

CHANINTR LIVING

Fall 2019





**BUILD
YOUR OWN
ICONIC COLLECTION**

Encapsulating the timeless essence of modern Danish design, Hans J. Wegner's iconic CH24 Wishbone Chair is ideal for anyone building their own collection of modern and lasting furniture. Created from pure natural materials, the chair is a brilliant example of the Danish cabinet making traditions represented by Carl Hansen & Søn since 1908.

Every Piece Comes with a Story – explore the CH24 universe at carlhansen.com
The CH24 is shown next to the classic CH327 dining table in walnut.

CHANINTR LIVING

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It probably comes as no surprise that the kind of innovation we like at CHANINTR are those that enable Living Well. At its core, Living Well is innovation at its most fundamental. It is part of our human nature to fix things, and in the process, to make life better. The tools we have developed to facilitate our way of life — from primitive stone tools and a spit roast over a fire, to the Coravin we feature in this issue — are evidence of this.

Sadly, a lot of the problems that arise today are actually of our own making. We strive for growth and profits under the guise of progress and development, but end up having to find ways to offset the negative effects of that first intent.

Poor air quality in cities caused by increasing car emissions. Too much construction and too many factories force us to stay cooped up in air-conditioned spaces that ultimately consume even more electricity and natural resources. We see the same story in diet and nutrition, where people with less means get stuck consuming only processed foods because of its cheaper price, creating inequality even in the most basic human needs. As of right now, only those with means can afford to eat more expensive organic foods. Why should organic cost more? It is all a very complicated knot we've tied for ourselves, to say the least.

But, we must not give up hope; only after grave darkness is there light. It is only with further knowledge of where we are today that we can make things better. A lot of this issue is about the small stuff that can make our lives happier and healthier through exercise, digital detoxes, the air we breathe, the milk we drink, or what we eat. As Dr. William Li says in his book, 'Let the good displace the bad.' I believe this quote is not only a good rule for our diets, but for life in general.

Cheers,

Chanintr

Chanintr Sirisant



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COVER
REED BALANCING ON PLANE WING
JFK, NEW YORK, 2007
BY RODNEY SMITH

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**louis
poulsen**

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TAKING FLIGHT

BIRD.CO

Things you are guaranteed to find on Abbott Kinney, a mile-long boulevard in Venice, California: hip coffee shops occupied by hip Angelenos tapping away on their laptops, rows of palm trees and boutique stores as far as the eye can see, and sleek black electric scooters parked everywhere along the curb. **Bird**, a Santa Monica-based company, is on a mission to make cities more livable by reducing car usage, traffic and congestion. Their solution? A dockless electric scooter rental service to combat the 'first-mile, last-mile' problem commuters often have when using public transportation.

Founded in 2017, Bird now operates in over 60 cities throughout North America, Europe and the Middle East. To get started, users simply have to download the Bird app on to their smart phones, enter their billing information, use the app to find the nearest Bird and tap the screen to unlock the scooter. Once finished, ending the ride is as easy as pressing the button on the app. There is no need to return the scooters to a designated area or charging dock. These scooters get picked up by a small community of 'Chargers' who earn money by collecting Birds, charging them, and releasing them the next day.

The convenience and ease of Bird has allowed the company to expand at a rapid rate. Within the first year of operation, the company reported 10 million rides. While a big portion of Bird's regular users rely on the app to get them around the neighborhood for errands, a huge fraction utilize it to help solve the serious 'first-mile, last-mile' micro-mobility issue that cities with urban sprawl, such as Los Angeles, have. For these people, Bird helps them get from point A, usually their home, to a public transportation station – be it the bus or metro – which they take the rest of the way.

In recent years, Bird has faced its fair share of challenges, from theft and battery life to more pressing concerns about rider safety and city permits. However, those only prove to be a small bump in the road as the company has no plans to slow down. Recent moves from Bird include the launch of its monthly rental program; the release of Bird Two, a new and improved e-scooter that features 50 percent larger battery, anti-puncture tires, anti-tipping kickstands and self-reporting damage sensors; as well as the announcement for Bird Cruiser, an e-bike with a cushioned seat for two. Looks like Bird is only just taking off.

- Uracha Chaiyapinunt



PHOTO COURTESY OF BIRD



KAREN FROM BEHIND, NEW YORK, NY, 2010

ATTENTION: ART COLLECTORS, STOCK BROKERS, DAYDREAMERS AND THOSE WHO ALREADY HAVE IT ALL.

The limited-edition archival pigment prints by world-renowned photographer Rodney Smith are available exclusively through Chanintr Living. Each image is masterfully hand printed in a limited edition of Twenty-Five. Pricing starts at \$10,000. Prices are based on the edition number available and print size requested. FOR MORE INFORMATION, PLEASE CONTACT ACQUISITION@CHANINTR.COM OR BY CALLING +66 84 760 8282

RODNEY SMITH

RODNEYSMITH.COM



PHOTO COURTESY OF HERMAN MILLER

MEET COSM

HERMANMILLER.COM

Meet **Cosm**, the latest chair to join esteemed American furniture brand Herman Miller's lineup of advanced ergonomic seating solutions. Unveiled at Salone del Mobile last spring, Cosm has positioned itself as 'a chair for everyone.' Its creator, Berlin-based design firm Studio 7.5, had one clear goal during the 8 years of research, prototyping and testing: it wanted to achieve instant, personalized comfort with this new chair. No matter who sits in it, how long they will be in it or what they will be doing, Cosm promises a new experience of comfort by instantly responding to its user's unique body, movement and posture to provide natural balance and total support.



**“JUST SIT DOWN
AND FORGET
ABOUT GRAVITY”**

- STUDIO 7.5

PHOTOS COURTESY OF HERMAN MILLER

“We wanted people to just sit down and forget about gravity,” Roland Zwick, a partner at Studio 7.5, said. “No fiddling around with any knobs or levers. Just sit down and get perfect comfort without adjustments.”

Cosm is not Studio 7.5’s first project with Herman Miller. The firm previously collaborated with the design giant on ergonomic office chairs Mirra, Setu and Mirra 2, all of which have received recognition and awards for their contribution to the design world. When it came time to work on a new chair, then, the team was not starting from scratch; their past work for Herman Miller’s office line helped inform their design for Cosm.

“It takes the best of what we learned with Mirra,” Zwick said of his team’s latest product.

The designers studied today’s office environment to see how they could develop a chair that would support modern workers. More people are spending less time at their desks, holding meetings at communal tables or even outside. They slowly noticed the fading out of cubicles and designated work stations, and the introduction of new terms like ‘hot desking’ and ‘co-working spaces.’ It makes sense that one of Cosm’s key features allows it to be the chair for everyone: The Auto-Harmonic Tilt, a first-of-its-kind technology, lets Cosm automatically adjust itself



to provide a balanced recline and personalized comfort no matter the user's weight, the position they are in, or the activity they are engaged in. Meanwhile, the design for the Leaf Arms takes into account present day work habits. The angle, material and technology of the arm makes holding a phone or book natural and comfortable, but also does not get in the way when it's time to get back online. Its soft but firm cradle design provides a large, cozy resting place for the user's elbows. As Zwick describes it, "Cosm is the absence of awareness." It seeks to assist and support in the simplest ways possible.

For Studio 7.5, the aesthetic appearance of the chair was just as important as the technical and engineering challenges. Available in three different back heights, Cosm comes in six colors, ranging from the colorful Canyon and Glacier options, to the more subdued hues of Studio White and Carbon. Users can also opt for a 'dipped-in' look, meaning that the entire chair is completely monochromatic: the colors of the metals, plastics and fabrics are an exact match. Cosm is available for pre-order in Thailand late Summer 2019.

— Uracha Chaiyapinunt

GOING LIGHT

THELIGHTPHONE.COM

A recent study from analytics company Flurry found that people in the United States use their mobile phones for an average of 5 hours a day. Meanwhile, data from Thailand Internet User Survey showed that Thais, on the other hand, spent almost 10 hours a day online in 2018. It is a fact: smartphone overuse can affect our physical and mental health. More and more research have shown that social media and smartphone usage are tied to depression, stress, anxiety, less productivity, and, on the physical side, eye irritation and bad posture.

The concept of going back to basics and regressing to ‘dumb’ phones has emerged in recent years as an antidote to being too connected. Renowned British designer Jasper Morrison even designed a basic phone for the brand Punkt in 2015. Now, Brooklyn-based company Light is getting ready to roll out their second version of the **Light Phone**, after releasing the first edition four years ago.

The Light company was founded by Joe Hollier and Kai Tang, an artist and a product designer, respectively. The two met inside New York City’s Google Incubator back in 2014 while designing smartphone apps. Their experiences led to conversations about how the world had enough addicting apps, and the two decided to completely change direction and create a phone that’s intended to be used as little as possible instead.

“We couldn’t help but feel that the last thing we thought the world needed was another app. Being more connected couldn’t actually be what we needed to become happier,” they said. “We wanted to design a mobile phone that intentionally lacks features, in hopes of encouraging people to disconnect from the internet.”



PHOTOS COURTESY OF THELIGHTPHONE.COM

A year later, they debuted their first product, The Light Phone. It could only make calls and tell the time; the phone could not text, connect to social media apps, take pictures or send emails. The Light Phone is intended to be used as a companion to people's regular smartphone. The idea is that during weekends, holidays or downtime, people would be able to leave their smartphones at home and go enjoy life with just their Light Phone in tow. Light's computer app allows users to forward their calls to the Light Phone.

"So you could still be contactable via phone call and maintain the peace of mind that you are still reachable by those you love the most," the creators explained. "The value of the phone is in the self-empowerment that comes with the conscious decision to leave your smartphone behind."

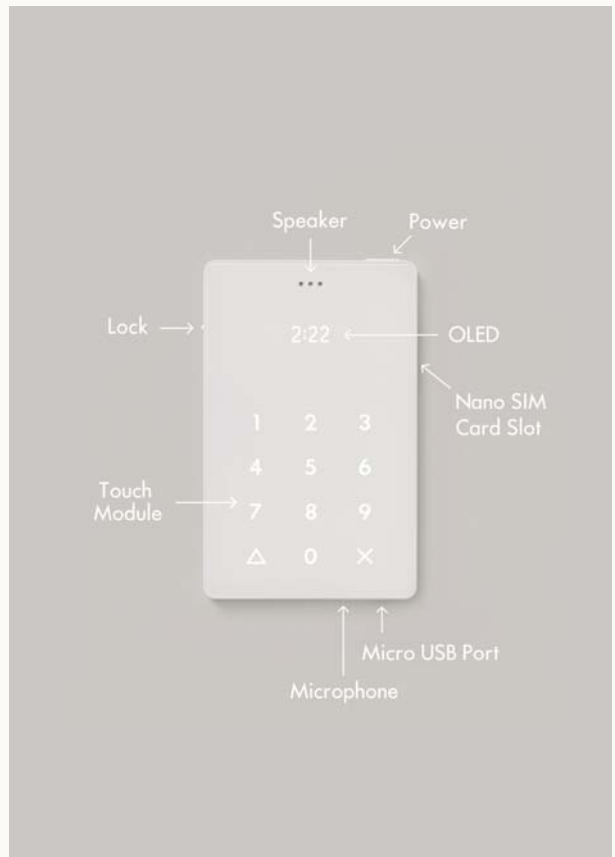
The success of the Light Phone — more than 10,000 sold in 50 countries — is a sign that people are searching for ways to disconnect. "Our phone helps you to appreciate your life, taking you away from the streams of advertising that will try to convince you that you are not enough and need to buy more to feel complete. Users have described the benefit to their productivity. We have a lot of customers who use the phone as they find inspiration and create new work."

Now, Light is getting ready to roll out their second product, Light Phone II. The new version includes more features that might just allow it to completely replace your smartphone for good. Aside from being able to call and text, Light Phone II can also give you directions and connect to Bluetooth. However, the phone still eliminates 'time-wasters,' like social media and gaming apps. The Light Phone II has 4G LTE capabilities, is splash-resistant, and features E-Ink display. The device is available in black and white and is only 8.75 millimetres thick, making it a little bigger than the length and width of a credit card.

"While the original Light Phone was intended to be used as a complement to your existing smartphone, the Light Phone II is designed with the intention of being a fully functioning simple standalone phone," Hollier and Tang said. "When spending less time on mobile phones, we meet more people, and it has brought little moments of joy to our life, little interactions that remind us of the beauty of humanity."

Preorders for the Light Phone II began in March 2018 at \$250; today, the price has risen to \$400. The company says the phone will be ready to ship by October this year.

- Norranit Suvanich



ROOM TO BREATHE

The recent news about PM2.5 atmospheric pollution in major cities earlier this year has fueled the saying that dealing with the invisible is one of the scariest things. PM2.5, which stands for Particulate Matter 2.5 microns, is approximately 4 percent the size of a human hair; in other words, invisible to the eyes. When inhaled, the small size of the particles allows it to penetrate our lung tissues and enter our blood stream, causing respiratory and circulatory problems.

These are the hard facts, but unfortunately there is more.

While most are aware of PM2.5's danger, thanks to media coverage, much fewer know about the real villains living inside our offices and homes, particularly next to where we eat and sleep. It is estimated that roughly 40 percent of indoor air pollutants are smaller than 0.3 microns. They include particulate matter (pollen, fibers, mold spores, fungi, pet dander, emissions from smoking or cooking) and volatile organic compounds (formaldehyde, benzene, coating and painting, or even those from a photocopy machine, to name a few!).

And yes, we inhale them into our bodies. Every single day.

MOLEKULE.COM



PHOTOS COURTESY OF MOLEKULE

Because indoor air pollutants often have no immediate effect, the severity of the issue typically gets downplayed. However, over time, they can lead to serious health problems, such as sick building syndrome, damaging our lungs, heart, and brain.

With indoor air pollutants existing everywhere, especially in densely populated cities, can we ever escape unclean air?

Introducing **Molekule**, an air purifier company based in San Francisco with the ultimate goal of making clean air possible. Molekule employs its PECO (photo-electrochemical oxidation) technology to trap and completely wipe out all indoor airborne particles. Though the company officially launched in 2016, the idea was formed more than 25 years ago. CEO Dilip Goswami's father, Yogi Goswami, began researching the technology a while back to come up with a solution to relieve his son's severe asthma.

But what exactly distinguishes Molekule from its competitors? Well, Molekule is a whole new air purification experience packed in a sleek, unobtrusive, and portable design, that has us describing it as the Apple or Tesla equivalent of an air purifier.

Additionally, Molekule claims a performance unlike any others. The interior contains double-layer filters: HEPA and PECO. First, the HEPA filter captures particles, while the PECO filter then breaks down the smallest allergens, with the ability to destroy pollutants 1,000 times smaller than traditional HEPA filters. What's more, the PECO filter works at a molecular level (think nano filters). That means it can capture gaseous-natured VOCs, eliminating indoor air pollution completely. These reasons are what truly makes Molekule stand out. Molekule's patented technology assures users that they will be inhaling the cleanest air possible.

It goes without saying that most of us take clean air for granted. We often forget that air is the single most consumed commodity in our daily lives. On top of that, we tend to worry even less about indoor air quality despite spending most of our time inside, neglecting a basic but impactful ingredient for our well-being. With Molekule, living in fresh clean air even in bustling metropolis becomes a possibility. And an added benefit to owning a Molekule? We can tell you for sure that it is such a visual feast for your interior.

- Pamara Chavanothai





PHOTOS COURTESY OF MIRROR

MIRROR, MIRROR, ON THE WALL, WHO'S THE FITTEST OF THEM ALL?

MIRROR.CO

Can't find time to travel to the gym amid your busy schedule? Signed up for a fitness membership but failed to make it halfway through the package? Not sure where to begin with your home workout routine because there is no one there to motivate and coach you? If you answered yes to one or more of these questions, then **MIRROR** may be your best bet.

Created by Harvard graduate Brynn Putnam, MIRROR is revolutionizing home workouts with its responsive and immersive fitness experience. With a cult following of die-hard fans, including celebrities Alicia Keys, Reese Witherspoon, as well as Ellen DeGeneres, who referred to hers as the "Magic Mirror" on her show, MIRROR camouflages as a sleek wall mirror, but doubles as your home gym whenever you feel like working up a sweat.

"MIRROR is the first to bring the collective benefits of quality fitness studios into the home with a beautiful piece of hardware



that enhances any room,” says Putnam. You can stream a variety of workouts on-demand or join real-time classes with a trainer who is able to see your form and give you live feedback.

MIRROR’s responsive display includes an LCD panel, stereo speakers, camera (with lens cap for privacy), microphone and a one-way mirror for a fully immersive fitness experience within your home. You can train live with your friends and others in the community, and cheer each other to stay on track. The hardware also syncs with your Apple Watch to enable competition mode with yourself by earning points and beating your past scores.

“Studio classes are great for high-quality, hands-on training, but are often draining on time and budget. We’re creating a personalized experience with the best trainers and classes around the world, so anyone can enjoy the benefits of a workout, whenever and wherever they want,” says Putnam.

MIRROR allows you to choose from over 50 new workouts each week from the production studio in New York. Users can enjoy their workouts with their own playlist or MIRROR’s curated playlist, either with the embedded speakers or a synced Bluetooth audio device. The variety of classes range from cardio, strength yoga and Pilates to barre, boxing, and stretch with different levels from beginner to expert.

If you happen to be in New York, sample workouts are available for trials at MIRROR’s flagship store on Fifth Avenue. MIRROR can be purchased online for \$1,495 with a monthly content subscription of \$39. It will be harder to come up with an excuse now when you can choose from an array of workout classes to take inside the comfort of your home.

- Pawita Chindakawee



PHOTO COURTESY OF BOSE

SUNGLASSES WITH A SOUNDTRACK

BOSE.COM

Growing up a '90s kid, I still recall a time before technology had edged its way into our day-to-day lives: when 'play time' in the evening meant riding bikes around the compound, and parent-teacher communication was done through a physical red Contact Book I had to carry to class. Then I hit middle school and began to witness the many ways technology was taking over our routines, shifting and dictating our behaviors. Now, the next wave in the evolution has arrived: technology that integrates so seamlessly into our lives that it neither interrupts nor obstructs our day-to-day activities; rather, these gadgets are designed to become one with us. They work to enhance our experiences, requiring very little effort from us in return. Take Bose's new summer release, for example; a clear testament that the future of audio equipment might not even require you to plug anything into your ears. It can be hidden in plain sight, concealed in everyday objects – like sunglasses.



PHOTOS COURTESY OF BOSE

ENGAGE WITH THE PHYSICAL WORLD WHILE SIMULTANEOUSLY REMAINING CONNECTED TO THE DIGITAL WORLD.

Bose Frames, marketed by the company as ‘sunglasses with a soundtrack,’ hit the shelves this summer. It does exactly what it sounds like. The American audio tech giant’s latest innovation connects to smartphones and tablets via Bluetooth, allowing users to play music and answer phone calls with their sunglasses while doubling as a cool accessory to wear in the sun. The one button on the underside of the right arm allows you to play, pause and skip tracks; answer and end calls; as well as summon Siri or Google Assistant.

What is most impressive about Bose Frames though is the mechanics behind the gadget, which only lets out 1 percent sound leakage when in use. This means you get quality sounds from the Bose Frames without disturbing those around you. The glasses also feature Bose AR, which the brand touts as a first-of-its-kind audio augmented reality platform that supports a growing

ecosystem of apps. The project is part of the manufacturer’s goal of enabling customers to engage with the physical world while simultaneously remaining connected to the digital world.

As of right now, the Frames are available in two different timeless styles, the Alto and the Rondo, both of which can pass for any other pair you might have lying around at home. Retailing at \$199.95, I would not go so far as to say these are a must-have. However, it is undoubtedly a cool gadget for those willing to splurge, and a gentle — and perhaps scary — reminder of how close we are to a world where technology is one with us.

- Uracha Chaiyapinunt



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PHOTOS COURTESY OF OATLY

THE TOAST TO OATS

OATLY.COM

In the late 1980s, a research group at Sweden's Lund University, which included **Oatly** founder Rickard Öste, set out to create a plant-based, nutritious and delicious drink with qualities similar to cow's milk for people with lactose intolerance, or those who just did not like whole milk. The researchers wanted this invention to have a mild taste, be drinkable, and to go perfectly with cereals and when used as an ingredient in cooking and baking. They also wanted it to have health benefits similar to, or even better than, cow's milk. In addition, they thought the drink should be free of allergens - all with a primary ingredient that would not overly tax the environment. People would be able to turn what they eat and drink into personal moments of healthy joy without recklessly taxing the planet's resources in the process.

After thorough research, they found oats to be the best source ingredient in terms of nutrition, taste and sustainability, and made the discovery that enzymes could convert fiber-rich oats

into a nutritious liquid food with loose oat fiber still intact. By 1990, this now patented process resulted in a milk alternative perfectly adapted for human consumption, aka oat drink. And from there, the discovery paved the way for the beginning of what we now know today as Oatly.

In the States, Oatly has become not only a food trend, but also a lifestyle. In 2018, due to a strong demand for oat milk, there was a shortage of Oatly in the market which then led to a number of 'grey market' suppliers who would sell a carton of Oatly for \$20 or five times the regular retail price. One seller even offered \$200 per case on Amazon marketplace. There were reports that customers at many New York City cafes were left upset when informed that Oatly was temporarily out of stock until further notice. The growing oat milk obsession has also hurt the US dairy industry, as cow's milk sales dropped by \$1.1 billion last year compared to the previous, according to The Dairy Farmers of America.



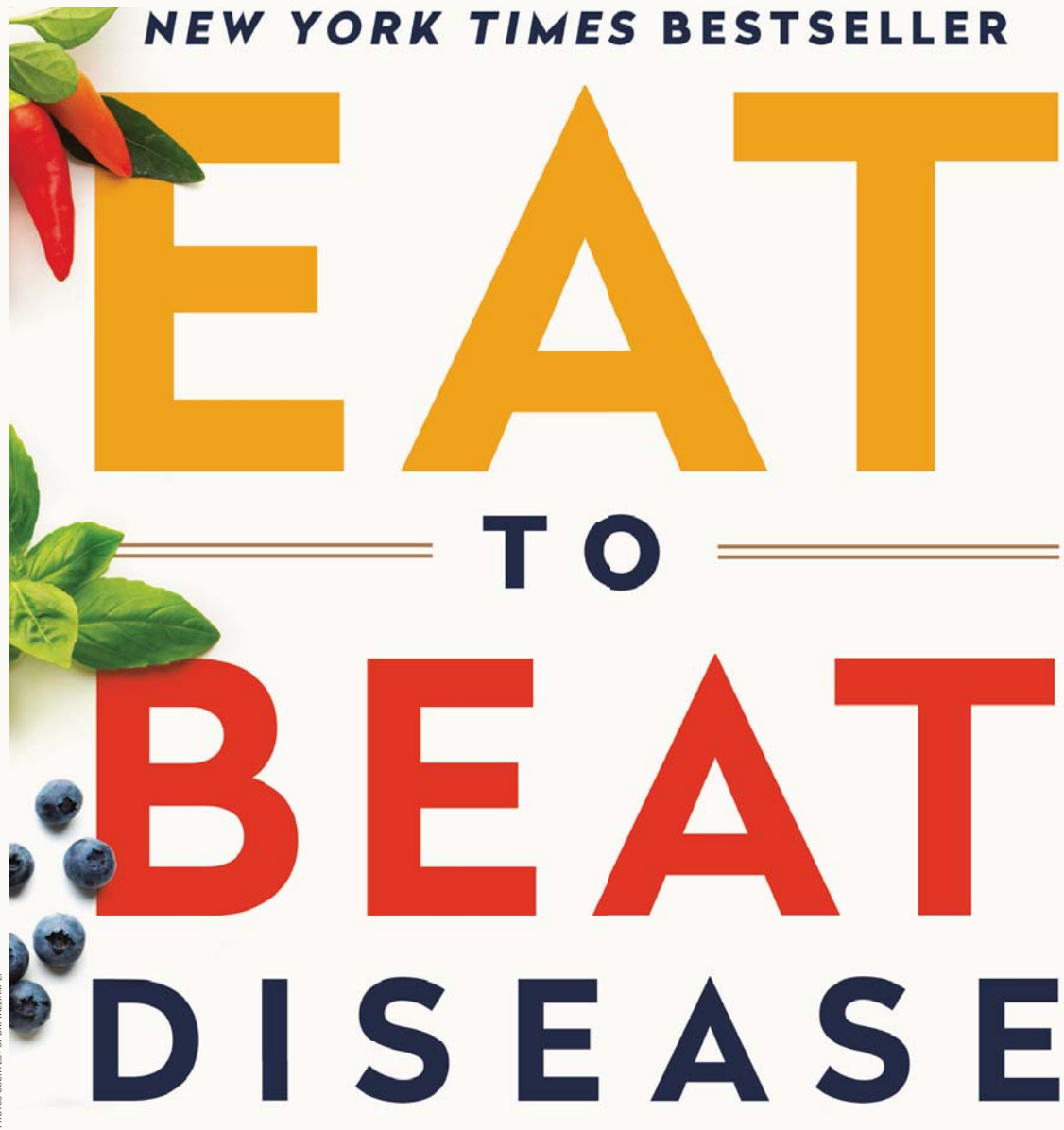
Now Oatly is available in over 30 countries across Europe, Asia, Australia and North America. Their sales continue to grow 30 percent annually for the past five years and they constantly seek external production partners in those markets to serve the increase demands of coffee drinkers and those who embrace a healthy lifestyle. PepsiCo is reportedly launching an oat beverage in January 2020 under the Quaker brand as veganism is on the rise, and the food industry is closely monitoring the Oatly trend that has appeared to pop up throughout the country. The plant-based milk options have grown 61 percent in just the last five years and by 2024, the market is expected to reach \$35 billion.

La Colombe Coffee Roasters, our favorite coffeeshop, has swapped almond milk for Oatly for almost 2 years now. They cited Oatly as a significantly more sustainable option because it typically uses 80 percent less water than almond milk production. For comparison, Oatly also produces 35 percent less

greenhouse gas emissions compared to cow's milk. We are hooked on their invention of an Oat Milk Draft Latte, the first-ever textured latte on tap made with cold-pressed espresso and frothed Oatly, just like a cold draft beer.

The Barista Editon, the big grey carton we often see behind the coffee counter, is made from liquid oats that is not overly sweet or excessively heavy. So when splashed over the coffee, it does not dilute or weaken your cup of joe. It steams and pours beautifully and is fully foamable so the barista is in complete control of their latte art skills. We tried it straight from the carton purchased at Whole Foods and it tasted terrific. We then poured it on our granola and were pleasantly surprised again.

We look forward to the day when it will be available in Thailand and we can stop making our own homemade one.



DRWILLIAMLI.COM

When a good friend kindly gifted me a copy of “Eat to Beat Disease” by Dr. William Li, I have to admit that the title made me skeptical, even with the credibility of the giver in mind. What saved it from my third-floor bookshelf, was the ‘New York Times Bestseller’ stamp and the many endorsements on the back: one from Dr. Mark Hyman, a functional medicine leader I follow; my mom’s favorite Dr. Oz; Dr. Dean Ornish, another famous physician and nutritionist; and to cap it off, health-conscious celebrities like Cindy Crawford and Bono.

Ten years ago, I had an extremely rare case of a benign tumor growing on a facial nerve blood vessel in my middle ear that led to a 9-hour long brain surgery and an extended recovery period.

Since then, I do pay close attention to my health and what I eat. I have generally avoided the one-size-fits-all diets and the trendy ones that come and go. Instead, I favor organic, whole food-based meals that are balanced and personalized, such as functional medicine, blood type diets or avoiding food intolerances. Reading Dr. Li’s book was eye-opening, as it helped me better understand the importance of eating right, and the science behind such grand claims.

The proliferation of information online about health can be confusing, and at times contradictory. But what if there was one source of information that we knew had been vetted, researched and tested by not one but multiple sources? What if

this list of food was extensive enough for us to actually find a lot of things we like eating – all while avoiding disease? That is what “Eat to Beat Disease” is truly about. Sustainability, not in the green sense, but in the sense that because there are healthy food out there you actually like, you will be able to stick to your plan. Simply speaking, the key to the program is knowing what is beneficial to you and making sure you get enough of it regularly. And you will be surprised that the good stuff is really good stuff (I suspect Dr. Li is a foodie himself). Truffles, iberico de bellota, prosciutto di parma, parmigiano reggiano, caviar, bottarga, kimchi, coffee, beer and red wine all make the list but are tempered by the caution of moderation; or for prosciutto, eating it the way the Italians do, a few slices as an appetizer to a special meal.

WHAT IF THIS LIST OF FOOD WAS EXTENSIVE ENOUGH FOR US TO ACTUALLY FIND A LOT OF THINGS WE LIKE EATING – ALL WHILE AVOIDING DISEASE?

“Eat to Beat Disease” takes you through the five major systems our bodies use to defend itself against disease: 1) Angiogenesis or your network of blood vessels and their ability to grow or contract 2) Regeneration or your system of turning on stem cell production when needed 3) Microbiome, all the 37 trillion bacteria in your body and how they support your health 4) DNA protection, being under regular attack our DNA need a strong system to protect them and 5) Immunity, which not only protects us against the common cold but also kills cancer in our bodies. These foundational systems are explained in a fascinating and easy-to-understand way, as Dr. Li delves into the strategies and foods that these systems thrive on. One cannot read these chapters without being left in awe: from what our bodies are capable of, the defense systems we have working for us, and even the researchers who are discovering all of this insight for us.

Dr. Li brings all the research and information together for you in a way that is simple, practical and flexible. He introduces a 5 x 5 x 5 program that stands for: the five major systems mentioned earlier; picking five health-supporting foods you like to eat in a day (one for each system) and eating at least one of them on the five occasions you should eat – breakfast, a morning snack, lunch, an afternoon snack, and dinner.

My wife and I had fun going over the list to determine what we both liked together, as well as how our individual tastes differed. We then mapped these out to the five different systems and since then have been making sure to hit as many as we can. We try and get a lot of it done for breakfast so we can worry less about it for the rest of the day. Our breakfast granola, for instance, has olive oil, walnuts, dried cranberries, sunflower seeds and maple syrup. Drenched in organic sugar free soy milk, and served with French press coffee and cold pressed greens on the side, we’ve pretty much hit more than five of Dr. Li’s recommended ingredients in one meal.

What I find is that once you are aware of all the good things, you tend to gravitate in that direction when ordering at restaurants. A ‘quality over quantity’ mantra begins to set in and you become much more discerning when eating the stuff that isn’t so good for you. I no longer bother ordering mediocre beef and wait for things like a dry-aged Spanish free range beef when I do have a craving. Or with the help of a Coravin, enjoy one really good glass of red wine with dinner rather than a few glasses of the usual stuff.

So, what about the more personalized diet and not following a one size fits all approach? Dr. Li also believes that more and more we will be moving towards personalized diets based on each person’s needs, which includes our likes, dislikes, allergies and sensitivities. For example, I still avoid eggs, as my test results show I have a high intolerance for it. Dr. Li also recommends taking a risk assessment test, which comes in the book, to determine our risk level for diseases and how careful we should be with our diets.

Although I am no expert, I feel the book presents an excellent consolidation of solid and extensive research on foods and their impact on what is unequivocally agreed to be our foundational defense systems. In addition, it offers a very practical way to eating our way out of trouble. I could not think of a better way to diet than to eat more of what we like while being aware of the things that aren’t so great for us – only saving them for the occasional cheat day.

- Chanintr Sirisant



WILLIAM W. LI, MD, IS A WORLD-RENOWNED PHYSICIAN, SCIENTIST, SPEAKER, AND AUTHOR OF “EAT TO BEAT DISEASE - THE NEW SCIENCE OF HOW YOUR BODY CAN HEAL ITSELF.” HE IS BEST KNOWN FOR LEADING THE ANGIOGENESIS FOUNDATION. AN AUTHOR OF OVER 100 SCIENTIFIC PUBLICATIONS IN LEADING JOURNALS SUCH AS SCIENCE, THE NEW ENGLAND JOURNAL OF MEDICINE, AND THE LANCET, DR. LI HAS SERVED ON THE FACULTIES OF HARVARD MEDICAL SCHOOL, TUFTS UNIVERSITY, AND DARTMOUTH MEDICAL SCHOOL.

MATERIAL POSSESSIONS:

THE GUIDE OF WHAT AND WHERE TO BUY

COSM

DESIGN BY STUDIO 7.5

Herman Miller

Sit in Cosm, and you just might forget you're sitting in a chair at all. Its sophisticated ergonomic design instantly responds to your body, movement and posture to provide natural balance and total support.

From Baht 41,400



Folia 5-Light Pendant

Saint-Louis

Inspired by the forest surrounding the Saint-Louis's factory, the Folia collection juxtaposes two prestigious materials: crystal and wood. Each piece in the collection is decorated with geometric and organic cuts, in homage to the leaves in the Moselle woodland.

Baht 342,000



Claire Lamp

Liaigre

Claire Lamp features a solid oak base in Charbon with brushed finish and comes with round aquarelle paper lampshade.

Baht 163,000



Canyon Swivel Dining Chair

THE BARBARA BARRY COLLECTION

McGuire

Celebrating the social and dynamic spirit of entertaining, the Canyon Swivel Dining Chair is as versatile as it is functional, inviting conversation in any setting and all directions. As the first swivel dining chair in the McGuire collection offered in a new mix of materials, this dynamic design is truly special.

Baht 124,000



Daphne

Waterworks

This authentically detailed 1920s French-style triptych mirror has a romantic feel and modern functionality. Its exquisitely handcrafted hinges allow the outer leaves to fold into and away from the small rounded frame center. Beautiful from all angles.

Baht 121,700



Betty Banquette

THE RAY BOOTH™ COLLECTION

Hickory Chair

Why should dining chairs be the only option at your dining table? Here the Betty Banquette encourages you to cuddle together in comfort. An elegant tapered walnut leg sits atop the upholstered body with a lumbar support for your back. Tight seat with a tight, channeled back.

Baht 213,000

Elegante Bar Cabinet

THE LAURA KIRAR COLLECTION

Baker

The Elegante Bar Cabinet is reminiscent of Bauhaus serving carts in the modernist homes of Mexico City however updated with exquisite materials. It is made of a polished brass frame with wire brushed oak shelves, called miel, and a fossil moncervetto stone top

Baht 488,000



Russel Bergere And Footstool

DESIGN BY RODOFOL DORDONI

Minotti

The shape of Russell collection takes up vintage lines, modernizing them with an incredibly sophisticated silhouette that involves both the seat cushions and the external covering, which comes in fabric or leather, for a combination of textures of great charm.

Baht 429,000



BM1160 Hunting Table

DESIGN BY BØRGE MOGENSEN

Carl Hansen & Søn

Børge Mogensen designed the BM1160 Hunting Table for the Copenhagen Cabinetmakers' Guild Furniture Exhibition in 1950. The table combines excellent woodwork with elegant metal brace bars, creating a bold and organic whole.

Baht 174,700

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CORAVIN

Thanks to this amazing innovation, wine enthusiasts no longer need to commit to an entire bottle at a time. With Coravin, you will be able to explore wines of any vintage or region, one glass at a time, as its technology allows you to keep cork-sealed bottles fresh for an extended period of time.

The Coravin system allows you to pour wine from a bottle without having to pull out the cork, thus preserving the wine's quality so that drinkers can enjoy the rest at another time. With Coravin, wine - after being accessed, remains in the bottle, continuing to evolve naturally. It can then be enjoyed later since it was never exposed to oxygen. The patented technology helps the remaining wine in the bottle remain unspoiled for months or even years to come. Perfect for wine connoisseurs, home entertaining or hospitality businesses.

Coravin was developed by Greg Lambrecht, who has a background in physics and nuclear power, a career in medical engineering, and a passion for wine. Coravin is lightweight and ergonomic with its soft-touch handles, which makes it easy and comfortable to operate. First, a thin needle is inserted through the cork (works best with natural cork closures) and into the bottle, the device can access the wine whilst argon gas is pumped in to pressurize and pour the wine. Once done, the needle is removed, preventing oxygen from entering the bottle, and the cork naturally reseals itself to safeguard the whole bottle.

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