



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

GEN. ARTHIT & PHORNSAN
KAMLANG-EK *Foundation*

มูลนิธิพลเอกอาทิตย์ - พรสรรค์ กำลังเอก



Introducing the program

About The Vital Reset Program

Empowering wellness through
compassionate healing

With heartfelt support from the General Arthit & Phornsan Kamlang-Ek Foundation (GAPKF), this program is a gift of healing, renewal, and hope, offered at no cost to participants, and reflects our commitment to healing, compassion, and creating a new path for integrative health in Thailand and beyond.

This unique initiative combines science-informed practices, Thai culinary medicine, exercise, and meditation and mindfulness to support physical and emotional wellbeing during cancer treatment.



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What You'll Gain



Enhanced Vitality

Increased energy, improved sleep, and optimized physical function through targeted nutrition



Mental Clarity

Reduced stress, sharper focus, and emotional balance through daily mindfulness practice



Lasting Tools

Practical strategies and plans to maintain your health transformation at home



The People & Purpose Behind Vital Reset

ขับเคลื่อน ชอฟต์พาวเวอร์ไทย ผ่านสุขภาพกายและใจ

LONGEVITY & MENTAL WELLBEING

Phornsan Kamlang-ek

President, GAPKF





Praputt Kamlang-ek / Phornprapha (Luang Pi Duke)

iRETREAT Founder

ดร. ผู้เปลี่ยนอาหารเป็นยา
พลิกชีวิตผู้คนมากมาย
ด้วยความลับของ โอเมก้า 3

Dr. Jing Xuan Kang

President, International Society for Omega-3 Research



VITAL RESET

FOR LONGEVITY & MENTAL WELLBEING



Phornsang Kamlang Ek / Phornsang

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)



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.**

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.**



2016年4月广州市大佛寺第一期善友康乐社癌症康复营



2016年6月广州市大佛寺第二期善友康乐社癌症康复营



BAIHUA TEMPLE GUANGZHOU



2016年10月广州市大佛寺第四期善友康乐社癌症康复营



2017年2月广州市大佛寺第五期善友康乐社癌症康复营



2017年5月广州市大佛寺第六期善友康乐社癌症康复营



2017年9月广州市大佛寺第七期善友康乐社癌症康复营



2018年4月广州市大佛寺第八期善友康乐社癌症康复营



2018年7月广州市大佛寺第九期善友康乐社癌症康复营



2018年11月广州市大佛寺第十期善友康乐社癌症康复营



2019年4月广州市大佛寺第十一期善友康乐社癌症康复营



2019年11月广州市大佛寺第十二期善友康乐社癌症康复营



2021年5月广州市大佛寺第十三期善友康乐社癌症康复营



2021年11月广州市大佛寺第十四期善友康乐社癌症康复营



2023年3月广州市大佛寺第十五期善友康乐社癌症康复营



2023年9月广州市大佛寺第十六期善友康乐社癌症康复营



2024年4月广州市大佛寺第十七期善友康乐社癌症康复营



2024年8月广州市大佛寺第十八期善友康乐社癌症康复营



2016年8月广州市大佛寺第三期善友康乐社癌症康复营





CANCER REHABILITATION BATCH 19

2 WEEK CANCER RECOVERY PROGRAM – NO MEDICATION!

1. FOOD INTERVENTION (Diet & Supplements)
2. MINDFULNESS PRACTICES
3. EXERCISE



THIS CAN ALSO HELP OTHER DISEASES
& HELP HEALTHY PEOPLE LIVE LONGER ALSO!!!

THE MOST DIFFICULT PROBLEMS
MUST BE SOLVED WITH THE EASIEST SOLUTION





The VITAL RESET Experience



Program Schedule (Batch # 2)



Date: 10–23 February 2026



Location: iRETREAT Chiang Mai – Forest
Wellness Sanctuary



Participants: Limited to 20 only per batch



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

Expertly Crafted Nutrition Program

1 Expert Implementation

Dr. Kang's therapeutic nutrition protocol is brought to life by Bibi Chia, a leading dietitian, and Chef Num, a renowned Thai chef, ensuring both scientific rigor and exquisite taste.

2 Optimized for Healing

Meals are rich in Omega-3, fiber, and antioxidants, specifically designed for recovery and vitality using anti-inflammatory principles to support your body's natural healing processes.

3 Physiological Tracking

Benefit from pre- and post-blood tests to track your physiological responses, providing objective data on your body's transformation and progress throughout the program.

4 Daily Nourishment

Our program includes a variety of nourishing options: nutrient-rich smoothies, delicious Omega-3-rich meals, and wholesome antioxidant-packed snacks to fuel your journey.



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Dr. Jing Xuan Kang

President, International Society for Omega-3 Research



**สร้างสรรค์อาหารไทย
อร่อย และดีต่อสุขภาพ**

Chef Num

SOMA / Samuay & Sons



Advisory team

- Food and nutrition -



Bibi Chia

Accredited Dietitian, specializing in nutrition and weight management, empowering healthier lives through education and community programs



Chef Num

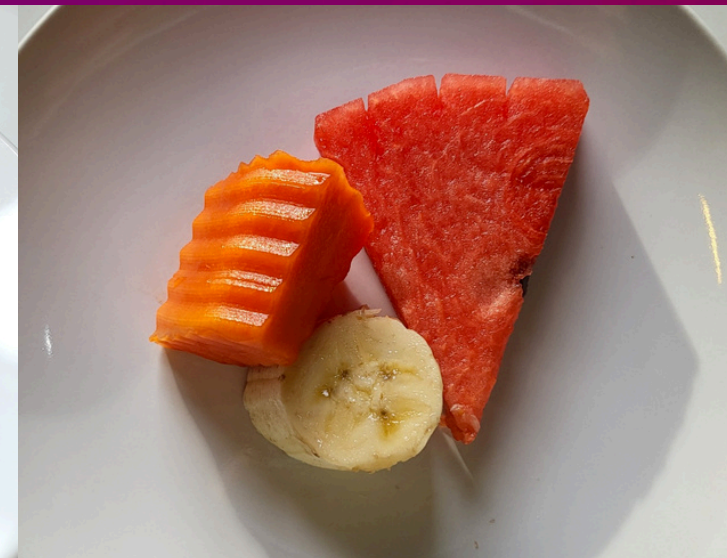
Renowned Thai chef and founder of Samuay & Sons, Chef Num is redefining Isaan cuisine with innovation, sustainability, and global influence

Nutrition

Nourishment for body and mind with healthy meals



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Nutrition

Nourishment for body and mind with healthy meals



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Targeted Nutritional Support

Carefully selected supplements

Provided according to Dr. Kang's protocol:

- Omega-3 – supports heart and brain health, reduces inflammation
- Vitamin D – supports immunity and bone health
- CoQ10 – enhances cellular energy and antioxidant defense

Administered alongside meals to maximize absorption and impact.

Support & Supplements

Vitamins and elixirs crafted to restore balance and energy



Support & Supplements

Vitamins and elixirs crafted to restore balance and energy



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Healing in Nature

1

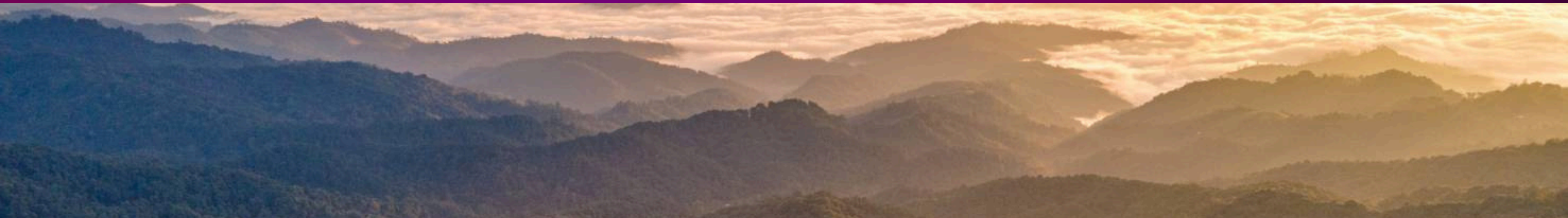
Retreat at iRETREAT Chiang Mai, nestled in mountains and forest for complete immersion in nature

2

Glamping-style accommodation in individual tents, with shared bathrooms, dining hall, and facilities

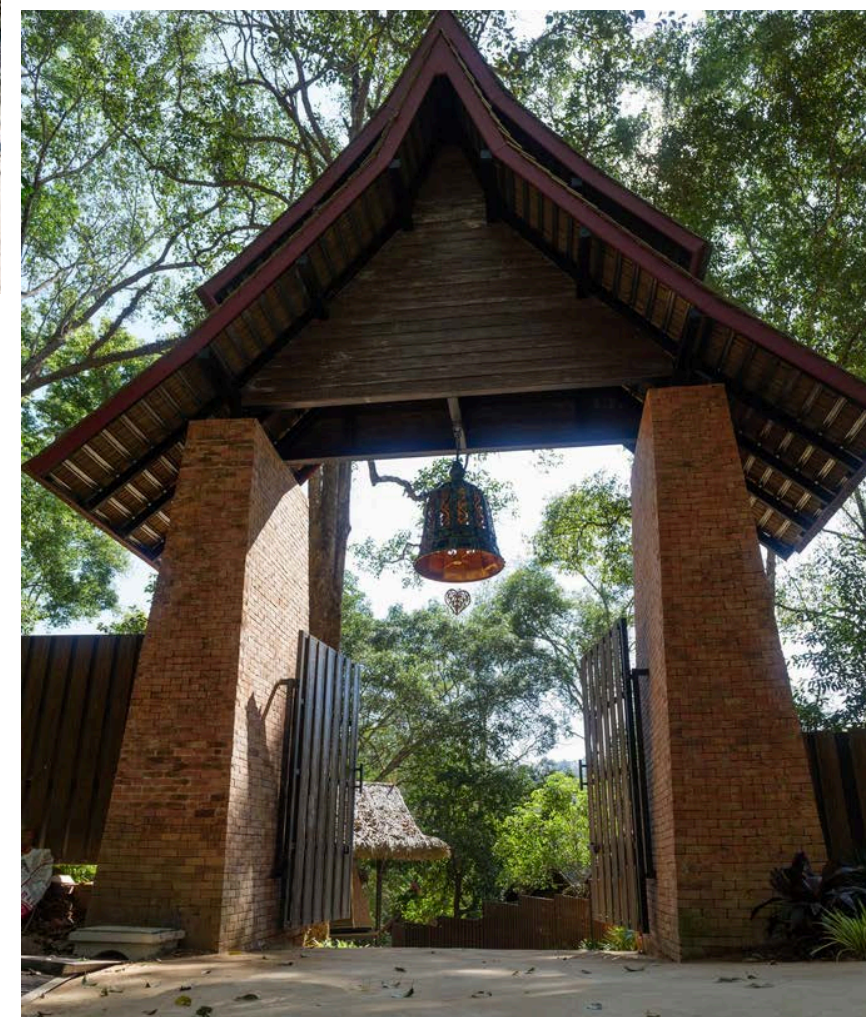
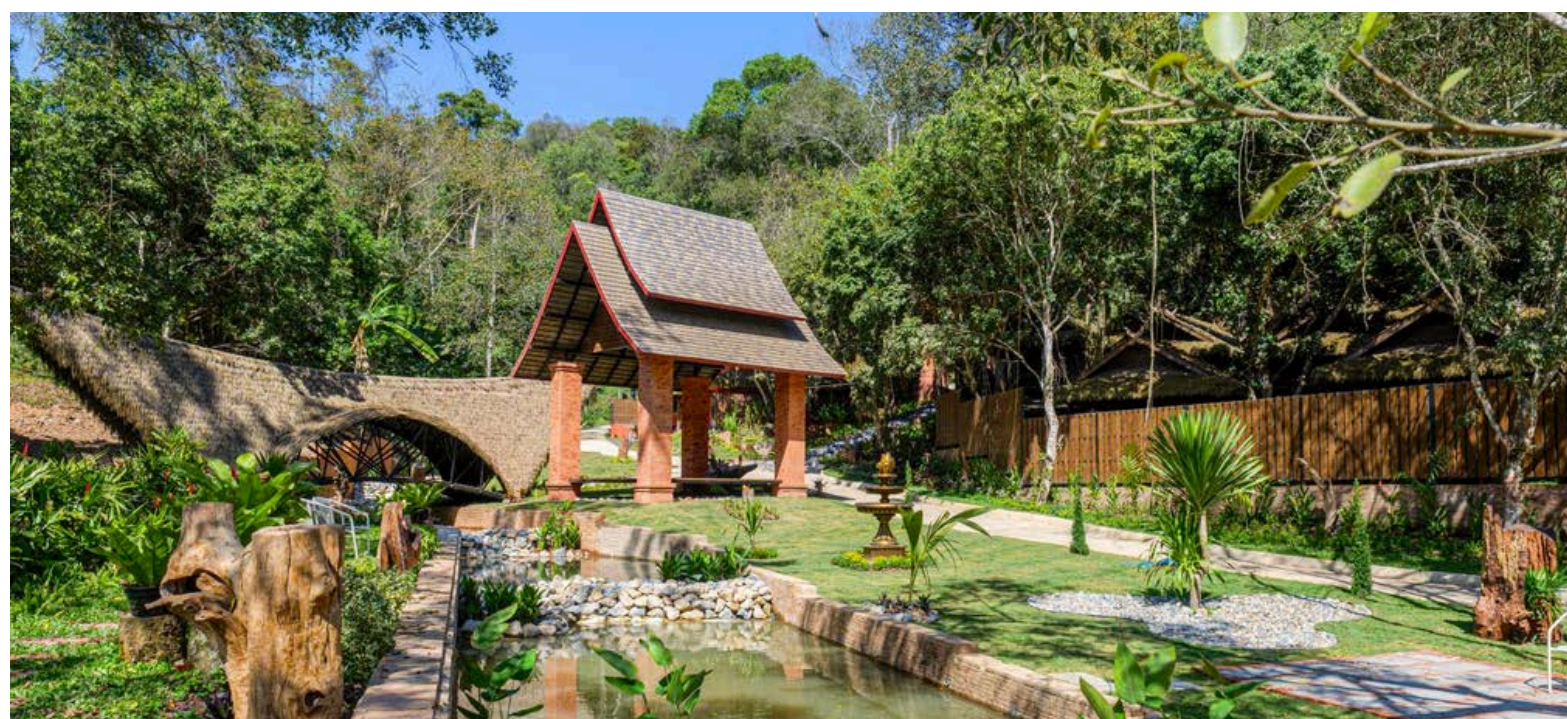
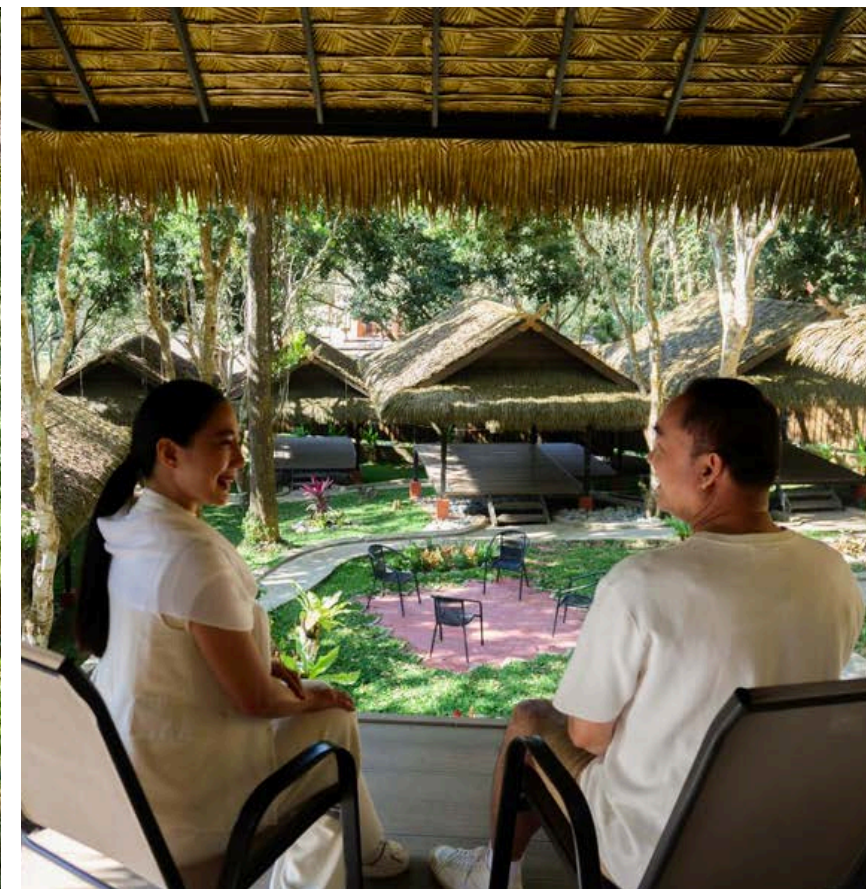
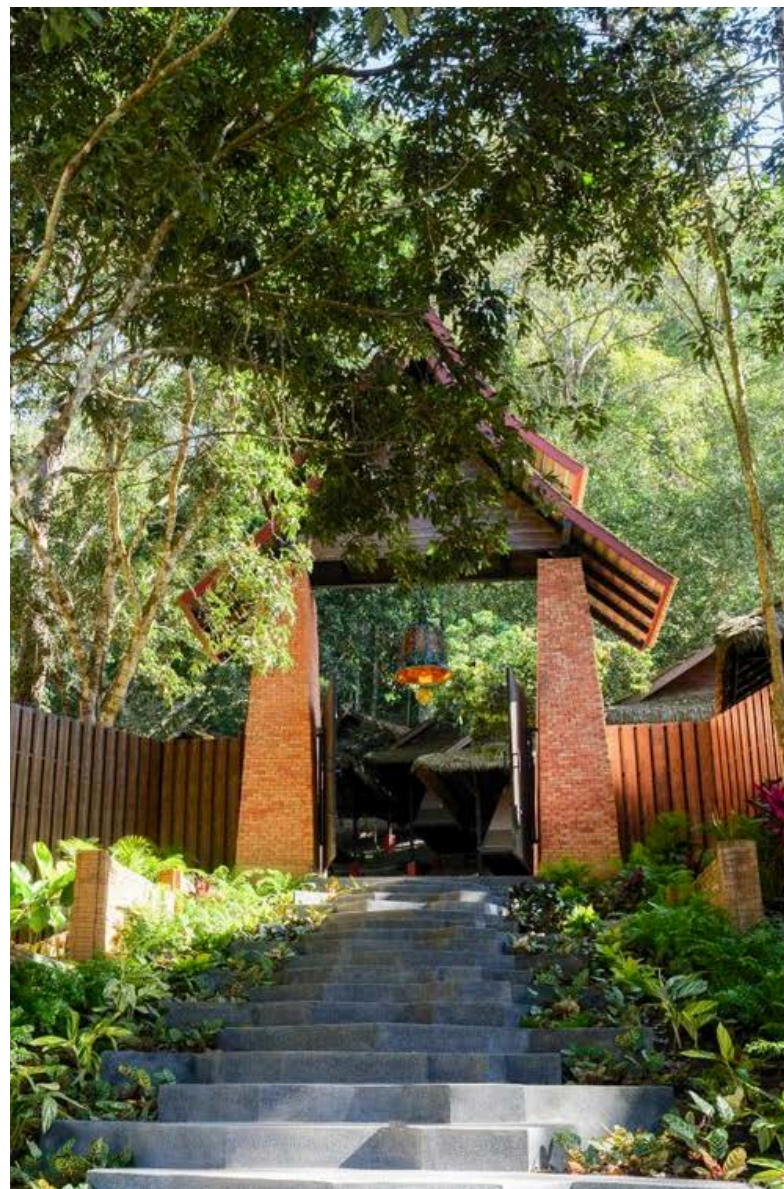
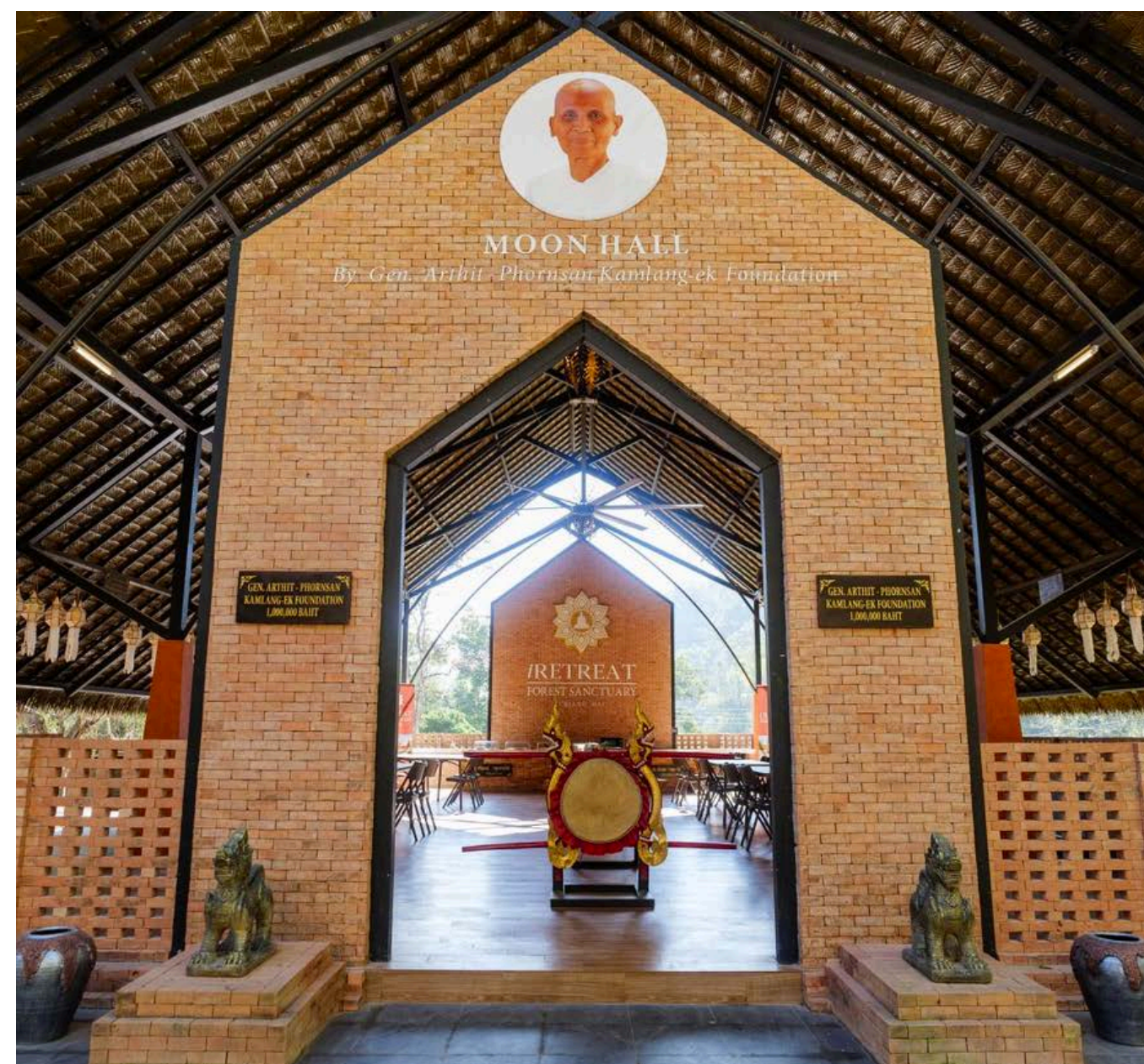
3

Nature walks and serene surroundings to support reflection, relaxation, and connection with the environment



iRETREAT

Chiang Mai



Environment

A peaceful space designed for rest, reflection, and transformation



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Environment

Planting seeds of hope and growth, for ourselves, our community, and the planet



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Still the Mind, Restore Presence

1 **Guided Meditation**
Experience daily meditation sessions, 4 times per day, guided by experienced meditators and revered Buddhist monks.

2 **Monk Chats**
Engage in insightful Monk Chats, providing unique opportunities to ask questions and gain personal wisdom from practitioners.

3 **Sound Healing**
Harmonize your mind and body through immersive sound healing sessions, promoting deep relaxation and spiritual balance. Optional individual sessions.

4 **Walking Meditation**
Learn the art of mindfulness in motion with walking meditation, integrating presence into every step of your daily life.



Mind

Guided meditation practices to still the mind



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Mind

Walking meditation: Mindful steps, a journey of presence



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Mind

Immersed in vibrations that restore inner harmony



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Gentle Movement to Restore Strength

Our program features daily movement sessions designed to restore your strength and foster a deeper connection with your body. We offer group sessions, encouraging observing and connecting with the body to restore balance and vitality. These sessions emphasize the focus on flexibility, strength, energy, stress relief, and mind-body harmony.

- 1 Yoga**
Daily sessions featuring Yoga to enhance flexibility, build strength, and foster profound mind-body harmony.
- 2 QiGong**
Experience gentle QiGong movements and breathing techniques to cultivate vital energy and promote stress relief.
- 3 Stretching**
Dedicated Stretching sessions are included to improve your range of motion and relieve tension, supporting overall physical well-being.



Body

Restore balance to body and mind through the power of Yoga



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Knowledge to Empower Recovery

Our program is designed to empower you with the knowledge and practical tools necessary for lasting health and well-being, ensuring your recovery extends far beyond the retreat.

1

Dr. Kang's Foundational Lectures

During the first two days, Dr. Kang delivers in-depth lectures explaining the program, protocol, and its physiological impact on your body.

2

Continuous Group Support

Benefit from continuous group support and guidance from facilitators throughout the program, fostering a collaborative learning environment.

3

End-of-Program Review

A dedicated Zoom review session is held at the end to discuss individual progress and answer any remaining questions.

4

Tools for Lasting Health

Participants are provided with essential tools and knowledge to confidently continue healthy practices and integrate them into their lives after the retreat.



Learning

Exploring the science of longevity: nutrition, prevention, and vitality



Learning

Practical wisdom for living healthier, longer, and with greater balance



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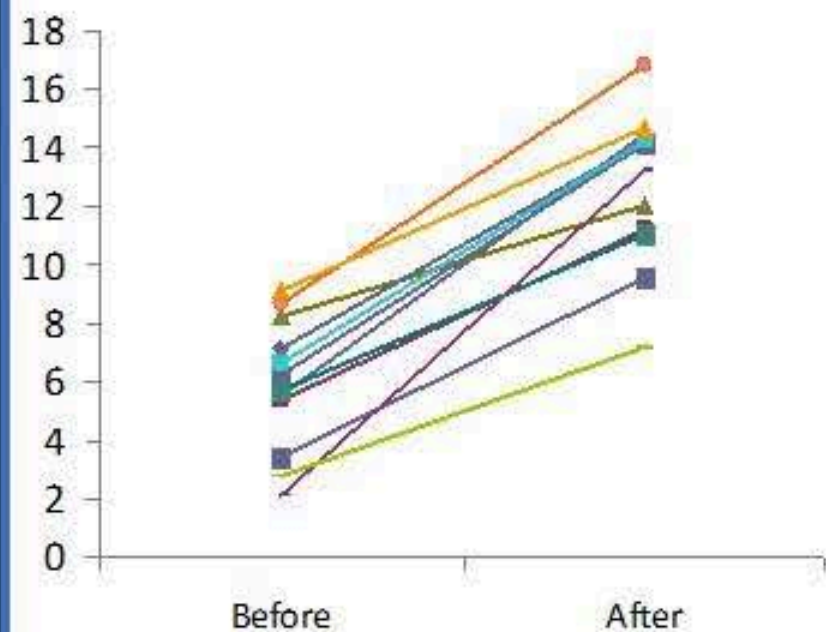




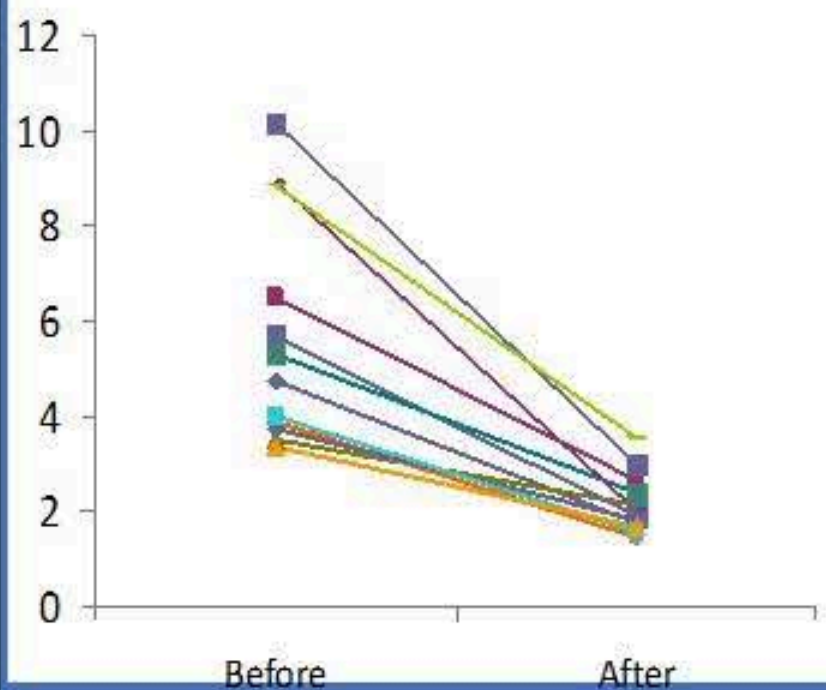
Evidence of Success

Two-Week Omega-3-Based Intervention in Cancer Patients

Omega-3 PUFA



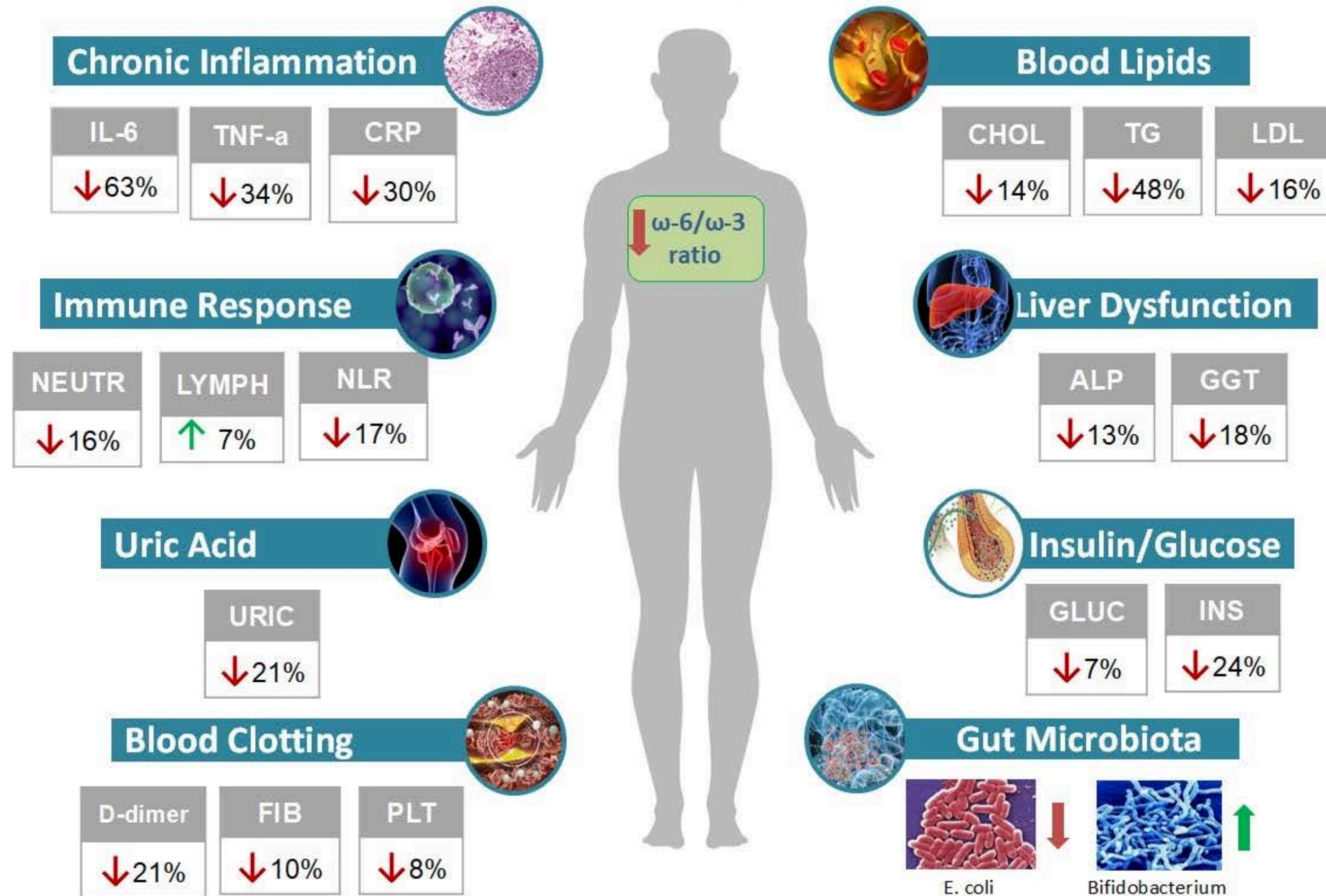
Omega-6/omega-3 ratio



参考值	文	47	84	umol/L	142	339	umol/L	0	5.9	pg/mL	0	8.1	pg/mL	0	2.26	mmol/L	0	4.13	mmol/L				
	男	59	104		202	416																	
项目		肌酐 (CREA)			尿酸 (UA)			白细胞介素6 (IL-6)			肿瘤坏死因子 (TNF-α)			甘油三酯 (TG)			低密度脂蛋白胆固醇 (LDL-CH)			NEU/LYM ratio (NLR)			
#	Name	性	之前	之后	变化	之前	之后	变化	之前	之后	变化	之前	之后	变化	之前	之后	变化	之前	之后	变化	之前	之后	变化
1	李		55	51	↓ -7%	231	222	↓ -4%	5.6	2.8	↓ -50%	12	6	↓ -49%	0.8	0.5	↓ -38%	2.8	2.2	↓ -21%	1.32	1.41	↑ 7%
2	李		83	74	↓ -11%	358	321	↓ -10%	2.4	2.5	↑ 3%	6.2	4.5	↓ -27%	1.1	0.6	↓ -40%	3.2	2.5	↓ -21%	1.66	1.74	↑ 5%
3	陈		64	62	↓ -3%	278	289	↑ 4%	2.9	3.1	↑ 7%	8.7	6	↓ -31%	1.1	1.5	↑ 43%	3.9	2.6	↓ -34%	0.24	1.96	↑ 713%
6	陈		63	60	↓ -5%	316	258	↓ -18%	3.1	2.3	↓ -26%	8.8	6.2	↓ -30%	1.3	0.9	↓ -33%	3.6	2.2	↓ -38%	3.89	3.19	↓ -18%
7	黄		67	61	↓ -9%	343	295	↓ -14%	2.4	2.7	↑ 13%	6.5	6.6	↑ 1%	1.3	1	↓ -23%	4.8	3.6	↓ -26%	4.06	1.1	↓ -73%
8	李		60	57	↓ -5%	335	272	↓ -19%	2.6	2	↓ -24%	7.2	6.1	↓ -16%	3.2	0.7	↓ -78%	3.2	2.8	↓ -13%	2.74	1.01	↓ -63%
9	何		57	50	↓ -12%	332	311	↓ -6%	8.5	2	↓ -77%	9	6.1	↓ -32%	3.2	1.5	↓ -54%	4.1	3.6	↓ -11%	1.53	0.99	↓ -35%
10	黄		56	53	↓ -5%	256	241	↓ -6%	3	2.2	↓ -25%	7.2	5	↓ -30%	0.8	0.6	↓ -26%	2.2	1.8	↓ -19%	1.52	2.08	↑ 37%
11	金		51	52	↑ 2%	315	296	↓ -6%	2.4	2	↓ -17%	10	8	↓ -20%	1.7	1.1	↓ -34%	2.8	2.4	↓ -13%	3.1	2.39	↓ -23%
12	李		62	61	↓ -2%	288	284	↓ -1%	8.1	3	↓ -63%	12	6.1	↓ -50%	1.7	1	↓ -43%	2.9	2.5	↓ -16%	1.47	1.35	↓ -8%
13	李		78	66	↓ -15%	421	336	↓ -20%	2.5	2.3	↓ -6%	7	4.7	↓ -34%	0.9	0.9	↓ -4%	4.3	2.7	↓ -39%	1.98	2.38	↑ 20%
14	李		69	67	↓ -3%	324	284	↓ -12%	2	2.1	↑ 3%	7.5	6.7	↓ -10%	2.1	0.8	↓ -62%	2	2.1	↑ 3%	2.28	1.51	↓ -34%
15	李		58	54	↓ -7%	326	255	↓ -22%	2.8	2.1	↓ -23%	6.8	5.4	↓ -20%	0.8	0.5	↓ -37%	2.5	1.9	↓ -24%	4.16	3.56	↓ -14%
16	李		60	59	↓ -2%	333	257	↓ -23%	2.1	2	↓ -3%	5.8	4.3	↓ -27%	1.2	0.6	↓ -54%	3.9	3	↓ -23%	2.27	1.31	↓ -42%
17	文		57	52	↓ -9%	364	272	↓ -25%	2.1	2.1	↓ -3%	8.7	5.6	↓ -35%	0.9	0.6	↓ -34%	4.6	3.1	↓ -34%	1.45	1.22	↓ -16%
18	李		54	49	↓ -9%	246	238	↓ -3%	2.7	3.4	↑ 28%	6.9	4	↓ -42%	0.7	0.6	↓ -11%	2.1	2	↓ -5%	1.76	1.46	↓ -17%
19	李		62	64	↑ 3%	254	273	↑ 7%	2.3	2.1	↓ -7%	8.5	6.6	↓ -22%	0.7	0.7	↓ -4%	2.8	2.2	↓ -19%	2.38	1.95	↓ -18%
20	李		58	51	↓ -12%	300	257	↓ -14%	2	2.4	↑ 21%	7.2	5	↓ -31%	1	0.6	↓ -43%	3	2.2	↓ -27%	2.2	2.35	↑ 7%
21	李		62	59	↓ -5%	238	217	↓ -9%	2	2	0%	8.9	7	↓ -21%	0.9	0.5	↓ -49%	2.4	2	↓ -16%	1.25	1.21	↓ -3%
22	李		60	54	↓ -10%	407	310	↓ -24%	3.1	2	↓ -35%	9.5	6.4	↓ -33%	1.3	0.7	↓ -48%	3.7	2.9	↓ -21%	2.02	2.56	↑ 27%
25	李		68	64	↓ -6%	470	312	↓ -34%	3.4	3.3	↓ -5%	7.8	6.3	↓ -19%	0.6	1.2	↑ 95%	2.7	2.2	↓ -20%	2.65	2.7	↑ 2%
26	李		67	58	↓ -13%	414	330	↓ -20%	3.1	3	↓ -3%	6.1	5.8	↓ -5%	1.5	1.4	↓ -3%	3.9	2.9	↓ -26%	1.42	1.29	↓ -9%
4	陈		102	92	↓ -10%	331	311	↓ -6%	2.8	3	↑ 8%	17	12	↓ -32%	1.2	0.8	↓ -38%	2.4	1.8	↓ -25%	2.28	1.99	↓ -13%
5	陈		98	94	↓ -4%	413	351	↓ -15%	5.2	2.5	↓ -52%	11	8.1	↓ -23%	0.9	0.8	↓ -12%	2.6	2.3	↓ -12%	4.78	2.36	↓ -51%
24	李		71	71	0%	271	266	↓ -2%	4.5	2	↓ -56%	10	8.1	↓ -20%	1.4	0.8	↓ -41%	3.2	2.2	↓ -31%	2.41	1.64	↓ -32%
Change			66	61	↓ -7%	327	282	↓ -14%	3.3	2.4	↓ -27%	8.6	6.2	↓ -28%	1.3	0.8	↓ -36%	3.2	2.5	↓ -23%	2.27	1.87	↓ -18%
P=			13	12	1.93E-06	63	35	1.41E-05	1.8	0.5	0.016376	2.5	1.6	3.6E-08	0.7	0.3	0.001207	0.8	0.5	2.161E-08	1.06	0.69	0.043131
																	0.0004					0.1150	

Two-Week Omega-3-Based Intervention in Cancer Patients

BIOMARKER ANALYSIS



THE RESULTS WERE AMAZING ON CANCER PATIENTS



*i*RETREAT

WELLNESS MEDITATION

CHIANG MAI