



ในอนาคตอันใกล้
มนุษย์เราอาจไม่มีความต่างวัยอีกต่อไป

AMANDA SEYFRIED JUSTIN TIMBERLAKE

IN TIME



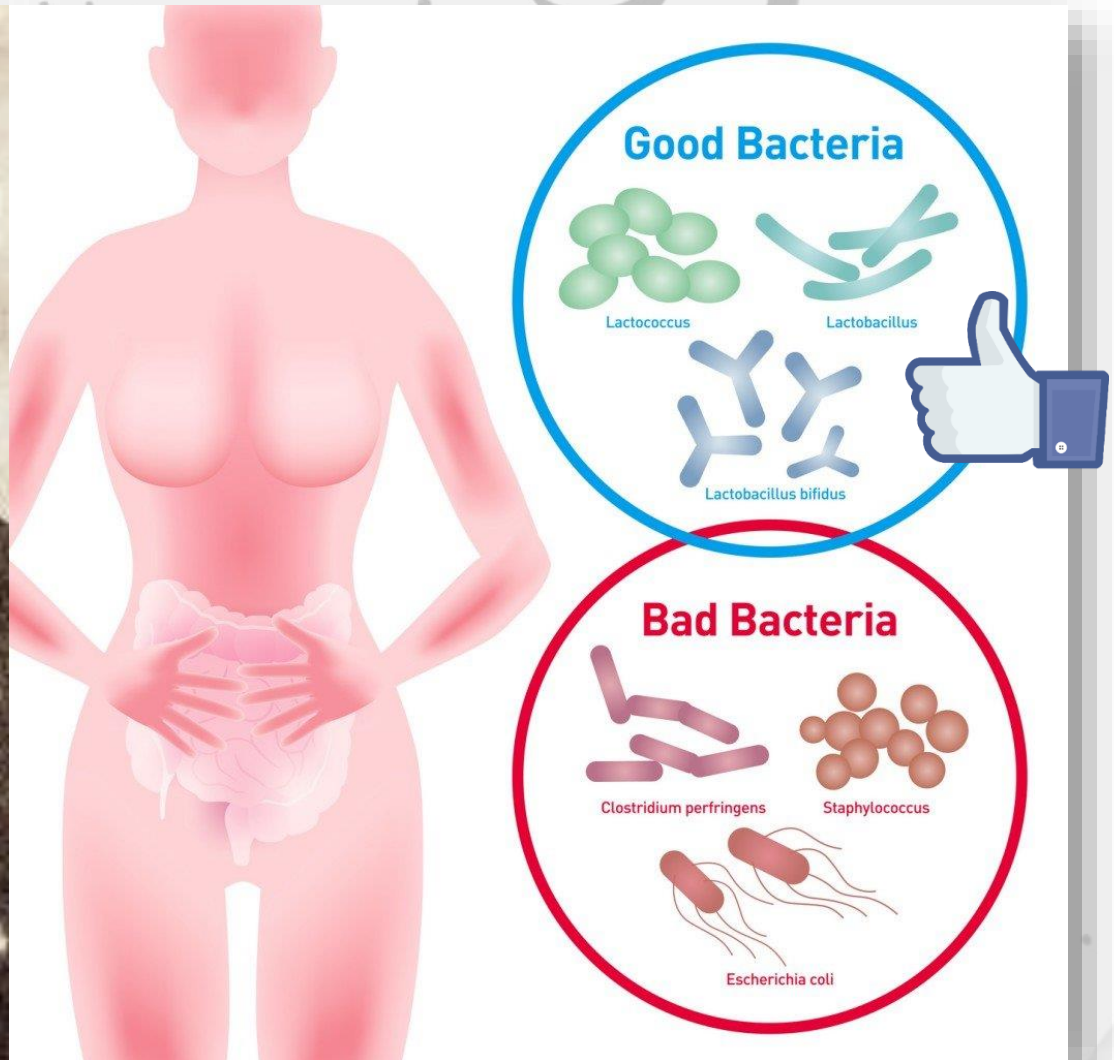
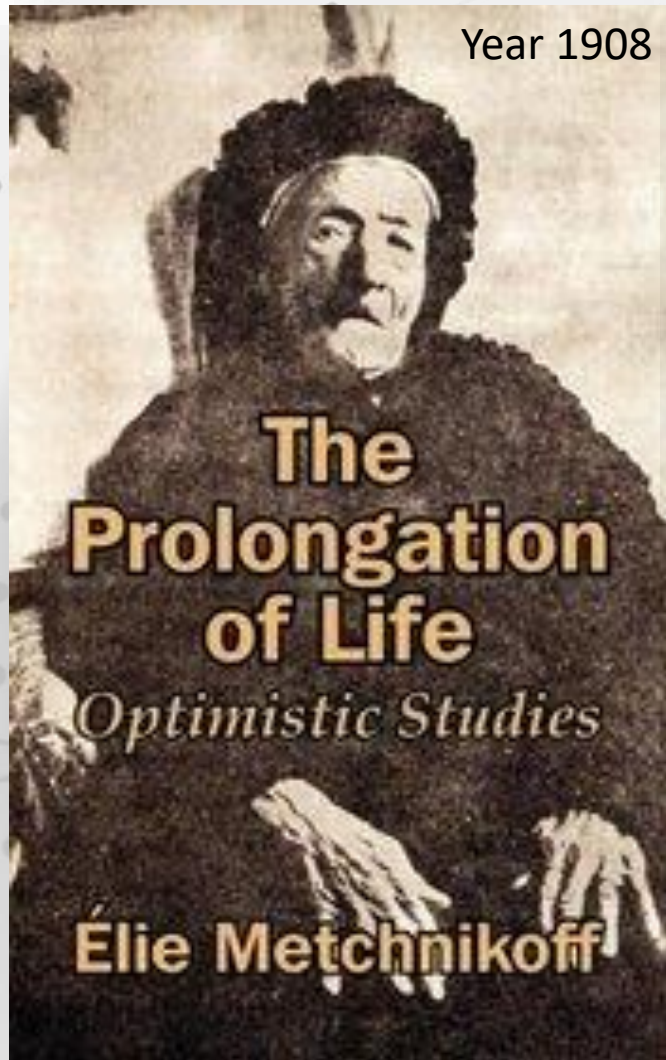
ไม่รู้ใครเป็นใคร!



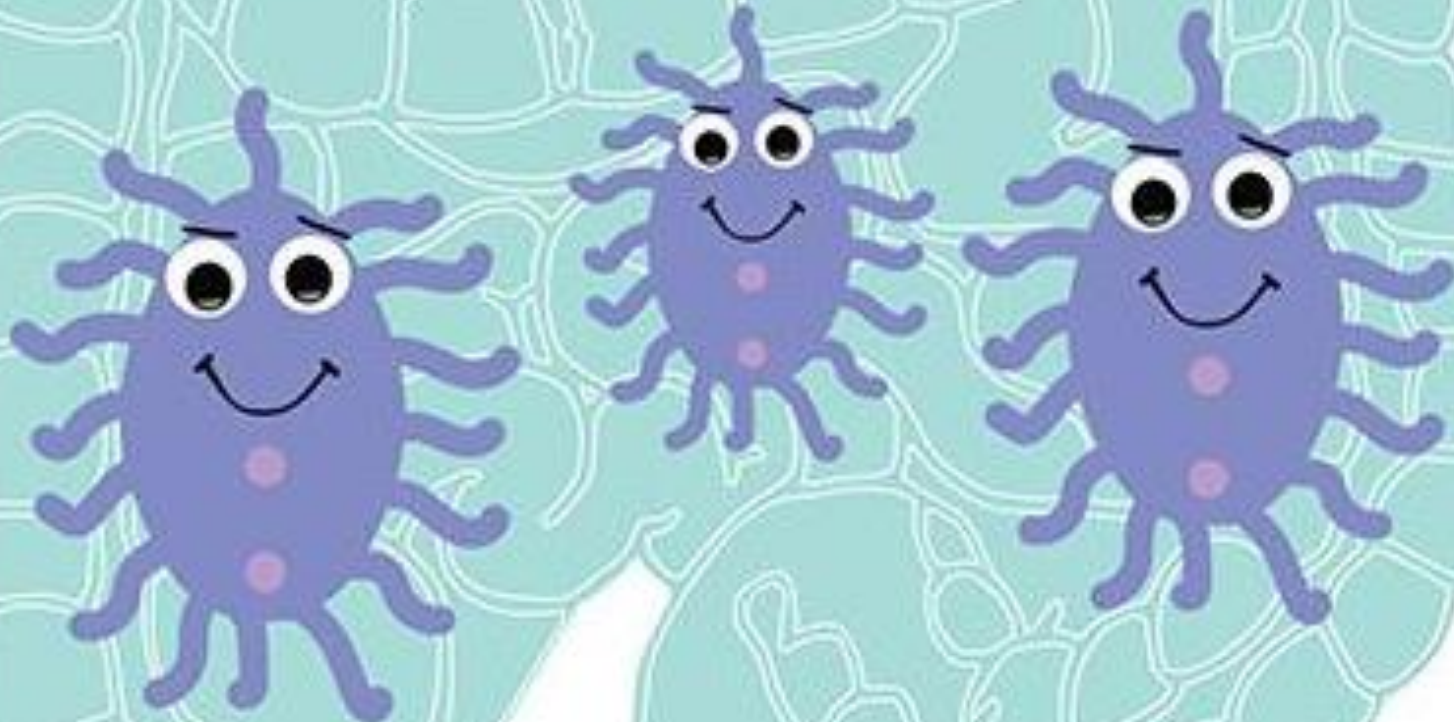
การมีชีวิตที่ยืนยาว

งานวิจัย 3 ชั้น

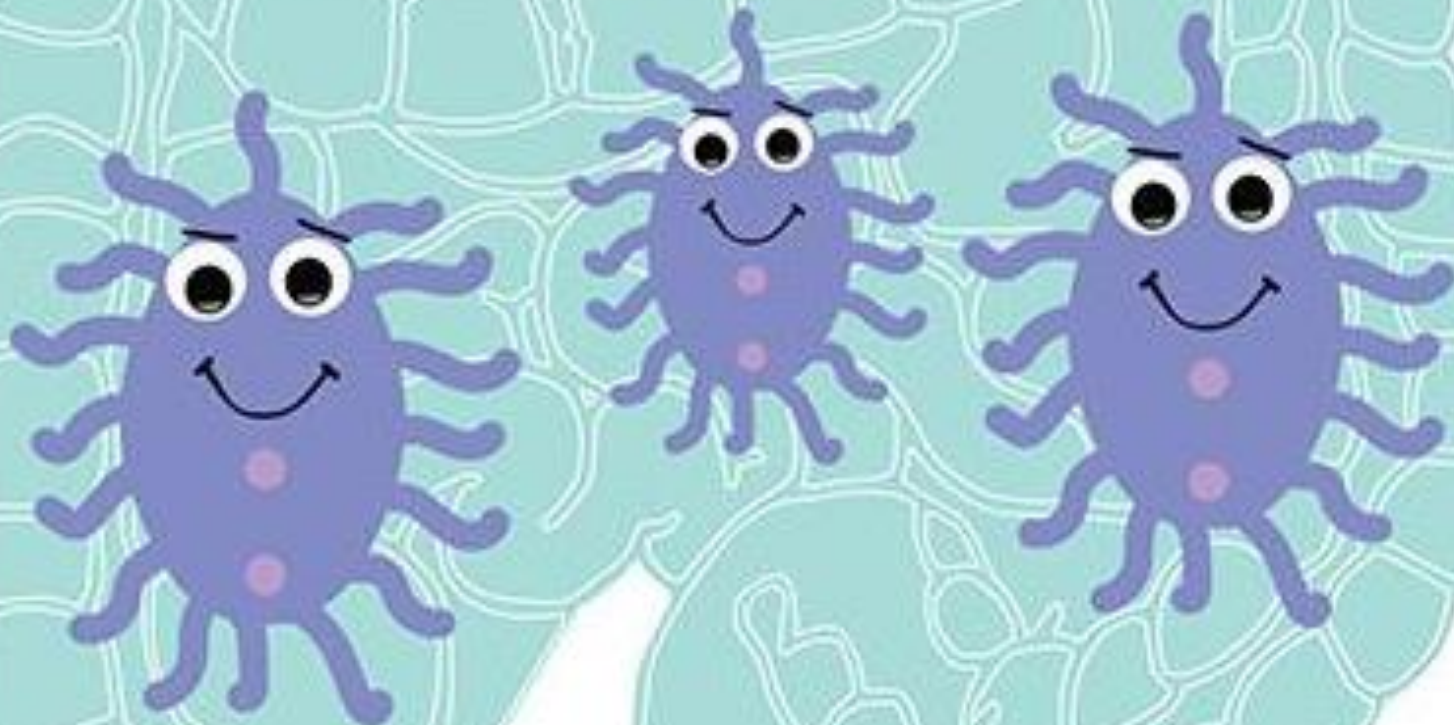
Year 1908



Microbiome



Mr. Probiotics



Quiz ?

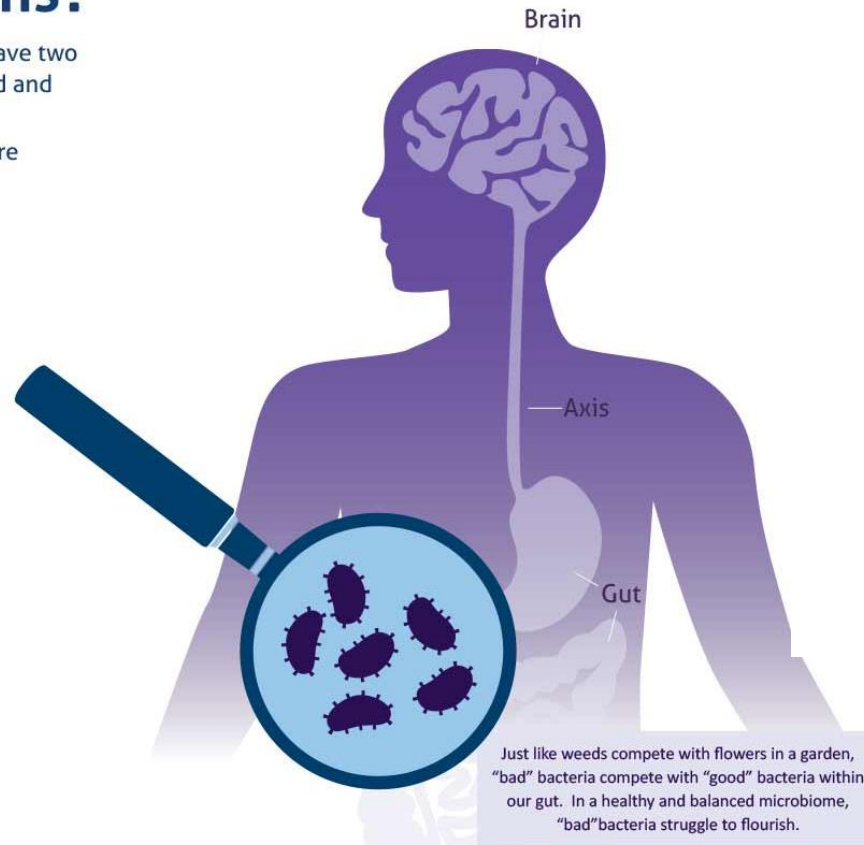
HEALTHY GUT HEALTHY MIND

TWO Brains?

Did you know that we have two brains? One in our head and

one in our gut- the **2nd brain**. They are connected by a communication axis.

The emerging science of the **Gut-Brain Axis** (GBX) indicates that many mental wellness issues originate as imbalances in the GBX.



Microbiome

=

33rd Organ



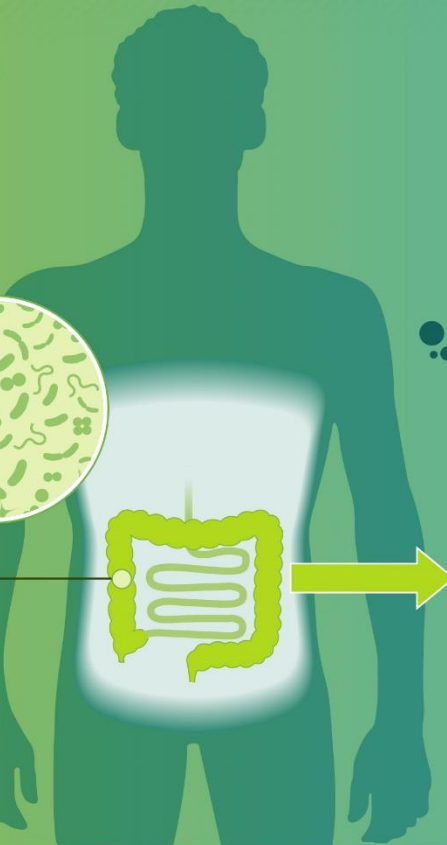
Getting to know your gut microbiota

A huge quantity (hundreds of trillions) of bacteria and other microorganisms inhabit your intestines fulfilling key functions for your health and wellbeing

- Gut microbiota's **weight** can reach up to

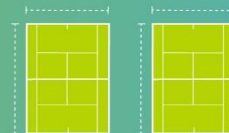
1 to 2 Kg

- 95%** of our bacteria located in the **gastrointestinal (GI) tract**



- The **GI tract** surface is as big as 2 tennis courts

400 m²

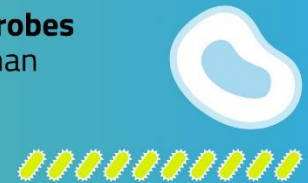


- Bacteria are **10 to 50** times smaller than human cells



- In our body, **microbes outnumber** human cells by

1.3 : 1

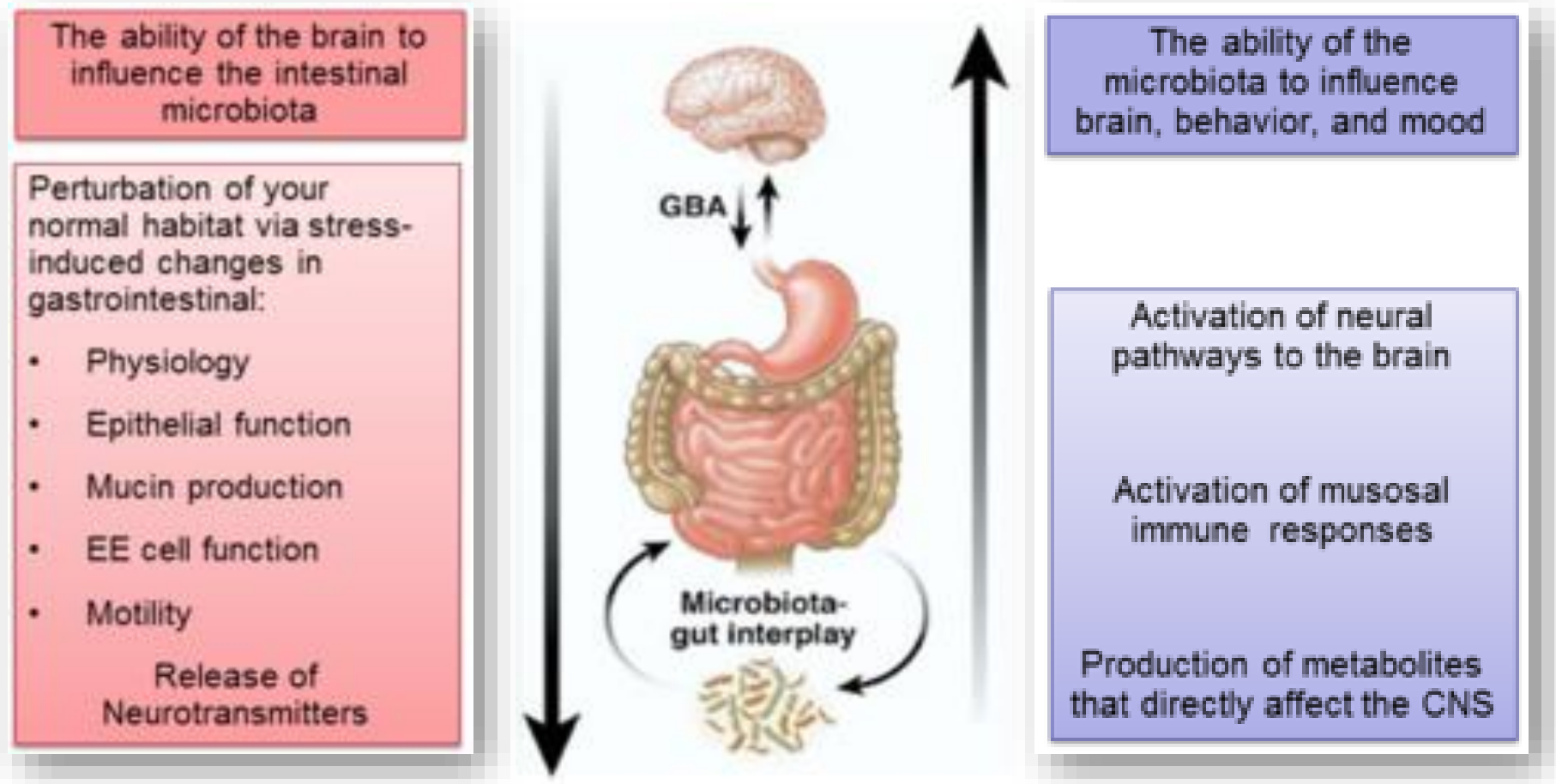


- Laid end to end, our body's bacteria would **circle the Earth**

2,5 times



The Bidirectional Gut-Brain Axis



7 Signs Your Gut Bacteria are Out of Whack!



SIGN 1

DIGESTIVE ISSUES

- Gas/Bloating
- Constipation



SIGN 2

MENTAL ISSUES

- Depression and anxiety
- Brain fog



SIGN 3

VITAMIN AND MINERAL DEFICIENCIES

- Vitamin D, Vitamin K, Magnesium
- Vitamin B12 and B7



SIGN 4

OVERUSE OF ANTIBIOTICS



SIGN 5

CHRONIC, UNMANAGED STRESS



SIGN 6

SKIN PROBLEMS

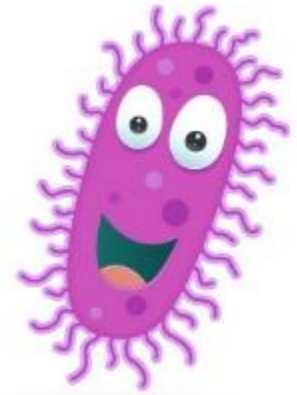
- Acne
- Eczema



SIGN 7

AUTOIMMUNE DISEASES

- Rheumatoid arthritis
- Inflammatory bowel disease



How to balance Your Gut Bacteria



AVOIDS TOXINS

Grains, sugars, dairy,
unhealthy oil



EAT FERMENTED FOODS

Kimchi, sauerkraut



TAKE PROBIOTIC SUPPLEMENTS



MANAGE STRESS



Harvard Health Publishing
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

[Pay My Bill >](#)

HEART HEALTH

MIND & MOOD

PAIN

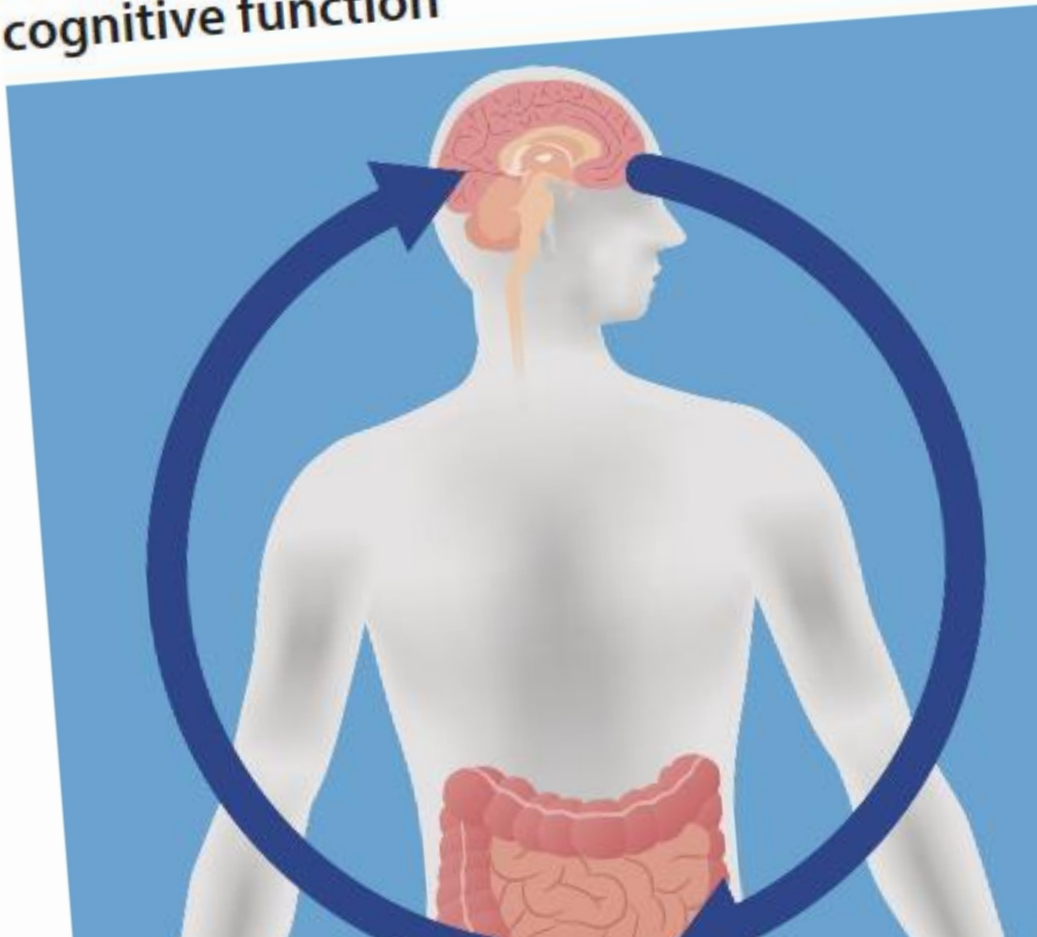
STAYING
HEALTHY

CANCER

DIS
CO

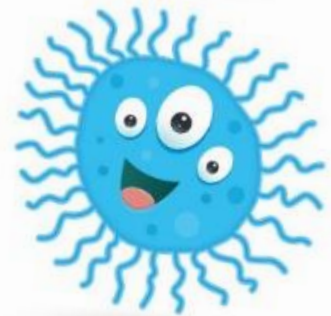
Healthbeat

Probiotics may help boost mood and cognitive function

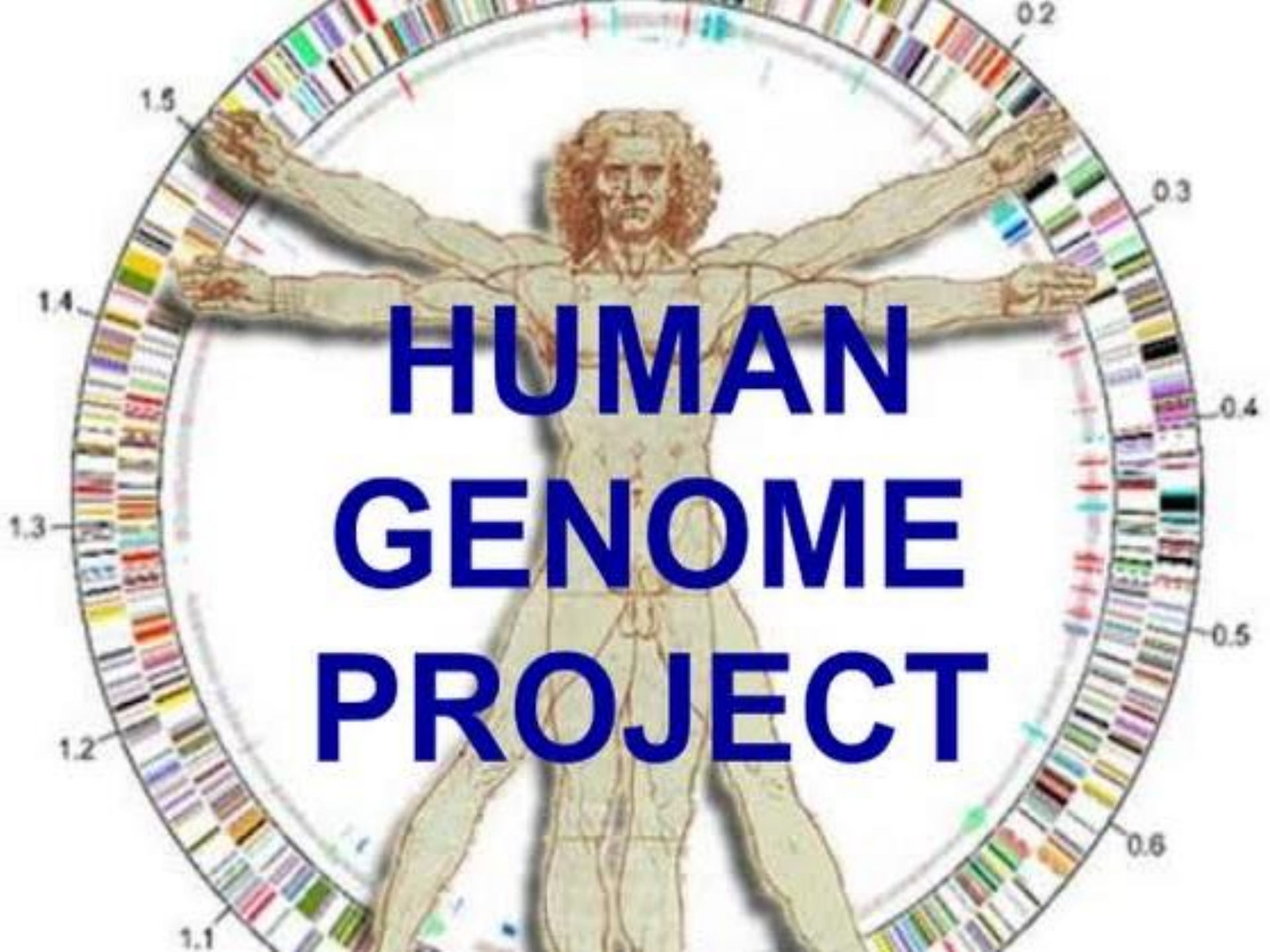


Interpharma
GROUP

WOW!







HUMAN GENOME PROJECT



NIH HUMAN MICROBIOME PROJECT



A map of diversity in the human microbiome

Streptococcus dominates the oral cavity with *S. mitis* > 75% in the **chance**

Propionibacterium acnes lives on the skin and nose of most people

Many *Corynebacterium* species characterize different body sites:

- C. matruchoti* the plaque
- C. accolens* the nose
- C. croppenstedtii* the skin

Lactobacillus species (*L. gasseri*, *L. jensenii*, *L. crispotus*, *L. iners*) are predominant but mutually exclusive in the **vagina**

Staphylococcus epidermidis colonizes external body sites

Several *Prevotella* species are present in the gastrointestinal tract. *P. copri* is present in 19% of the subjects and dominates the intestinal flora when present



Microscopic image of a moss capsule (capsule) showing its structure.

Bacteroides is the most abundant genus in the gut of almost all healthy subjects

Campylobacter includes opportunistic pathogens, but members live in the oral cavities of most healthy people in the cohort



E. coli is present in the gut of the majority of healthy subjects but at very low abundance



An aerial photograph showing a coastline with a mix of blue water and green land. A white airplane wing is visible in the upper right corner, pointing towards the top of the frame. The sky is a clear, deep blue.

Come together...

to Blue Zones

The Blue Zones

Loma Linda, CA

Sardinia, Italy

Ikaria, Greece

(Okinawa, Japan)

Nicoya, Costa Rica



TIME

Secrets
of Asian
Longevity

The latest science on how to live
longer, healthier and happier



Okinawa

Longevity Secret



The OKINAWA Diet

Food Pyramid



A Guide to Daily Food Choices

พวกเธออายุเกินกว่า 100 ปี



*because we have a lot of fish
in this village.*

ความลับ...อยู่ในนี้!

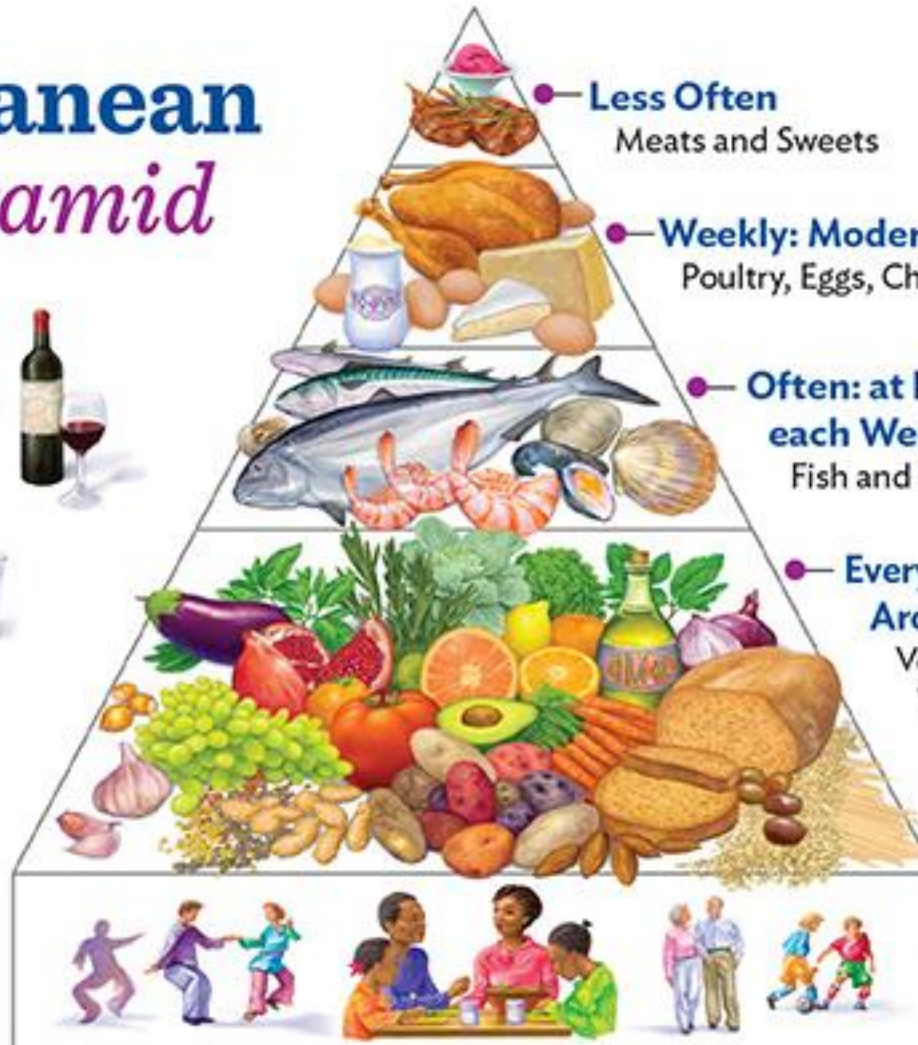


Mediterranean Diet Pyramid

In Moderation
Wine



Every Day
Water



Less Often
Meats and Sweets

Weekly: Moderate Portions
Poultry, Eggs, Cheese and Yogurt

Often: at least Twice each Week
Fish and Seafood

Every Day: Base Each Meal Around these Foods
Vegetables, Fruits, Whole Wheat Grains, Olive Oil, Beans, Nuts, Legumes and Seeds, Herbs and Spices

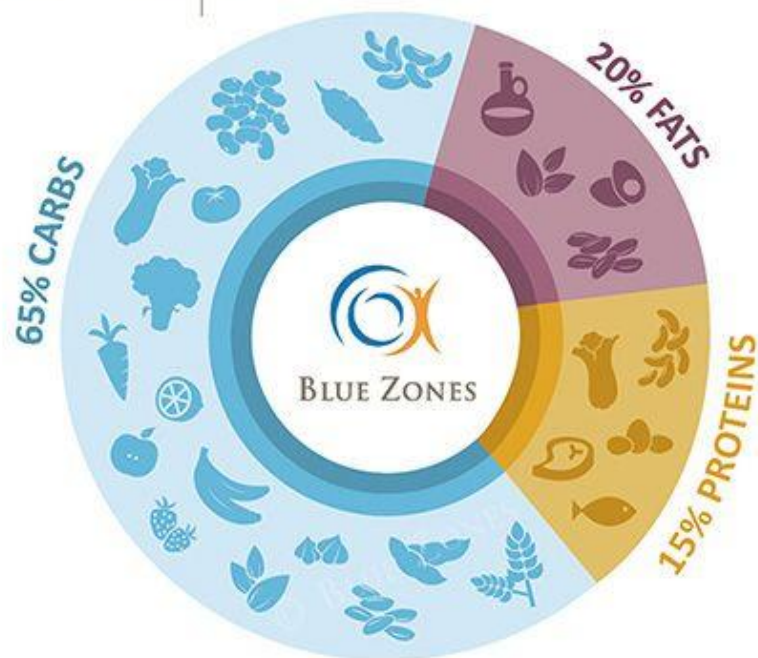
Every Day
Be Physically Active;
Enjoy Meals with Others

Illustration by George M. Williams

© 2009 Oldways Preservation and Exchange Trust • www.oldwayspt.org

FOOD GUIDELINES

95% plant-based | **5%** animal-based



MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy

WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

Eliminate eggs:

No more than 3 per week

Go easy on fish:

Fewer than 3 oz, up to 3 times weekly

Snack on nuts:

About 1-2 handful a day

DAILY

Drink mostly water: About 7 glasses / day; coffee, tea, and wine in moderation

eat often with family and friends

Daily dose of beans: Half-cup to one cup / day

Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

95-100% plant-based



Blue Zones Power 9[®]



Move Naturally

1. Make daily physical activity an unavoidable part of your environment



Right Outlook

2. Know your purpose
3. Downshift: Work less, slow down, take vacations



Eat Wisely

4. Eat until 80% full
5. More veggies, less meat & processed food
6. Drink a glass of red wine each day



Belong

7. Create a healthy social network
8. Connect/reconnect with religion
9. Prioritize family

ความลับอายุ 100 ปี..อยู่ที่ “จิตวิญญาณ”





ชีวิต

คุณค่า

[I K I] [G A I]

生き甲斐



生き甲斐

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

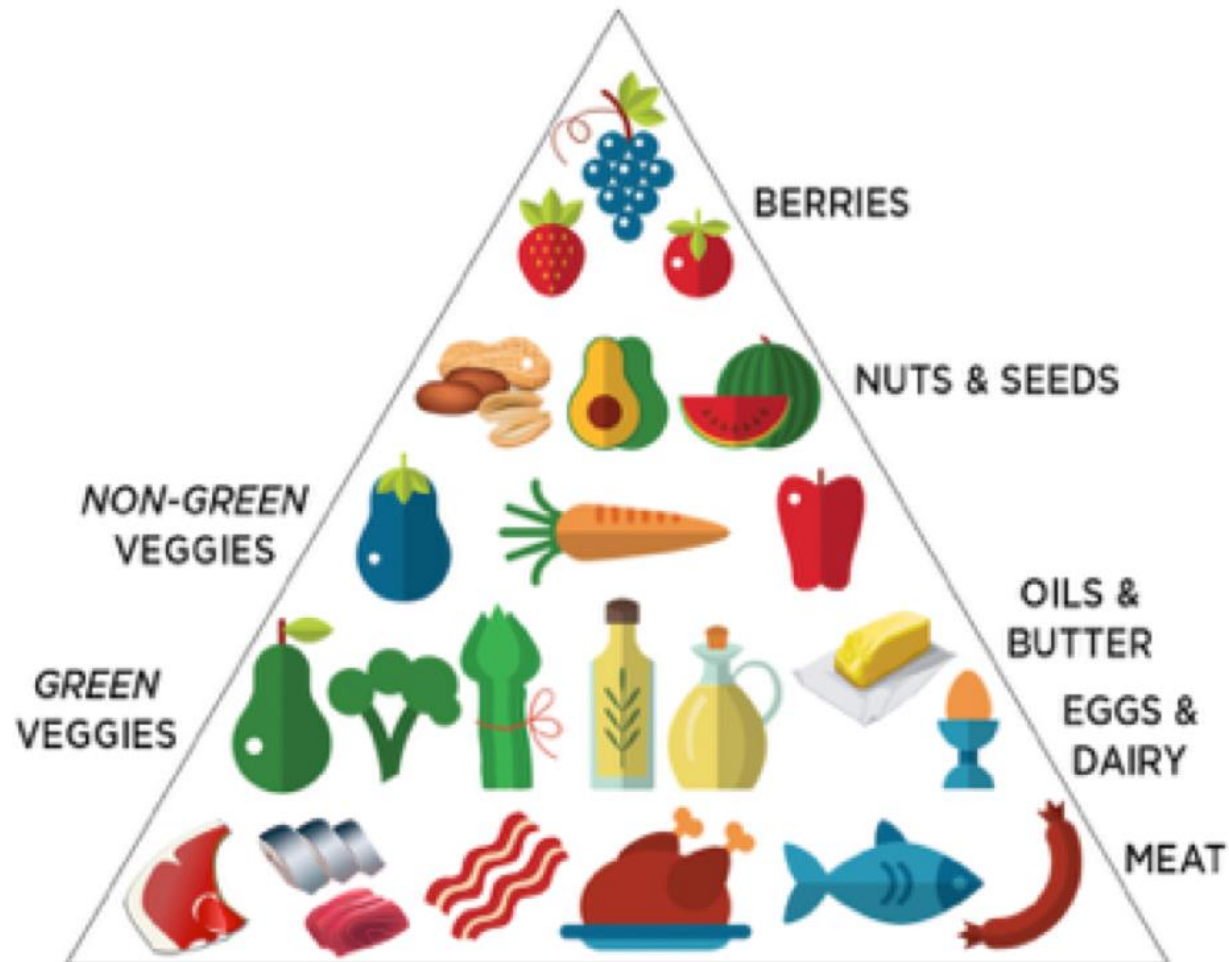
Image: Toronto Star

IKIGAI

生き甲斐

(n) a reason for being; the thing
that gets you up in the morning.

KETO Food Pyramid



Calorie Distribution on a Ketogenic Diet

75%
From Fat



20%
From Protein

5%
From
Carbohydrates



BREAD



PASTA



SUGAR



MILK



CORN



BEANS

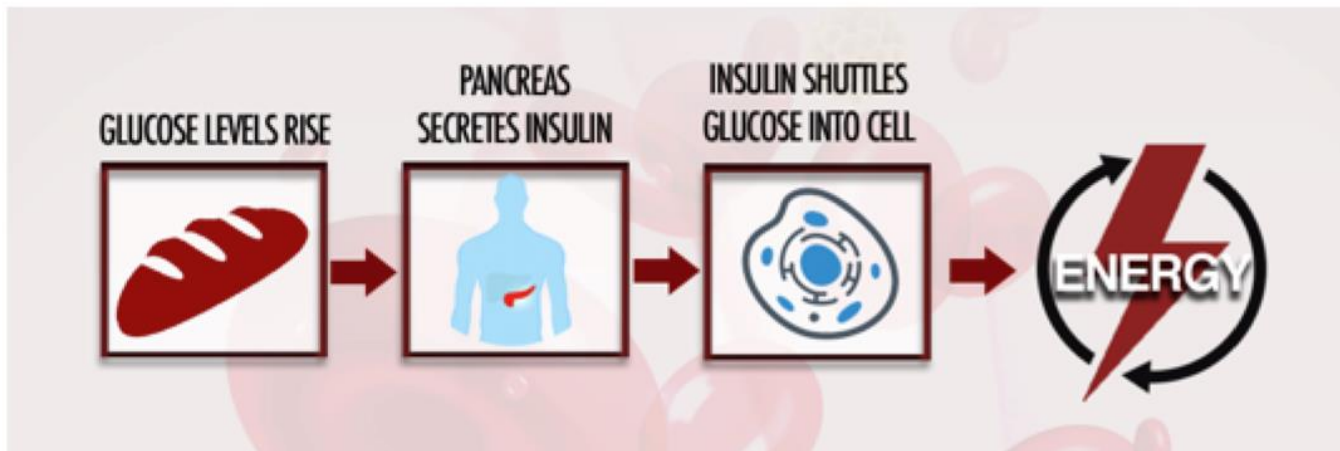


RICE

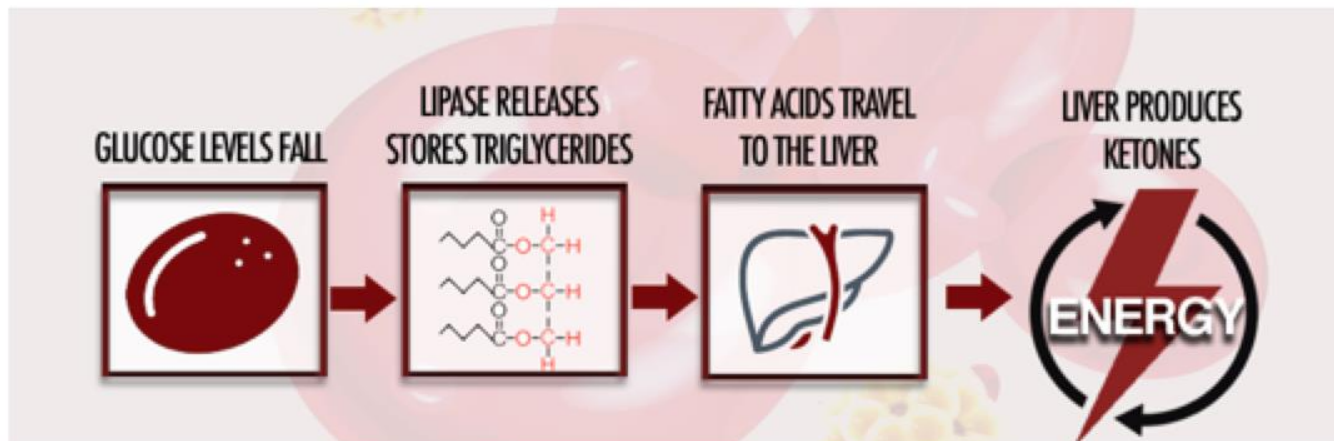
DON'T
EAT!

How Does Ketosis Work?

Traditional Diet : Higher Carb



Keto Diet : Higher Fat

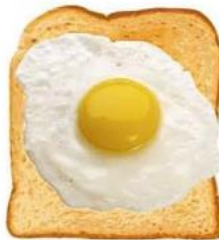


Intermittent Fasting

A



SKIP BREAKFAST



First Meal at 1pm



Last Meal at 9pm

B



SKIP LUNCH



First Meal at 11pm



Last Meal at 7am

Read the Caption

C



SKIP DINNER

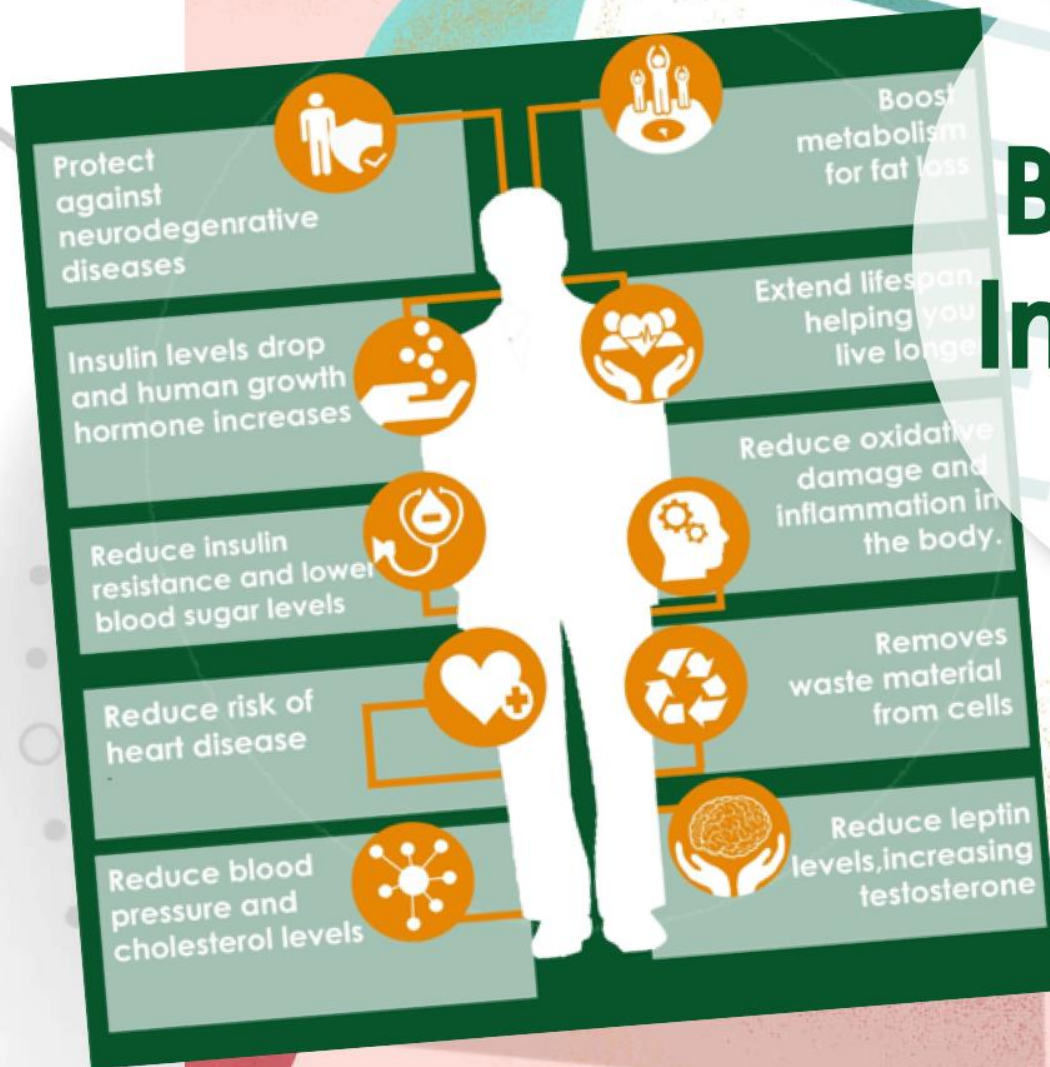


First Meal at 7am



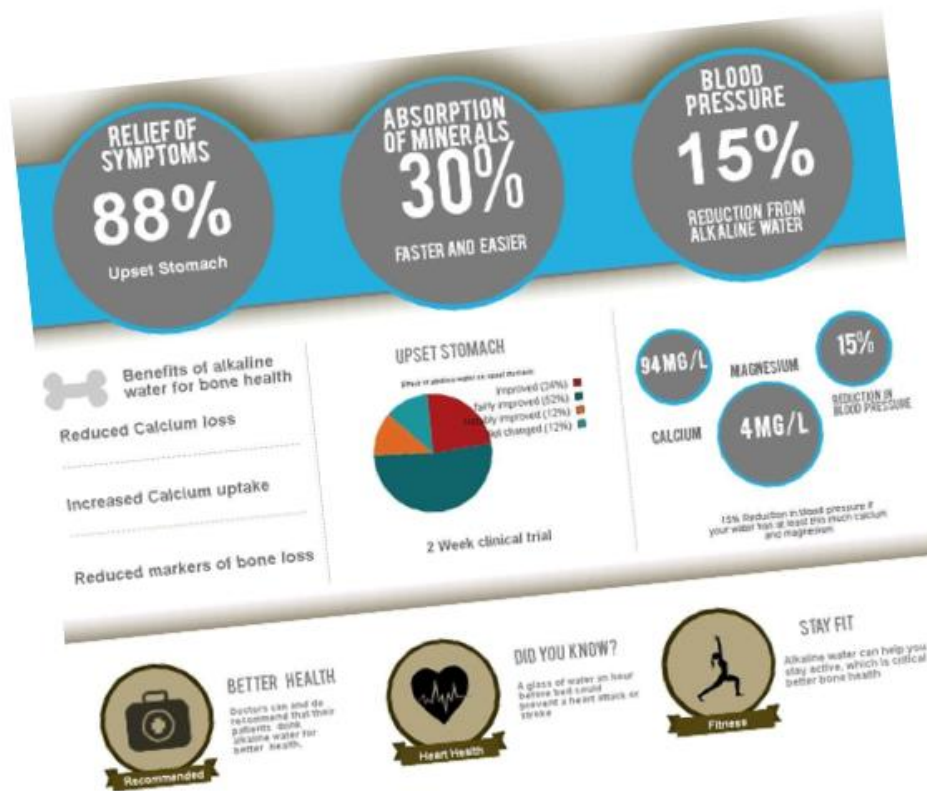
Last Meal at 3pm

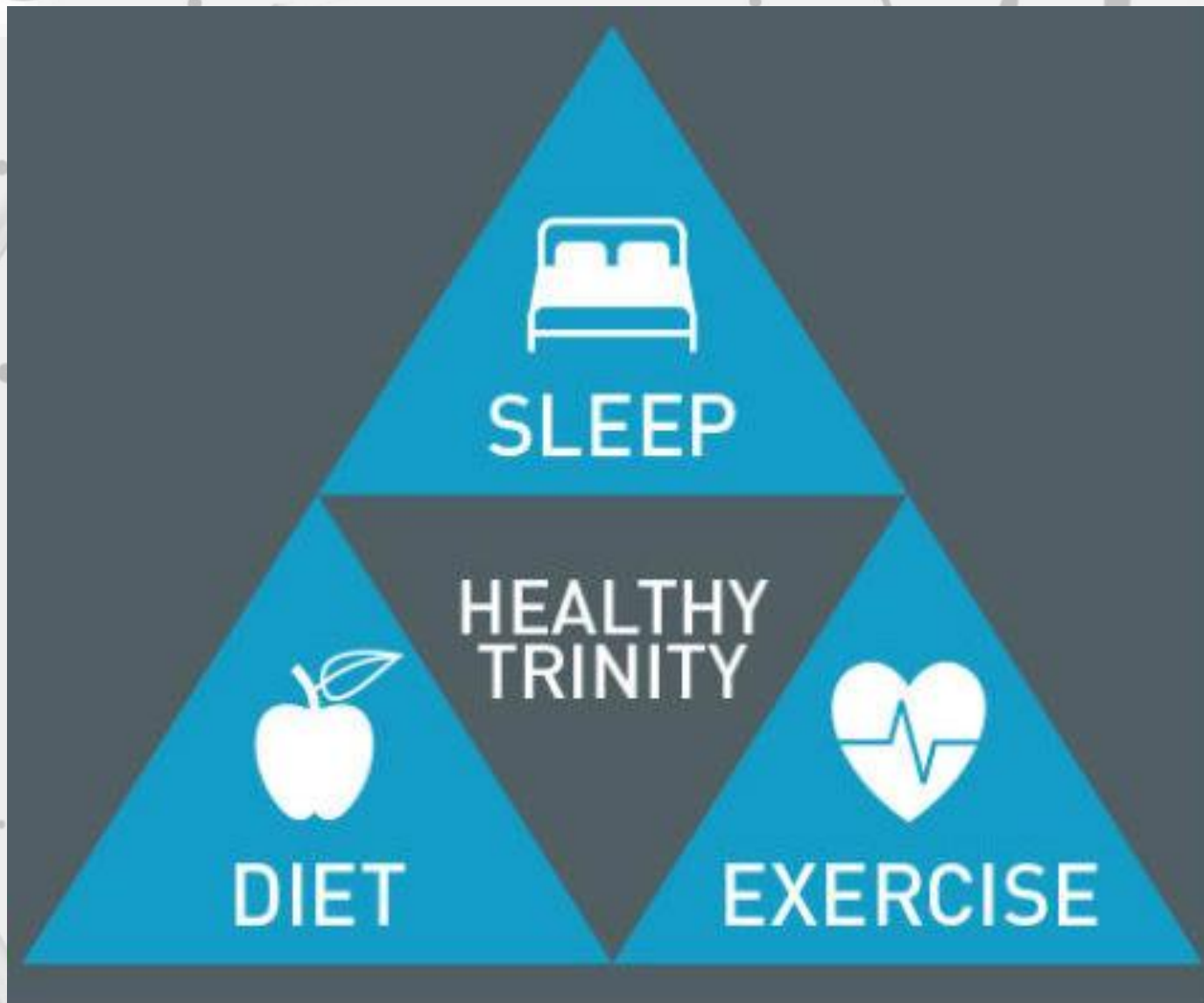
10 Benefits of Intermittent Fasting





3 Benefits of Alkaline water





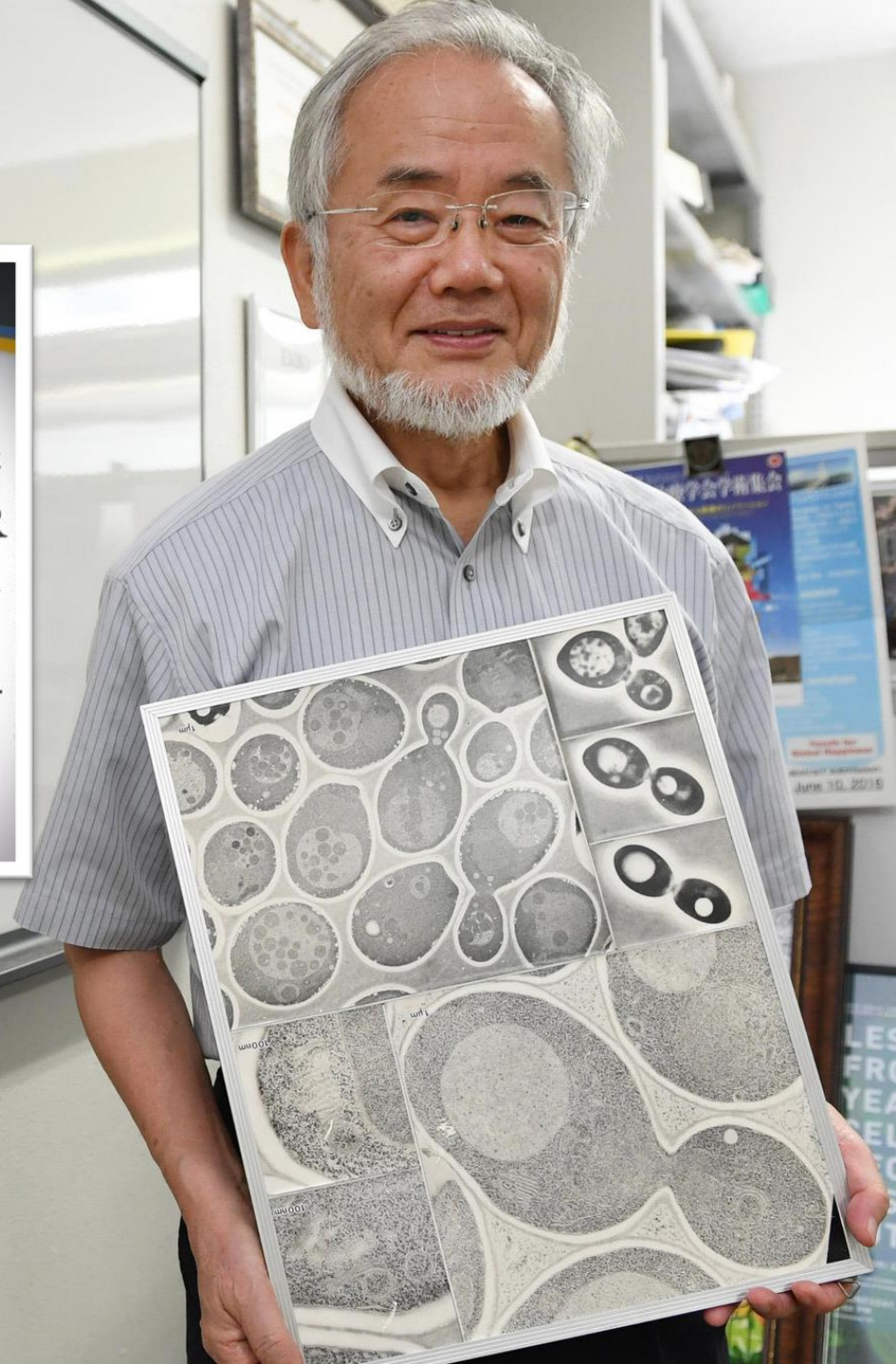
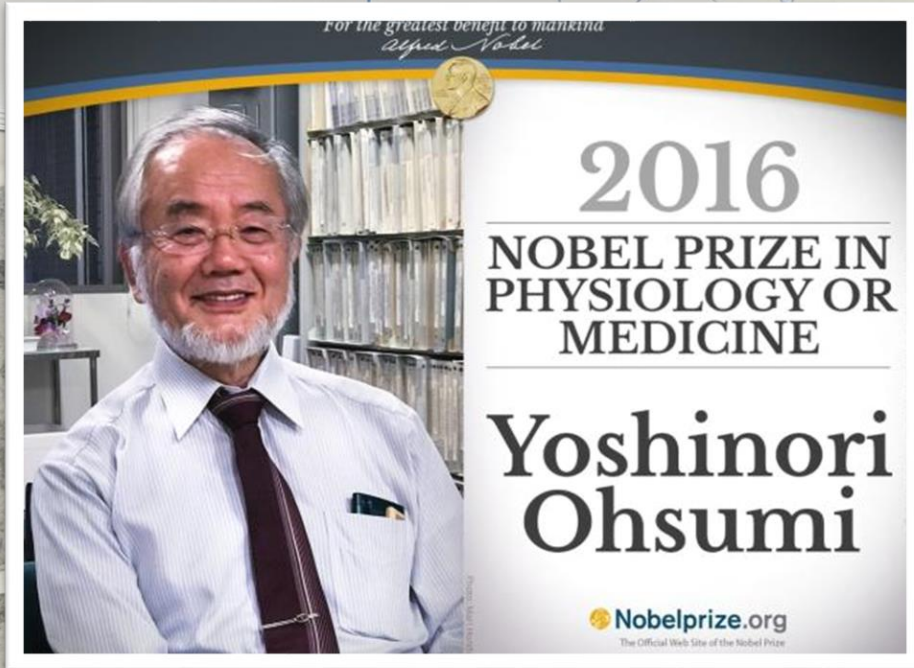
sleeping schedule



..... Reverse Aging➔



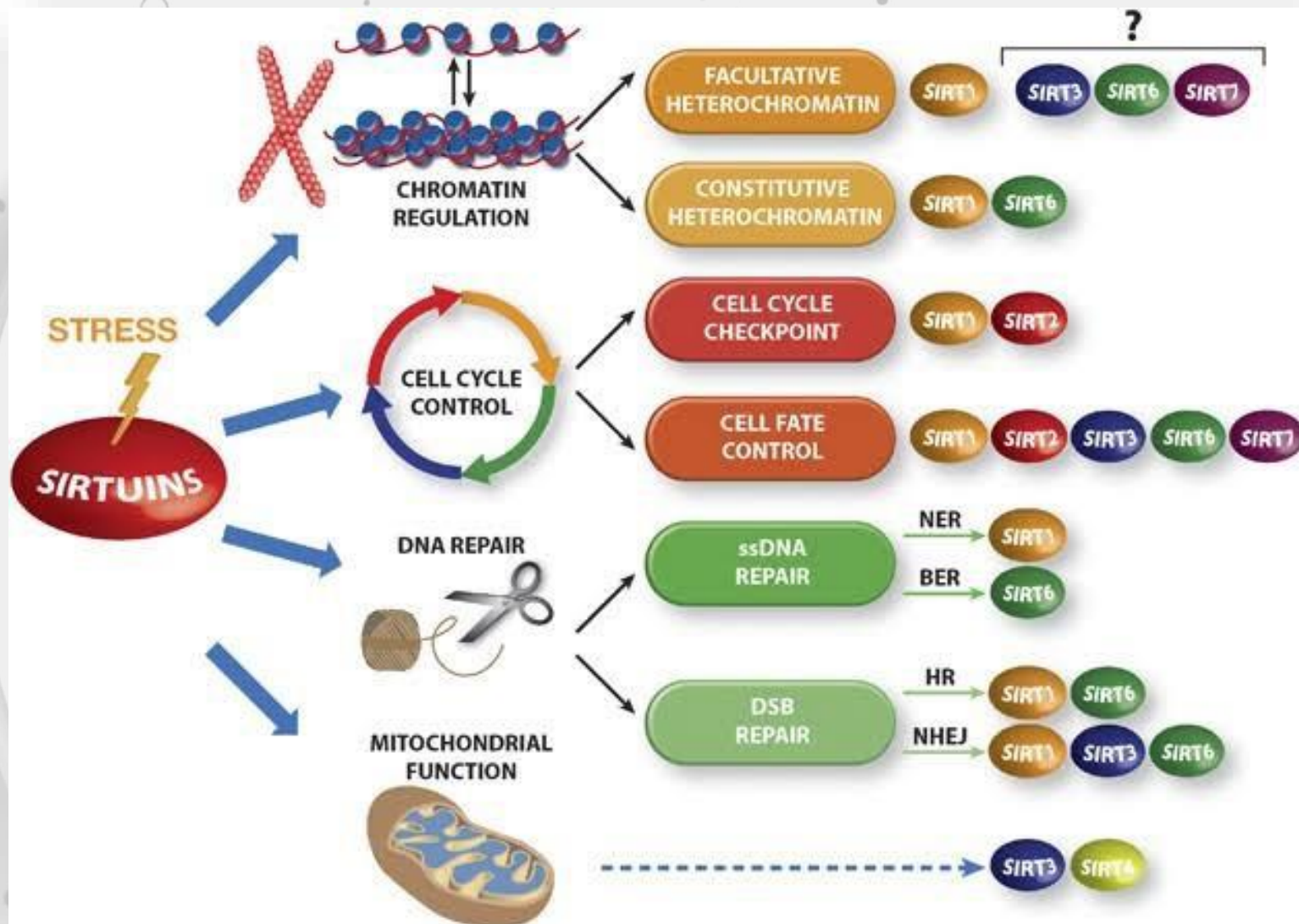
Autophagy



Autophagy

- The fundamental mechanisms of how cells break down and recycle their own components, a process critical for maintaining cellular health, especially during periods of stress or starvation.
- Prof. Yoshinori Ohsumi, Nobel Prize 2016
- Autophagy termed by DR. Christian de Duve, Nobel Prize 1974, his discovery of “lysosomes”

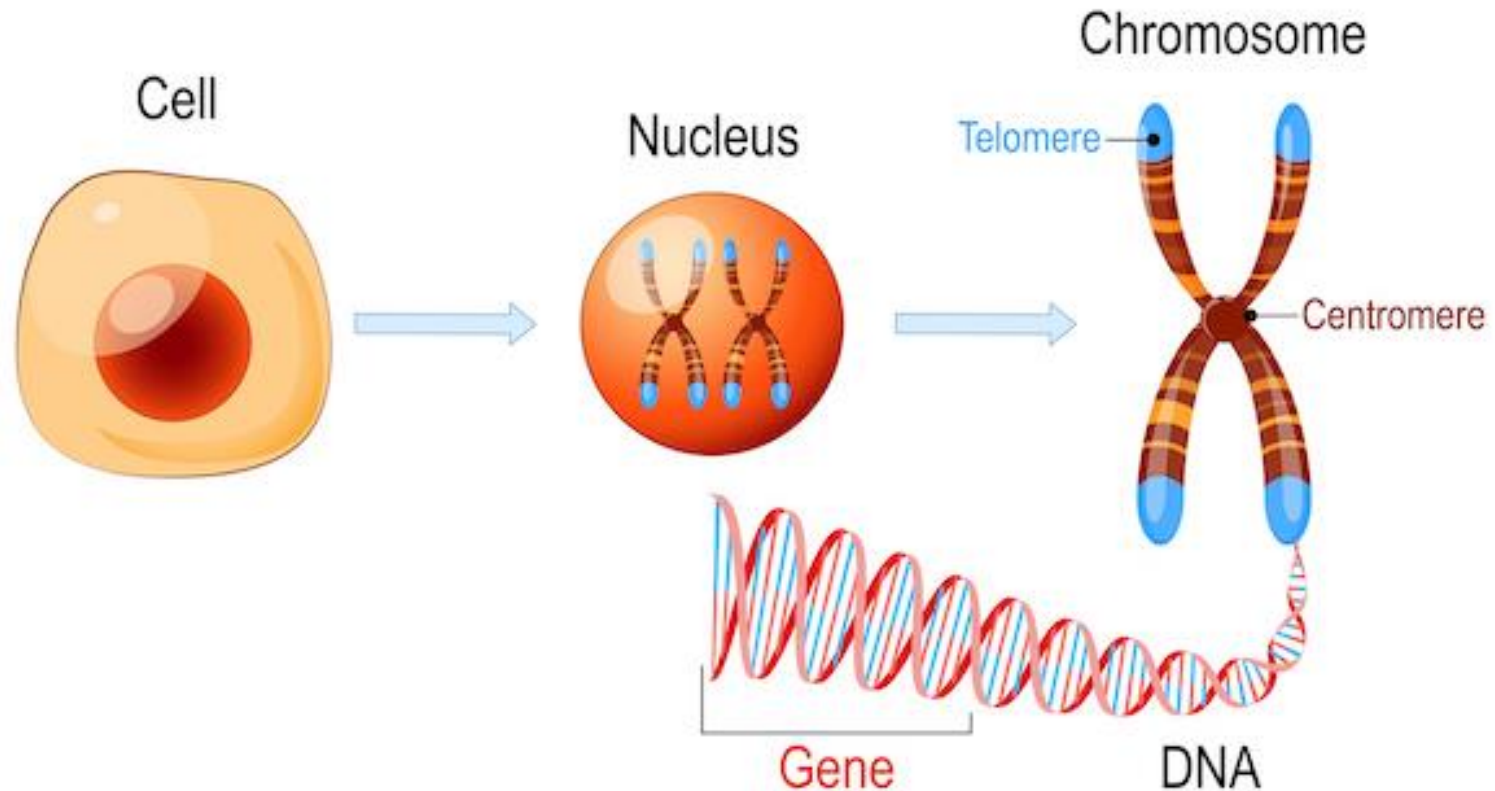
Sirtuins



Sirtuins

- Family of proteins that play a critical role in regulating cellular health, metabolism, and aging processes.
- DNA repair, cellular stress resistance, inflammation regulation, and metabolism of fats and sugars.
- Sirtuins require “NAD+”, Nicotinamide Adenine Dinucleotide, a coenzyme that plays a role in energy production in cells.
- Humans have 7 types of sirtuins, SIRT1-7
- i.e. SIRT1 triggers Autophagy by inhibiting mTOR (mammalian Target of Rapamycin)

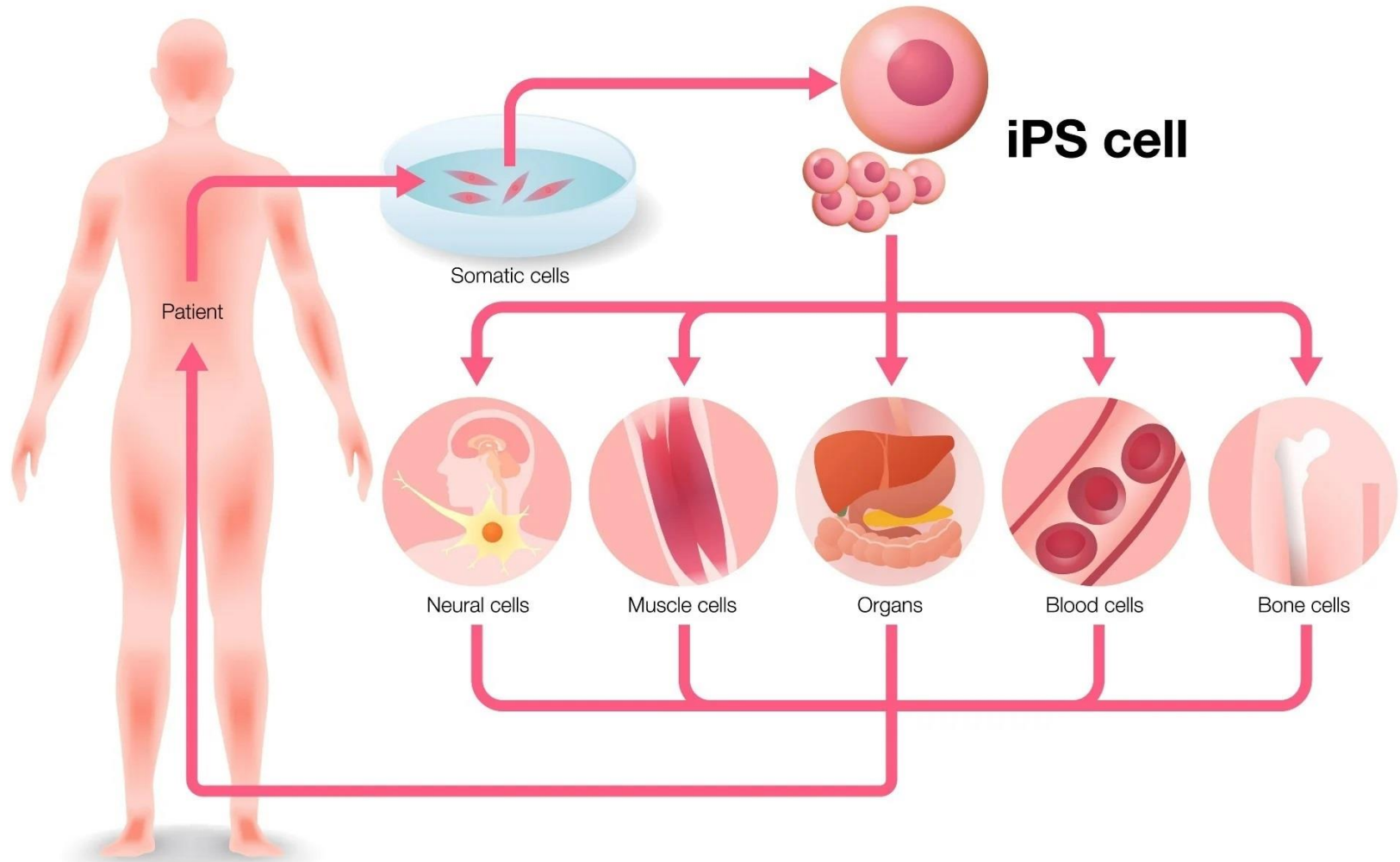
Telomeres



Telomeres

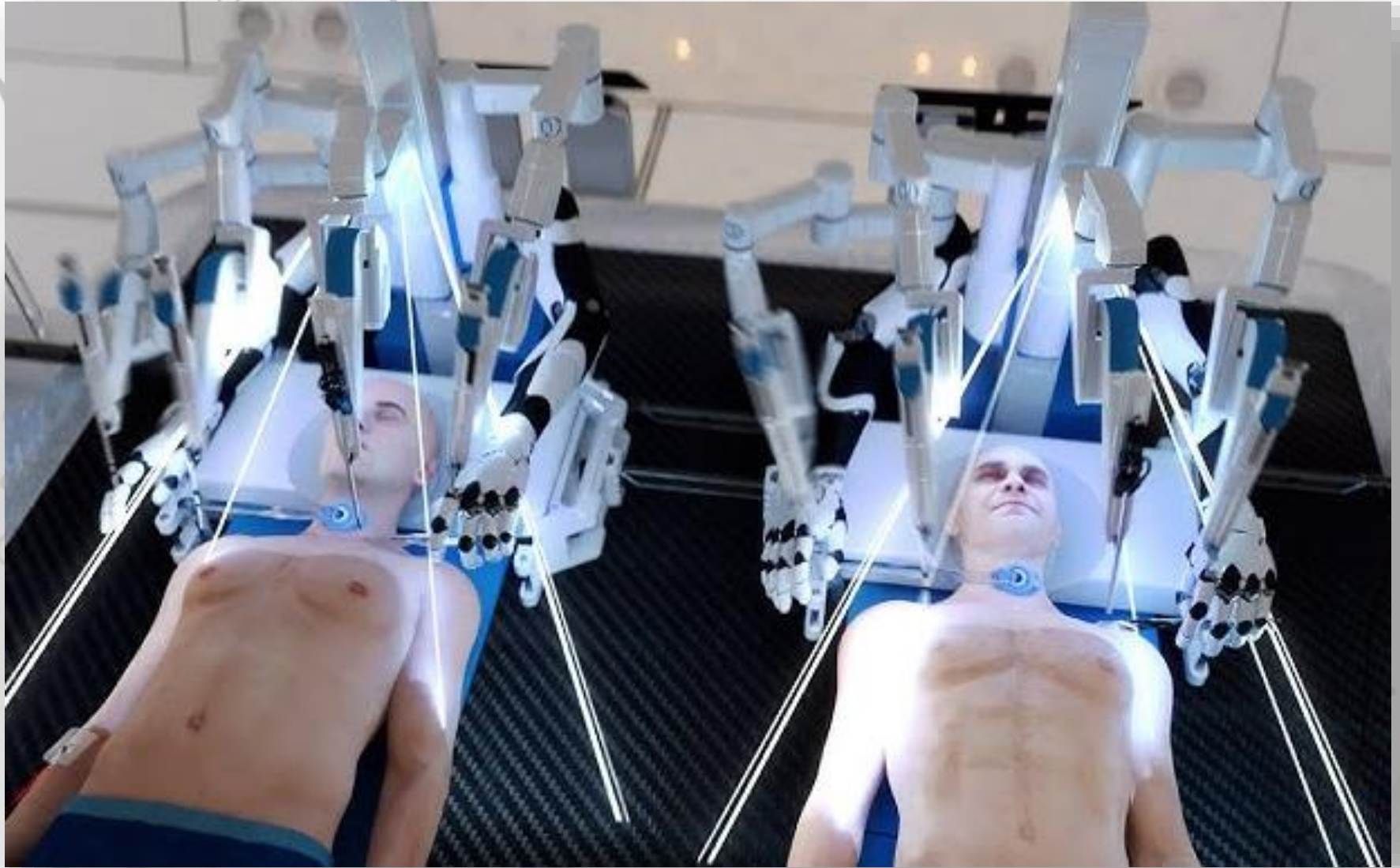
- Telomeres : The protective caps at the ends of chromosomes
- Prof. Elizabeth Blackburn, Carol Greider, Jack Szostak, Nobel Prize 2009
- Telomere shortening contributes to aging
- Increasing the enzyme Telomerase could extend cell life.
- Her book “The Telomere Effect” explores how lifestyle changes can protect telomers and potentially prolong life.
- Exercise, Stress reduction, enough sleep
- Vit D, C, E, folate, Omega-3, Polyphenols (green tea, red wine, berries), Resveratrol, Zinc, Selenium

IPSC



- IPSC : Induced Pluripotent Stem Cell
- Dr. Shinya Yamanaka
- Nobel Prize in Year 2012 , with Dr. John Gurdon
- Reprogramming adult cells back into an embryonic-like state using four key genes
- Four key genes = Yamanaka Factors

Head Transplant



Head Transplant

At 102 years old, I still help run my business: Here are my 3 daily practices for a happy and healthy life

Published Tue, May 28 2024•4:19 PM EDT

Updated Tue, May 28 2024•4:24 PM EDT



Renée Onque

@IAMRENEEONQUE

SHARE



At 102, Deborah Szekely, still works three days a week at the fitness resort and spa she co-founded in 1940. Source: Rancho La Puerta

1. Move daily

"I've always tried to walk a mile a day, and we count footsteps so we know when it is," Szekely says.

"I can't take a nap in the afternoon unless I've got my steps in. It's not anything that is rigid, it just is something you do. Just like waking up in the morning."

Her advice for making daily movement easier to achieve is "find friends who are active."

"I'm Jewish, and I have a [friend who is a] Catholic nun who loves to walk. And so we walk," Szekely says. "She appears and out [we] go."

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2. Eat a pescatarian diet

Szekely has followed a mostly plant-based diet since she was a child. "I'm a pescatarian. And I actually have been fortunate of never eating meat because of my parents," she says.

Her eating habits align closely with the [Mediterranean diet](#) which prioritizes whole grains, fruits and vegetables, fish and more.

- **Breakfast:** Yogurt, a banana and whole grains
- **Lunch:** "I always have a salad," at home, she says. But when she has lunch at restaurants, she likes to try different things, she adds.
- **Dinner:** "I go out a lot," she says, so she chooses from fish, salad, a baked potato or tries something new.

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3. Socialize and always 'be learning'

Szekely's social calendar is pretty stacked.

"I have season tickets for every play that the [Old Globe Theatre] has in San Diego," she says. "I go to the theater a lot, and I love opera."

In addition to her social activities, Szekely always looks to learn more, and longevity research shows that [people who reach age 80 and beyond learn something new every day](#). Szekely knows four different languages and immerses herself in different cultures.

"My German is rusty, but my French is excellent because I think a lot in French [and] I dream in that," she says. "And Spanish, I speak every day."

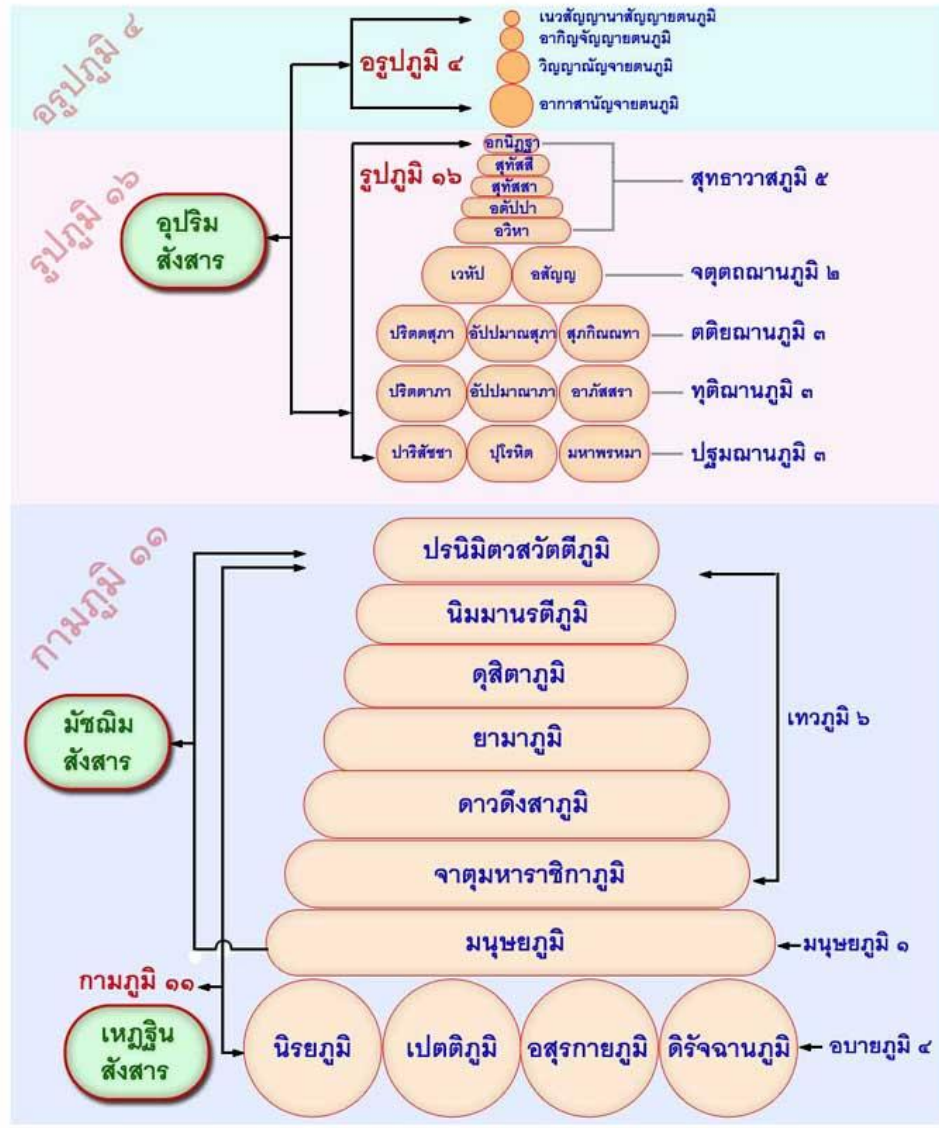
หากความตายไม่ใช่จุดสิ้นสุด





แสดงภูมิ ๓๑ ภูมิ

ที่เป็นที่เกิดของสรรพสัตว์ทั้งหลายในสากลโลก



สังสารวัฏ

สังสารวัฏนี้ ยาวไกล

เหน็ดเหนื่อยสักเท่าไร เวียนว่าย

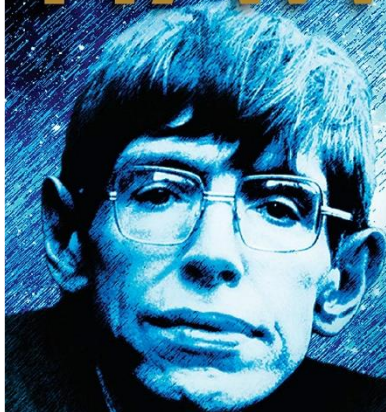
ภพภูมิผ่านเภทภัย พลัดพราก เพียรนา

ละหน่ายกิเลสร้าย หลุดพ้นเวียนวน

#1 NEW YORK TIMES BESTSELLER

STEPHEN HAWKING

INCLUDES
NEW
MATERIAL



"[Hawking] can explain the complexities
of cosmological physics with an engaging
combination of clarity and wit. . . .

His is a brain of extraordinary power."

—*The New York Review of Books*

A BRIEF HISTORY OF TIME

Time
is illusion.



ในโลกนี้มีเวลาอยู่...สองแบบ!

เวลาตามกลไกของนาฬิกา และ เวลาของร่างกาย

เวลาแรก เปลี่ยนแปลงไม่ได้ ถูกกำหนดมาแน่นอนแล้ว

เวลาที่สอง เป็นไปตามจิตใจที่เรากำหนด

เวลาทั้งสองมีอยู่จริง แต่ข้อเท็จจริงของเวลาทั้งสองนั้นต่างกัน

Albert Einstein

อัลเบิร์ต ไอน์สไตน์





Ultra Anti-Aging

Probac Innovation Series



ปรับสมดุลลำไส้ แก้ปัญหาท้องผูก กรดไหลย้อน

PROBAC⁷

(10 ซองเล็ก: 30 ซอง)



ลดฝ้า-กระ จากภายใน เผยผิวเนียนใส สู้ภายนอก

TS6

(10 ซอง)



สุขภาพดี ลำไส้แข็งแรง ห่างไกลภูมิแพ้
ผลิตภัณฑ์ชะลอวัย อันดับหนึ่ง

PROBAC^{10 PLUS}

(30 ซอง)



ผสมผสานพลังซินไบโอติก เพิ่มภูมิคุ้มกัน
ลดอาการภูมิแพ้ นำเข้าจากฝรั่งเศส

PROBIOTA BL

(30 ซอง)



ผิวสวยกระจ่างใส ไร้ริ้วรอย ทั้งภายในและภายนอก
นำเข้าจากฝรั่งเศส

**PROBAC
ULTRA COLLAGEN**

(30 ซอง)



ช่วยเรื่องการนอนหลับ และลดความเครียด

**PROBAC
MOOD**

(30 ซอง)

Ultra Anti-Aging

Good Bacteria : Probac10 plus



สุขภาพดี ลำไส้แข็งแรง ห่างไกลภูมิแพ้
ผลิตภัณฑ์ชะลอวัย อันดับหนึ่ง

PROBAC¹⁰ PLUS

(30 ซอง)

Ultra Anti-Aging

Good Protein : PreBO



เพิ่มส่วนสูง เพิ่มมวลกระดูก ดีสำหรับเด็ก
ผู้สูงอายุ ผู้ที่ออกกำลังกาย ผู้หญิงหมดประจำเดือน

PREBO

(60 แคปซูล)

Ultra Anti-Aging

Good Fat : Pure Krill Oil



โอเมก้า 3 บำรุงสมองและลดไขมันในเลือด

PURE
KRILL OIL

(60 เม็ด)

Ultra Anti-Aging

Super Anti-Oxidant : Astacurmin



ลดเลือนริ้วรอย ชะลอวัยจากภายใน

**ASTA
CURMIN**

(30 แคปซูล)

Ultra Anti-Aging

Important Organ : ProLivo



บำรุง ปกป้อง ฟันฟุดับ เหมาะสำหรับ
ผู้ที่มีภาวะไขมันแทรกตับ และผู้ที่ดื่มแอลกอฮอล์

PROLIVO

(60 แคปซูล)

Ultra Anti-Aging

Important Organ : LISA DHA SHOT



บำรุงสมอง ป้องกันอัลไซเมอร์

LISA DHA SHOT

(6 กระป๋อง/แพ็ค, 30 กระป๋อง/ภาค)

Ultra Anti-Aging

Hair Care: ProHare



ลดผมร่วง ผมบาง สร้างผมใหม่

PRO HARE

(30 แคปซูล)

Ultra Anti-Aging

Weight & Fat Control : Fit-Series

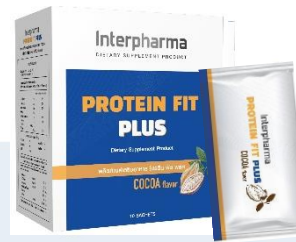
กลุ่มผลิตภัณฑ์ **PROBAC FIT** SERIES



ลดไขมันช่องท้อง, ลด BMI และลดรอบเอวได้
นำเข้าจากอังกฤษ

PROBAC FIT

(30 ซอง)



โปรตีนธรรมชาติจากพืช เพิ่มมวลกล้ามเนื้อ
เหมาะสำหรับเด็ก ผู้สูงอายุ ผู้ที่ออกกำลังกาย
และผู้ที่มีความดันโลหิตสูง

PROTEIN FIT PLUS

(10 ซอง)



เพิ่มการเผาผลาญ เพื่อหุ่นฟิตและเฟิร์ม
ใช้เป็นยาชะลอวัย และดีท็อกซ์

FIBO FIT

(10 ซอง)

THANK YOU