

Better Being Hospital

11 Soi Sukhumvit 39 Sukhumvit Rd.

Klongton-Nua Wattana

Bangkok 10110



Beike Biotechnology Stem Cell Treatment Partnered with Better Being Hospital, Thailand

Better Being Hospital was first established in 2009, with the core concept of innovative, evidence-based Functional Medicine. The hospital's board of medical practitioners, led by Torsak Tip-pairote, M.D. are pioneers in Functional Medicine practice in Thailand and Southeast Asia.

Better Being Hospital was founded to provide the most effective medical innovation for all people in medical need. Better Being Hospital provides individualized treatment and rehabilitation programs based on each patient's specific condition. Stem cell therapy is combined with basic physiologic function recovery programs to ensure the best chance for long term physical recovery, symptoms suppression, and illness control.

Better Being Hospital is located in Bangkok, Thailand's capital and largest city with over 14.5 million residents. Bangkok is an international city with various transportation networks, major park areas, popular tourism sites, and cuisines from all over the world, and is easily accessible by air from most major international airports.

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Why Bangkok?

A Cultural and Economic Capital

Bangkok is not only the most populous city in Thailand, but also one of the most prosperous in all of Southeast Asia. Bangkok experienced tremendous growth in the 1980s and 1990s and is now an economic and transportation hub for the region. The city also boasts an incredible amount of international cuisine, arts and entertainment.

It is an optimal treatment location for patients, as there is no need for citizens of most countries for a visa if their stay is under 30 days. There is also a huge permanent international population, millions of international visitors a year, English language is prevalent, the city is filled with embassies, international restaurants are abundant, there are direct flights from most countries and Bangkok's medical services, and the hospitals are world renowned.

Bangkok has a tropical, wet and dry climate. The average high temperature during the year is 33° Celsius (91° Fahrenheit) while the average low for the year is 24° Celsius (75° Fahrenheit). The monsoon season, characterized by periods of rainfall and high humidity, begins in mid-May and lasts through September.

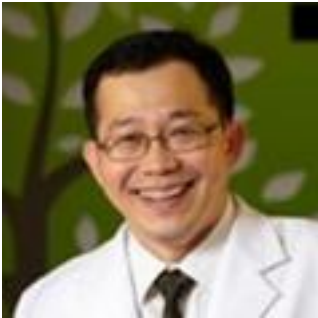
10 Facts About Thailand and Bangkok

What You May Not Know

- Thailand is ranked 20th in the world in population size with a population of 66.7 million.
- The country's currency is the Baht (THB). About 30 Baht is equal to 1 US dollar (USD).
- Thailand's official language is Thai. Its alphabet has 32 vowels and 44 consonants.
- One-tenth of all animal species on Earth live in Thailand.
- Over 11 million international tourists visit Bangkok per year making it world's most visited city.
- Bangkok was previously referred to as the 'Venice of the East' due to its large system of canals.
- Bangkok is home to over 81,000 Japanese, 55,000 Chinese, 48,000 Europeans, 23,000 North, Central, and South Americans, and 5,000 Australians.
- *Travel + Leisure* magazine has bestowed Bangkok with its coveted "World's Best City Award" for three consecutive years from 2010 to 2012.
- The Golden Buddha located in Bangkok's Wat Traimit Temple is the largest gold Buddha in the world and weighs 5.5 tons.
- Bangkok's traditional name is 'Krung Thep Mahanakhon Amon Rattanakosin Mahinthara Yuthaya Mahadilok Phop Noppharat Ratchathani Burirom Udomratchaniwet Mahasathan Amon Piman Awatan Sathit Sakkathattiya Witsanukam Prasit.' It is the longest place name in the world.

Being Better Hospital Medical Staff

Doctors



Torsak Tip-pairote, M.D.

Position: Senior medical doctor, Functional Medicine Physician

Dr. Torsak Tip-Pairote received his medical degree from Chiang-Mai University in 1989, specializing in orthopedic surgery. Twenty years of experience and clinical **practice** in different settings, from NGO hospitals in the Lao PDR, to local government and private hospitals, convinced Dr. Torsak that the conventional practice of medicine is best at helping patients with acute conditions such as trauma, infections, cerebrovascular accidents, etc. Modern medicine has amazing tools at its disposal through prescribing medicine, surgery or other interventions but is less effective in treating chronic illness. Chronic illness requires more understanding of the underlying imbalances in basic physiologic functions, which are all too commonly ignored by the regular practice of medicine.

His training with the Institute for Functional Medicine in the U.S. and subsequent application of the Functional Medicine Model within his clinical practice has helped him find solutions for chronic illness which were impossible when he practiced purely as a conventional physician.

With the Functional approach to chronic illnesses, Dr. Torsak learned he can help patients to understand the causes of chronic illnesses, including environmental, lifestyle and genetic factors that result in functional imbalances; to be able to explain what is going on within the disease process; and to formulate an understandable remedial program for each individual. This has allowed him to aim for restoration of normal function within the body and relief of symptoms, not only just the suppression of symptoms and symptomatic relief.

Dr. Torsak is one of the founders of the Thailand Institute for Functional Medicine, holding the position of Director of Medical Education. He is the founder of Better Being Hospital, the first functional medicine and rehabilitation center in Thailand, while providing consultation to a number of private hospitals in Bangkok, as well as being a lecturer at Mae Fah Laung University.

In the past three years, Dr. Torsak has focused on children with special needs. He has joined the DAN (Defeat Autism Now) program and uses functional medicine and a biomedical approach to help customize the management program for these kids. This program helps to adjust lifestyle and environmental factors, which normally affect the children's individual genetic profiles. By promoting and balancing basic physiologic functions, improvement can be seen in behavioral, mental and developmental problems in special needs children.

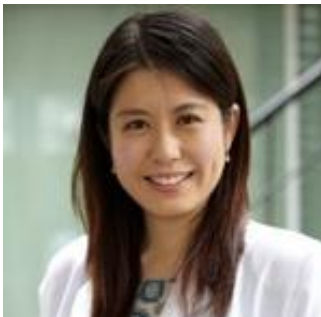


Dr. Worawit Kitisakronnakorn M.D.

Position: Functional Medicine Practitioner, Traditional Chinese Medicine and Acupuncture

Dr. Worawit Kitisakronnakorn is an expert in Preventive Medicine, Traditional Chinese Medicine, and acupuncture. He graduated from Thammasart University School of Medicine in 1999. After graduation, Dr. Worawit has furthered his studies both in Thailand and other countries such as the Board Certificate in Preventive Medicine by the Medical Council of Thailand, Certificate in Traditional Chinese Medicine and Acupuncture by The Shanghai University of Traditional Chinese Medicine, Certificate of Participation in Anti-aging Medicine and Biomedical Technologies by the American Academy of Anti-aging Medicine. (A4M), and the Applying Functional Medicine in Clinical Practice Course by the Institute for Functional Medicine in the United States. Dr. Worawit has also completed a Mini Master of Management from the National Institute of Development Administration (NIDA).

Dr. Worawit has both extensive knowledge and experience in treating patients. In the last 10 years he has specialized in preventative medicine, and has worked as Assistant to the Director of Integrated Medicine, Holistic Health Centre in Piyavate Hospital. He currently holds posts as Assistant to Director of Academic Affairs in the Functional Medicine Association of Thailand (TIMF) and as a director of Better Being Hospital.



Dr. Kusuma Kunawongkrit

Position: Functional Medicine and Rehabilitation Practitioner, Acupuncture Specialist

Dr. Kusuma Kunawongkrit graduated from the Faculty of Medicine, Rama Hospital University in 2002 followed by further study at the Faculty of Medicine, Siriraj Hospital, Mahidol University. After graduation Dr. Kusuma specialized in rehabilitation medicine gaining diplomas in rehabilitation from Siriraj Hospital, Mahidol University. Dr. Kusuma has furthered her studies both in Thailand and abroad in Functional Medicine, aesthetic medicine, Chelation therapy, Traditional Chinese Medicine and acupuncture.

Currently Dr. Kusuma is Head of Department and Professor of Rehabilitation Medicine at Nawamintrathiraj University, and holds the title of Director and founder of the Association of Thailand Functional Medicine (TIMF). She is medical advisor for medical care integration for Better Being Hospital.

Dr. Kusuma is well experienced as a medical expert in Functional Medicine, Rehabilitation Medicine and Acupuncture. Dr. Kusuma has incorporated these various branches of medical science and ways of rehabilitation for the benefit of her chronic illness patients, including those with disorders of the nervous system, stroke patients with paralysis, muscle and bone, and in pain treatment.

Beike Treatment On-site Staff

Coordinator



Iker Elua

Position: Beike Patient Service Coordinator

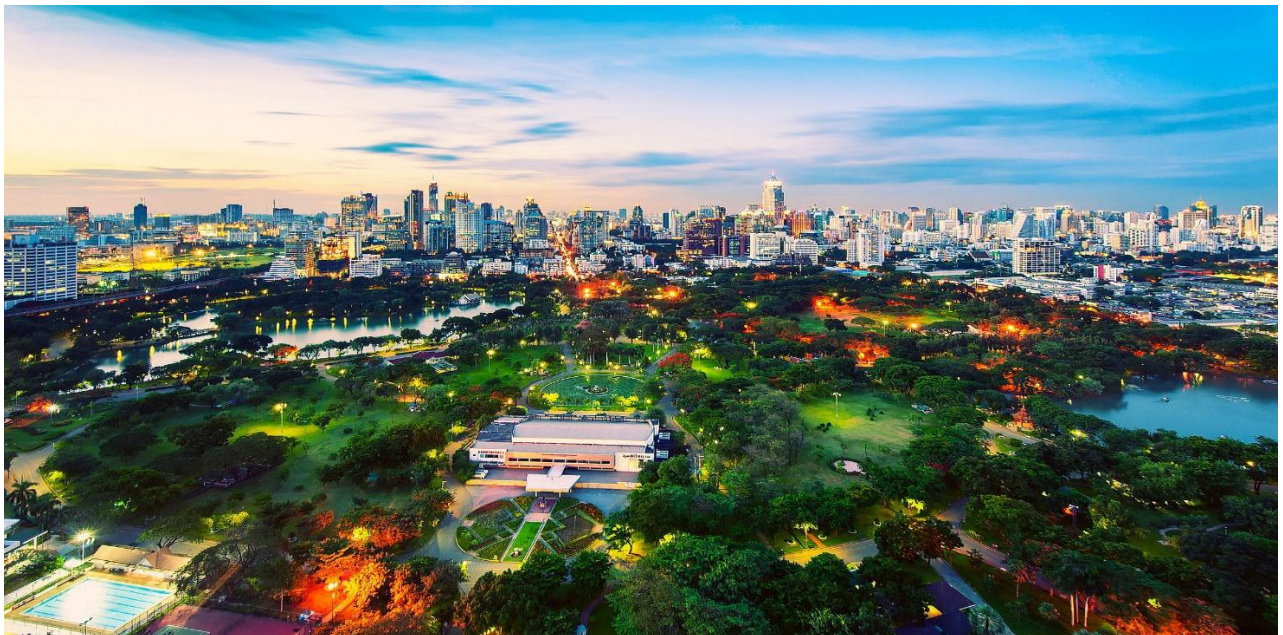
Iker is your 'go-to-guy' for any and all questions regarding Beike Biotechnology treatment.

Iker Elua is Beike Biotech's on-site patient coordinator. Iker has worked with Beike for many years in different roles, and is now bringing his extensive knowledge of Beike treatment directly to aid our patients in their experience.

Iker speaks multiple languages, including English, Spanish, Portuguese, French, German, Italian and Russian among others. This unique ability gives our patients much confidence that they will be comfortable even when being treated in a foreign country.

Iker also lives in Thailand as part of his experience working for Beike in BBH. Iker works alongside the doctors and nurses at BBH so he will be able to help patients from the beginning of treatment to the very end. This also allows him to not only help patients with treatment protocols and rehabilitation, but also the local culture, sightseeing, and other issues that may arise.

Again, please refer to Iker for any questions or concerns you may have. He will gladly see that the treatment experience is an enjoyable one.



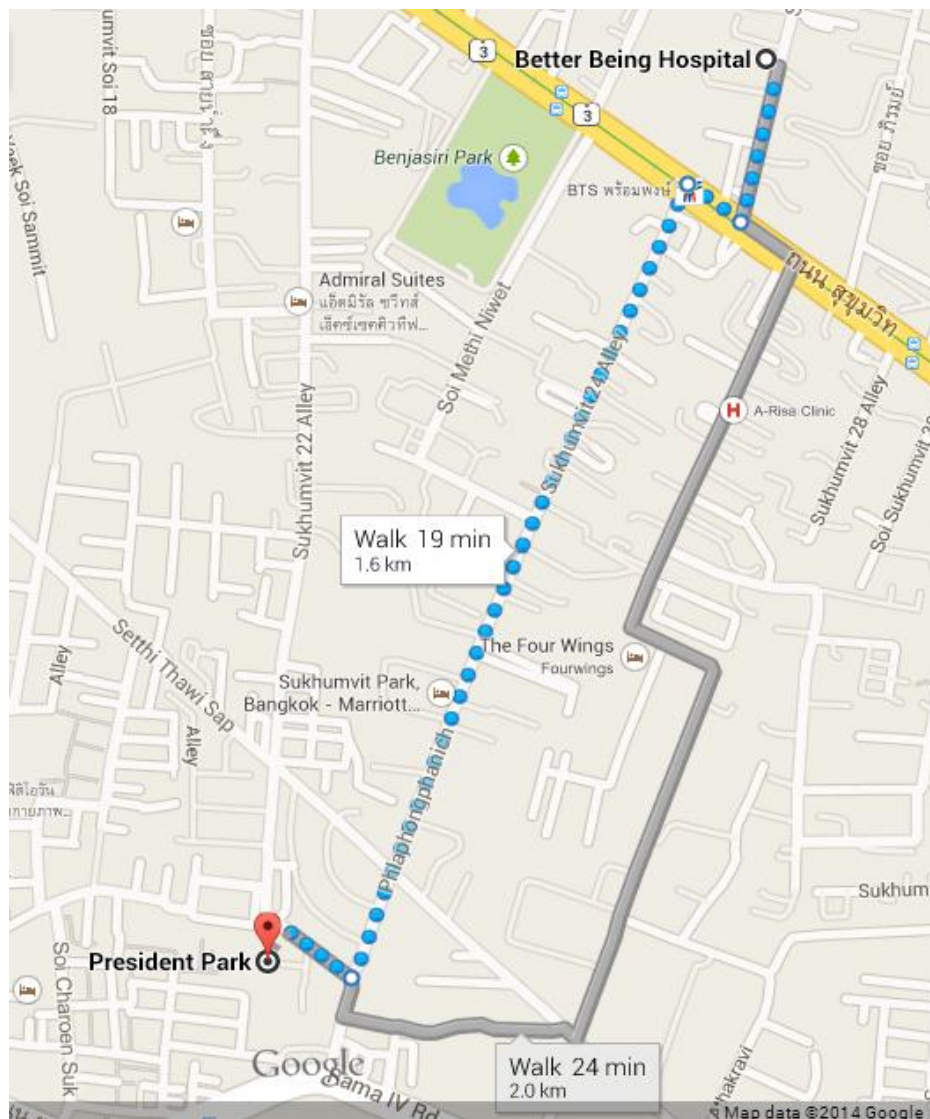
Better Being Hospital

Getting Around

BBH contains doctors' offices, treatment and rehabilitation departments, hydrotherapy pool and patient rooms. In addition to the patient rooms at Better Being Hospital, some patients (if deemed appropriate by the medical staff) may have the option of staying at President Park, a luxury apartment style hotel south of the hospital. Each apartment contains a bedroom, bathroom, living room, TV, kitchenette and other small amenities. As well, there is a laundry service available and washers and driers for a separate price. This building has a swimming pool, fitness center, and international restaurant available to residents. More information about this facility can be found on the following pages.

Better Being staff will schedule a bus for pick-up/drop-off services to and from President Park. Please note that use of the patient rooms at President Park may be an additional cost and should be discussed with your Patient Representative during the booking process.

Just south of BBH by a 5 minute walk is the Bangkok Skytrain Phrom Phong station and also the Emporium Mall, a large mall containing shops, restaurants, cafes, and grocery stores. The area surrounding of the hospital contains numerous hotels, restaurants, parks and international embassies.



Better Being Hospital Main Facility



Patient Room



Patient Room Bathroom



Patient Room Dining Table



Physical Therapy Department



Common Area



Hydrotherapy Pool and Outdoor Area

General Hospital Information

About Your Stay At Better Being

Air Travel

You should schedule your flights so your final destination is the Bangkok Suvarnabhumi Airport. A Better Being staff member will pick you up upon arrival at the arrivals gate and bring you to the hospital. Before arriving, BBH will send you an e-mail containing a Welcome Letter with a phone number in case you may need it. At the airport there will be an immigration officer with a sign waiting for you in order to escort you to our coordinator.

Day 1

The doctor on duty will give the patient a general orientation and basic evaluation within 3-4 hours of arrival. The nurses will show the patient around the hospital. This will include an orientation of the first floor (reception, consultation room, physiotherapy, occupational therapy and nutritional workshop) and second/third floors (patient accommodations). Shortly afterwards, patients will be left alone to rest and sleep.

Day 2-3

Blood Test: Before 8:00 am the nurse will come to take your blood sample for pre-procedure testing following the doctor's order.

Full Physical Examination: Dr. Torsak will have a brief interview with each patient and his team will visit all patients and give everyone a detailed initial assessment. (Patients should bring any medical documents they have with them for this assessment.)

Consulting Physicians: In specific cases, the attending physician might decide to consult the specialists for their suggestions in order to help with treatment planning. Specialists may conduct their evaluations on day two to four after the arrival. The neurologist and rehabilitation doctors are the most frequent consulting physicians for patients undergoing stem cell treatment.

Physical Rehabilitation: This program will start the same day or the day after the initial check-up according to the patient's condition or depending on the rehabilitation doctor's decision. Rehabilitation occurs at least once a day, Monday to Saturday (except on stem cells transplantation days). We recommend patients follow the schedule given to them upon arrival and plan to be at the facility and present for each rehab session.

MRI, ECG, EMG etc. Tests: These examinations may be required on an as-needed basis. All tests conducted upon arrival are included in the price of the treatment. Any additional tests not related to the stem cell treatment may require an additional fee.

Informed Consent: Before the first injection, the coordinators will provide you with the "Informed Consent Document". At this time the patient or legal caregiver should complete and sign this informed consent of treatment. Please inform your patient service representative if you wish to view this form before arrival.

Stem Cells Injection: Normally the first injection will be provided two to three days after the patient's arrival once all examination and laboratory results are received and reviewed by the doctor. Patients will be provided a weekly injection schedule. Injection time is usually from 4:30 p.m. to 6:30 p.m. There is no exact set time.

Other Guidelines

Hospital Kitchen: Opening hours are from 8:00 a.m. to 6:00 p.m., 7 days a week. Patients will have all their food costs included in the price of the treatment. The hospital's nutritionist, will briefly interview every single patient prior to the commencement of the treatment in order to find out your culinary preferences, allergies etc... Moreover, she will make sure the food is adapted to each one of your needs and will also focus on the nutritional value of the servings in order to make sure that the stem cells are in a body that is well nourished. All the meals served are natural and/or organic, meaning that the quality is much better than the one you would find at a normal restaurant. It is by all means a step further than other places.

Laundry Services: If you decide to use the laundry service, the laundry will be picked up and then returned to you within two days. Price is 20 THB per piece (~ \$0.67 USD).

Internet Wi-Fi: The hospital provides free Wi-Fi Internet access. Internet access names are:

BETTER_F1

BETTER_F2

Password: betterbeing

Patients staying at President Park will also enjoy free Wi-Fi. Each room at President Park has its own Wi-Fi and password. Please ask the nurses or President Park staff to give you the password that corresponds to your room.

Voltage: The local voltage may be different from your home country's. Voltage in Thailand is 220 V. While most modern electronics will work at this voltage, some older electronics will not. We suggest you check the voltage of your electronics before your trip and buy a converter from a local store if you have any items that will not work with this voltage. Please ask one of the hospital staff if you need assistance buying one.

International Communication: You might be able to use your own mobile phone to make international calls but in many cases this can be extremely expensive. It is advisable to use an online service such as Skype when calling internationally. For incoming international calls to a patient room, please dial the hospital phone number (+66 2662-84646) and inform the receptionist to transfer the call to the appropriate room number / patient.

Local Communication: Having a locally-working mobile phone can be very convenient, especially in case of emergency so you can call the Better Being staff and get your issues resolved right away. For those who are interested in using a mobile phone locally, there are three ways:

- First, you can bring or rent an unlocked GSM-capable mobile phone from your home country and either enable service from your home carrier for Thailand or purchase a local Thailand SIM card and add minutes in increments of 50 THB (\$1.50 USD), adding more as needed. SIM Cards can be bought at any local 7/11.
- Second, you can ask the hospital staff if they have any mobile phones available to loan and then purchase a local SIM card.
- Lastly, for those who like to shop, you can buy your very own mobile phone. The cheapest phones are about US\$50.

Room Phone: The patient room telephone is for internal hospital use only.

2304 - 3rd floor nurse | 1105 – Nurse's Office | 2102 – Therapist | 1100 – Cashier | 00 - Reception

Money Exchange: There is a Bangkok Bank in The Emporium Mall nearby the hospital where money can be exchanged. Conversion rates for all currencies may vary from bank to bank. Please note that a passport is required when using traveler's checks.

Billing of expenses: The Hospital will provide the billing of extra expenses (excluding packaged items) on a weekly basis. These expenses will be asked to be settled by cash or credit card payment immediately when the total amount reaches 30,000 THB (~ \$1,000 USD) or one day before your departure.

Extra Services and Extra Injections:

Caregivers: During their time in Thailand, patients will need to have somebody to help them during their treatment. If there are patients who cannot come with a close friend or family member to Bangkok, they can hire a local caregiver to assist them. There are two options:

The first option is a trained nurse who speaks fluent English and who will charge up to 150 THB (\$5 USD) per hour.

The second option would be to hire a guide with limited English for 20,000 THB a month (\$655 USD). The service they offer is 24 hours. Please let us know in advance if you would like to hire a caregiver so we can inform the hospital.

Please inform your Beike representative ahead of time if a non-English-speaking translator is needed. Most often these translation services will require an additional fee.

Sometimes the doctors may suggest or a patient may request a form of treatment that is outside the scope of Beike Biotechnology's and the hospital's stem cell therapy program. In these situations, this additional treatment is an extra cost and not included in the initially transferred funds and an additional amount must be transferred. This is also true of any treatments a caregiver wishes to receive. This money can be paid at the time of treatment or it will be charged in the patient's bill of extra expenses.

Some patients may decide to receive more stem cell injections than the amount included in the standard treatment. Please consult with Better Being's doctors and with your Beike patient representative if this is the case. If the doctors agree with your request, the extra injection(s) will be scheduled. Payment for all extra treatments must be received before the treatments can be provided.

President Park

Patient Accommodations



Living Area / Kitchen



Bedroom



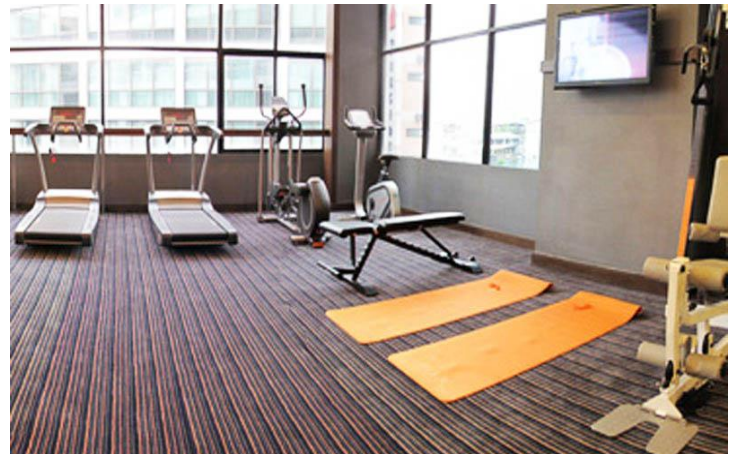
Lobby



Exterior



Pool Area



Fitness Center

Staying at President Park

General Information

During their time at Bangkok, our patients have the option of staying either at BBH or a luxurious room at President Park, a luxury serviced apartment-style hotel, conveniently located in central Bangkok and nearby Better Being Hospital.

President Park is equipped with three (3) types of rooms: Standard Suite, Junior Suite, and a Family Suite. Still, doctors have the final word when arranging the room even though the patients' decision is respected as much as possible. However, patients that need wheelchairs will stay at BBH. You can visit www.presidentpark.com for more details regarding President Park. For any additional charges please speak with your Beike representative.

Standard Room: These apartments are 36 square meters and have their own kitchen, bathroom, small living room, TV etc. It is ideal for groups of 2 adults and one child.*

Junior Suite: These apartments are 57 square meters and offer the same comforts as the other lodgings. As it is much more spacious than the standard rooms, 1 more adult can stay comfortably.

Family Suite: These apartments are a spacious 80 square meters with 2 bedrooms including a master bedroom and king size bed, as well as a twin bed in the other room and a separate living space. It offers the same comforts as the other suites but also includes a washer and dryer. This deluxe apartment can comfortably accommodate 4 adults and 2 children under the age of 10.

*You may request one (1) extra bed free of charge. However, any additional bed will cost 1,000 THB (\$30 USD) per night.

All rooms come with basic amenities such as a DVD player, television, and high speed internet access, as well as a fully equipped kitchenette and bathroom. President Park is a non-smoking facility. There is also a telephone available for international calling but the rate is dependent on the country being called, and the staff must be notified before doing so. Cleaning service is provided daily between 11:00am and 17:00pm.

President Park is an upscale hotel complete with a swimming pool, restaurant, and exercise facility located near the popular Sukhumvit Road, Bangkok's main street. Staying in these rooms during the treatment period may be an option for some patients depending on a patient's diagnosis and medical condition. You may inquire with your Beike Patient Representative during the registration process to learn more about this facilities suitability and cost.

Transportation: Besides airport pick-up and delivery, the hospital will provide the patients with transportation during the days of the treatment so they can go back and forth from the building to the hospital. Other transportation costs are not included in the treatment.

Key Cards: You will receive two (2) key cards per room upon arriving at President Park. This card will allow you access to not only your room but also other facilities within the building. Please leave at least one card with reception when leaving President Park for safety. Please keep this key card safe, as a replacement card will cost 100 THB (\$3 USD). Please return the key card to the staff upon departure from President Park.

Nursing Office and Treatment Room: The nursing and staff offices and treatment room are all located on the same floor. While most treatments will be conducted in the treatment room, occasional procedures such as acupuncture, blood

drawing, and intravenous treatment, will be conducted in the patient apartment. There will be nurses on duty 24-hours-a-day.

Safety Deposit Box: Each apartment contains a safety deposit box. Please keep valuables safe, especially passports and other important documents.

Meals and In-House Kitchen: President Park has full-use kitchenettes located in each room. Even with this kitchen, we recommend patients themselves continue to utilize the healthy meals provided by the Better Being staff throughout the entire stay. Patient meals are served three times a day: breakfast at 8 am, lunch at 12 pm, and dinner at 6 pm. If caregivers would like to eat the same food the patients' have, they are welcome to do so, but he will have to pay an extra price as this expense is not covered by the treatment and should inform the staff at least one day in advance. The prices are as follows: 200 THB (\$6 USD) for breakfast, 400 THB (\$12 USD) for lunch and 400 THB (\$12 USD) for dinner.

Perhaps the patients' caregivers would like to enjoy other the cuisines offered by the large number of restaurants that are in the area. Near the hospital, right in front of the Phrom Phong station there is a Thai place where you can order exotic Thai food for 2/3 US dollars per dish.

If one of our patients would like to enjoy fresh and high quality products, they can always go to the last floor of the Emporium mall right across the Shukhumvit road. Other places along the same road you can find little supermarkets and places to shop for basic goods (Family Mart, Villa Market etc...). Please notice though, that buying Western products will be more costly than buying Thai products, as they are imported.

If you would like to try different types of food, Emporium features a large number of trendy eateries and delis at its food hall. One of its food courts offers a journey through international cuisine. If someone feels slightly homesick, one needs to look around to find a restaurant from nearly any corner of the world (Portuguese, Arabic, American, Vietnamese, Indian, Korean, Japanese, Chinese etc...) plus some fast food chains like Burger King and smoothie and donut stands.

Local Telephone: Each room comes equipped with a telephone which costs 7 THB (\$0.21 USD) per minute to other land lines and 18 THB (\$0.55 USD) per minute when calling mobile numbers. As noted before, international calling is available. Staff must be notified and the price is dependent on the country you are calling.

Laundry: There is an additional laundry service provided at President Park that is 20 THB (\$0.60) per item. However, there are also laundry washers and driers located on the first floor for 30 and 40 THB per use (\$0.90 ~\$1.25 USD).

Wi-Fi Internet: Wireless Internet can be accessed for free in President Park. Each room has one device. Please ask any staff on site if there are any questions.

Public Facilities: President Park contains numerous facilities open to all utilizing the complex. These facilities include: an international restaurant, a swimming pool, and an exercise facility.



About Bangkok City

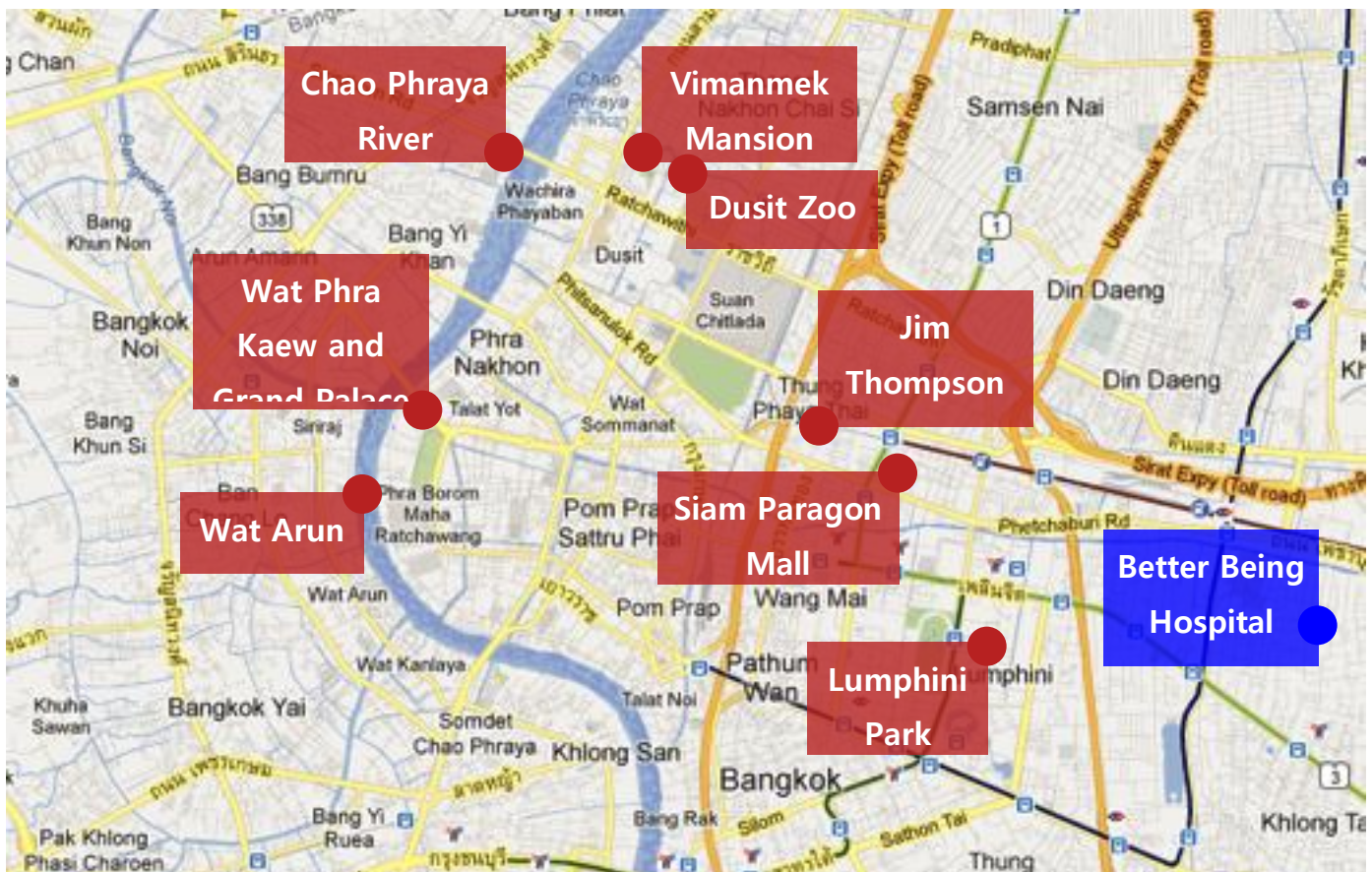
Visitor Information

Bangkok has transformed into Thailand's (and the greater region's) economic, diplomatic, spiritual, and transportation center. There are not only modern attractions, but also very important historical and cultural places. We have recommended on the following pages some of these attractions which patients and caregivers may wish to visit during their time in Bangkok. Hospital coordinators can assist to arrange tours and transportation.

Always consult with the Better Being doctors before taking a patient outside the hospital. Their first concern is always the patient's health and safety and they will make appropriate recommendations. In some cases they may recommend a patient not take part in an outing if they feel the activity or travel may be detrimental to the patient's health. Make sure to have a card on you at all times with the name, address and phone number of the hospital. Also keep the phone numbers for the hospital coordinators.

In some cases it might be required for a caregiver to stay in a hotel outside the hospital. There are many in the hospital's local area (see map on page 4), such as Holiday Inn and Novotel Lotus Hotel. Bangkok is also home to global hotel establishments. Please consult with your Beike Patient Representative when planning travel to Bangkok and they can help you to make an appropriate hotel reservation.

BBH is located one Skytrain stop away from the Nana district, famous to foreigners for its party ambience and its distinct nightlife. We strongly encourage our patients to spend more time in other parts of the city, such as Old Bangkok, the Channels or the Tiger Temple in the outskirts, where one can appreciate the breathtaking beauties, unique wonders and splendid animal life that Thailand has to offer. We are certain you will love it.



Bangkok Attractions



The Grand Palace at dusk

Grand Palace

Since 1782, the Grand Palace has been the historical home of Thailand's monarchy. The Palace lies along the banks of the Chao Phraya River and is a huge complex consisting of ceremonial halls, pavilions, courtyards and gardens. The Palace is currently used for state events and functions and is one of Bangkok's (and Thailand's) most popular tourist attractions.



A Bangkok subway station is located next to Siam Paragon

Siam Paragon Mall

Siam Paragon is one of the largest shopping complexes in all of Asia. It contains upscale shops, an 8,000 square meter international grocery store, foreign restaurants, movie theater, Kempinski hotel, and even its own aquarium theme park. The mall can be easily accessed by taxi or subway.



Wat Arun

The Wat Arun is located on the Chao Phraya River across from the Grand Palace and is considered one of Thailand's most beautiful and well-known temples. Many structures in the temple's complex date back 400 years. The main spires, built in the 19th century, rise to a height of about 80 meters.



Chao Phraya River

The Chao Phraya River runs through the center of Bangkok and is a major transportation artery with numerous cross-river ferries and water taxis. Tourists may take a trip on a large, comfortable tour boat with guides who will point out historical attractions along the river.



The main mansion building

Vimanmek Mansion

This mansion is a former royal palace and was constructed 1900. It was transformed into a museum in 1982 to commemorate King Rama V and to also showcase Thai national heritage. It has become a popular tourist attraction with guided tours in English. Please note there is a dress code required for entry (no shorts, ripped jeans, or T-shirts).



Children help feed an elephant

Dusit Zoo

The Dusit Zoo is the oldest in Thailand and was originally built as a private garden by King Rama V. It is a popular tourist attraction for both locals and international tourists. Dusit Zoo is known for its wide variety of exotic animals.



Lumphini
Park from
above

Lumphini Park

Lumphini Park was created by King Rama VI in the 1920s. In a crowded capital city, the Park offers its residents a large, quiet, peaceful area for walk and relaxation. At 142-acres, it contains numerous paths, playgrounds and a large lake on which visitors can rent small boats. During winter time, the park is home to live concerts and festivities.



Inside the
Jim
Thompson
House

Jim Thompson House

Jim Thompson was an American businessman who in 1959 completed construction on his new residence. This home combined six traditional Thai-style houses and became a place to display his large Southeast Asian art collection. It is now a museum and a very popular tourist attraction.

Tips for Visiting Bangkok

Keep These in Mind

Organizing Little Trips/Traffic

Most of our patients will love the idea of traveling to a foreign country and facing the excitement of living a new experience with a completely different culture. Bangkok is the kind of city for those who appreciate a mesmerizing and vibrant blend of South East Asian cultures. It is not surprising therefore, that Bangkok has already become world's most visited city by international tourists.

We understand that visiting the city is a desired activity for our patients and we invite them to see what it has to offer during their spare time. The best way of moving around Bangkok is with the metro and the Skytrain. Nonetheless, as some parts of the city cannot be reached with public transportation, you might want to take a taxi or a Tuk-tuk. Please make sure the taxi meter is on and negotiate the price with a Tuk-tuk driver before getting in his vehicle. Expect to pay 100/120 THB per ride (\$3.50 USD). The staff at the hospital can help you book a taxi for the whole day. They will make sure to bring down the price and to make it affordable for our patients. Another option that is also available to our patients is the possibility of contacting an agency that offers rides all over Bangkok with an English speaking guide for 1,500 THB (\$49 USD).

If any of our patients needs a special type of vehicle because of his/her condition, the hospital can provide them for a fixed price of 4,000 THB (\$134 USD) per day. The vehicle would be a special hospital van adapted to the needs of the patient, such as electrical wheelchairs.

The city's roads are very busy with cars, taxis, buses, bikes and small three-wheel Tuk-tuks. As always, use caution when crossing the road. Often you will see a bicycle, scooter or Tuk-tuk come out of nowhere. While you may see many people crossing the road in the middle of traffic, we recommend you stick to the sidewalks and crossways. Be aware and be careful!

Taxis

Besides the Bangkok subway system, metered taxis are generally considered the next best way to get around town. While there are numerous other transportation options such as Tuk-tuks, taxis are safer and easier to use. It's usually very easy to find one and they are reasonably cheap. Always insist that the driver use the meter. If the driver refuses to use the meter, claims that your destination is closed or doesn't know where the destination is, simply get out of the taxi and find another one. We recommend you keep a piece of paper with you at all times with the name and address of the hospital, as well as the hospital's contact phone number.

Bargaining

Many small markets will allow customers to bargain over the price of goods. Before you commit to buying something, walk around and get a feel for the pricing at other stalls. Don't feel too pressured by the salesmen and remember that you can always walk away.

Touching

In Thailand, a person's head is considered the home to their soul and spirit and Thai people are very careful not to touch the head and hair of another person. Touching a non-family member's head, even a child's, can be considered ill-mannered and even insulting. It is best to apologize if you touch another person's head by accident.

Tourist Scams

Be vigilant when in tourist-heavy areas and watch out for scams. For example, be wary of anyone offering to take you on an all-day tour for a very low price; these guides will simply take you to local gem shops so they can receive a commission from the shop owner for your visit. Make sure to plan your trip into the city with the coordinators at the hospital.

Food and Water

Avoid drinking water from the tap; always drink bottled water. It is also recommended for caregivers and especially patients to stay away from street food. While it may be very tasty, there is a potential for tourists to get sick eating it. Keep to eating at the hospital, hotels, and restaurants.

Mosquitos

Being located in a tropic climate, one of the first differences tourists may notice upon arrival is the prevalence of mosquitos. Make sure to use plenty of effective mosquito repellent when traveling outside around the city and wear long-sleeves if the weather isn't too hot.



Departure and Post Therapy

What to Remember

Departure Checklist

1

Complete the Online Forms. Our coordinator will provide you with the links to the Patient Satisfaction Evaluation

2

Where Are Your Passports? Make sure you have your passports. These contain your visas and are necessary for your departure

3

Take Your Valuables. Make sure you have everything packed. Alert our coordinators if you wish to leave an item that other patients can use in the future.

4

Confirm Your Flights. Confirm your flights a few days before departure. On the day of departure, call to make sure the flight is not delayed.

5

Don't Take Hospital Property. Make sure all hospital property, including phones, towels, DVD players, pitchers, glasses etc... remain in the room or therapy ward.

6

Request Paperwork. Request that the staff give you any needed paperwork such as a discharge report, PT reports, receipts and/or any other documents.

7

Alert Staff of Your Departure Time. Make sure the staff knows when you are leaving so they can arrange transportation to the airport.

8

Say Goodbye! Please keep in touch. E-mail us and keep us updated on you or your family members' progress.

Post Therapy - Stay Healthy!

By now, the stem cells in your body should have started to take effect. In the past few weeks you have made a huge monetary, time, and emotional investment. You need to protect this investment. Thus, staying healthy through proper nutrition and exercise is very important. Also, the stem cells are immature and vulnerable at this stage. You need to be healthy and fever-free for the next couple of months. If you have a fever, make sure to use fever-reducing medications such as Tylenol or Acetaminophen. It is important to eat right and stay fit and healthy. Your stem cells need good nutrition and oxygen to thrive. Avoid junk food and sugar. Exercising, including physical therapy helps increase your body's blood circulation. In the six months after therapy, it is recommended that you refrain from smoking cigarettes or drinking alcohol. In addition, please take all necessary steps to stay away from people who are sick or might be sick. Try your best not to expose yourself to any illnesses. It's better to be safe than

Medical Follow up Program - Tracking Progress

Upon discharge you will be given a letter and a schedule detailing the medical follow up program. Your participation in this program is very important to Beike as it will enable us to better understand the short and long term benefits of stem cell treatment and improve upon our current treatment protocols. You can let our follow up team know at any time if you wish to opt-out of this program and not receive any more emails or phone calls from them.

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