with our most basic physiological processes.

In the heart of one of Asia's most frenetic cities, Stu Wilson is quietly leading a revolution—one breath, one ice bath at a time.

And if our experience is anything to go by, it's a revolution that's long overdue.

Stu and Kam Wilson run regular workshops from their Bangkok Studio
Connect with Breath Inspired
IG @breath_inspired
<https://www.breathinspired.com/>

"Imagine a world where these tools are as common as going to the gym"



The Science of Longevity Dr. Suwanna Suwannaphong

VitalLife Scientific Wellness Centre

Dr. Suwanna's Holistic Approach to Extending Healthspan

In the plush waiting room of VitalLife clinic at Thailand's prestigious Bumrungrad International Hospital, Dr. Suwanna settles into a comfortable armchair.

The quiet, carefully curated space, bathed in a pleasant blend of natural daylight and soft mood lighting, serves as a fitting backdrop for our discussion on the cutting edge of longevity science.

Dr. Suwanna, whose nickname 'Waan' means 'sweet' in Thai, presents a striking figure.

Petite and slim, she could easily pass for someone in her early thirties, though her extensive experience places her in her early forties. Her clear, unlined skin and long dark bob frame an intelligent face.

As a cardiologist turned longevity expert, Dr. Suwanna bridges the gap between traditional modern medicine and the emerging field of 'geroscience' offering insights that challenge our conventional understanding of aging. Her approach is not merely about extending life, but about optimising what she calls "healthspan"; the period of life spent in good health.



Dr. Suwanna's Holistic Approach to Extending Healthspan

“Aging is the accumulation of the inability to maintain homeostasis despite external challenges”

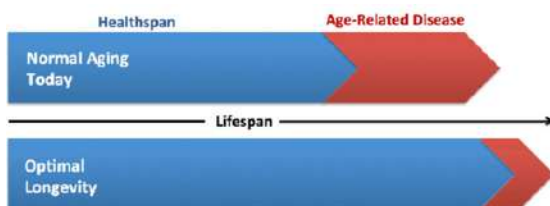
Dr. Suwanna explains, setting the tone for our conversation. This deceptively simple definition belies the complex interplay of genetics, lifestyle, and environmental factors that contribute to how we age.

As we delve deeper, it becomes clear that Dr. Suwanna's approach to longevity is not about chasing an ever-receding horizon of youth, but rather about maximising the quality of life throughout our years.

The concept of healthspan is central to Dr. Suwanna's philosophy.

She emphasises that while medical advancements have significantly extended our lifespan, the goal now is to ensure that those extra years are lived in good health. In developed countries, the lifespan and healthspan gap is about ten years, she notes.

This means that for the last decade of life, many people are not truly living, but merely existing in a state of poor or substandard health.



This stark reality underscores the importance of understanding the difference between chronological age and biological age.

While our chronological age marches steadily forward, our biological age – a measure of how well our body functions relative to our years – can be influenced.

***‘healthspan,
the period of life
spent in good health’***



Dr. Suwanna's Holistic Approach to Extending Healthspan

Dr. Suwanna explains, "Your passport might say you're 59, but your body could be functioning as if you're in your seventies."

The good news, she asserts, is that this biological age can be reversed, to a certain extent, through targeted interventions, so you could actually be younger than the age on your passport with the right interventions and protocols.

One of the key players in the aging process, according to Dr. Suwanna, is cellular senescence. "Senescent cells," she explains, "are old, dysfunctional cells that not only fail to perform their duties but also secrete harmful substances that affect surrounding healthy cells." These "zombie cells," as she calls them, and as they are sometimes called in the scientific community, accumulate over time and are linked to various age-related diseases, from cardiovascular issues to neurodegenerative disorders.

"Longevity science is challenging the assumption that certain diseases are an inevitable part of aging," Dr. Suwanna states. "We're discovering that many conditions we once accepted as unavoidable can actually be prevented or delayed."

To combat cellular senescence and other hallmarks of aging, Dr. Suwanna advocates for a multi-faceted approach that combines lifestyle modifications with cutting-edge interventions. At the foundation of this approach are what she terms "geroprotectors" – anything that can help protect our body or cells from the aging process.

***"Senescent cells,"
or***

"zombie cells,"

"are old, dysfunctional cells that not only fail to perform their duties but also secrete harmful substances that affect surrounding healthy cells."

These range from lifestyle choices like intermittent fasting and caloric restriction to more advanced interventions involving repurposed drugs.

One such drug that has garnered significant attention in longevity circles is metformin.

Originally developed as a diabetes medication, 'Metformin, sold under the brand name 'Glucophage' has shown promise in extending lifespan.

Dr. Suwanna explains, "Studies have shown that Metformin can actually delay the onset of diabetes.

Moreover, diabetic patients taking Metformin have been observed to live longer than those not taking the drug, even when controlling for other factors."

This unexpected finding has led to increased interest in metformin as a potential longevity drug.

Another potential 'geroprotector' that Dr. Suwanna discusses is "Rapamycin", a drug with a fascinating origin story.

Dr. Suwanna's Holistic Approach to Extending Healthspan

"Rapamycin was originally discovered in a soil sample from Easter Island, known locally as Rapa Nui" Dr. Suwanna explains.

"That's where it gets its name – 'Rapa' from Rapa Nui, and 'Mycin' indicating it's an antibiotic."

Originally developed as an anti-fungal agent, Rapamycin was later found to have powerful immunosuppressant properties, making it valuable in preventing organ rejection in transplant patients.

However, its potential as a longevity drug has only recently come to light.

"In longevity science, we use Rapamycin at much lower doses than in transplant medicine," Dr. Suwanna clarifies.

"At these lower doses, some users report improved cognitive function, including better decision-making and multitasking abilities."

She continues, "About 10% of users might experience side effects, such as mouth ulcers. But for the 90% who don't, the potential benefits in terms of cognitive enhancement and possibly slowing the aging process are quite exciting."

However, Dr. Suwanna is quick to caution against viewing these pharmaceutical interventions as magic bullets.

"Repurposed drugs like metformin and rapamycin are not substitutes for a healthy lifestyle," she emphasises.

"They're most effective when combined with proper nutrition, regular exercise, good sleep habits, and stress management."

Sleep, in particular, is a cornerstone of Dr. Suwanna's longevity protocol. She stresses the critical role of sleep in regulating our circadian rhythms and hormonal balance.

"Proper sleep hygiene is crucial," she says.

"This includes limiting exposure to artificial light in the evening.

Our bodies weren't designed to be exposed to bright lights at 10 p.m., whether that's from shopping malls or our smartphone screens."

Dr. Suwanna continues and explains the hormonal aspects of sleep regulation:

"In the hours before sleep, hormones like cortisol and DHEA need to decrease. If they don't, your brain remains active, making it difficult to fall asleep.

Conversely, hormones like melatonin need to increase to promote restful sleep."

Closely tied to sleep is the importance of natural light exposure, particularly in the morning.

This practice helps regulate our circadian rhythms and hormone production. "Getting sunlight exposure soon after waking helps set your body's internal clock," Dr. Suwanna advises.

"Even brief exposure to natural light on a balcony can be beneficial."

Dr. Suwanna's Holistic Approach to Extending Healthspan

Exercise is another vital component of Dr. Suwanna's longevity protocol. However, she warns against what she calls 'toxic optimisation' – pushing oneself too hard in pursuit of health, to the point that you forget to live. "Excessive exercise, particularly high-intensity activities, can create oxidative stress in the body," she explains.

"While some stress is beneficial and even necessary for adaptation, too much can accelerate aging and increase the risk of injury."

Diet, unsurprisingly, plays a crucial role in longevity.

Dr. Suwanna advocates for a personalised approach to nutrition, recognising that what works for one person may not work for another. She's particularly cautious about sugar intake, even from natural sources like fruit.

"Fructose is extremely sweet, and our bodies aren't designed to handle large amounts of it," she advises.

"It's best to minimise sugar intake from all sources."

On the topic of alcohol, Dr. Suwanna takes a measured stance.

While not advocating for complete abstinence, she recommends moderation, defining it as no more than two glasses of wine per day.

"The body has a limited capacity to process alcohol," she explains.

"Excessive drinking can overwhelm these systems, leading to cellular damage and accelerated aging."

"Excessive drinking can overwhelm these systems, leading to cellular damage and accelerated aging."

Perhaps surprisingly, Dr. Suwanna also highlights the importance of social relationships in longevity.

"Positive relationships can literally lengthen your life," she states, citing research that shows strong social connections can extend lifespan.

Conversely, toxic relationships can have the opposite effect.

"In some cases, a pet might be better for your longevity than a toxic human relationship," she notes, half-jokingly.

Throughout our conversation, Dr. Suwanna repeatedly emphasises the importance of balance and personalisation in longevity interventions.

"What works for one person might not work for another," she reminds us.

"Longevity science is about finding the right combination of interventions for each individual."

When discussing the potential for rejuvenation and repair, Dr. Suwanna is cautiously optimistic. "We can rejuvenate cells and tissues to some extent," she explains. "But the degree of rejuvenation possible depends on many factors, including age-biological, not chronological, overall health status, and genetic predisposition."

Dr. Suwanna's Holistic Approach to Extending Healthspan

Dr. Suwanna is particularly passionate about the role of stress reduction in longevity.

When asked about rejuvenating the adrenal glands, which play a crucial role in stress response, she returns to the importance of sleep.

"Quality sleep is fundamental to stress reduction and overall health," she says. "It's not just about quantity, but also about the quality and timing of sleep."

As our interview draws to a close, Dr. Suwanna reflects on the rapid advancements in longevity science.

"We're at an exciting intersection of medical science and artificial intelligence," she observes.

"AI is helping us analyse vast amounts of genomic, proteomic, and metabolomic data, leading to new insights into the aging process."

She's optimistic about the future, envisioning a world where personalised longevity protocols become increasingly accessible.

However, she leaves us with a word of caution: "Know where you are in terms of your health," she advises.

"Many people feel fine and assume they're healthy, but the aging process is often silent in its early stages.

Regular check-ups and biomarker testing are crucial for catching age-related changes early."

'It's a reminder that true longevity isn't just about adding years to life, but about adding life to years'

This self-awareness, coupled with a balanced approach to health optimisation, forms the core of Dr. Suwanna's philosophy.

She emphasises the need for a shift in medical thinking, stating, "We need to focus on preventing diseases before they occur, not just treating them after they've developed."

As I leave the serene environment of VitalLife clinic, I'm struck by the complexity of longevity science and the holistic nature of Dr. Suwanna's approach.

It's clear that the pursuit of a longer, healthier life is not about finding a single miracle cure, but about orchestrating a symphony of lifestyle choices, targeted interventions, and personalised strategies.

The journey to extend our healthspan is ongoing, with new discoveries and interventions emerging regularly.

As Dr. Suwanna's insights reveal, the key lies not in chasing eternal youth, but in nurturing our bodies and minds to maintain vitality throughout our lives. In doing so, we may find that the fountain of youth isn't a magical spring, but a way of living that embraces both scientific advancement and timeless wisdom about health and well-being.

Dr. Suwanna's parting words encapsulate the essence of her approach to longevity: "Our goal is to extend healthspan, not just lifespan. It's about quality of life, including mental health."

Interview by Buzz Langton

From Genes to Dreams

I'm heading back into the centre of Bangkok, something very exciting is brewing - one that could change the way we age, and I'm on my way to find out more.

As I step onto the city's BTS train, the air conditioning is welcoming after the oppressive humidity outside.

Although inside the train, we stand cheek by jowl, packed as tightly as canned sardines, swaying in unison with each turn and stop, I could be in the rush hour of any major city.



As the elevated railway snakes through the tall office buildings of the metropolis.

I find my excitement growing as my mind ponders on my forthcoming interview with Bumrungrad's International Hospital, Chief-Science-officer and VitalLife Scientific Wellness Centre's Chief Executive Officer, Dr. Polakit Teekakirikul.

Emerging from the crowded Ploenchit station, I take the short walk to Bumrungrad International Hospital, taking a small less travelled side street, my walk is reasonably quiet, and a welcome relief after my busy commute.

On arrival at Building 'B', I make my way up to the third floor. I find myself in a long, well lit utilitarian corridor. Halfway down, on the right, is Dr Polakit's consultation room - a space as clinically clean and functionally furnished as one would expect from a man dedicated to the science of longevity.

Dr Polakit is already at his desk when I enter. Slim and bespectacled, he looks younger than one would expect. His white lab coat, emblazoned with the Bumrungrad logo, speaks to his position, but it's his warm smile that immediately puts me at ease.

I sit down and prepare for our interview, clipping a microphone to the lapel on his lab coat and one onto my shirt. I press record and we begin our conversation.

Dr Polakit's passion for his work immediately becomes evident.

"I really wanted to bridge the gap between cardiology and genetics," he tells me, leaning forward, his eyes sparkling with excitement.

"If you know, cancer biology and clinical oncology, they are very scientifically advanced, and oncologists have been using genetics in therapeutics and diagnostics for quite a while now.

He continues - "But to me, cardiology falls far behind, and I would like to be the person who brings it all together, and up to speed with that of my peers in oncology."



The conversation turns to the tragic phenomenon of sudden cardiac deaths in young athletes. "From time to time, you hear the news, perhaps some celebrities, for example, die suddenly or maybe during a football game," Dr Polakit notes soberly.

I can't help but interject, recalling recent incidents: "Yes, there have been multiple young athletes that have fallen over and had heart attacks playing football in their 20's. And you look at the news report and everyone goes, 'but they looked so fit!'"

Dr Polakit nods gravely. "They do look so fit. They don't have any visible problems.

They can run miles and miles, but all of a sudden they pass," he muses. "

A lot of the time, you'll be surprised to know that some of them do have a genetic disease."

Dr Polakit describes his "bench to bedside" approach, I'm struck by the direct application of laboratory findings to patient care.

At Bumrungrad's Scientific Wellness Clinic, VitalLife, his team is taking a proactive approach to health.

"After you have seen many, many sick patients at Bumrungrad hospital, we want to make sure that we capture people even before they develop the disease," he explains.



Curious about their services, I ask Dr Polakit to outline the process. "If you come to our VitalLife Scientific Wellness Programme, we can, number one, look at you thoroughly, do a very deep assessment, and number two, then we can come back to you and personalise the health plan," he responds.

The concept of biological age particularly intrigues me.

"So if I were to undergo this assessment at 59, my calendar age, I might discover my biological age is different?" I probe.

Dr Polakit leans forward, his eyes sparkling with enthusiasm. "Precisely! You might find you're biologically younger, at 55 perhaps, or perhaps older.

The crucial point is that once we know your biological age, we can intervene."

As he continues, his optimism is palpable.

"At VitalLife, we can help you.

Our goal is to not just maintain, but potentially make you biologically younger than your chronological age. It's about optimising your health at the cellular level."

I'm particularly interested in the practical applications of this approach.

"So, let's say I tell you about my typical daily diet - oats for breakfast, salmon and salad for lunch, and a lean steak with vegetables for dinner.

It sounds healthy, but how would you verify this? Would you use continuous glucose monitoring or ask me to photograph my meals?

How do you reconcile what patients report with what their body is actually telling you?"

Dr Polakit appreciates my inquiry.

"That's an excellent question," he says.

"Yes, we use various tools to get a comprehensive picture of a person's health.

We're looking at many factors - your blood work, genetic predispositions, and even how your body responds to different foods.

Sometimes, what seems healthy in general might not be ideal for an individual's unique physiology."

Our conversation progresses, Dr Polakit emphasises that technology is just one part of the equation.

Mental health support and lifestyle coaching are integral to VitalLife's holistic approach.

"We understand that in order to make some people live longer, healthier, it's not only physical, but it's mental," he asserts.

Before we conclude, Dr Polakit shares exciting research initiatives that showcase

Bumrungrad's and VitaLifeVitalLife's commitment to innovation. He proudly mentions their collaboration with CMKL University, a unique joint venture in Thailand.

We work very closely with KMITL, which stands for King Mongkut Institute of Technology Ladkrabang, he explains. It's located near Suvarnabhumi Airport. More specifically, we collaborate with CMKL University, a partnership between KMITL and Carnegie Mellon University in the U.S.

This setup allows us to leverage expertise from both institutions, combining local knowledge with international best practices.

One of their most intriguing projects involves the use of AR [Augmented Reality] and VR [Virtual Reality] in genetic counselling.

Dr Polakit's eyes light up as he describes their vision. "We are doing active research on using AR and VR in genetic counselling.

We hope to build a prototype and then potentially use it clinically in the very near future.

He explains that this technology could revolutionise how complex genetic information is communicated to patients, making it more accessible and understandable.

Then our conversation shifts to the revolutionary role of AI in healthcare's future.

Dr. Polakit's eyes sparkle as he describes a world where AI-powered virtual health assistants become integral to longevity management".

"We're working towards introducing AI-powered health assistants for our customers", he explains, his excitement palpable.

"Imagine having a world-class doctor in your pocket, available 24/7, offering personalised, always-on health support".

The potential of this technology is staggering. These AI assistants could continuously monitor health data, offer real-time advice, and even predict potential health issues before they arise.

As Dr. Polakit speaks, I find myself envisioning a future where such innovations are not just available, but commonplace, fundamentally transforming our approach to health and longevity.

Interview - Buzz Langton

I leave Dr. Polakit's office and exit back onto the bustling streets of Bangkok, I'm struck by a surreal contrast.

The city teems with life - people rushing to work, tourists exploring, street vendors calling out their wares. Yet, I realise that 99% of these individuals are completely unaware of the revolutionary work happening just meters away.

While the world outside carries on, oblivious, Dr. Polakit and his team at VitalLife are quietly redefining the very essence of medicine and human longevity. In this inconspicuous corner of Bangkok, they are developing technologies and approaches that could fundamentally alter the trajectory of human health.

I watch the crowd - young professionals, elderly couples, children with their parents - all going about their day, unaware that the future of aging is being rewritten in their midst.

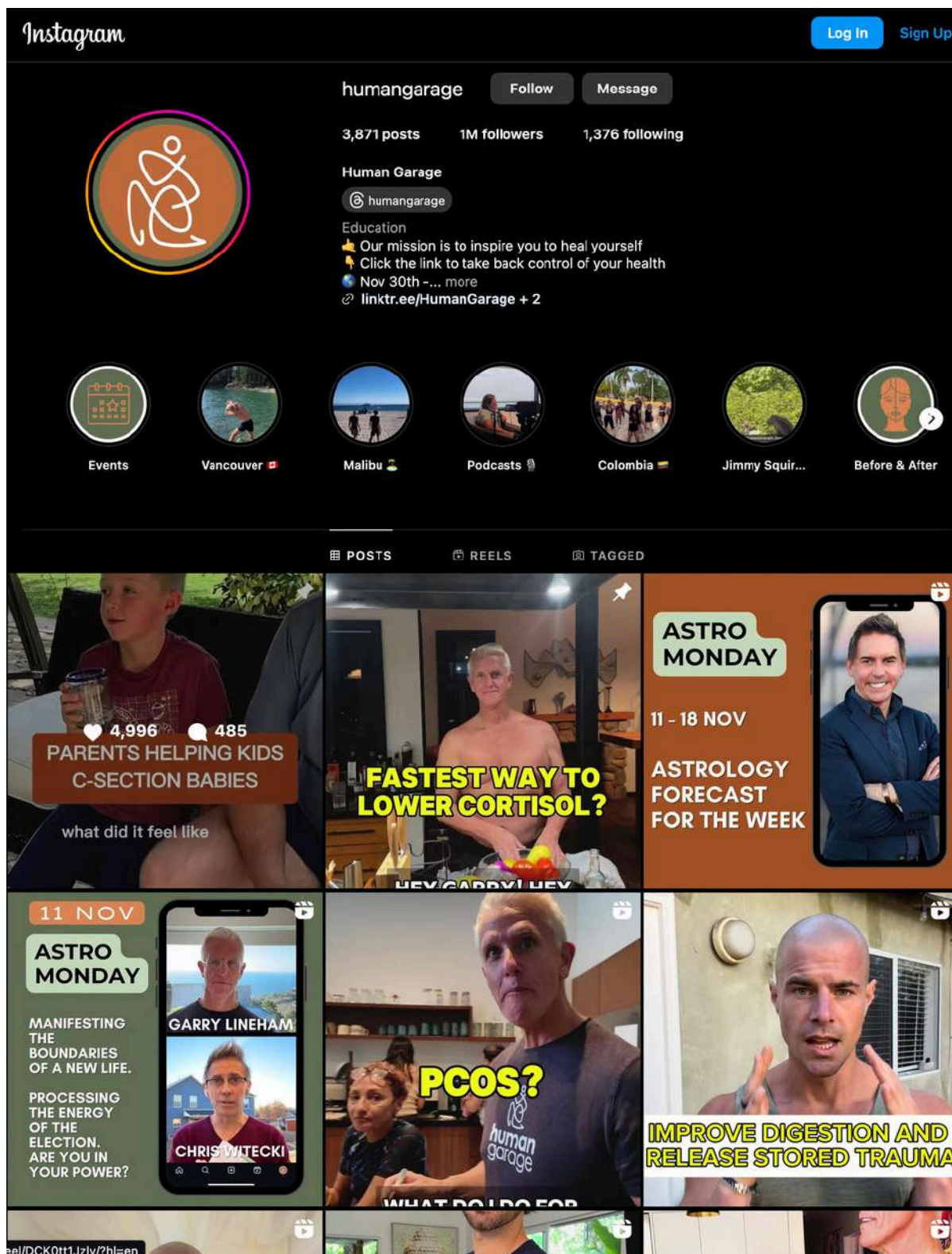
In a world where the population is rapidly aging, the work at VitalLife could have profound implications, potentially extending not just lifespan, but health span - improving the quality of life in our later years.

The disconnect is striking. Out here, people worry about today's deadlines and tomorrows plans. Inside, Dr. Polakit and his team are planning for humanity's future, working to ensure that those tomorrows are healthier, longer, and more vibrant for all of us.

It's a revolution happening in plain sight, yet hidden from the vast majority it aims to serve.

This is precisely why One Create magazine has taken on the responsibility to bridge this knowledge gap. In a world where groundbreaking scientific advancements often remain confined to academic journals or industry conferences - for now.

Interview Special with Garry Lineham of *Human Garage*



Somewhere between New York and Boston, nestled in a mountain resort with temperamental internet, I find Garry Lineham, the remarkably sprightly 55-year-old founder of Human Garage, a wellness movement that has captured the imagination of millions on social media.

With his distinguished grey hair and casual attire, Lineham could easily be mistaken for a wandering tech executive. Instead, he's the architect of what might be one of the most intriguing approaches to health this side of conventional medicine.

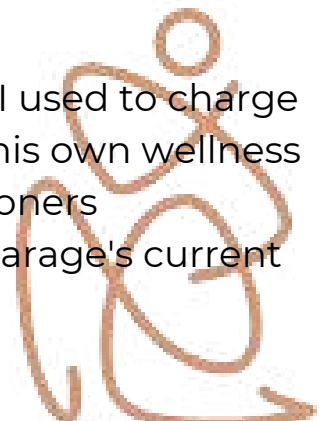
Human Garage, despite its mechanical name, isn't a place at all – it's a concept, one that has garnered over a million Instagram followers and, according to Lineham, "40 million monthly impressions across their platforms." These aren't small numbers in the wellness world – the movement reportedly receives about 37,000 direct messages weekly, suggesting they've tapped into something that resonates deeply with people seeking alternative health solutions.

"I just wanted to let you know we're in," Lineham begins, his voice occasionally breaking up as the mountain resort's internet connection waxes and wanes. He's here with his team to take over a city park in Lebanon, bringing their unique brand of wellness to the great outdoors.

"We're bringing people out into nature because the city is kind of stuck," he explains, with the kind of simplicity that characterises his approach to health.

Lineham's journey to wellness guru is as fascinating as his current nomadic lifestyle, which sees Human Garage migrating between Cancun in winter and Vancouver in summer, like a particularly health-conscious flock of geese.

"I used to have a clinic in Los Angeles," he recalls, "and I used to charge \$7,000 for four hours of my time." But that was before his own wellness odyssey led him to spend £2 million consulting practitioners worldwide, a journey that ultimately inspired Human Garage's current incarnation.



The path to this point wasn't straightforward. "I was seeking to fix myself or help myself over 20 years," he admits, describing his extensive journey through various healing modalities.

Despite the significant investment of time and money, Lineham found himself still searching for answers.

"I still wasn't in a place where I was okay," he confesses, in a moment of candour that helps explain his eventual pivot to developing his own approach.

At the heart of the movement is a series of 'Fascial Manoeuvres', exercises designed to manipulate the body's fascia.

Lineham's philosophy is refreshingly straightforward: "The body holds emotions, chemicals, and trauma," he explains, "with stress being at the origin of all disease."

Our approach is simple: first eliminate the stress, then let the body heal itself."

His theories about health are nothing if not expansive.

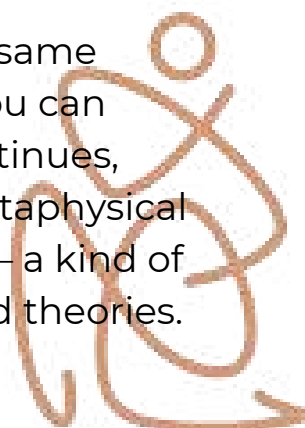
Lineham speaks with enthusiasm about the role of viruses in the body, suggesting they're more friend than foe.

"You have 380 trillion viruses in your body. You only have 50 trillion cells," he explains with the confidence of someone discussing their morning coffee routine.

"So that means you have viruses that have viruses, that are viruses and viruses." While these numbers might raise eyebrows in medical circles, there's no denying the passionate conviction behind his words.

The conversation takes an unexpected turn when Lineham asks for my birthday, launching into an impromptu astrological reading.

"You're a grand master Aquarius," he declares with the same enthusiasm he brings to discussing cellular biology. "You can disconnect from your body and your emotions," he continues, demonstrating the seamless blend of scientific and metaphysical thinking that characterises Human Garage's approach – a kind of wellness goulash that draws from various traditions and theories.



Perhaps most striking is Human Garage's business model, or rather, its lack of one.

"We don't charge for that at all.

We don't exchange money for treatment," Lineham explains.

Instead, the organisation operates on a pay-it-forward system that seems worlds away from his previous fee structure.

"Our whole system is help yourself and it's for free.

So then we want you to help somebody else."

This evolution from high-end clinic to free community resource reflects a dramatic shift in approach that Lineham seems particularly proud of.

Looking to the future, Lineham's vision extends far beyond individual health.

He speaks of impending global changes with the certainty of someone reading tomorrow's weather forecast.

"The world's going to change in a really dramatic way starting September 1st for three months," he predicts. [The Interview was recorded in late July 2024] "It's the last grab for power that's ever going to happen for 27 years."

He even suggests that traditional economic systems are on their way out: "Even concepts like money are going to go away.

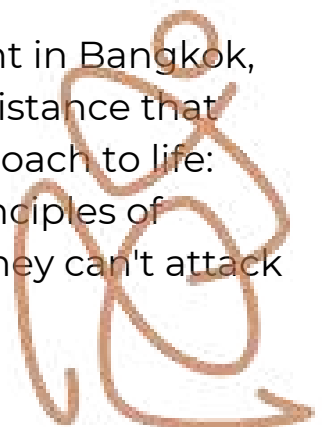
The real economy is what I can give to you or help you with.

That's the real mechanism of trade."

His unconventional ideas extend to his methods of learning and development.

"I hired the best doctors in the world," he explains. "I paid them and I worked alongside them until I understood what they did at 80%. And then I went to the next one, and the next one." It's an approach that, while unorthodox, speaks to a determined pursuit of knowledge, albeit outside traditional academic channels.

As our video call draws to a close from my vantage point in Bangkok, Lineham offers one final thought about energy and resistance that seems to encapsulate both his philosophy and his approach to life: "When you get past a certain level in the world, the principles of energetics take over. And if I don't have a fight in me, they can't attack me." ('they' being the governing global authorities).



In an age where wellness has become big business, Human Garage stands out not just for its unconventional approach, but for its evolution from high-end clinic to free community resource.

Whether you're drawn to Lineham's blend of practical bodywork and metaphysical wisdom or not, there's something undeniably intriguing about this mountain-hopping health guru and his vision of stress-free living.

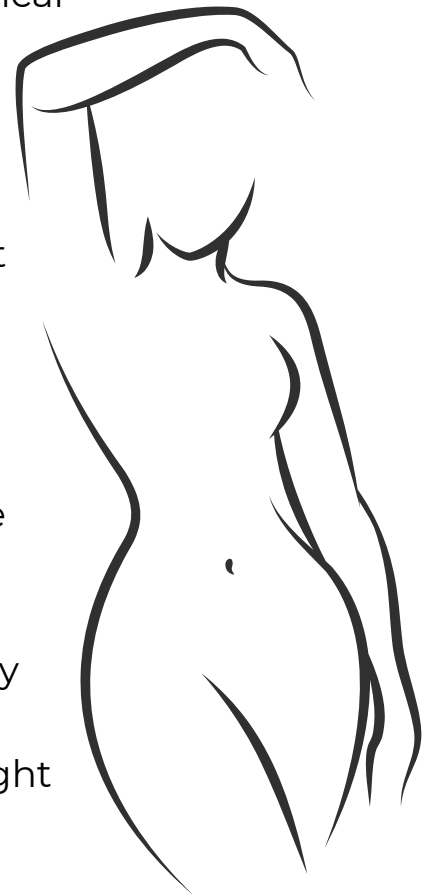
As the evening settles in Thailand and dawn breaks over Lineham's mountain retreat, one thing becomes clear: in the ever-expanding universe of wellness movements, Human Garage is charting its own unique course through the stars – quite literally, if you count the astrological readings.

As I reflect on my conversation with Garry Lineham, I'm reminded that throughout history, today's medical orthodoxy was often yesterday's heresy.

While his theories challenge everything I've understood about conventional medicine, perhaps that's precisely why they deserve our attention. Not necessarily for their truth or falsehood, but for their ability to make us question our certainties.

In an age where we map genomes and transplant memories in mice, the line between the impossible and the revolutionary seems increasingly fluid.

Whether Lineham proves to be a visionary or simply an intriguing footnote in the history of alternative medicine, his ideas prompt us to ask: what else might we not yet understand about the remarkable machinery of human health?



Cryotherapy

Is this the cool new go-to trend in wellness?



In our ever-evolving world of wellness and recovery, a chilling new treatment is literally sending shivers of excitement through health enthusiasts and athletes alike.



Cryotherapy, which exposes the body to extremely cold temperatures for quite brief periods, is being hailed as a game-changer for everything from athletic recovery to stress relief and beyond.

So what exactly is Cryotherapy you may ask? Well, it involves subjecting the body to ultra-low temperatures, typically ranging from -100 to -140 degrees Centigrade. This might sound intimidating, but it's not. I was a little apprehensive before trying it, but really there is nothing to worry about. Let me explain in more detail. The whole-body cryotherapy sessions are remarkably brief, lasting a maximum of just 3 minutes.



Whole-body cryotherapy involves standing in a specially designed chamber that envelops the body in a mist of liquid nitrogen cooled air.

At Cryo Thailand, where I tried the therapy, they have a large observation window that can be lowered as you wish, so it feels less constrictive if you don't like confined spaces. The assisting clinical personnel keeps in constant contact with you during the session.

'Nisa' who was my clinical assistant at Cryo Thailand's Gaysorn Village branch, was incredibly attentive and professional every step of the way; she speaks and listens to you over an intercom just outside the chamber, asking you to take 90 degree turns in intervals, whilst checking on how you're feeling.

It goes by in a blink of an eye..

The session is accompanied by listening to your fav sound track in the chamber, this makes it a very personal experience indeed.

'Nisa' told me that families and groups of friends come together for CryoTherapy sessions and can congregate in the CryoTherapy chamber room at the same time, thus turning the occasion into a fun experience. I do like the sound of that.

The treatment can be applied to the whole body in a cryochamber or localised to specific areas using targeted applicators for injuries and suchlike.

So how does the big chill work? When exposed to such extreme cold, the body initiates several responses as part of its natural survival mechanism.

Blood rushes to the core to protect vital organs, and upon leaving the cryochamber, this nutrient-rich blood flows back through the body.

This process is believed to trigger a range of beneficial effects at the cellular level.

The extreme cold is thought to stimulate the body's natural healing processes, reduce inflammation, and even activate the mitochondria in the brown fat – a type of body fat that generates heat and burns calories.

The sub zero cold can also trigger the release of endorphins and other beneficial hormones.

Proponents of cryotherapy claim a wide array of benefits from muscle recovery, athletes swear by its ability to speed up recovery after intense workouts.

The cold is believed to reduce muscle soreness and inflammation, potentially allowing for quicker return to training.

With pain relief It may help alleviate chronic pain conditions, including arthritis and fibromyalgia. The analgesic effect of the cold can provide temporary relief from pain.

The cold can help reduce inflammation throughout the body, which is linked to numerous chronic health conditions.

Many users report better sleep quality following sessions. The endorphin release and stress reduction may contribute to this effect, also promoting a sense of wellbeing and potentially helping to manage stress and anxiety.



Some users notice improvements in skin appearance and texture. The cold may boost collagen production and improve skin tone, so perhaps this alone will find it an attractive alternative to more invasive skin based therapies. While not a weight loss solution on its own, cryotherapy may support weight management efforts by boosting metabolism and activating brown fat.





While popular among athletes, cryotherapy is gaining traction with a broader audience, from busy executives who use it for stress relief and overall wellness, appreciating the quick sessions that fit into their hectic schedules.

Individuals with chronic pain seek it out for natural pain management, looking for alternatives to pharmaceutical interventions.

Health enthusiasts incorporate it into their overall wellness routines, seeing it as a cutting-edge addition to their health regimens.

People dealing with sleep issues or high stress levels are turning to cryotherapy for its potential mood-boosting and relaxation effects.

As with any wellness treatment, safety is paramount.

Cryotherapy should only be undertaken under professional supervision in a properly maintained professional facility such as at 'Cryo Thailand'.



It's not recommended for pregnant women, and individuals with certain health conditions such as high blood pressure, heart problems, or Raynaud's syndrome should consult their physician before trying it.

The extreme cold can be a shock to the system, so it's crucial to follow all safety guidelines provided by the cryotherapy facility.

This typically includes wearing protective gear for extremities and avoiding the treatment if you have any open wounds or skin infections or surgical metals used in biomedical applications.

While anecdotal evidence abounds, scientific research on cryotherapy is ongoing. Some studies suggest it can indeed aid in muscle recovery and pain reduction, but more research is needed to fully understand its long-term effects and optimal usage.

A 2015 study published in the *Scandinavian Journal of Medicine & Science in Sports* found that cryotherapy can be effective in reducing muscle pain and inflammation after exercise-induced muscle damage.

I was certainly feeling a little more exhilarated than normal after my session.

As research continues, we may see more specific applications of cryotherapy in various fields.

Some researchers are exploring its potential in mental health treatment, while others are investigating its effects on the immune system, which makes this a very interesting tool and a potential therapy for aiding mental wellbeing.



CryoTherapy is becoming a cool new tool in our wellness arsenal.

As with any new wellness trend, it's essential to approach cryotherapy with an open mind and informed perspective.

Always consult with your healthcare provider before trying cryotherapy or any new wellness treatment to ensure it's appropriate for your individual health needs.

As we continue to unlock the potential of this chilling treatment, one thing is clear, in the world of wellness, sometimes it's cool to be cold.

Cryotherapy - Cryo.com
Gaysorn Village

Red Light Therapy

Your Illuminating Path to Wellness



Wellness is big business, just in case you didn't notice; sometimes innovative therapies emerge. Some work better than others, and some are just pure marketing genius with little or no science backing them up.

One notable therapy gaining attention across the internet (Diary of a CEO Podcast) with Steven Bartlett for example is an advocate - 'Red Light Therapy' (RLT). But what exactly is Red Light Therapy, and how does it contribute to better health or enhanced beauty?

Let's dive in and look at the science behind Red Light Therapy, also known as photobiomodulation, harnesses specific wavelengths of light between 630-700 nanometers.

This carefully calibrated light penetrates the skin, reaching deeper cellular layers without causing damage.

The therapy's primary mechanism involves stimulating mitochondria, the powerhouses of our cells, to boost production of adenosine triphosphate (ATP) – the cellular energy currency.



“It's crucial to research and invest in quality devices that provide the correct wavelength and intensity for optimal results”

Fountain of Youth for Your Skin?

Perhaps the most alluring aspects of RLT is its potential to turn back the clock on our skin.

Regular sessions have been shown to reduce fine lines and wrinkles, improve skin tone, and enhance collagen production – the protein responsible for skin's elasticity and firmness.

For those battling acne, RLT offers a ray of hope by reducing inflammation and targeting acne-causing bacteria.

Beyond its anti-ageing effects, RLT has been linked to improved skin texture, reduced pore size, and a more even complexion.

Some users report a natural, healthy glow after consistent use, making it a popular pre-event treatment for those seeking a luminous look without makeup.

The benefits of RLT extend far beyond the surface of your skin. Studies suggest it may alleviate chronic pain, speed up muscle recovery, and even boost mental health.

Athletes are increasingly turning to RLT to enhance performance and recovery, while those with chronic pain conditions find relief in its anti-inflammatory properties.



Intriguingly, RLT has shown promise in supporting mental well-being.

By enhancing cellular function in the brain, it may help alleviate symptoms of depression and anxiety, contributing to improved cognitive performance and emotional balance.

In our screen-dominated world, RLT offers a counterpoint to the sleep-disrupting blue light emitted by our devices.

Exposure to red light before bedtime may help regulate the body's circadian rhythm, potentially offering respite to those grappling with insomnia or poor sleep quality.

As interest in RLT grows, so does its availability.

While professional-grade devices can be found in clinics and spas, the market for home-use devices is expanding rapidly.

From handheld units to full-body beds, consumers now have options to incorporate RLT into their daily routines.

However, experts caution that not all devices are created equal.

"It's crucial to research and invest in quality devices that provide the correct wavelength and intensity for optimal results," advises Dr. Jane Smith, a dermatologist specialising in light therapies.

Medical Tourism



Revolutionising Medical Tourism

How One Thai CEO is Reshaping the Industry

Every month, thousands of patients from across the globe land at Bangkok's Suvarnabhumi Airport seeking world-class medical care. Behind many of their journeys stands Thanaporn Rangkapanee, a 32-year-old entrepreneur who's quietly revolutionising Thailand's booming medical tourism sector.

In just two years, her company has guided hundreds of international patients through the complexities of cross-border healthcare and blending with it, another world class service that Thailand is renowned for - 'Tourism', the perfect *mélange* - 'Medical Tourism'.

Ms. Thanaporn Rangkapanee's journey began at the prestigious Bumrungrad International Hospital, where she spent eight years honing her skills and building a network that would prove invaluable.

"I was working with Bumrungrad International Hospital for eight years, learning everything I could" she recalls.

This experience laid the foundation for her ambitious venture.

Two years ago, she took a leap of faith and established her own medical tourism company, Asia Medicare Group.

The risk paid off almost immediately. "In the first month, I introduced forty-five patients from the Middle East to Bumrungrad International Hospital" she says, pride evident in her voice. This initial success set the tone for the company's rapid growth.

What sets Ms. Thanaporn Rangkapanee apart is her companies holistic approach to patient care. Unlike competitors in countries like South Korea, Singapore or Malaysia which focus primarily on medical procedures, Ms. Rangkapanee's company offers a complete package that marries top-tier medical care with Thailand's renowned hospitality.

"We have a comprehensive approach," she explains. "In Thailand, we have luxury five-star hotels, excellent food, and a culture of hospitality. This makes the entire experience better for our patients." She also goes onto explain "we understand how important clear communication is to our clients".

The company caters to a diverse international clientele, with patients coming from the Middle East, Myanmar, Europe, USA, and Australia.

They offer a wide range of medical services, with cancer treatment, orthopaedics, heart surgery, stem cell therapy, and plastic surgery being among the most popular, but not limited to these.



At the core of Asia Medicares business philosophy is a deeply personal commitment to patient care. Having lost several family members to illness, including her mother to skin cancer, she understands the emotional toll of medical treatment. "I want to save people. This is my key," she says, her voice filled with determination.

This empathy translates into a business model that prioritises personalised care.

The company works with multiple vetted hospitals and clinics, allowing them to create tailored packages that suit each patient's needs and budget. "We give them options," Ms. Rangkapanee explains.

"With every client we categorise their needs and give them different options. They don't need to do anything – we write it all down for them and give multiple options".

To cater to their international clientele, the company has assembled a diverse team. "We have over sixty interpreters," Ms. Rangkapanee says. "We have around twenty-five Cambodian translators, around thirty from Myanmar, six Arabic translators and about six Chinese translators."

This multilingual approach ensures that patients feel comfortable and understood throughout their treatment journey.

Ms. Rangkapanee's ambitions extend beyond her own company. She's actively involved in promoting Thailand as a premier destination for medical tourism.

"I want to make Thailand the king of medical tourism," she states. Her efforts include working with government agencies and creating educational content to showcase Thai medical expertise to the world.



Despite her business success, Ms. Rangkapanee remains grounded and focused on giving back to her community. She plans to allocate 5% of the company's profits towards educational initiatives in Thailand.

"In the past nobody supported education in Thailand," she laments, expressing her desire to change this situation.

Looking to the Future

As Asia Medicare Group approaches its two-year anniversary Ms.Rangkapanee shows no signs of slowing down.

With over 2,000 patients served and around 300 new patients each month, the company is on a steep growth trajectory.

Ms. Rangkapanee's story is more than just a tale of business success, which her received accolades echo.

It's a testament to the power of empathy, hard work, and a clear vision. As she continues to push the boundaries of what's possible in medical tourism, one thing is clear: the future of the Medical Tourism in Thailand is being led with capable hands.

Interview by Buzz Langton

Asia Medicare Group



Recent Accolades

Work - Life Balance .



THE SUKHOThAI
BANGKOK

THE SUKHOThAI SPA






THE SUKHOTHAI
BANGKOK



In the vibrant heart of Bangkok's business district, where the heartbeat is incessant with its non-stop traffic and that of one of the World's most interesting and busy cities, there exists a sanctuary that transcends time.

The Sukhothai Spa, an exquisite extension of the renowned Sukhothai Bangkok hotel, is not merely a wellness centre; it is a visual portal to another era, a celebration of Thailand's rich cultural tapestry, and to the enduring power of ancient wisdom in our contemporary world.

The Dawn of Happiness

Sukhothai's Living Legacy Sukhothai, pronounced "Su Ko Tai" in Thai, translates to "Dawn of Happiness," a fitting name for a place that has long been a wellspring of cultural and spiritual significance.

As one of Thailand's 76 provinces, nestled in the lower northern region, Sukhothai carries the weight of history on its shoulders. It is this profound heritage that The Sukhothai Spa channels, weaving the essence of ancient Sukhothai-style culture into every fibre of its being.






THE SUKHOTHAI
BANGKOK



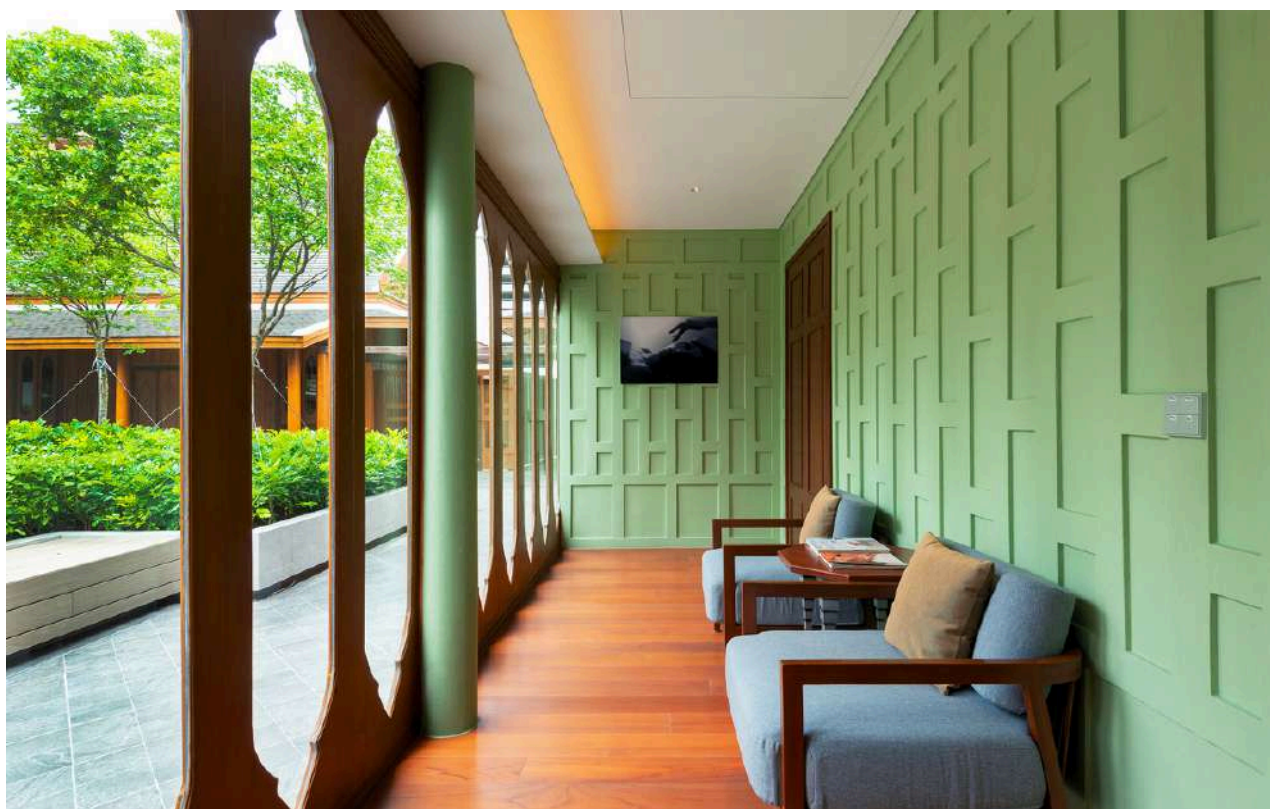
What truly sets The Sukhothai Spa apart is its seamless integration of authentic historical elements into a contemporary wellness experience.

The spa complex is adorned with teak wooden exteriors that date back to the Rama V period.

These exquisite wooden structures have been carefully dismantled, transported, and meticulously reassembled to become the architectural centrepiece of the spa.

The rich, warm hues of the aged wood whisper tales of bygone eras, while the intricate carvings and detailing showcase the masterful craftsmanship of Thai artisans from over a hundred years ago.

The incorporation of these historical structures is more than an aesthetic choice. It's a philosophical statement in a world increasingly dominated by the sleek and the new.






THE SUKHOTHAI
BANGKOK





As you approach the spa, these teak exteriors immediately transport you across centuries.

The rich, warm hues of the aged wood whisper tales of bygone eras, while the intricate carvings and detailing showcase the masterful craftsmanship of Thai artisans from over a hundred years ago.

Each beam, each panel, each ornate detail serves as a tangible link to Thailand's illustrious past.

The incorporation of these historical structures is more than an aesthetic choice. It's a philosophical statement. In a world increasingly dominated by the sleek and the new, The Sukhothai Spa stands proud to the enduring beauty of the old, the handcrafted, and the authentic.

The texture of the ancient teak wood juxtaposed against smooth, polished modern surfaces creates a multi-sensory experience that honours the past while embracing the present.




THE SUKHOTHAI
BANGKOK



Timeless Journey of Wellness and Cultural Heritage

What sets The Sukhothai Spa apart is its masterful blend of traditional wisdom and modern innovation.

Here, time-honoured Thai practices harmonise with result-driven contemporary techniques, creating a holistic approach to wellness that speaks to both body and soul.

This fusion is perfectly embodied in the juxtaposition of the historical teak structures with state-of-the-art wellness facilities.

Traditional Thai massage techniques are performed in rooms equipped with the latest in comfort and hygiene technology.

Ancient herbal remedies are complemented by cutting-edge skincare treatments. The spa seamlessly blends traditional, result-driven, and modern practices from diverse cultures to provide a comprehensive range of treatments that cater to the modern wellness seeker while honouring age-old traditions.



THE SUKHOTHAI
BANGKOK

The Sukhothai Spa offers an extensive array of services that reads like a wish list for the wellness-minded traveler.

From deeply relaxing massage therapies to transformative beauty treatments, from the purifying rituals of the hammam to the mindful practices of yoga and meditation, every offering is designed to nourish, restore, and rejuvenate.

For those seeking a more comprehensive wellness approach, the spa offers personalised nutrition advice and fitness training, ensuring that the benefits of your visit extend far beyond your stay.

The state-of-the-art facilities, including a salt-water lap pool, jacuzzi, saunas, steam rooms, and a cutting-edge technology facial room, provide the perfect backdrop for your wellness journey.

Here, in this extraordinary blend of history, nature, and modern sophistication, guests are invited to embark on a journey of self-discovery and rejuvenation, guided by their timeless hospitality spirit offered by the teams at The Sukhothai Bangkok.





Product & Biz Reviews.



maddy hopper



stepping

into



the

future

In a quiet road in Bangkok's Lad Prao District is a fairly unassuming town house, behind its doors are the offices and HQ of sustainable fashion brand 'maddy hopper'.

A pair of childhood friends are quietly transforming the sneaker industry with a blend of innovation, sustainability, and Thai craftsmanship.

'Charn' and 'Pop', founders of maddy hopper, are proving that eco-friendly fashion can be both stylish and accessible.

The maddy hopper story begins in the corridors of Assumption College, where Charn and Pop first met in Grade 1.

Their paths diverged after school, with Charn participating in a student exchange program in Illinois, USA, while Pop pursued studies in China, picking up Mandarin along the way.



Upon reuniting in Bangkok, the duo found themselves sharing a common goal: to create a great shoe.



This simple aspiration would evolve into maddy hopper, a brand name that playfully emerged from their original concept, 'Mad'.

What sets maddy hopper apart in the crowded sneaker market is their innovative use of recycled and locally-sourced materials: Uppers made from recycled plastic bottles.



*Insoles crafted from up-cycled Thai-style solid latex bedding
Soles sourced from local Thai rubber*

This combination not only reduces waste but also supports local industries, creating a product that embodies circular economy principles.



In an industry often dominated by mass production, maddy hopper takes a different approach.

Their sneakers are handcrafted using lasts (foot-shaped moulds), a technique typically associated with high-end shoemakers found in England's Shoe Making area - 'Northamptonshire'. This attention to detail ensures quality and fit, while keeping the price point accessible.



The brand's commitment to inclusivity is evident in their unisex designs. Great fashion has no gender!



Perhaps one of the most remarkable aspects of maddy hopper is their pricing strategy. At 2,000 baht (approximately \$45), these sneakers challenge the notion that sustainable fashion must come with a premium price tag.

Even with international shipping, they remain competitively priced compared to many mainstream brands.

Charn and Pop's vision extends beyond sneakers. They've recently collaborated and created 'high-viz' children's shoes, they also produce bamboo socks, which are more sustainable and breathable than cotton socks.

Their peaked caps are made from recycled cotton and look lovely in the baby blue one I purchased, keeping the sustainability ethos throughout their product range.

This diversification reflects their broader goal of inspiring industry-wide change and encouraging more companies to adopt sustainable practices., in fact 'maddy hopper' has already had a number of collaborations producing bespoke limited editions and continues to be open to these highly creative collaborations.

Collagen t-shirt made from upcycled fish scales

maddy hopper



This is **polly**
in **sunny cloud** color
comes in size **35**

maddy
hopper

Like many startups, maddy hopper faces significant challenges as they grow.

Distribution is a key issue – how to deliver products globally while minimising environmental impact.

They're also working to balance their boutique origins with increasing demand, aiming to scale without compromising on quality or sustainability.

Charn and Pop emphasise. "It's about doing the best we can right now and always pushing to improve."

This philosophy drives their approach to business, encouraging continuous improvement in design, material sourcing, and reducing their carbon footprint.



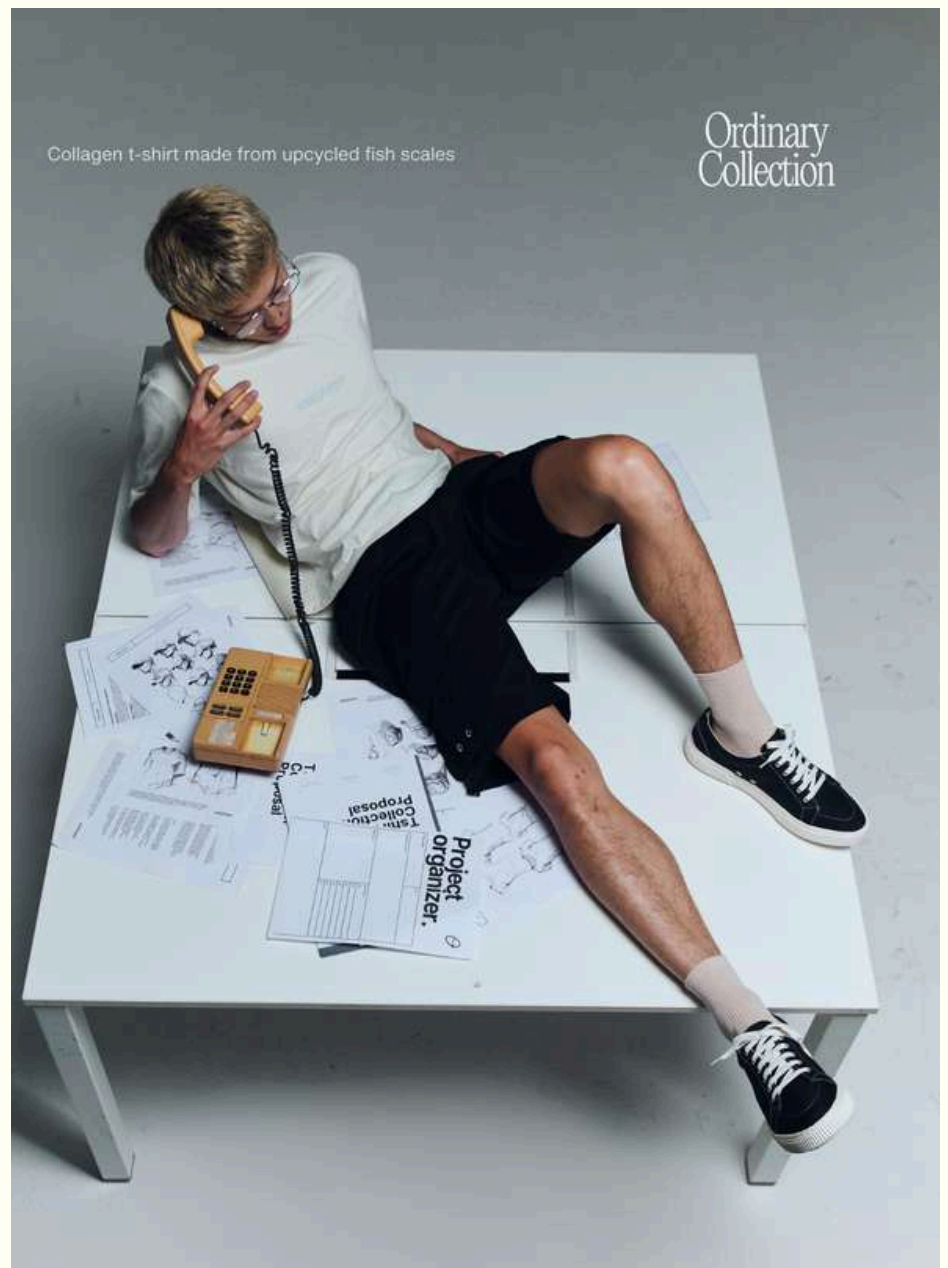
The duo is refreshingly forthright about their production process. They proudly highlight that all materials, craftsmanship, and labour are Thai, directly contributing to the local economy.

While specific plans remain under wraps, Charn and Pop hint at exciting developments on the horizon. New designs, further sustainable innovations, and potentially a physical store are all being considered.

They're also focusing on enhancing durability, recognising that long-lasting products are inherently more sustainable.

maddy hopper represents more than just a brand; it's an invitation to be part of a shift in consumer culture.

It's an opportunity for customers to align their style choices with environmental values.





As Charn and Pop continue to innovate, the future of eco-friendly fashion looks promising.

Whether you're environmentally conscious, a sneaker enthusiast, or simply in search of quality footwear, maddy hopper demonstrates that style and sustainability can coexist harmoniously.

In a world grappling with the environmental impact of fast fashion, Maddy Hopper offers a glimpse of a more sustainable future.

It's more than just a purchase – it's a step towards more conscious consumerism, with a distinctly Thai flavour.

Charn and Pop are eager to share their message with the world. Our door is open to collaboration and we welcome you all to join the Maddy Hopper journey.

This invitation reflects the core of maddy hopper – a brand that's not just about selling shoes, but about building a community and inspiring change.

PIONEERING GREEN SOLUTIONS THE FUTURE OF ENERGY MANAGEMENT

In today's climate-conscious world, businesses are increasingly seeking innovative ways to reduce their environmental impact while optimizing operational costs. Among the emerging leaders in this space is Easson Energy Ltd, a Thai company making waves in Southeast Asia's energy management sector.

Founded by the dynamic trio of Robert Easson, Stuart Pollington, and Gary Cannon, with Patrick Seal serving as Chief Operating Officer.

Easson Energy is revolutionising how businesses approach energy consumption and sustainability.

Their mission? To transform energy management through technology for environmental and financial benefits. In a recent conversation, these pioneers shared insights into their journey and transformative potential.



Patrick Seal & Gary Cannon Measuring Energy Usage at The British Club Bangkok



The British Club Pool
New Restaurant and Leisure Facilities

The Genesis of Innovation

"The company emerged from a perfect alignment of opportunity and purpose," explains Stuart Pollington, who had already established connections with Gary Cannon through Bangkok's business community. "We recognised that Thailand's business sector needed support in achieving their Net Zero targets, and with our combined experience in Asia spanning over two decades, we were uniquely positioned to help."

The Genesis of Innovation

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Measuring for Success

At the heart of Easson Energy's philosophy lies a straightforward principle: "Measure to Manage." Their sophisticated system employs artificial intelligence and Internet of Things (IoT) technology to provide unprecedented visibility into energy consumption patterns. This granular approach enables businesses to identify specific areas of excessive energy use, right down to individual appliance performance.



"Our technology doesn't just collect data; it transforms it into actionable insights," Patrick Seal notes. The system's ability to monitor and analyze energy usage in real-time allows businesses to make informed decisions about their energy consumption, leading to significant cost reductions and improved environmental performance.



The advantages of implementing Easson Energy's solutions extend beyond mere cost savings. Their technology offers:

- Real-time energy consumption monitoring
- Predictive maintenance capabilities
- Environmental impact reduction
- Data-driven optimization strategies

Client Base and Applications

The versatility of Easson Energy's technology makes it suitable for a wide range of applications, from residential properties to large-scale industrial facilities. Gary Cannon emphasises that their solutions are highly customisable, ensuring that clients of any size can benefit from their energy-saving technology.

Future-Focused Impact

As businesses worldwide face increasing pressure to reduce their carbon footprint, Easson Energy's innovative approach offers a practical solution that aligns environmental responsibility with financial benefits. Their technology exemplifies how smart energy management can contribute to a more sustainable future while delivering tangible business advantages.



For those interested in learning more about these energy-saving solutions, detailed information and case studies are available at www.easson.energy. The team can be contacted directly through gary@easson.energy or stuart@easson.energy.

The path to sustainability doesn't have to be complicated or costly. With solutions like those offered by Easson Energy, businesses can take meaningful steps toward environmental stewardship while improving their bottom line. As we face the challenges of climate change, such innovations provide hope for a more sustainable and energy-efficient future.



**“MEASURE TO
MANAGE”**



Zen Master - Henry Shukman

Henry grew up in Oxford, UK, where his early love of poetry led him to Chinese Zen poetry and eventually to meditation. After experiencing a spontaneous spiritual awakening at 19, he embarked on a transformative journey of healing through meditation and various therapeutic practices.

As a teacher in the Sanbo Zen lineage, Henry was appointed by Yamada Roshi, international abbot of Sanbo Zen, in 2010. He is the Spiritual Director Emeritus of Mountain Cloud Zen Center in Santa Fe, New Mexico, and co-founder of The Way meditation app. He has taught at institutions including Google, Harvard Business School, and the Esalen Institute.

His personal journey is chronicled in his memoir, *One Blade of Grass: Finding the Old Road of the Heart* (Counterpoint, 2019).



Original Love

Practice as The Hearts Home

Wisdom from Zen Master Henry Shukman

The world can seem out of control, finding genuine presence and peace can seem like an elusive goal. Zen Master Henry Shukman offers a profound yet practical approach to meditation that begins with a simple truth: the path to mindfulness starts with coming home to our own bodies.

"The beginning of practice is to settle down, and to see more clearly what's going on. And it turns out we can't do either without opening our hearts to the here and now, even just a little."

Shukman introduces us to the fundamental essence of meditation practice – the art of being present. As he explains, "We sit down, and are still, and quiet, and learn to surrender a piece of ourselves—whatever piece it is that is in haste to be elsewhere, that resists being right here, right now."

Our minds, Shukman explains, are naturally restless.

Like a "monkey swinging through the trees, grabbing hold of branch after branch," our thoughts jump continuously from past to future, rarely settling in the present moment. This isn't just poetic imagery – science confirms this tendency:"

In some early sutras, this phenomenon is likened to a monkey swinging through the trees, grabbing hold of branch after branch—the branches being analogous to thoughts.

No sooner does 'monkey mind' let go of one thought than it grabs another."

"The body, naturally, is always here, in present-moment time," Shukman writes. "The mind, however, is inclined to jump away and get lost in thought."

This observation forms the foundation of his approach to meditation practice.

He elaborates:

"To discover that we always have body experience going on, like a marvelous submarine seascape just beneath the glittering surface that captivates our attention, is a wonderful thing. It takes a shift in perspective, and in interest, but it is entirely possible. For many, it feels like a homecoming."

Shukman outlines two primary approaches:

"Broadly speaking, there are two main styles of practice: having a single focus and endeavouring to keep our attention on it; and not having a single focus, and instead endeavouring to track whatever is salient in awareness at any given moment.

The first is often known as focused attention, and the second as open presence or choice-less awareness."

One of the most touching aspects of Shukman's teaching is his description of how practice transforms us:

"I was starting to love life again, in a way I hadn't for a long while.

I could feel my heart, like a zone of warmth in my chest that was alive with a subtle, soft eagerness to taste experience, and with a gratitude too, simply for being able to be me.

For being alive. The part of me that loved life was itself coming back to life."

Shukman beautifully describes how this practice leads to profound self-acceptance:

"As meditation teacher James Baraz has taught in his Awakening Joy classes, at a certain point in learning to swim, we go from flailing in the water to floating.

The water, which we had been fearful of and fighting against, when we trust it and relax, and lay our body out on it, turns out to have been here, ready to support us, all along."

He concludes with a powerful insight:

"We know that mindful awareness is developing when a sense of love for life, for our bodies, for ourselves, and for this moment, starts to melt our hearts.

As Ram Dass says, mindfulness is 'loving awareness.'"

Henry Shukman

Want to get started with Meditation

The Best Meditation Apps

One Create Editorial Team Recommendations

Building on Henry Shukman's concept of "Original Love," we explore how meditation apps can serve as practical tools to access our innate sense of connection and well-being.

While Henry Shukman's work delves into the philosophical aspects of meditation, modern technology offers accessible ways to incorporate these practices into our daily lives.

Here are the One Create Magazine Editorial team's favourite five meditation apps of 2024, each aligning with the principles of "Original Love" users in cultivating mindfulness, reducing stress, and reconnecting with their fundamental nature of lovingness and belonging.

Our Top 5 Meditation Apps for 2024



1. Waking Up - \$19.99 / month - free if you cannot afford it.

Waking Up offers a unique blend of meditation instruction and intellectual discourse. Founded by neuroscientist Sam Harris, the app's approach to mindfulness is rooted in scientific understanding and philosophical inquiry, appealing to those seeking a deeper, analytical approach to meditation.



2. Headspace - \$12.99 / month

Headspace excels in offering structured courses for various aspects of life, from stress reduction to improved sleep. Its user-friendly interface and diverse content make it an excellent choice for both beginners and experienced meditators.



3. The Way - \$9.99 / month

The Way, led by Zen Master Henry Shukman, offers a unique, linear path of meditation training. Its 'no-choice' approach guides users through ancient practices, with Shukman's gentle teaching style making deep meditation accessible to all.



4. Calm - \$14.99 / month

Calm has carved out a niche with its focus on sleep improvement alongside meditation. The app's sleep stories, narrated by celebrities, have become particularly popular, complementing its range of guided meditations and relaxing music.



5. 'hm' Healthy Minds Program - Free

Developed by neuroscientist Dr. Richard Davidson, this free app focuses on four pillars of well-being: awareness, connection, insight, and purpose. Its podcast-style lessons and guided meditations offer a unique, educational approach to mindfulness.

ZEN



The Art of Not Loosing Your Marbles in The 21st Century

By Buzz Langton

In an era where our phones ping more often than our doorbells, and 'busy' has become the default state of being, the quest for wellness has taken on an almost mythical quality. Its very much the zeitgeist of modern first world humanity. We're bombarded with advice, from Instagram influencers hawking miraculous supplements to well-meaning relatives forwarding chain emails about the latest health fad. It's enough to make one want to retreat to a cave with nothing but a loincloth and a sense of despair.

But fear not, dear reader. As your trusty guide through the labyrinth of modern living, I've taken it upon myself to wade through the noise and distill the essence of what it truly means to live well. So, grab your favourite beverage (be it a green smoothie, your caffeine of choice or a good old British favourite, the builder's brew 'tea'), settle into your ergonomic chair, and prepare for a journey into the art of thriving in our chaotic world.

The Morning Ritual - Embracing Your Inner Early Bird (Or at Least Pretending To)

Picture this:

It's 5 AM. The world is quiet, save for the gentle snoring of your neighbour's dog and the faint sound of your own internal screaming at being awake at the ungodly hour. But fear not, for this is the golden time, the sacred hours where greatness is forged and Instagram stories are born. The concept of "Deep Morning Work" has gained traction faster than a squirrel on an espresso drip. The idea is simple: dedicate the first four hours of your day to uninterrupted, focused work. Being in 'flow' is more than a buzz word, it's an actual psychology term coined to describe when a person is so focused on a task they don't notice time passing. Positive psychologists regard flow as an important part of productivity and consider it beneficial for psychological well-being.

People may naturally enter a flow state when they have few distractions, and a task feels rewarding. So no calls, no meetings, no social media scrolling while pretending to be productive. Just you, your goals, and the quiet desperation of early morning ambition.



But how does one achieve this mythical state of productivity? First, clear goals are essential. Write them down, preferably in a leather-bound journal that costs more than your monthly grocery budget. The act of putting pen to paper will make your aspirations feel more real and less like fever dreams induced by late-night cheese consumption (my personal vice).

Next, create a workspace that screams "I mean business" louder than a Wall Street broker on a Monday morning. This could be a minimalist desk with nothing but a laptop and a succulent (because apparently, plants boost productivity by 0.002%, and are also considered lucky in some parts of the East), or an elaborate home office that would make Batman's cave look like a broom closet (you know who you are!)



The key is to eliminate distractions. Put your mobile in another room, preferably locked in a safe, buried in the backyard, and guarded by a pack of wolves. Inform your family, friends, and that chatty neighbour that for the first four hours of the day, you're about as reachable as a medieval hermit on a vow of silence.

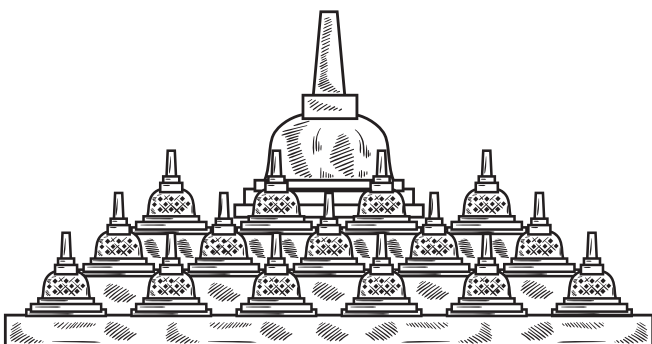
Now, I know what you're thinking. "But Buzz, I'm about as much of a morning person as a vampire with a sunlight allergy." Fear not, my nocturnal friend. The beauty of this method lies not in the specific hours, but in the principle of uninterrupted focus. If you're more likely to see 5 AM from the other side, adjust accordingly. The important thing is to find a chunk of time where the world isn't demanding your attention like a needy houseplant.

Health - Because Your Body Is a Temple (Not a Drive-Thru)

Speaking of plants, let's talk about that marvellous sack of meat you call a body. In our quest for cognitive supremacy where nothing is left unanswered in your inbox, it's easy to forget that our brains are, in fact, attached to the rest of us. Shocking, I know.

Exercise, that dreaded word that conjures images of gorgeous lycra-clad fitness gurus and military looking dudes doing any number of soul-crushing burpees, is actually crucial for more than just looking good in your social media profile picture. A fit person, it turns out, has better cognitive skills and focus. It's as if treating your body well actually impacts your brain. Who knew?

The prescription is simple: work out at least three hours per week. This doesn't mean you need to transform into a gym rat who subsists solely on protein shakes and the tears of their vanquished enemies.



Find something you enjoy, whether it's dancing like no one's watching (even if the neighbours definitely are), pretending to outrun zombies with a running app, or simply lifting heavy things and putting them down again, children and grocery bags don't count.

But wait, there's more! Our bodies, much like temperamental house plants, crave sunlight and fresh air.

A daily walk in nature isn't just for retirees and dog owners anymore. It's a vital part of setting your circadian rhythm, which is a fancy way of saying "making sure your body knows when it's time to be awake and when it's time to binge-watch Netflix."

Speaking of sleep, let's talk about sleep hygiene. No, this doesn't mean showering before bed (although that's not a bad idea). It's about creating an environment and routine that tells your body, "Hey, it's time to shut down for a bit."

This means a consistent sleep schedule, a dark and cool bedroom, and resisting the urge to scroll through social media until 2 AM, convincing yourself that you need to know what your high school acquaintance had for dinner.

You Are What You Eat (So Maybe Don't Be a Processed Snack)

Now, onto everyone's favourite topic: food. In a world where processed foods are more readily available than a moment of peace, it's crucial to remember that our bodies are not, in fact, rubbish bins.

Think of your body as a high-performance machine. You wouldn't put cheap, low-grade fuel in a Ferrari, would you? (If you would, please return your hypothetical Ferrari immediately, to me.)

The same principle applies to your body. Fuelling up on processed foods is like trying to run a marathon on a diet of candy bars and wishes.

Instead, focus on whole, clean foods. Yes, this might mean spending more time in the produce section and less time in the snack aisle.

It might mean learning to cook something other than beans on toast.

But trust me, your body will thank you. And by "thank you," I mean "function properly without constant complaints."

Let's delve deeper into what constitutes a nourishing diet

1. The Rainbow Connection: No, not the Muppets song, but rather the idea of eating a variety of colourful fruits and vegetables. Each colour represents different phytonutrients, so aim to have an artists palette on your plate. Red tomatoes, orange carrots, green spinach, blueberries – it's like eating edible art, you get the idea.

2. Protein Power: Whether you're a meat-eater, vegetarian, or vegan, protein is crucial for muscle repair and satiety. Lean meats, fish, eggs, legumes, and tofu are all excellent sources. And no, chocolate protein bars don't count as a meal replacement, no matter what the packaging says.

3. Fantastic Fats: Not all fats are created equal. Omega-3 fatty acids, found in fish, walnuts, and flaxseeds, are brain food. Avocados, olive oil, and nuts provide healthy monounsaturated fats. Just remember, even healthy fats have calories, so don't go swimming in olive oil like it's the Mediterranean Sea.



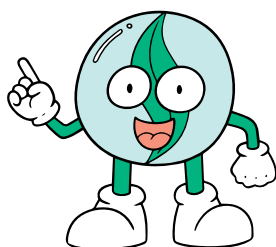
4. Complex Carbohydrates: These are the "good carbs" your body needs for energy. Whole grains, sweet potatoes, and quinoa are excellent choices. They're like the reliable friends of the food world – they'll stick with you through thick and thin, unlike those flighty simple carbs that leave you crashing an hour later.

5. Hydrate, hydrate, hydrate: Look I've said it now. Water is the unsung hero of nutrition. It's involved in practically every bodily function.

If you find plain water boring, jazz it up with some sliced fruit or herbs. Sparkling water can also be a good alternative to sugary drinks. Just don't fall for the "vitamin water" trap – most of those are just glorified sugar water with a health halo.

6. Mindful Eating: It's not just what you eat, but how you eat. Slow down, chew your food properly, and pay attention to your meals.

Eating in front of the television or computer doesn't count as mindful eating, even if you're watching a cooking show.



7. The 80/20 Principal: Aim to eat nutritiously 80% of the time, leaving 20% for life's indulgences. This way, you don't feel deprived, and you're less likely to go on a rebellious junk food binge.

Yes, this means you can have your cake and eat it too – just not the whole cake, and not every day, use the 80/20 principal (week days is the 80% part eating clean good foods and the weekend is the 20%).

But don't blow it by over indulging. Pizza and Vindaloo washed down with a soda isn't a great way to start your day, even if it's the weekend.

8. Beware of Food Trends: From activated charcoal to CBD-infused everything, food trends come and go faster than you can say "kale smoothie." While some may have merit, approach with caution. Your great-grandmother probably never heard of goji berries, and she did just fine.

Remember, nutrition is not one-size-fits-all. What works for your favourite celebrity or that annoyingly fit colleague might not work for you.

Listen to your body, consult with healthcare professionals if needed, and find a sustainable eating pattern that nourishes your body and soul.

In the end, eating well shouldn't feel like a chore or a punishment. It's about fuelling your body with foods that make you feel energised, satisfied, and ready to take on the world – or at least ready to tackle that mountain of laundry that's been staring at you for days.

Alcohol - The Great Mind Wrecker (And Waistline Expander)

Now, let's address the elephant in the room. Or should I say, the bottle on the table.

Alcohol, that great social lubricant and decision impairment liquid, is not your friend. I know, I know. It's a hard truth to swallow, much like that shot of tequila after the four beers you thought was a good idea last Friday evening after work.

The cold, sobering fact is that alcohol is a cognitive wrecking ball.

It's like inviting a bull into the china shop of your mind. Sure, it might be fun for a while, watching that bull knock things over. But eventually, you're left with a mess to clean up and a headache that makes you question your life choices, it also adds to your anxiety and your cognition won't be as clear - ever heard of a foggy brain? Here is the main culprit!



The recommendation? Limit yourself to two units of red wine per day. Why red wine? Because apparently, it has some health benefits, and we need all the justification we can get. Everything beyond that is just your body's way of saying, "Hey, remember that time you decided to poison me? Good times."



Gratitude - Because Wanting What You Have Is Easier Than Craving What You Want (and it's a lot cheaper)

In our relentless pursuit of more – more success, more stuff, more Instagram followers – we often forget to appreciate what we already have. Enter gratitude journaling, the practice of writing down things you're thankful for, as if you're Santa making a list of who's been nice.

It might sound cheesy, like something you'd find cross-stitched onto a pillow in your grandmother's house.

But hear me out.

Taking time each day to acknowledge the good things in your life – even if it's just "I'm grateful I remembered to wear trousers to work today" – can significantly impact your overall happiness and well-being.

Start small. Each day, write down three things you're grateful for. They don't have to be grand gestures or life-altering events. Maybe you're thankful for that perfect cup of coffee, or the fact that your cat decided not to knock everything off your nightstand at 3 AM.

The point is to train your brain to notice the positive aspects of your life, rather than constantly focusing on what's missing or what could be better.

Meditation - Or, How I Learned to Stop Worrying and to Love the 'Om'

Ah, meditation. That thing everyone talks about doing but few actually practice consistently.

It's like the flossing of mental health – we know we should do it, but somehow it always gets pushed to the bottom of our to-do list.

But here's the thing: just ten minutes of meditation a day can work wonders for your mental clarity and emotional well-being. It's like giving your brain a mini-holiday without the hassle of airport security.

Think of your thoughts as clouds in the sky of your mind. Without meditation, it's all one big, muddled overcast day. But with regular practice, you start to see the spacing between those clouds. You gain the ability to observe your thoughts without getting caught up in them. It's like watching a parade from a balcony instead of being swept along in the crowd.

"But Buzz," you might say, "my mind is more like a chaotic butterfly garden than a calm sky."

Fear not, my fluttery friend. That's where techniques like box breathing come in handy.

It's a simple method: inhale for four counts, hold for four, exhale for four, hold for four.

Repeat until you feel less like a frazzled hummingbird and more like a zen master, do this before your meditation and you are good to go.

Personally I use a mediation app - There are lots out there to choose from too.

Stress and Anxiety - When Life Gives You Lemons, Do Some Box Breathing

Speaking of box breathing, let's talk about stress and anxiety – those unwelcome guests that show up uninvited and overstay their welcome. In our fast-paced world, stress has become as common as bad coffee in office break rooms.



But here's a revolutionary idea: you don't have to live in a constant state of fight-or-flight. You're not being chased by an enormous African elephant (unless you are, in which case, please seek immediate help at your local zoo and perhaps reconsider your life choices).

Box breathing, as mentioned earlier, is a simple yet effective way to bring yourself back to baseline when you're feeling overwhelmed. It's like hitting the reset button on your nervous system. And the best part? You can do it anywhere, anytime, without anyone knowing. Stuck in a boring meeting? Box breathe. In-laws coming over? Box breathe. Realised you've been wearing your shirt inside out all day? You guessed it – box breathe.

Another stress-busting technique is good old-fashioned exercise. Going for a run isn't just good for your cardiovascular health; it's like a moving meditation. Plus, it has the added benefit of making you look purposeful as you flee from your problems.



The Great Outdoors - Nature's Antidepressant

Remember nature? That thing outside your window that isn't made of concrete and glass? It turns out that spending time in the great outdoors is like a magic elixir for your mind and body.

A walk in nature isn't just a chance to step in mud and get attacked by mosquitoes.

It's an opportunity to reset your brain, boost your creativity, and remind yourself that the world is bigger than your to-do list. Plus, it's a great way to get that all-important morning sunlight to set your circadian rhythm.

The key is to leave your mobile behind, or at least resist the urge to check it every 30 seconds. Trust me, the world will survive without your witty 'X' / Twitter commentary for an hour. Instead, use this time to let your mind wander. Some of the best ideas come when we're not actively trying to have them. It's like those moments in the shower when you suddenly solve world hunger or remember the name of that actor that's been on the tip of your tongue for days.

Continuous Learning - Because Your Brain Isn't a Library, It's a Gym

In our quest for wellness, we often focus on the body and forget about that three-pound universe sitting between our ears.

Your brain, like that neglected gym membership, needs regular workouts to stay in shape.

Continuous learning isn't just for college students and people trying to impress their dates. It's a vital part of maintaining cognitive health and keeping life interesting.

Plus, it gives you something to talk about at parties other than your neighbour's questionable landscaping choices.

Pick up a new hobby, learn a language, or dive into a subject you've always been curious about.

Did you know that the ancient Egyptians had a god for everything, including door hinges? Neither did I, until I fell down a Wikipedia rabbit hole at 2 AM.

The point is, learning keeps your mind flexible and engaged. It's like yoga for your neurons.

Digital Detox - Because Your Mobile Isn't a Body Part (Yet)

In our OVER hyper-connected world, the idea of disconnecting can seem as foreign as a phone booth or a floppy disk (remember those?).

But hear me out: what if I told you that there's a whole world out there beyond your screen?

A digital detox doesn't mean moving to a remote cabin in the woods (although if that's your thing, go for it). It's about creating boundaries with your devices. Maybe it's a no-mobile rule at the dinner table, or a social media-free Sunday.

Perhaps it's as simple as not checking your email first thing in the morning or last thing at night.

The goal is to reclaim some of the mental space that's been colonised by the constant ping of notifications.

It's about remembering that you are not your inbox, your social media feed, or your unread message count.



In Conclusion - The Art of Living Well

Living well in the modern world is part science, part art, and part sheer stubbornness in the face of endless distractions and temptations.

It's about creating rituals and habits that nourish your body, mind, and spirit. It's about finding balance in a world that often feels like it's spinning off its axis.

Remember, wellness isn't a destination; it's a journey. And like any good journey, it's filled with wrong turns, unexpected discoveries, and the occasional need to pull over and ask for directions.

Be patient with yourself. Celebrate the small victories.

And most importantly, don't forget to enjoy the ride.

After all, in the grand scheme of things, we're all just trying to figure out this thing called life. So take a deep breath, go for a walk, learn something new, and maybe, just maybe, put down your mobile for a bit. Your mind and body will thank you. And who knows? You might just find that the art of living well is the greatest adventure of all.

In the immortal words of Douglas Adams, "Don't Panic." And always know where your towel is.

Because in this wild journey of wellness and life, a good towel can come in handy – whether you're wiping sweat from your brow after a workout, drying off after a refreshing shower, or simply using it as a comfort blanket when the world gets a bit too much.

So here's to you, intrepid wellness seeker.

May your coffee be strong, your Wi-Fi signal stronger, and your resolve to live well the strongest of all.

Now, if you'll excuse me, I have a date with a yoga mat and a kale and banana smoothie.

Namaste, and may the force of wellness be with you, and that all your marbles are safe, and In one place..

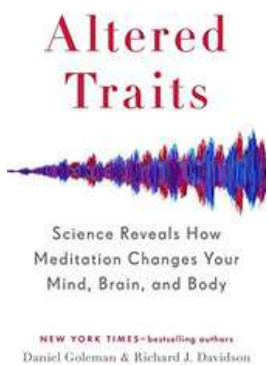


Buzz LANGTON

Welcome to the Book-Shelf section of One Create Magazine, where we bring you a curated selection of books that may have flown under your radar but are well worth your time.

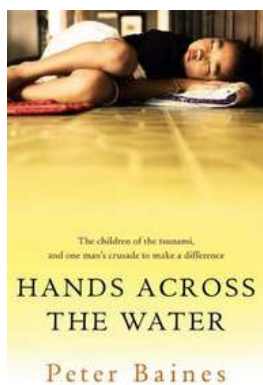
Whether you're on a journey of personal growth, seeking spiritual enlightenment, or simply looking for an inspiring read, our recommendations aim to introduce you to powerful works that can transform the way you think and live.

Dive into these thought-provoking books and let them guide you toward new perspectives, deeper understanding, and perhaps even a path to self-discovery.



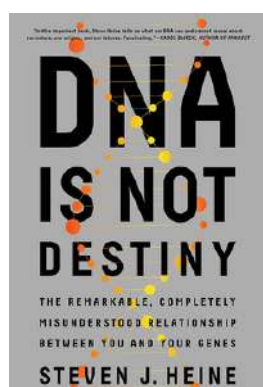
Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body - by Daniel Goleman and Richard J. Davidson

This book offers a deep dive into the scientific research behind meditation, focusing on how long-term practice can lead to lasting changes in the brain and behaviour. While it provides fascinating insights into neuroplasticity and the benefits of meditation, it is more academic than practical, making it ideal for readers interested in the science rather than those seeking a meditation guide.



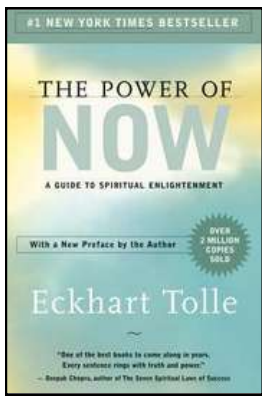
Hands Across the Water - by Peter Baines AOM

This heartfelt narrative chronicles Peter Baines efforts to help children orphaned by the 2004 tsunami in Thailand. The book is both inspiring and emotional, highlighting the power of compassion and determination to make a difference in the lives of those affected by tragedy.



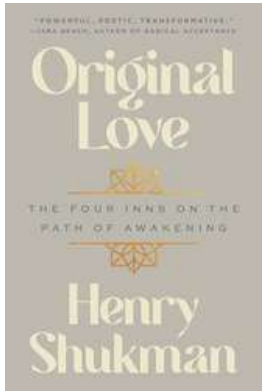
DNA Is Not Destiny: The Remarkable, Completely Misunderstood Relationship Between You and Your Genes - by Steven J. Heine

Heine challenges common misconceptions about genetics, arguing that while DNA plays a role in shaping who we are, it does not determine our fate. The book is an accessible exploration of genetics, debunking deterministic views and emphasising the complex interplay between genes and environment.



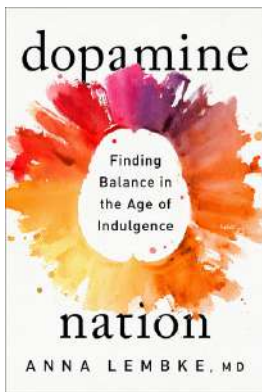
The Power of Now: A Guide to Spiritual Enlightenment - by Eckhart Tolle

This spiritual classic emphasises the importance of living fully in the present moment to achieve inner peace and enlightenment. Tolle's teachings blend mindfulness and self-awareness, offering readers practical insights into overcoming the ego and finding tranquility in the "Now."



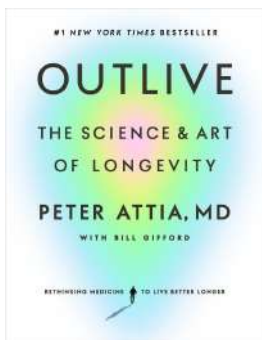
Original Love: The Four Inns on the Path of Awakening - by Henry Shukman

Shukman's book offers a poetic exploration of Zen practice, guiding readers through four stages or "inns" on the path to awakening. With a blend of personal stories and deep spiritual wisdom, it provides a fresh perspective on meditation and self-discovery.



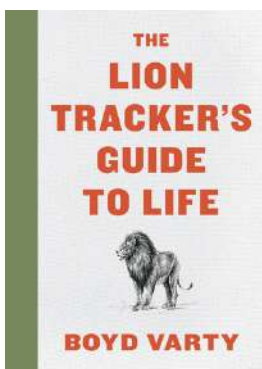
Dopamine Nation: Finding Balance in the Age of Indulgence - by Anna Lembke

Lembke explores how modern society's overindulgence in pleasure—whether through technology, food, or substances—has led to widespread addiction and imbalance. Through a mix of neuroscience and personal stories, she offers insights into how we can reset our brain's reward system to find balance in an overstimulated world.



Outlive: The Science & Art of Longevity - by Peter Attia, MD

In *Outlive*, Dr. Attia delves into the science of extending not just lifespan but healthspan, offering practical advice on nutrition, exercise, and mental well-being. The book is a comprehensive guide for those looking to optimize their health and live longer, healthier lives.



The Lion Tracker's Guide to Life - by Boyd Varty

Varty uses his experiences as a lion tracker in South Africa to offer profound life lessons about purpose, intuition, and finding one's true path. The book is both an adventure story and a philosophical guide that encourages readers to trust their instincts and embrace uncertainty.



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MIT Sloan School of Management ASEAN Office Stakes Its Claim in Southeast Asia with Landmark Conference on Longevity.

In a significant move that underscores the growing importance of Southeast Asian markets, the MIT Sloan School of Management has established its ASEAN presence with an impressive debut in Bangkok by opening its second office outside of the United States, the other is in Santiago, Chile.

The prestigious American institution chose Thailand's capital as its regional hub, inaugurating its presence with an ambitious conference that drew 500 of the region's most distinguished leaders to the refined surroundings of Capella Bangkok.

"**Beyond Years - The Future of Longevity**" served as both a statement of intent and a remarkable gathering of minds from across the Asia-Pacific region.

The proceedings were notably graced by **Her Royal Highness Princess Maha Chakri Sirindhorn**, whose presence lent considerable gravitas to an already distinguished assembly. The Princess's keynote address highlighted Thailand's emerging role as a nexus for academic and commercial collaboration in Southeast Asia.

Nobel Laureate Robert C. Merton set an appropriately rigorous tone for the gathering, delivering insights into the financial frameworks necessary for increasingly long-lived societies.

His presence was complemented by Georgia Perakis, Interim Dean of MIT Sloan, who outlined the institution's ambitious plans for regional engagement. Distinguished Assembly.

The carefully curated speaker list read rather like a Who's Who of Asian innovation and leadership.

Notable figures included Dr. Polakit Teekakirikul, Chief Science Officer of Bangkok's internationally renowned Bumrungrad International Hospital, CEO of VitalLife Scientific Wellness Clinic, and Dr Sophia Chan, whose tenure as Hong Kong's Secretary for Food and Health proved particularly relevant to discussions of public health policy.

The financial sector was well represented by heavyweights including Chi-won Yoon, formerly of UBS Group Asia Pacific, and Dr. Kobsak Pootrakool, Vice President of Bangkok Bank, whilst urban planning expertise came from MIT's Professor John Fernández and Professor Miho Mazereeuw among others.



Nobel Laureate Robert C. Merton



David Capodilupo, Asst. Dean MIT Sloan Global Programs



Dr. Freddy Nguyen, Anjali Sastry, Dr. Weerasak Muangpaisan, Dr. Polakit Teekakirikul

MIT's choice of Thailand as its ASEAN hub appears particularly prescient, given the kingdom's strategic position and its growing influence in healthcare innovation. For a complete list of distinguished speakers and further details of MIT's ASEAN initiatives, please see the appendix below..

The editors wish to acknowledge the distinguished contribution of all participants in this landmark gathering. Whilst every effort has been made to ensure the accuracy and completeness of this list, we extend our sincere apologies should any names have been inadvertently omitted or any titles imprecisely captured. Such oversights, should they exist, are entirely our own.

Distinguished Speakers by Sector:

Royal Patronage

- Her Royal Highness Princess Maha Chakri Sirindhorn
Keynote Address on Thailand's Role in Regional Innovation

Academic Leadership

- Robert C. Merton, PhD '70
Nobel Laureate in Economic Sciences (1997)
School of Management Distinguished Professor of Finance, MIT Sloan
Opening Keynote: Financial Frameworks for Longevity

- Georgia Perakis
John C Head III Dean (Interim), MIT Sloan School of Management
Strategic Overview: MIT's ASEAN Vision

MIT Leadership in Asia

- David Capodilupo
Assistant Dean, MIT Sloan Global Programs
Regional Implementation Strategy

- Stuart Krusell
Senior Director, MIT Sloan Global Programs
Senior Lecturer, GO-Lab
Opening & Closing Remarks and Future Directions

Healthcare Innovation

Dr Polakit Teekakirikul Chief Science Officer, Bumrungrad International Hospital Scientific Wellness and Preventive Medicine

Dr Weerasak Muangpaisan Chairman, Siriraj Academic Center of Geriatric Medicine Faculty of Medicine Siriraj Hospital, Mahidol University Geriatric Care in Modern Asia

Dr Wanviput Sanphasitvong Physician, VitalLife Scientific Wellness Center Integrated Wellness Approaches

Policy and Governance

Dr Sophia Chan Senior Advisor, President's Office, University of Hong Kong Former Secretary for Food and Health, Hong Kong SAR Policy Framework for Aging Societies

Dr Paul Ong Deputy Chief Executive Officer and Chief Strategy Officer Tsao Foundation Community-Based Approaches to Aging

Financial Sector Leadership

Chi-Won Yoon, SB '82, SM'86 Former Chairman and CEO, UBS Group Asia Pacific Global Financial Perspectives

Dr Kobsak Pootrakool, PhD '97 Director and Senior Executive Vice President, Bangkok Bank Regional Financial Innovation

Glow Plus Wellness Clinic Opens Its Doors at Brighton Grand Hotel Pattaya, Thailand

A new era of wellness and luxury has arrived in Pattaya with the grand opening of Glow Plus Wellness Clinic at the prestigious Brighton Grand Hotel Pattaya. The clinic, which officially launched on August 19, 2024, aims to revolutionise the wellness and travel industry in Thailand.

A Holistic Approach to Health and Beauty

Glow Plus Wellness offers a comprehensive range of services, including skin treatments, beauty enhancements, and personalised health care. The clinic's concept revolves around providing top-notch wellness experiences that cater to both domestic and international clients.

State-of-the-Art Facilities and Expertise

The clinic boasts cutting-edge technology and innovative treatments, ensuring that clients receive the best possible care. With a team of experienced medical professionals and beauty experts, Glow Plus Wellness is set to compete on an international level.

Strategic Location and Partnerships

Situated within the luxurious Brighton Grand Hotel Pattaya, Glow Plus Wellness benefits from a prime location that combines wellness services with high-end accommodation and tourism opportunities. This strategic positioning allows clients to enjoy a holistic experience that includes health treatments, relaxation, and exploration of Pattaya's attractions[.

Visionary Leadership

The clinic is spearheaded by two industry veterans, Mr. Sahawat Phakdimongkolrot and Ms. Bee Namtip Jongrachatawiboont. Their combined expertise and vision for the future of wellness tourism in Thailand have been instrumental in bringing this project to fruition.

Grand Opening and Future Plans

To mark its launch, Glow Plus Wellness hosted a grand opening event featuring prominent speakers from the hospitality and healthcare sectors. The event, titled "Update on Travel and Health Trends You Need to Know for 2025," showcased the clinic's commitment to staying at the forefront of industry developments.

Boosting Thailand's Wellness Tourism

Glow Plus Wellness is poised to contribute significantly to Thailand's growing reputation as a premier destination for health and wellness tourism. By offering high-quality services and leveraging the country's renowned hospitality, the clinic aims to attract both domestic and international clients seeking personalised wellness experiences.

With its innovative approach, strategic location, and commitment to excellence, Glow Plus Wellness at Brighton Grand Hotel Pattaya is set to become a leading player in Thailand's wellness industry, offering a bright new option for those looking to enhance their health and beauty in luxurious surroundings and accommodations.



Racing for a Cause!

Melbourne Cup Magic Lights Up Bangkok

A Day of Fashion, Racing & Philanthropy at the Dusit Thani

The brand spanning new halls of Bangkok's Dusit Thani buzzed with excitement on Tuesday, November 5th, as racing enthusiasts and philanthropists gathered for the glamorous 'Fly Wallet Mastercard Melbourne Cup' Charity Lunch.

When 'Knights Choice' thundered across the finish line by a whisker, the room erupted in cheers – setting the tone for an unforgettable afternoon of celebration and giving.

My Rewards International LTD brought their signature style to this Australian racing tradition, transforming it into a powerful platform for change.

The event championed two remarkable causes: Born to Live, which provides crucial support for children affected by HIV, and Hands Across the Water, touching the lives of over 350 Thai children and their communities.

The afternoon took an inspiring turn when My Rewards International CEO and MD Alexander Gold took the stage, followed by Peter Baines OAM, the visionary founder of Hands Across the Water.

Peter Baines captivated the audience with details of his upcoming "Run to Remember" – an awe-inspiring 1,400 km journey through Thailand over 26 days, targeting an ambitious \$1 million for disadvantaged children.

Want to be part of this incredible journey?

Join virtually at <https://handsacrossthewater.th.or>

Lucky raffle winners walked away with over THB 1.3 million worth of luxury prizes, including dream stays at the Dusit Thani Maldives, Four Seasons Chiang Mai, St. Regis Bangkok, and Anantara Vacation Club properties.

Behind the scenes, the tireless Melbourne Cup Organising Committee made it all happen: Alex Hayden-Gilbert, Donna Campbell, Donnah Ciempka, Gary Woollacott, John Dennis Mendiola, Maria Luisa Toxtle-Bell, Miles Potter, Naima Hamid (Leera), Ngoc Ellem, and the charismatic MC Paul Dibbayawan.

This spectacular gathering flourished with backing from the Advance Australia Council Thailand Council and the Australia-New Zealand Welcome Group (Anzweg), alongside generous sponsors Amrapur Tailors, LawtonAsia Insurance Brokers, Bumrungrad International Hospital, Asian Tigers Thailand, The Standard Hotel Hua Hin, Pernod Ricard, Silk Legal, and Rajawongse Clothier.

What began as a celebration of racing heritage evolved into something far more meaningful – a true story of connection and altruism through the Australian community and their friends here in the heart of Bangkok.

Glitz, Glamour & Giving - Melbourne Cup 2024 in Pictures



Glitz, Glamour & Giving - Melbourne Cup 2024 in Pictures





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