



VITAL RESET

FOR LONGEVITY &
MENTAL WELLBEING

The 14-Day Program for Health and Longevity
by Dr. Kang & iRETREAT Wellness Meditation

Healing from the inside out with therapeutic nutrition for the body and mindfulness
for the mind in Chiang Mai, Thailand.

Based on Dr. Kang Diet: A Science-Based Guide to Eating for Health and Longevity,
and iRETREAT signature Sati & Sabai Meditation Technique

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Phornsang Kamlang-ek / Phornprapha

President of the General Arthit Phornsang
Kamlang-ek Foundation

iRETREAT Wellness Meditation X Dr. Kang



Dr. Jing Xuan Kang MD, PhD

President of the International Society for
Omega-3 Research (ISOR)



Phornsang Kamlang-ek / Phornprapha (Khun Daeng)

President of the General Arthit Phornsang Kamlang-ek Foundation

- Daughter of Dr. Thavorn and Dr. Usa Phornprapa (founders of Siam Motors Group) and wife of the late Gen. Arthit Kamlang-ek
- Founder of the **General Arthit & Phornsang Kamlang-ek Foundation (GAPKF)**, which supports:
 - **iRETREAT** – modern wellness retreats blending mindfulness and mental fitness
 - **iMONASTERY** – a sanctuary for meditation, reflection, and inner growth
- Vision & Impact: **To make meditation and mindfulness accessible worldwide** as powerful tools for **inner peace, compassion, and global harmony**, beginning with family and friends, and now growing into **transformative projects with global impact**.



Dr. Jing Xuan Kang, MD, PhD

President of the International Society for Omega-3 Research (ISOR)

- World-renowned expert in **omega-3 research and translational medicine**
- Former Harvard Medical School professor and director at **Massachusetts General Hospital**
- Founder of the **Omega-3 and Global Health Institute** and President of the **International Society for Omega-3 Research (ISOR)**
- Author of **230+ scientific papers**, with **26,000+ citations** and an **H-index of 84**
- Recognized by NIH, Nature, Discover Magazine, and Esquire for **groundbreaking contributions to public health and nutrition.**

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FOR LONGEVITY

Co-founded by:



Dr. Jing Xuan Kang MD, PhD



Monk Praputt Kamlang-ek /
Phornprapha



Praputt Kamlang-ek / Phornprapha (Luang Pi Duke)

iRETREAT Founder

- Son of the late General Arthit Kamlang-ek, was ordained in 2007 and has served as a Buddhist monk (Luang Pi Duke) for 18 years.
- Born in Los Angeles, raised in Thailand, and educated in the UK, he earned a BA in Economics & Management (Royal Holloway) and an MA in Information Systems (LSE).
- Founded youth-focused initiatives including the Thailand Footvolley Association and the Praputt Kamlang-ek Football Centre, partnering with Arsenal FC and Cruzeiro Esporte Clube.
- He now embraces monastic life, dedicating himself to inner peace and mindfulness, while also leading global impact projects that promote both personal and world peace.

Dr. Jing Xuan Kang, MD, PhD
and the cancer recovery and longevity research

Dafo Temple

(Guangzhou)



BAIHUA TEMPLE GUANGZHOU



Dr. Kang leads **The Cancer Rehabilitation Camp**, a charitable project that provides rehabilitation services for cancer patients for the past 10 years. It is a new model that combines Buddhism and science, and collaborates between social charity organizations and academic institutions.



Through the integration of resources from multiple disciplines, with **scientific nutrition intervention and Buddhist mind cultivation as the core**, supplemented by Buddhist views on life and death, psychology, reasonable exercise, life care and other specialized learning methods, it attempts to create a **new anti-cancer and longevity model**, allowing patients to receive another form of physical and mental healing support in addition to conventional hospital treatment, inspiring their courage to fight against diseases and reignite their passion for life.



Since its inception in 2016, the **Cancer Rehabilitation Camp** has successfully held **19 sessions, directly benefiting more than 700 cancer patients and their families.**

Participants have experienced significant improvements in both physical and mental wellbeing. The program has earned wide recognition and support across society for its **integrative approach.** In addition, **Dr. Kang's scientific research,** at the core of this program, has demonstrated measurable benefits not only for cancer recovery but also for healthy individuals, **promoting longevity, prevention, and enhanced quality of life.**



CANCER REHABILITATION BATCH 19



*i*RETREAT

WELLNESS MEDITATION

CHIANG MAI



What is iRETREAT?

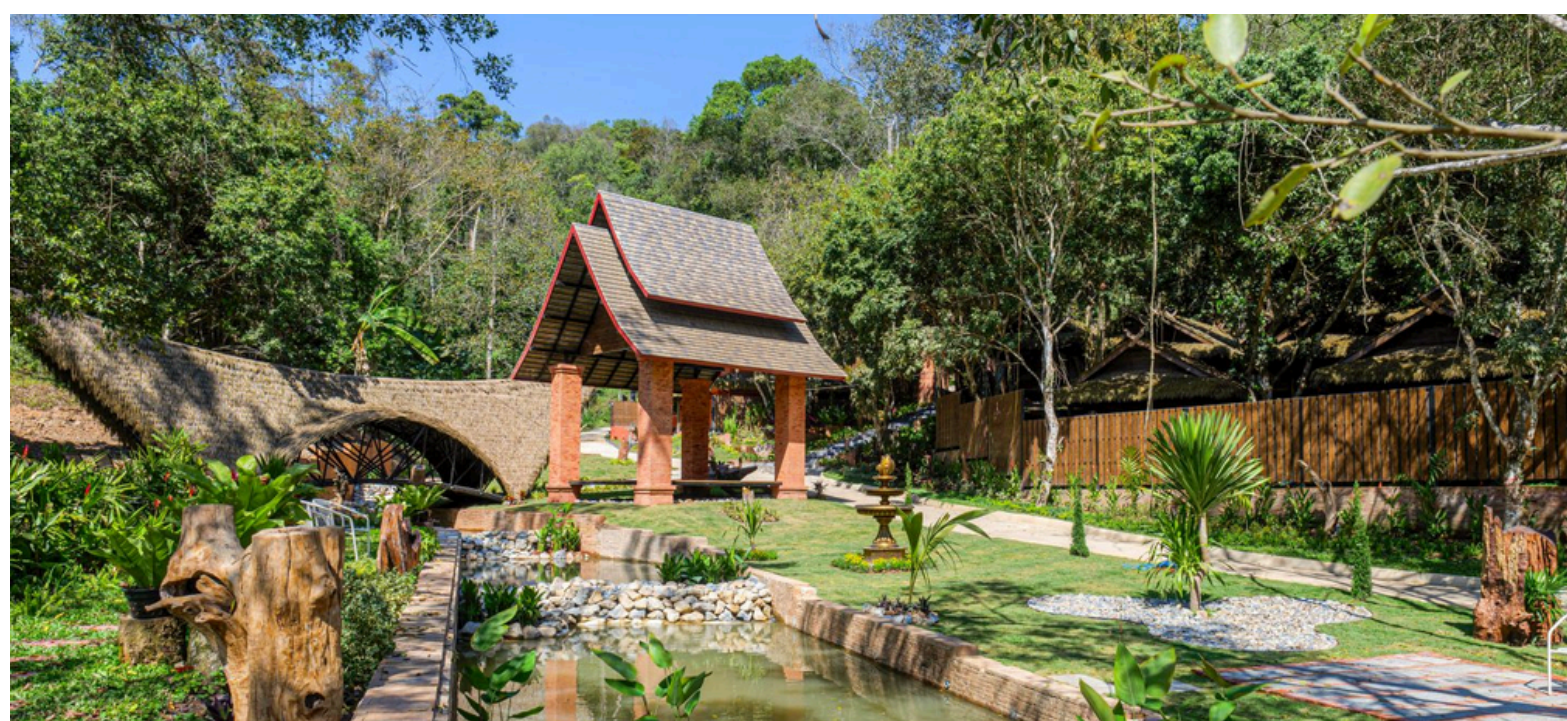
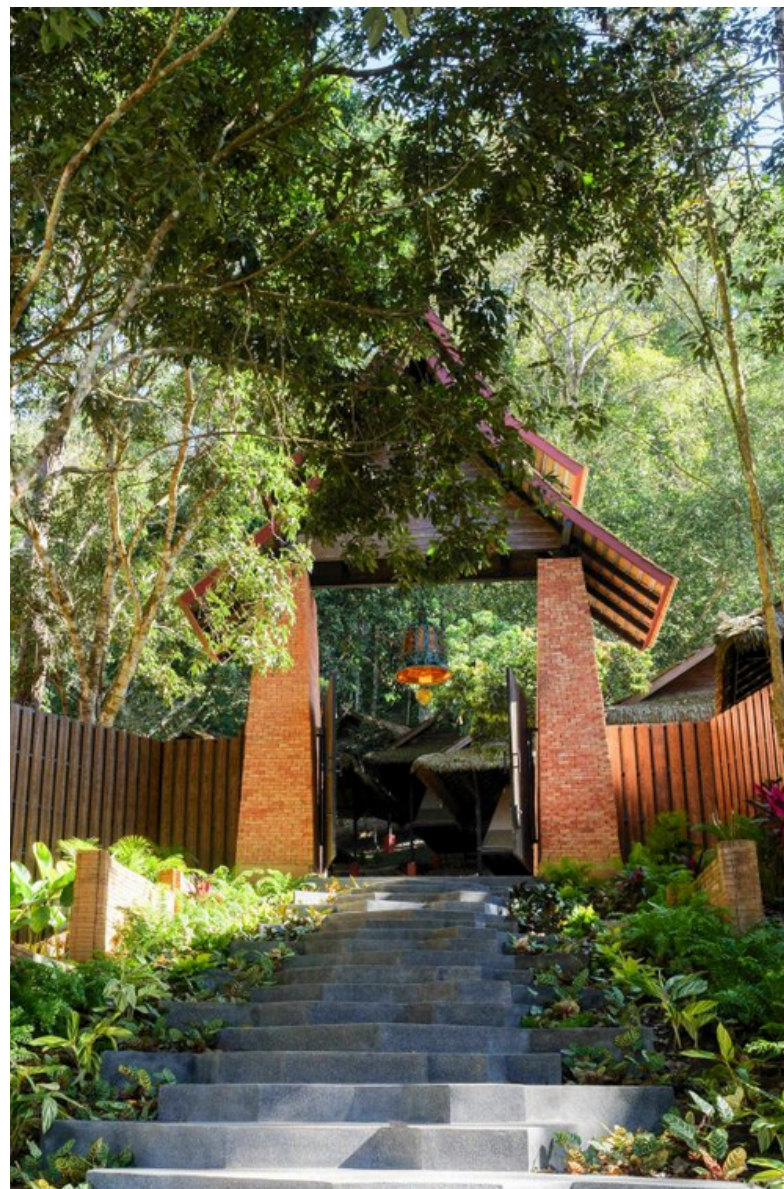
A modern mindfulness movement rooted in Buddhism to spread positivity in the world

Combines meditation & mindfulness retreats, detox, nature, positivity

Sati & Sabai technique:
Inner stillness meets daily clarity

iRETREAT

Chiang Mai





About the program

Components of the program



Advisory team

- Physical health -



**Dr. Pansak
Sugkraroek, MD**

Integrative medicine
professor and OB-GYN,
specialized in anti-aging,
hormone therapy, and
sexual health



**Dr. Chong
Kian Tai**

Urologic surgeon and
cancer specialist, holistic
care, men's health, and
patient education



**Ms. Bibi
Chia**

Principal Dietitian –
Dietetics
Raffles Diabetes and
Endocrine Centre, Raffles
Specialist Centre

Advisory team

- Mental health, meditation and mindfulness -



Monk Narongchai
Thanajayo



Monk Timothy
Dhiranando



Monk Souriya
Buddhisaro



Monk Worawut
Suddhapaño



Monk Richawiwit
Dantabalo




Program Schedule (Batch # 1)

 Date: 16–29 September 2025

 Location: iRETREAT Chiangmai – Forest Wellness Sanctuary

 Participants: Limited to 10 only per batch

 Special Opening Ceremony & Closing ceremony by Dr. Kang with lectures from his book

The program includes:

- ✅ Food intervention program design by Dr. Kang
 - 🍜 3 science-designed meals daily + special drinks
 - 💊 Food supplements (Omega-3, CoQ10, Vitamin D3)
 - 🌳 14-day stay in a serene forest sanctuary
 - 📖 Lectures by Dr. Jing Xuan Kang, MD, PhD
 - 🧘 Daily yoga, meditation, breathwork, and other activities
 - 🌸 Mindfulness practices and Buddhist philosophy.
- Wisdom shared by English-speaking Theravada Buddhist monks, guiding participants toward inner peace and inner healing



- Dr. Kang provides evidence-based recovery protocols.
- Ms. Bibi and Chef Num, design daily meals using Thai food as medicine.
- Daily activities include meditation, breathwork, yoga, personalized nutrition, and group support.

Expert-Guided Healing Journey



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Daily Rhythm

Time	Activity
5.30	Wake up in peace
05.45-06.00	Get ready and tidy room
06.00-07.00	Loving Kindness Meditation (Optional)
07.30-08.30	Breakfast - Food Intervention
08.30-09.30	Free Time
09.30-11.00	Dhamma Talk/Meditation
11.00-11.30	Special activities
12.00-13.00	Lunch - Food Intervention
13.00-14.30	Peace in Action
14.30-16.00	Special activities (Optional)
16.00-17.00	Yoga/Stretching/Mindful Movement
17.00-18.00	Shower
18.00-19.00	Dinner - Food Intervention
19.15-20.45	Dhamma Talk/Meditation
21	Lights out (Sleep in peace)



Meditation



Food interventions



Yoga/Stretching



Special activities