

- ❖ Myths & Superstitions
- ❖ Traditional Systems of Medicine
 - Ayurveda
 - TCM
 - Koryo (Korea)
 - Acupuncture – Moxibustion
 - Yoga
 - Traditional systems in Indonesia
- ❖ Healing Foods
- ❖ Public Health Systems – a comparison
- ❖ Medical Tourism in India & Thailand
- ❖ The normalization of plastic surgery
- ❖ Singapore as regional health hub
- ❖ Luxury Spas to dream about
- ❖ Singapore's Health System
- ❖ Shamans
- ❖ From ancient to modern – techniques that have evolved (trepanning (drilling holes in the head), leeches, maggots, cataract surgery, etc.)
- ❖ Un-Healthy fads – foods, treatments and practices that have gone from must do to don't do or vice versa
- ❖ Circumcision in Asia
- ❖ Historical Pandemics in Asia
- ❖ From Folk to Pharma
- ❖ Steroids – good or bad?
- ❖ Public Health Campaigns
- ❖ Mental Health – PTSD, self-harm, anorexia, etc.
- ❖ Genetic Disorders - Cystic fibrosis, Down syndrome, Marfan syndrome, etc.
- ❖ Is Old Age a disease?