



Siam Traditional Doctors Association

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Healers and the Community

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The Siam Traditional Doctor's Association recently hosted its first "Healers and the Community" event on the 30th April 2011.

The event was eagerly anticipated by many holistic health professionals and people who were involved in the Holistic health Industry. The Distributor of CELLFOOD, President and CEO of Alliance Teamwork Marketing (Thailand) Co. Ltd, Mr. Trit Ophaswongse, extended his generosity to STDA for hosting this event at their seminar room in Sathorn Thani Tower. CELLFOOD is a proprietary formulation of a super energized colloidal mineral concentrate which provides an incredible oxygen source and delivery system to the body at the cellular level.

Joining us with like-minded anticipation and eagerness to share and spread the wealth of information on Wellness, were 8 other Integrative medicine professionals who were experts in their chosen field, having much experience, qualifications and success in running their chosen practice.

Mr. Lee Wei-De, founder of Siam Reiki ® and President of Siam Traditional Doctors Association(STDA) opened the event with his speech on the objectives of STDA in Supporting integrative healing modalities to increase public awareness ensuring the International Standards

for practices and the knowledge of Physical therapy practices. STDA's Mission also extends towards creating awareness of Thai Herb Product knowledge and promoting their origins and applications.



STDA is keen in creating a World Standard Knowledge Centre enabling its members to share their experiences, implementing them and disseminating latest knowledge on Health Practices to Government Departments and private companies including Health Care Providers.

Mr. Lee also discussed the importance of the Conservation and preservation of the Ancient Wisdom in Thai Traditional Healing practices and of creating harmonious relationships to



strengthen the Natural Healing community. The details on the various memberships were also presented and a clear outline of the benefits and support of each membership was also given.

The participants learnt much from the various speakers who made the subject of their therapy extremely informative by providing the history, the diagnosis, the curative or preventive methods and the benefits of their therapy. Scientific evidences were given on the effectiveness of these healing modalities and information was shared on each modality on whether it was recognized in the world market as a competent therapy with insurance coverage.

We had Mrs. Sangita Sirinthipaporn, an expert in the research and training of Natural therapies enlighten us on the subject of foot reflexology. Its diagnosis was made by pressing on the points of our feet for identification of the problem areas in our body's organs. One has to study the different zones allocated on the feet for treatment of each areas in the body. The pressing of these points that correlate to the placements of the organs during a treatment, triggers the body's own natural healing response.



Miss Ayako Yaguchi, a Japanese color therapist was next in giving us her knowledge on color therapy. Colors and scents are powerful stimulators of our mind and by using the colour that our being/body needs, we can rebalance our energy and open the door to healing and greater awareness. This method of using colored liquids for healing is called Aura Light Color Therapy,

with the usage of 80 colored bottles and Scent-Sation Color Therapy which uses 10 colored bottles. The individual choses the colored bottles that appeals to them most strongly, with a train practitioner explaining the meaning of the choices. The system works to assists a person's spiritual and emotional well-being helping them to discover a deeper understanding of themselves.



Fitness coach, Personal trainer, and Siam Reiki® Master, Victor Komalsingskul, expanded our knowledge in the area of fitness, its benefits and how exercise can lower our risk of cardiovascular diseases. He talked about the risk factors of obesity, smoking and a sedentary lifestyle as a few of many other contributing factors of illnesses. Great tips and motivations were given on having an exercise routine that is specifically suited to our needs, the importance of a healthy diet while not forgetting the exercise precautions one should take during pregnancy or other serious illnesses.

Dr. Kamaljit Singh, M.D.(A.M.),PhD, MWSAM (USA), FRHS (London), Magnetic therapy and Acupressure Master, gave us his knowledge on the importance of proper and instant diagnosis of the illnesses during a acupressure session and the effects of pressure on the various trouble points to find instant pain relief, promoting the circulation of blood and the body's vital life energy. Dr.kamal also explained the effects of magnets on various diseases and the scientific explanations and proof on how blood clots can be decreased with their usage. He has treated many with Arthritis, headaches, joint pains,



sprains of the spine, neck or limbs, hip pain and a host of other ailments and shared his stories of successful treatments, scientific evidences and the precautions that need to be taken in using magnets.



Yoga master and owner of Prem Yog and Prana center, Bita Sethi, shared her knowledge from years of experience on the benefits of Yoga and Pranayama. The differences and benefits of the 4 types of yoga- Karma yoga, bakti Yoga, Raja yoga and jnana Yoga were given, with the 8 stages of yoga explained in a simple but informative way, to discipline the intellect, Mind, emotions and Will. The importance of the techniques and the time the Asanas were done was explained, giving physical strength, Muscle tone, Joint flexibility, Endurance, Stamina, Bone density as some of the many benefits of doing yoga. Pranayama, a yogic breathing exercise means the control of breath, benefits people with more concentration, reduced toxic stress, oxygenation of cells, relief from asthma, cold, progress on the spiritual path and much more.

Up next, was Miss Debbie Creagh, Siam Reiki(TM) Master Teacher, filling us in on the history of Reiki, a energy healing Art where energy is channeled through its practitioners from Angels and transferred for the healing of the mind, body and soul by working on the aura and chakras. Debbie talked on the standards of competency and quality control on the energy that's channeled in the world market and how Siam Reiki has developed strict standards that many have overlooked. Information was given on the developments of a Diploma in Reiki being put in place and the qualifications such as certificate of completion in Anatomy, Physiology, Siam Reiki, pendulum diagnosis, psychometry, crystal therapy as necessary in obtaining a Reiki Diploma. **Information on the Clinical observations from the Advanced 3DMRA (Three Dimensional Magnetic Resonance Angiography) for gaining evidence based data to scientifically prove the outcomes of Siam Reiki treatments and the recognition of Reiki as a competent therapy in hospitals and insurance policies were given as well.**



We had Mr. Paul Pornthep Srinarula, Founding President of 'BIVA' (Bangkok International Vegetarian Alliance) and Lifestyle coach, give his motivational speech to inspire us with his 2 P's - Passion and Positivity. He gathered his inspirations from heroes such as Stephen Hawking, a world renowned brilliant scientist and Mr. Alfred Nobel, who was the creator of Dynamite who later created the Nobel peace prize. His message was that we do have a choice in the way we react to life's circumstances as we are the only ones with the power to react



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positively or negatively. His Charismatic and humorous speech closed with a nugget of wisdom that “ A successful man makes no excuses.”



Hypnotherapist, Paddy Maclachlan, was our last speaker for the event, giving us the history on the evolution and credibility of hypnosis over the years. Hypnosis is a method of gaining access to the subconscious mind and altering the perceptions of traumas, pains, phobias, anxieties and belief systems in the person. Hypnosis uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. People who want to stop smoking may find hypnosis as a desirable method. Clinical studies show that using hypnosis may reduce the need for medication, improve mental and physical conditions before an operation, speeding up recovery time along with many other benefits. Hypnosis is not mind control or brainwashing. Hypnosis is performed by a licensed or Certified mental health professional who is specially trained in this technique.

Throughout the 4 hour event, Participants had the opportunity to make new friends and alliances. Tea, coffee and snacks were provided and all present had a truly wonderful time, getting to know others and gathering a wealth of information from professionals who had come forward that day to share their knowledge. It was wonderful to see the coming together of

like-minds with their goal of spreading health, wellness and love for humanity with these Age-old wisdom in health and healing. We left much wiser than we had come in, having answers to such a wide variety of questions on the different healing modalities and the anticipation of the next event coming up soon. This is truly a gathering that should not be missed by Wellness therapists, Doctors, Holistic practitioners and Government health officials.

Contact Siam Traditional doctor's Association at

www.traditional-doctors.org for information on new upcoming events and to know more on how you can be a member of this unique and leading-edge Association.

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