



East Meets West Medicine

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By Ellen Boonstra

“In Chinese medicine about 1,000 years ago, the Emperor would pay for the doctor to see him every day and adjust his diet and lifestyle to keep him healthy. As long as the Emperor was healthy, the doctor would be paid. But once the Emperor got sick, the doctor would have to treat him for free!”

The above story, shared by Dr. Dr. Pakpilai Thavasin, founder and President of S Medical Spa, could not better illustrate the spa's approach to health and wellness.

This practice would be hard to imagine in the modern medical world where a doctor (in North America anyway) with only healthy patients would go bankrupt and a doctor treating a clientele of sick patients would become a millionaire.

Dr. Pakpilai asserts that there's a new wave of people who don't want to wait until they're too ill to seek medical attention but are looking for an institute that "can help them look good, feel great and have peak performance all the time."

The doctor, who specialized in cosmetic dermatology and laser technology, over time, found

that western medical science wasn't always the answer. So a few years ago, she started studying naturopathic and alternative medicine.

Her quest for a more holistic approach to medicine and anti-aging culminated in S Medical Spa. Established two years ago, the spa offers a unique mix of health and beauty services, performed by highly qualified physicians, dermatologists, nutritionists, acupuncturists and other specialists.

"Anti-aging is all about early detection. Even when there's nothing wrong, we try and educate the patient about the right lifestyle for optimizing their health... Some people think that anti-aging aims to prolong human life but I don't expect that much. The main objective is to obtain a better quality of life," she emphasizes. "I'd love for all my patients to be in good health until the last day of their lives."

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There's no point in keeping a person alive until a hundred if for the last 20 years they're only bed-ridden."

Whenever a client comes for a consultation, the doctor often combines western medical procedures with eastern treatments." For example to reduce stress – which is one of the keys to a long-lasting and healthy life, Dr. Pakpilai believes. "80% of our health problems – heart disease, hypertension, joint pains, insomnia... even cancer cells – stem from stress." Stress hormones can negatively impact the immune system, affecting the body's ability to fight infections and heal itself.

One treatment she might prescribe is Shirodhara, an ancient Ayurvedic therapy which helps relieve headaches, migraine, insomnia and stress, while her colleague specialized in Chinese medicine may recommend acupuncture or teach you how to meditate in order to deep breathe yourself into a calmer mindset.

This more holistic approach can also be of great benefit for cosmetic treatments. "For instance, if you want to erase crow's feet, we'll use a quick fix like Botox injections or laser rejuvenation. At the same time, we might recommend combining the procedure with a facial treatment to help relax your facial muscles because once these are relaxed, you don't need as much Botox!" Dr. Pakpilai says.

Another case in point is the ongoing battle against the bulge. A weight-loss program at S Medical Spa could consist of a diet and exercise program plus colonic cleansing and Carboxy Therapy (injections to help transform fat cells into body heat), followed by a firming massage to further help firm up the skin.

As the teachings of Buddha say, "Health is the greatest gift." We say, "Looking good doesn't hurt either!"

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