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Oonjai



เลือกเส้นทางสุขภาพ

Discover your wellness journey

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Oonjai

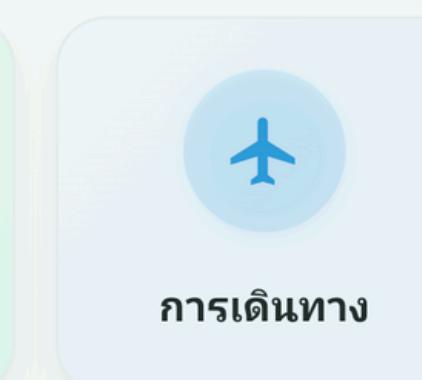


เลือกเส้นทางสุขภาพ

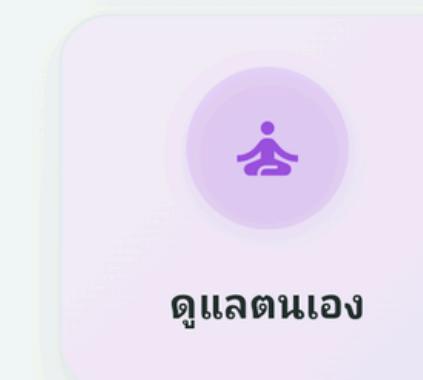
Discover your wellness journey



อาหาร (Eating)



การเดินทาง



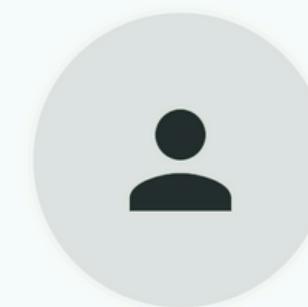
ดูแลตนเอง



ยาสมุนไพร

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Profile



Profile Photo

Personal Information

Name

Mr.Franco

Email

san12345@gmail.com

Date of Birth

19/9/2000

Day of Week

Tuesday

Element

Wind

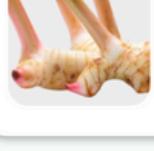
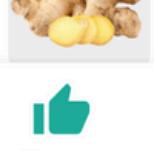
Account

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← Eating Guide

-  Lime leaves Great
-  Black pepper Great
-  Coriander seeds Great
-  Cumin seeds Great
-  Galangal Great
-  Garlic Great
-  Ginger Great

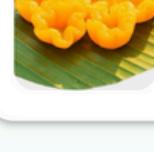
Great Avoid Suggestion Favorites

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← Eating Guide

-  Cake Avoid
-  Cookies Avoid
-  Foi thong Avoid
-  Ice cream Avoid
-  Mango sticky rice Avoid
-  Thong yip Avoid
-  Thong yot Avoid

Great Avoid Suggestion Favorites

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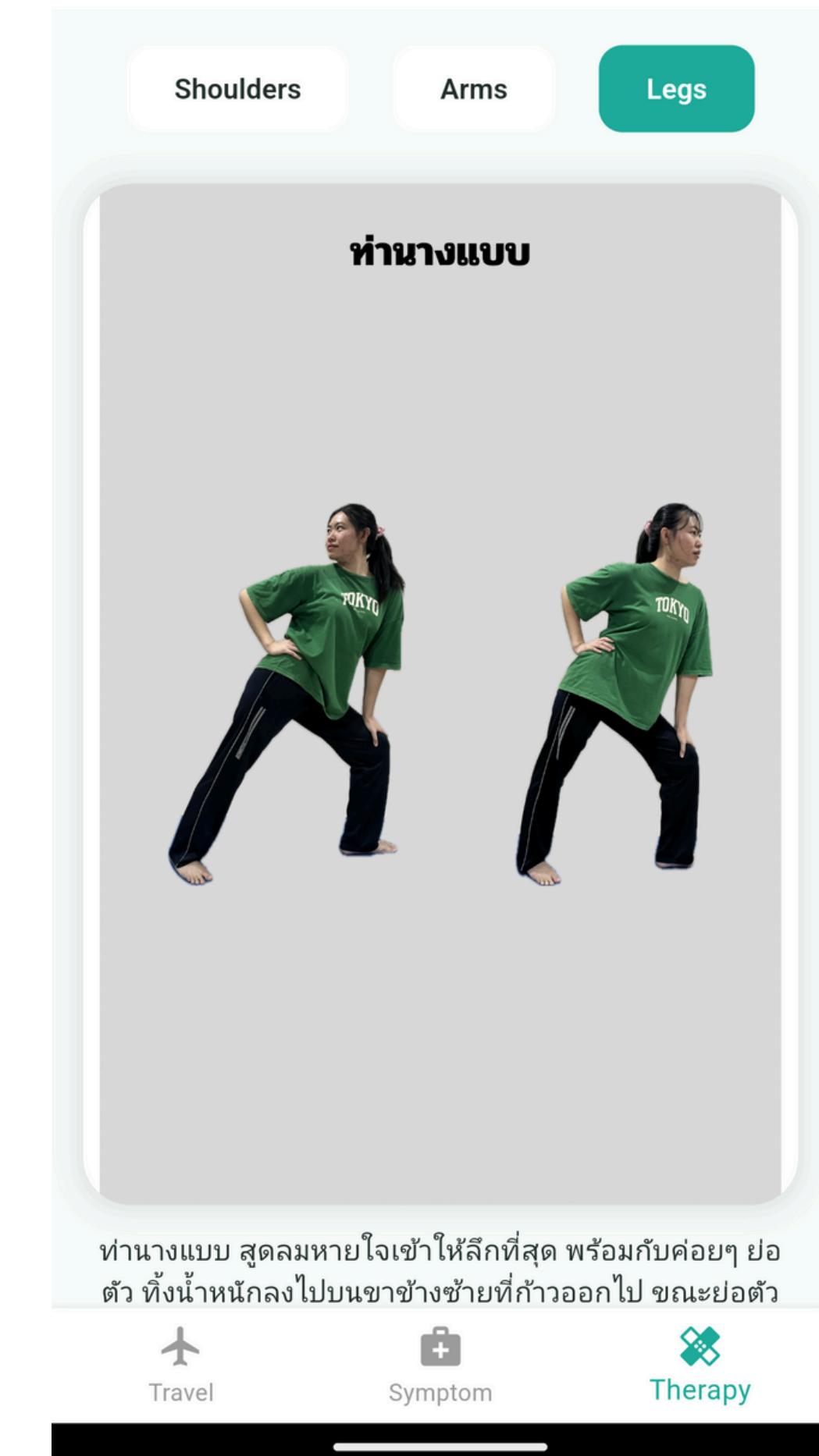
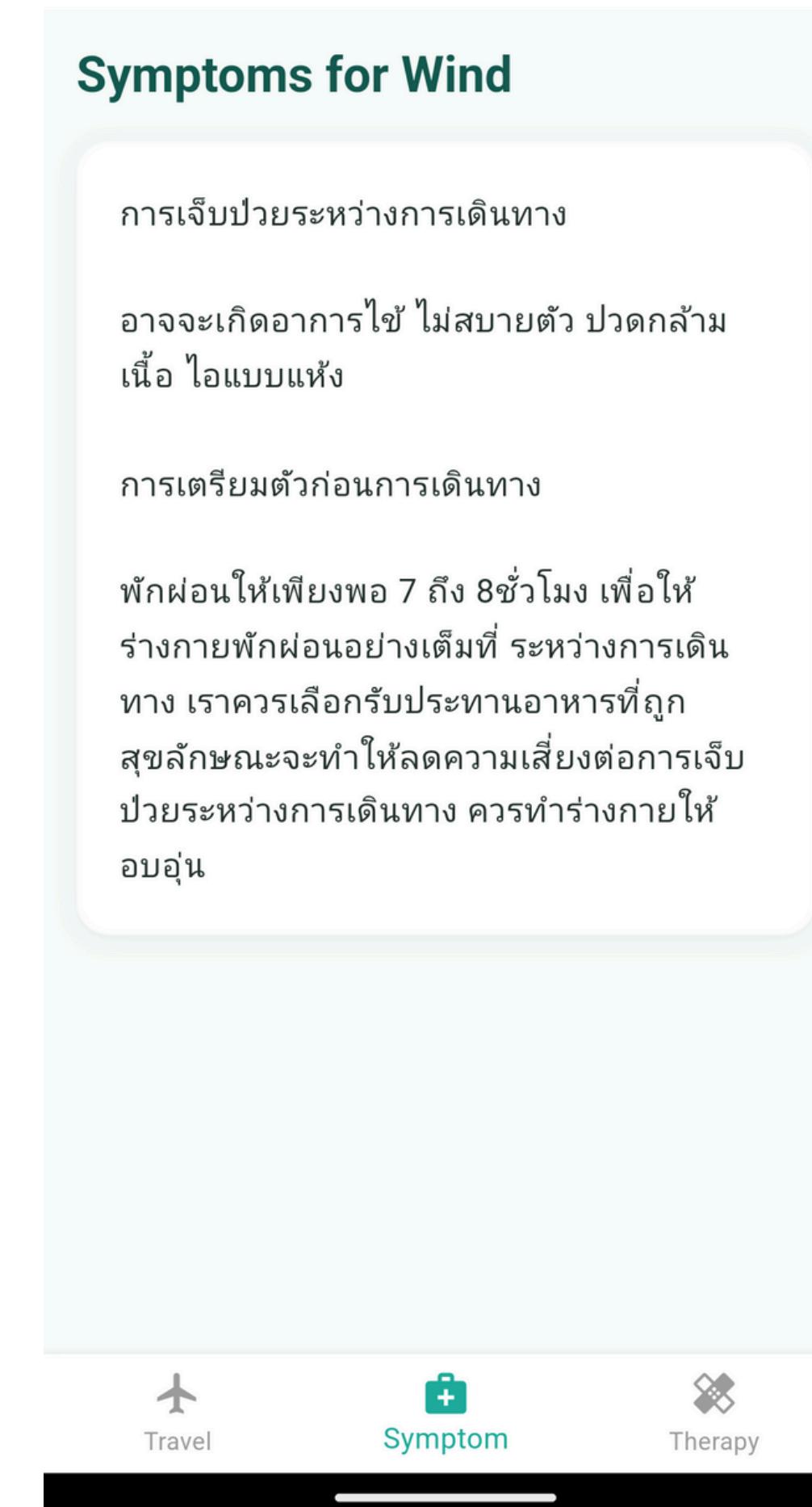
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← Eating Guide

-  BBQ Suggestion
-  Black pepper Great

Great Avoid Suggestion Favorites



← Self-Care

Self-Care for Wind



Mindfulness

Practice daily meditation and

← Self-Care



Mindfulness

Practice daily meditation and breathing exercises to maintain balance.

Physical Activity

Engage in gentle exercises that align with your element energy.

Nutrition

Choose foods that support your element balance and overall wellness.

Rest & Recovery

Ensure adequate sleep and rest periods to maintain energy balance.

