Tips on How to Live Healthily in an Unhealthy World





Living in an ever-increasingly polluted environment, awareness of how toxins are affecting our bodies and how to avoid and get rid of them is becoming a necessity in our daily lives, regardless of gender or age.

Therefore, on Tuesday, September 25, 2018, the newly-opened BodyConscious at Y Wellness Centre will be hosting a complimentary workshop on “How to Live Healthily in an Unhealthy World”.

The event will be conducted in English from 2:00 – 3:30 p.m. by Dr. Yinhsu Liu, Clinic Director of BodyConscious and reputable Naturopathic physician and registered dietician. In this one and a half hour, she will enlighten participants on how toxins and metal effects the body, how one can avoid overloading our bodies with toxins, how to facilitate unloading them, how to identify symptoms of toxin overloading as well as the healing power of nature.

Educated and trained in the US, Dr. Yinhsu Liu is one of a handful of Naturopathic physicians who has expanded the practice of naturopathic medicine across disciplines and industries ranging from biofeedback, energy medicine and Mindfulness Based Stress Reduction (MBSR) to environmental medicine-focused clinics, naturopathic primary care and world-renowned wellness resorts.

As space is limited, please reserve your seats as soon as possible via Tel: 0 2302 2861 or E-mail: info@ywellnessbkk.com.

BodyConscious at Y Wellness is located on the 7th floor of The Column Bangkok Hotel on Sukhumvit Soi 16, and offers a 360º holistic approach to enhance the health and wellbeing of its clientele.
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