



TLWA

LIFESTYLE MEDICINE AND WELLBEING INTERNATIONAL CONFERENCE (LMW2025)

"Sustainable and Prosocial Lifestyle"



H.E. Air Chief Marshal Chalit Pukbhasuk,
Privy Councilor
Chairperson of the Opening Ceremony

LMW2025



Topics include

- Power of All Six Pillars for Optimal Health
- U.S. Space and Air Force Applications of LM
- Assessment and Calculation in LM
- World Vision of Mindfulness, Prosocial Lifestyle and Sustainability
- How to Coach for Sustainability
- LM for Mental Health
- NCD, Physical Activity and Climate Change
- Understanding Nutrition and Thai Cuisine
- A whole food plant-based diet and diabetes reversal
- Electric Cigarettes : The Destruction of Youth
- Music Therapy / Pet Therapy / Forest Bathing
- Sleep : The Optimal Goal
- Teen and Paediatric LM
- LM in Palliative Care
- Sexology and LM
- Aging : Impacts upon Epigenetics



Avani Ratchada Bangkok Hotel
Rachadaphisek Road, Din Daeng District,
Bangkok, Thailand

17th-19th October 2025

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LMW2025
17th–19th October 2025
Bangkok, Thailand



CAPT.(RET.) YONGYUTH MAYALARP, MD.,
DIPIBLM, PRESIDENT, TLWA

MB BS (London), M.Sc. (London),
M.Sc. (DPU), DTM&H (London),

WELCOME

to the Lifestyle Medicine and Wellbeing International Conference
Bangkok 2025 (LMW Bangkok 2025)

Theme: “Sustainable and Prosocial Lifestyle”

On behalf of the organizing committee of LMW2025 Bangkok, it is my great pleasure to welcome you all—both our Thai and international participants—to the second **International Lifestyle Medicine and Wellbeing Conference, in the City of Angel, Bangkok.**

This year, our theme is **“Sustainable and Prosocial Lifestyle”**, which highlights the vital importance of building daily habits that support long-term **wellbeing of the body, mind, and society.**

A sustainable lifestyle is not about making dramatic changes overnight. It is about consistent, mindful choices that gradually shape a healthier and more meaningful way of life—choices that promote physical vitality, mental clarity, and emotional balance. True wellness is not only about how we live, but how we connect—with our inner selves, with others, and with the communities we are part of.

Equally important is the **prosocial dimension** of lifestyle medicine. A lifestyle that fosters **connectedness, compassion, and positive relationships** is a lifestyle that supports not just personal health—but collective wellbeing. In Thai, we have a beautiful concept of **“kalyanamitta”**, or spiritual friends—people who walk alongside us, encourage us, and help us stay on the path of good health and right living.

Yet we know that change is not always easy. That’s why one essential key to sustainable behavior change is **mindfulness**. When we bring full awareness into our daily tasks—into the way we eat, move, rest, and relate to others—we begin to **live with intention**.

Mindfulness, therefore, is not only a practice, but a powerful tool within lifestyle medicine—guiding us to stay aligned with our values and promoting a life that is both **healthy and meaningful**.

So let us learn, share, and connect—with open minds and open hearts.

Please join us for the 2nd Lifestyle Medicine and Wellbeing International Conference – Bangkok 2025 (LMW Bangkok 2025) between October 17-19, 2025, at Avani Ratchada Bangkok Hotel.

This meaningful gathering will inspire us all to live more sustainably, more mindfully, and more compassionately—so that we not only take care of ourselves, but uplift those around us.

Hope to see you there !

Capt.(Ret.) Dr.Yongyuth Mayalarp
President of Thai Lifestyle Medicine
and Wellbeing Association.

17 OCTOBER 2025

LS2025WZL

Bangkok, Thailand

CONFERENCE AGENDA

DAY 1: 17 OCTOBER 2025 | VENUE: AVANI RATCHADA BANGKOK HOTEL

FRIDAY

TIME	TOPIC	SPEAKER
SUSTAINABILITY : THE PATHFINDERS Moderator : Rear Admiral Surasant Kongsiri		
08:00 AM - 08:10 AM	Welcome Remarks	Capt.(Ret.) Yongyuth Mayalarp, MD., DiplBLM, President, TLWA
08:10 AM - 08:40 AM	Spirituality and LM – Online Presentation	Brenda Rea, MD, DrPH, PT, RD, DipABLM, LM Intensivist, Medical Director of Education American College of Lifestyle Medicine
08:40 AM - 09:10 AM	Opening Address and Lecture titled “The National Drive towards Sustainability”	His Excellency Air Chief Marshal Chalit Pukbhasuk, Privy Councillor
09:10 AM - 10:10 AM	Keynote Lecture : Power of All Six Pillars for Optimal Health	Associate Professor Beth Frates, MD., Immediate Past President American College of Lifestyle Medicine (ACLM)
10:10 AM - 10:40 AM	Assessment and Calculation in LM – Online Presentation	Wayne S. Dysinger, MD. MPH., Chief Medical Officer, Blue Zones Health, Riverside and Redlands, CA
10:40 AM - 10:55 AM Coffee Break & Booth Visit (15 MINUTES) ☕		
TBC Moderator : Rear Admiral Surasant Kongsiri		
10:55 AM - 11:25 AM	U.S. Space and Air Force Applications of LM – Online Presentation	Regan A. Stiegmann, DO, MPH, FACLM, DipABLM, Preventive Medicine & Lifestyle Medicine - Rocky Vista University College of Osteopathic Medicine
11:25 AM - 12:00 PM	Sexology and LM	Assoc.Prof. Atiwut Kamudhamas, MD., Ph.D. Faculty of Medicine, Thammasat University
12:00 PM - 13:00 PM Lunch 🍽️		
OPTIMAL READINESS FOR 21 st CENTURY Moderator : Paramee Saengsuwan		
13:00 PM - 13:30 PM	NCD, Physical Activity and Climate Change	Prof. Prawit Janwantanakul, PT, PhD., President, Thai Council of Physical Therapy, TLWA Advisor
13:30 PM - 14:00 PM	The Fight against Sarcopenia	Associate Professor Kornanong Yuenyongchaiwat, Ph.D.
14:00 PM - 14:30 PM	Sports and PA – Minimizing the injury and Optimizing the Outcome	Ead Lorprayoon, MD., Sports Medicine Association of Thailand
14:30 PM - 15:05 PM	The issue of NCD : Laotian Experience	Bounpheng Philavong, MD., Ph.D. Vice-Chair of Medical Board, Health Professional Council of Lao PDR
15:05 PM - 15:20 PM Coffee Break & Booth Visit (15 MINUTES) ☕		
15:20 PM - 16:00 PM	Prosocial Lifestyle in Action: Prosocial Mindfulness – Online Presentation And MBCT in Practice	Claire Kelly, Oxford Mindfulness Foundation / Tanita Watprasong, PhD., DiplBLM
16:00 PM - 16:35 PM	Food Choice in Action: A whole food plant-based diet and diabetes reversal	Marcela Sandoval Garza, MD., IBLM
PANEL DISCUSSION: THE WORLD OF FOOD Moderator : Smith Arayaskul, MD., DiplBLM, TLWA Board Director		
16:35 PM - 17:05 PM	Food for Heart – Dietetic's Perspective	Samitti Chotsriluecha., The Thai Dietetics Association
17:05 PM - 17:35 PM	Understanding Nutrition and Thai Cuisine	Assoc.Prof.Rewadee Chongsuwat, PhD., President of Thai Nutritionist Association, under Royal Patronage, TLWA Advisor
17:35 PM - 18:00 PM	Global Misconception on Foods	Smith Arayaskul, MD., DiplBLM, TLWA Director
LIGHT DINNER, MUSIC, PET AND FOREST CONNECTIVITY		
18:00 PM - 18:10 PM	Paper Presentation: A Comparison of a Healthy Thai Diet and Contemporary Thai Diet on Health Indices in Individuals with Noncommunicable Diseases: A Randomized Controlled Trial	Pijika Watcharapichat, MD, PhD.
18:10 PM - 18:50 PM	Panel Discussion : Short Notes on Forest Therapy/ Pet Therapy / Music Therapy Assoc. Prof.Thongrob Reunbot, PhD., Dean of the Faculty of Humanities, Kasetsart University Prarom Sriphavatsarakom, PhD. Department of Pre-clinic and Applied Animal Science, Faculty of Veterinary Science, Mahidol University Parima Sithi-Amnuai MA, MT, DIR-B. Lecturer in Music Therapy, Faculty of Fine Arts, Chulalongkorn University	
18:10 PM - 18:50 PM	Mini Concert By Mr.Intouch Rerkyen	

18 OCTOBER 2025

LS2025
TMWTA

Bangkok, Thailand

CONFERENCE AGENDA

DAY 2: 18 OCTOBER 2025 | VENUE: AVANI RATCHADA BANGKOK HOTEL

SATURDAY

TIME	TOPIC	SPEAKER
HOW TO SLEEP WELL SCIENTIFICALLY Moderator : Chanunchida Cheevapruik		
08:00 AM - 08:30 AM	Sleep : The Optimal Goal - Online Presentation	Amy Mechley, MD., DipABLM, LM Intensivist, FAAFP, DipABFM CEO and CO founder integrated Family Care, Adjunct Volunteer Professor, University of Cincinnati College of Medicine
08:30 AM - 09:00 AM	Sleep, Micro-sleep and Accidents	Assoc.Prof.Naricha Chirakalwasan, M.D., President, Sleep Society of Thailand
IN TREND WITH LM Moderator : Chanunchida Cheevapruik		
09:00 AM - 09:30 AM	LM for mental health – Online Presentation	Professor Darren Morton, Director, Lifestyle Medicine & Health Research Centre, Avondale University.
09:30 AM - 10:00 AM	Food and Lifestyle Industry	Supawan Teerarat, Ph.D., Director of the Institute of Food, Ministry of Industry, TLWA Advisor
10:00 AM - 10:25 AM	Stress Resiliency and Mindfulness	Sivaneswaran Poobalasingam, MD, President, Malaysian LM Society
10:25 AM - 10:40 AM Coffee Break & Booth Visit (15 MINUTES) ☕		
10:40 AM - 11:15 AM	Teen LM	Beth Frates, MD., Former President ACLM
11:15 AM - 11:45 AM	Paediatrics and LM	Assoc.Prof. Tawima Sirirassamee M.D., Srinakharinwirot University
11:45 AM - 12:15 PM	Reproductive Health Literacy in Thailand	Prof.Kamthorn Pruksananonda, MD., Chulalongkorn University, TLWA Advisor
12:15 PM - 13:15 PM Lunch 🍴		
POLLUTANTS – IF IT IS HERE TO STAY Moderator : Supada Kasetsermwiriya, MD., Family Physician, Phyathai Hospital		
13:15 PM - 13:45 PM	The Curse of PM2.5	Assoc.Prof.Chalerm Liwsrisakun, MD.,PhD., Faculty of Medicine, Chiang Mai University
LIFESTYLE COACHING Moderator : TBC		
13:45 PM - 14:15 PM	How to coach for sustainability – Online presentation	Simon Matthew, FACLM DipIBLM MHlthSc, Fellow, Institute of Coaching at McLean Hospital, Affiliate of Harvard Medical School
FROM GENERAL TO PRECISION Moderator : TBC		
14:15 PM - 14:45 PM	Beyond One-Size-Fits-All: Personalized Lifestyle Medicine for Optimal Health Outcomes	Asst. Prof.Mart Maiprasert, MD., Dean of the College of Integrative Medicine, Dhurakij Pundit University, TLWA Advisor
14:45 PM - 15:00 PM Coffee Break & Booth Visit (15 MINUTES) ☕		
CHALLENGES OF AGING AND SHRINKING POPULATION Moderator : Supada Kasetsermwiriya, MD., Family Physician, Phyathai Hospital		
15:00 PM - 15:30 PM	How to age gracefully	Prapa Wongpat, MD PhD., President of TMWTA
15:30 PM - 16:00 PM	Secrets of Centenarians	Asst. Prof. Patana Teng-umnuay, MD., PhD, Vice President of TLWA
16:00 PM - 16:30 PM	Aging : Impacts upon Epigenetics	Asst.Prof.Amornpun Sereemaspun, MD., PhD., Center of Excellence in Nanomedicine, Faculty of Medicine, Chulalongkorn University
16:30 PM - 17:00 PM	LM and the Vascular Age	Thouantosaporn Suwanjutha, MD., Cardiologist, Phyathai Medical Campus, TLWA Advisor
CHALLENGES OF CLIMATE CHANGE AND WELLBEING Moderator : TBC		
17:00 PM - 17:30 PM	Health and Climate Change Nexus	Kongkiat Suriye, PhD, CEO Green Standards Co., Ltd.

CONFERENCE AGENDA

SUNDAY

DAY 3: 19 OCTOBER 2025 | VENUE: AVANI RATCHADA BANGKOK HOTEL

TIME	TOPIC	SPEAKER
RISKY SUBSTANCES : SUSTAINABLE ABSTINENCE		
Moderator : Saranya Ngamrassamiwong, MD., DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Centre and Nuclear Medicine Clinic, Bangkok Hospital		
08:00 AM - 08:30 AM	Community Sustainable Addictive Abstinence	Anpatcha Sakhornkhan, Physical Therapy Professional Level
08:30 AM - 09:00 AM	Strive to Stop	Assoc.Prof.Suriyadeo Tripathi, MD, Director of the Center for Morality Promotion
09:00 AM - 09:30 AM	Electric Cigarettes : The Destruction of Youth	Assoc.Prof. Suthat Rungruanghiranya MD, Faculty of Medicine, Srinakharinwirot University
CANCER AND LM		
Moderator : Saranya Ngamrassamiwong, MD., DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Centre and Nuclear Medicine Clinic, Bangkok Hospital		
09:30 AM - 10:05 AM	Cancer: translating the evidence into effective lifestyle medicine practice	Marcela Sandoval Garza, MD., IBLM
PANEL DISCUSSION : LM IN PALLIATIVE CARE		
Chair : Saranya Ngamrassamiwong, MD., DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Centre and Nuclear Medicine Clinic, Bangkok Hospital		
10:05 AM - 11:00 AM	Panel Discussion : LM in Palliative Care	Prof.Issarang Nuchprayoon, MD. PhD., Paediatric Haematolgist-Oncologist, Palliative Care, Faculty of Medicine, Chulalongkorn University
		Alicha Chumintrachark, MD., Palliative Care Physician, Faculty of Medicine, Chiang Mai University
PANEL DISCUSSION : LIFESTYLE MEDICINE PRACTICE : KEY TO ACHIEVEMENT		
Chair : Anthony Jude Tan, Founder & Managing Director, AJT Wellity Asia Co.,Ltd., TLWA Advisor		
11:00 AM - 12:15 PM	Panel Discussion : Lifestyle Medicine Practice : Key to Achievement	Pakpilai Thavisin, MD., VitalLife Scientific Wellness Centre, Bumrungrad International Hospital
		Sivaneswaran Poobalasingam, MD., President, Malaysian LM Society
		Asst. Prof. Pansak Sugkraroek, MD., TLWA Advisor, Dhurakij Pandit University
12:15 PM - 12:20 PM	Our Inspiration	Capt.(Ret.) Yongyuth Mayalarp, MD., President of TLWA
12:20 PM - 13:20 PM Lunch 🍴🕒		
13:30 PM - 17:30 PM The International Board of Lifestyle Medicine Examination		

VENUE

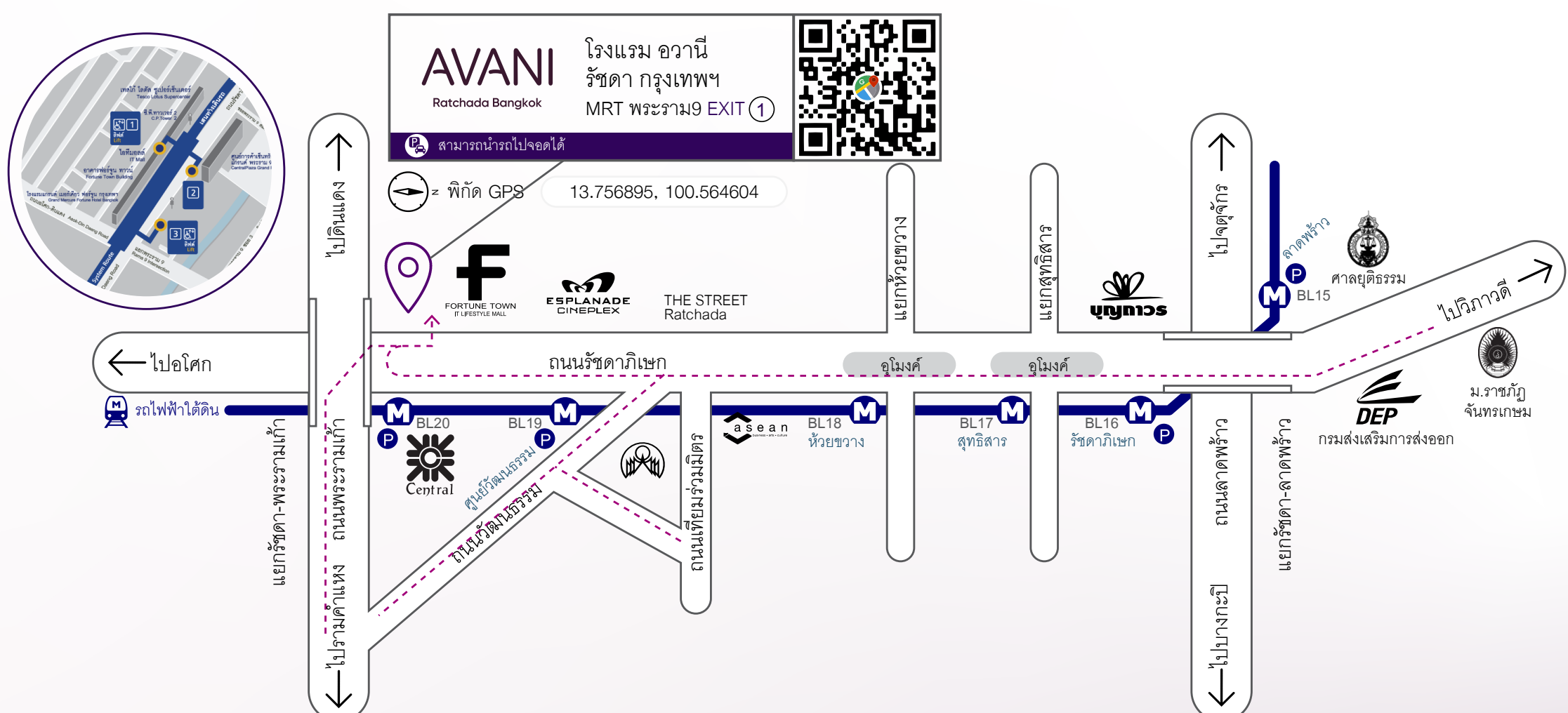
AVANI RATCHADA BANGKOK HOTEL

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- เดินทางจากรามคำแหง -> ถนนพระรามเก้า มุ่งหน้าดินแดง -> เลี้ยวขวาแยกฟอรัจน์ -> ถึงหน้าโรงแรม
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- เดินทางจากถนนนอโคก -> มุ่งหน้าถนนพระรามเก้า -> ผ่านแยกฟอรัจน์ -> ถึงหน้าโรงแรมด้านซ้าย

AVANI

Ratchada Bangkok

โรงแรมอวานี รัชดา กรุงเทพฯ





REGISTRATION RATE

Registration type	Early bird (30 June 2025)	Regular (1 July 2025)
❖ Member	THB 12,000	THB 13,000
❖ Non-Member	THB 14,000	THB 15,000
❖ Early bird : + Register Member	THB 14,750	THB 15,750


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LMW2025

17th–19th October 2025
Bangkok, Thailand



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