



Rotary



**NOTES OF THE ROTARY CLUB OF ROYAL HUA HIN (RCRHH): Monday 8<sup>th</sup> March 2021  
VitalLife**

Time: 12:00 to 14:00 hrs.

Location: Amari Hotel and Spa Imagine Room.

Attendance: 51

Members: 16

Guests: 35

P Brian opened the meeting by calling for attendees to stand for the Thai National Anthem.

P Brain then called SAA Rick Rees to introduce the guests. SAA Rick stated that as there were many guests, he would give a general welcome to everyone.

The list of guests attending is shown below.

Anna O'Conner	UK
Eddie O'Conner	UK
Haiko Emanuel	Holland
Manussawee Emanuel	Holland
Gerard Kenk Smit	Holland
Wilhelmina Maria Deurholf	Holland
Tjeert Kwant	Holland
Evangeline Tucker	
Wina Russell	
Uriwan Berg	
Liegh Higgins	New Zealand
Artirat Charukitpipat	Thailand
Dr Korpong Rookkapan	Thailand
Dr Narinthorn Surasinthon	Thailand
Dr Brian Kunakon	Thailand
Chittanat Thummachod	Thailand
Porntip Utsahaphan	Thailand
Ruengrong Ongpattanakit	Thailand
Nopparat Chokessumlitpol	Thailand
Tuansareehah Tuanlosoh	Thailand
Angelica Maria San Gabriel	Philippines

Uriwan Berg	
Khun Birdy	Thailand
Dr Thomas	
Petronella Huizinga	
Henrikas Van Westendra	
Dr Ben Van Zoelen	Holland
Jens Kramer	Holland
Helena Kramer	Holland
Mike Agsteribbe	
Dr Andrea Dagen	Switzerland



P Brian called upon Dr Andrea Degan a member of Rotary Club Zurich Limmahal to exchange banners.

P Brian recapped on recent events:

- 24<sup>th</sup> Feb Party Paul Grabs house
- 25<sup>th</sup> Feb Donation of 30 footballs
- 2<sup>nd</sup> March Fellowship Evening El Toro Loco
- 3<sup>rd</sup> March All for One and One for All Baan Khlong School
- 8<sup>th</sup> March Vitallife Scientific Wellness Center.

P Brian then introduced today's two guest speakers Dr. Narinthorn Surasinthon and Dr. Brian Supawut Kunakom



Dr. Narinthorn Surasinthon Medical Director, Vitallife Bangkrachao has been an infectious disease specialist since 1999. With more than 20 years of experience, Dr. Narinthorn brings unique insight and expertise to support his position as Chief Operating Officer of Vitallife Scientific Wellness Center. He is an American Board of Anti-Aging and Regenerative Medicine certified physician and completed his Masterclass in Hormone and Regenerative Therapies.

Dr. Brian Supawut Kunakom Naturopathic Doctor at the Esperance Integrative Cancer Clinic, Bumrungrad International Hospital.

Dr Brian's short bio includes:

- Chemistry and Biochemistry, BSc at University of California Santa Barbara
- Doctor of Naturopathy at Bastyr University
- Cancer Exercise Specialist accredited by CETI
- Medical advisory board for Cancer Exercise Training Institute
- Fellow of American Naturopathic Oncology Candidate
- 2016-2018: Verita Life Clinic Bangkok and

- 2018 – Present: Esperance Integrative Cancer Clinic, Bumrungrad International Hospital

Dr Narinthorn spoke first on the subject of “Your Wellness Journey how to Live Longer” basing the concept of the illness – wellness concept that looks from premature death though to our comfort zones of false wellness finally through to a high level of wellness.



Dr Narinthorn then went onto talk about the human genetics and how they factor in health, also the lifestyle including nutrition, exercise, sleep and stress, also the environmental factors such as air pollution, toxins and pandemics that can influence on our wellbeing.

Dr Narinthorn then spoke about DNA Scientific wellness screening looking at all aspects of our bodily health and how lifestyle medicine focusses on six areas to improve our health which are:

- Healthful eating of whole plant-based food
- Increase physical activity
- Develop strategies to manage stress
- Cessation of tobacco
- Improve your sleep
- Form and maintain relationships.

Dr Narinthorn discussed these points further especially the benefits of Micronutrient & Antioxidant that are comprised of vitamins and minerals which are required in small quantities to ensure normal metabolism, growth and physical well-being, and the importance of vitamins such as vitamin ‘D’, ‘B12’ and Vitamin ‘E’.

Dr Narinthorn also spoke of the high mortality rates risk factors of patients who suffered from the following Ageing, obesity, Diabetes Mellitus, Atherosclerosis and Immune deficiency.

Further discussions took place on the topic of healthy gut vs leaky gut, whereby the healthy gut works like a cheese cloth, allowing only nutrients through and keeping larger food particles and pathogenic bacteria, yeasts and parasites out. In a leaky gut the tight junctions are loosened so undigested food particles and ca get through and activate the immune system causing inflammation and food sensitivities.

Dr Narinthorn then spoke about Environmental issue such as Toxic metals: Ubiquitous in our environment

- Now higher than historical levels
- Mining
- Toxic wastes
- Lead in paint and gasoline
- Industrial • Electricity-generating (particularly coal-burning) activities
- Chemicals in everyday products
- Nanomaterials (cadmium)

Supplement to reduce absorption of toxic metals & to support natural detoxification pathways.

- Dietary fibers
- Natural polymers
- Sulphur-containing peptides
- Cilantro
- Taurine and methionine
- Alpha lipoic acid
- N-acetyl-cysteine (NAC)
- Glutathione
- Zinc
- Selenium

Dr Narinthorn concluded his presentation and asked the audience if there were any questions.

P Brian thanked Dr Narinthorn for an interesting presentation then called upon Dr Brian Supawut Kunakom.

Dr Brian introduced himself and mentioned he would speak about



Dr Brian stated the burden of cancer on a global perspective where in 2018 18,078, 957 people were diagnosed with cancer, of whom 9,555,027 died, with lung cancer being the highest cause of cancer deaths.

Dr Brian went onto talk about the types of treatment for cancer and reiterated Cancer is a “Chronic Disease”

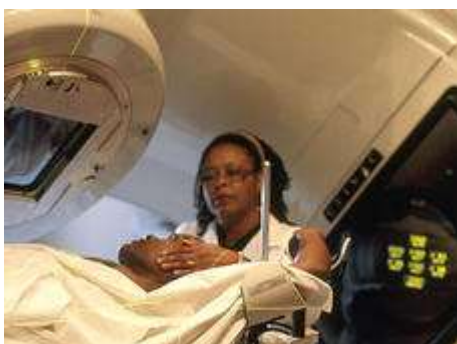
Dr Brian then explained the treatments for cancer which are:



**Surgery:**

When used to treat cancer, surgery is a procedure in which a surgeon removes cancer from your body. Learn the different ways that surgery is used against cancer and what you can

expect before, during, and after surgery.



**Radiation Therapy:**

Radiation therapy is a type of cancer treatment that uses high doses of radiation to kill cancer cells and shrink tumors. Learn about the types of radiation, why side effects happen, which ones you might have, and more.





## Chemotherapy

Chemotherapy is a type of cancer treatment that uses drugs to kill cancer cells. Learn how chemotherapy works against cancer, why it causes side effects, and how it is used with other cancer treatments.

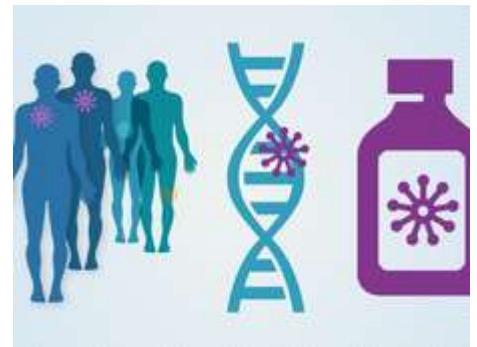


## Immunotherapy to Treat Cancer:

Immunotherapy is a type of cancer treatment that helps your immune system fight cancer. This page covers the types of immunotherapy, how it is used against cancer, and what you can expect during treatment.

## Targeted Therapy:

Targeted therapy is a type of cancer treatment that targets the changes in cancer cells that help them grow, divide, and spread. Learn how targeted therapy works against cancer and about common side effects that may occur.

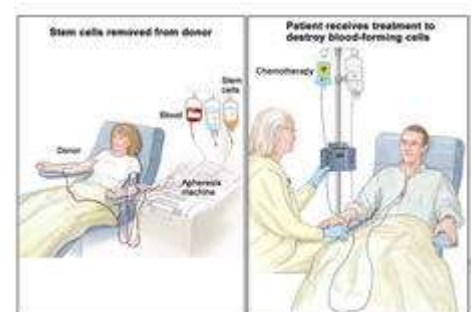


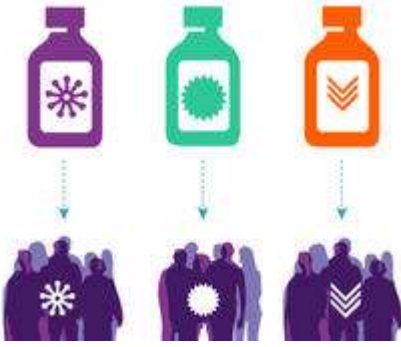
## Hormone Therapy:

Hormone therapy is a treatment that slows or stops the growth of breast and prostate cancers that use hormones to grow. Learn about the types of hormone therapy and side effects that may happen.

## Stem Cell Transplant

Stem cell transplants are procedures that restore blood-forming stem cells in cancer patients who have had theirs destroyed by very high doses of chemotherapy or radiation therapy. Learn about the types of transplants, side effects that may occur, and how stem cell transplants are used in cancer treatment.





**Precision Medicine:**

Precision medicine helps doctors select treatments that are most likely to help patients based on a genetic understanding of their disease. Learn about the role precision medicine plays in cancer treatment, including how genetic changes in a person's cancer are identified and used to select treatments.

**Biomarker Testing for Cancer Treatment:**

Biomarker testing is a way to look for genes, proteins, and other substances (called biomarkers or tumor markers) that can provide information about cancer. Biomarker testing can help you and your doctor choose a cancer treatment.



Cancer is a treatable disease and with Conventional Cancer Screening and prevention programs conventionally help with detecting early stage

**Factors that increase the risk of Cancer:**



Weight



Level of Fitness



Diet



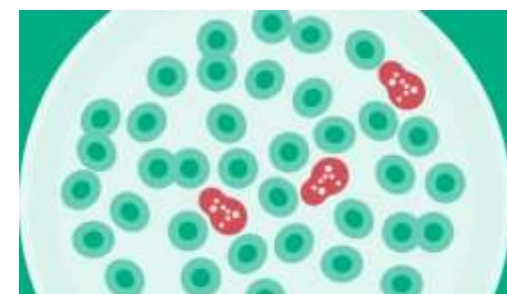
Red and Processed Meat



Sugary Drinks



Alcohol



Smoking



Sun and UV



Infections



HRT and the Pill

Inherited Genes and Family History

Radiation and Pollution

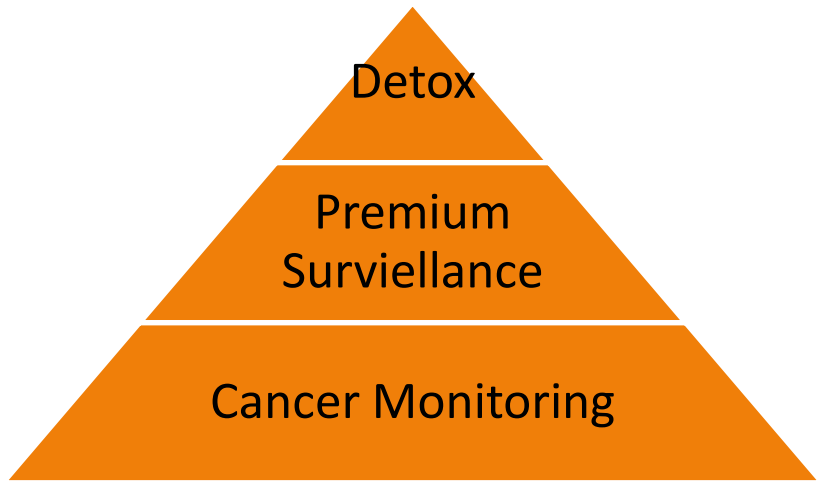
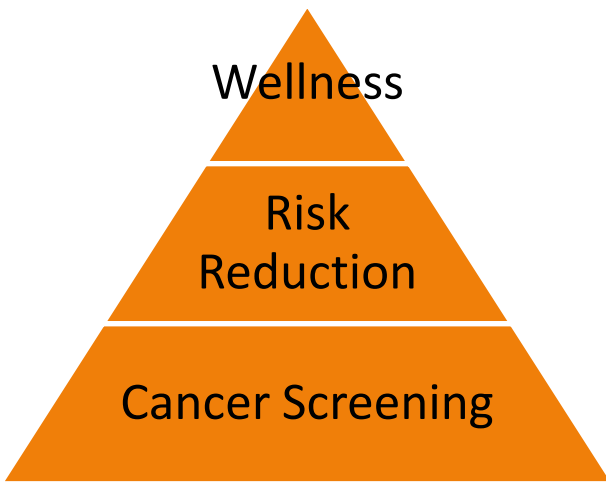


Myths and Controversies.

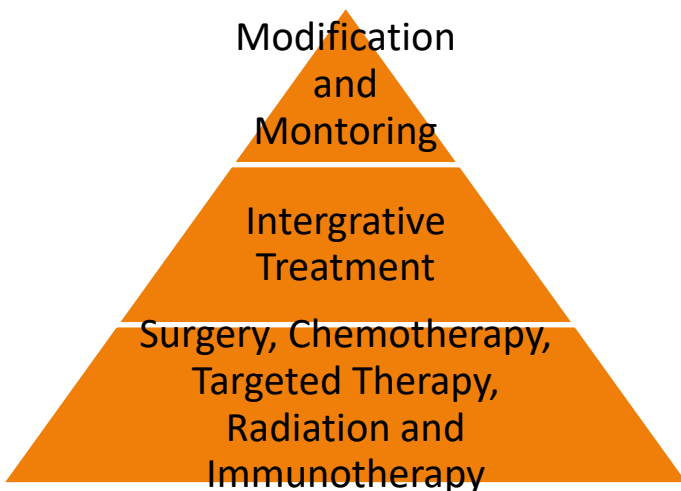
Esperance Cancer Prevention includes: Immunity, Nutrition, Mitochondrial Health, Toxin Reduction, Microbiome and Exercise.

Healthy Patients

Cancer Survivors



Active Cancer Patients





Dr Brian then went onto talk about ketones and cancer and the ketone Diets:

A ketogenic (keto) diet is a very high-fat, low-carbohydrate way of eating. It can help you lose weight by forcing your body to burn fat instead of carbs as its main source of energy.

In recent years, some early evidence has suggested that the ketogenic diet may help treat some types of cancer. One theory is that cancer feeds on the sugar you eat, but a high-fat diet starves the tumours.

So far, no major cancer group recommends keto diets for either prevention or treatment of cancer.

How Keto May Affect Cancer:

The standard diet recommendation is to limit fats to no more than 30% of your calories. Carbs should make up half or more of your daily total, with protein filling the rest. But a keto diet flips that formula. You eat as much as 90% of your diet in fats, with little or almost no carbs from foods like pasta, beans, and fruits.

Without enough carbs, your body switches to burning fat for fuel. That process, called ketosis, breaks the fat down into molecules called ketones.

What the Research Says

Studies have suggested some possible benefits of a very low-carb diet in cancer therapy. Research on mice and small trials on humans show that a keto diet may work in several ways. It may:

- Slow tumor growth
- Protect healthy cells from damage from chemotherapy or radiation treatment
- Help anti-cancer drugs work faster or better
- Ease inflammation, which can encourage cancer growth
- Help prevent weight gain during and after chemotherapy for breast cancer. Extra weight raises the chance that tumors may come back.

Dr Brian thanked the audience and asked whether there were any questions.

CP Alan Cooper asked the question whether there were any updates of Ex Pats being offered Covid-19 Jobs. The response was there was a roll out program, the best place to visit would be the Government Covid website.

The Vitallife team offered two raffle prizes of vouchers for treatment at their clinic, which were won by President Brian Anderson and Rotarian Michael Rutzen.







As ever our own Rotarian Lizzy never misses a photo opportunity.

SAA Rick Rees who undertook a sterling job selling raffle tickets for the weekly raffle of wine, the two prizes went to Birdy a guest of Lizzy and PE Phil Lawrence. Well done Rick.

P Brian then mentioned upcoming events:

22<sup>nd</sup> March Board Meeting

23<sup>rd</sup> March 3<sup>rd</sup> Club Assembly including a visit from Rotarians from our new sister club Hat Yai Nakarin

30<sup>th</sup> March Weekly Meeting Samitivej Hospital

There being no other business lunch was called.

Minutes by Scoop Lawrence.