



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

ANTIBIOTIC OPTIONS

with Andrea Thorpe, L.Ac.

Thursday, July 30, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

During this in-depth discussion, you will gain knowledge about the pros and cons of using antibiotics. Learn how the effective use of Traditional Chinese Medicine can result in a decrease in the need for antibiotic medication.

Limited seating. Call to RSVP: 310-917-2200

BENEFITS OF ACUPRESSURE & TUINA BODYWORK

with Edsel Tan, L.Ac.

Tuesday, August 18, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Learn the basics about this ancient Chinese healing modality. Observe an acupressure demonstration on the back using techniques that can be applied to friends and family.

Limited seating. Call to RSVP: 310-917-2200



ANNOUNCEMENTS

YO SAN UNIVERSITY APPOINTS NEW PRESIDENT

Lawrence J. Ryan, Ph.D.

Dr. Ryan brings an extensive professional background at institutes of higher education and in psychology. Under his leadership, YSU will establish a new doctoral program in Traditional Chinese Medicine.

JULY DETOX RETREAT AT TAO OF WELLNESS

July 17, 18 & 19, 2009

Activate your body's powerful cleansing systems to eliminate toxins that prevent you from being strong, healthy and vital.

Details: www.taoofwellness.com

Limited space. To register: 310-917-2200

TAO OF WELLNESS

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Santa Monica, CA 90401

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www.taoofwellness.com



IS MALE FERTILITY ON THE DECLINE?

by Andrea Thorpe, L.Ac.

With the focus of infertility being so heavily placed on the female members of our population, it is surprising to hear that male infertility accounts for 50% of infertile couples. What is more surprising is that a recent study conducted in Scotland on 7,000 men showed that sperm counts have decreased by 30% since 1989. There appears to be unanimity within the medical scientific community with respect to sperm counts: they are on a downward trend worldwide. So why is this happening? Let's look at some possibilities.

In a significant number of cases of male infertility, there is a condition called *varicocele*. This is primarily a testicular disease which compromises blood circulation to the testicles. While no single cause for varicocele has been identified, some would argue that a more sedentary lifestyle could be a strong contributing factor.

CELL PHONES! Yes, believe it or not, sperm don't like radiation. A recent study conducted on American men who used their cell phones more than four hours a day showed lower sperm counts compared to men who used their phones less frequently. Note that most men carry their cell phones in their pockets, which constantly exposes sperm to low levels of radiation. So, even

when not in use, cell phones may be hazardous to reproductive potential.

DIET: The importance of what you eat cannot be over-emphasized. Heavily processed foods, caffeine in astounding volumes, alcohol, uppers and downers that affect the central nervous system, all directly affect the quality and quantity of sperm.

SEXUALLY TRANSMITTED DISEASES (STDs) such as *chlamydia* are on the rise, namely due to larger numbers of young women using hormonal birth control. Chlamydia is often a silent fertility killer as most couples are unaware they have the infection until they try to reproduce. Chlamydia creates inflammation of the *epididymis*, which is where sperm are stored. Inflammation has a direct impact on sperm quality.

DRUGS, both recreational and prescribed drugs such as antidepressants, have an effect on sperm function and morphology. Simply imagine someone swimming after a few drinks. Well, your sperm would be doing the same!

The moral of this story is to lead a very moderate lifestyle, eat whole foods, keep your cell phones out of your pockets, get checked out for STDs and keep swimming! ■

Prostate Health and Chinese Medicine

Traditional Chinese Medicine associates hyperplasia of the prostate with damp heat and kidney deficiency. After the age of 40, men's vital energy in the kidney system decreases, resulting in a disturbance of the sex hormones. Sexual energy decreases, affecting circulation in this area and the function of the prostate. To compensate for the decline of prostate function, men in China have historically used *Continued on reverse side*

Prostate Health and Chinese Medicine

Continued from front side

acupuncture treatments to improve the circulation and energy in the prostate.

The American Cancer Society classifies prostate cancer as the most common form of cancer among U.S. men. If you are a man over the age of 40 and prostate cancer runs in your family, it is advisable to monitor your Prostate Specific Antigen (PSA) levels. A PSA blood test measures the level of a protein released by prostate cells which can reveal prostate growth and sometimes cancer. At Tao of Wellness, we have had many successful cases of normalizing elevated PSA levels. Kidney essence revitalizes the prostate so that it becomes capable of self-regulating toward normal functioning.

To help nourish the prostate, Chinese medicine encourages men to eat more nuts, seeds, pumpkin, mushrooms and berries. Managing stress, regular exercise and massaging the prostate are also vital for maintaining prostate health. Besides Chinese and Western herbs such as *saw palmetto*, many delicious foods help maintain a healthy prostate because they contain *lycopene*, a prostate protective antioxidant. These foods include watermelon, pink grapefruit, guava, papaya, apricot and cooked tomatoes. ■

WELLNESS SHOP



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These Chinese herbs help with impotence. After long-term illness, this formula warms Kidney Yang and replenishes energy. \$19.95, capsules
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1131 Wilshire Boulevard, Suite 300
Santa Monica, CA 90401



HERBS PROMOTE HAIR RESTORATION

Every day, we normally shed up to 125 hairs. We are familiar, however, with the comic character who runs around and pulls out his hair while enduring a stressful situation. You may be amazed to learn there really is a connection between stress and hair loss.

Stress restricts the flow of chi (energy) and blood to the scalp. The severe stress of major surgery or illness can cause hair to stop growing and shift into a resting phase. Two or three months later, the resting hairs suddenly begin to fall out. Stress can also trigger a type of hair loss in which white blood cells attack the hair follicles and halt hair growth.

As we get older, both men and women experience some hair loss. It is a normal part of the aging process and often runs in families. Characterized by a receding hair line and baldness on the top of the head in men, hair loss in women takes the form of a general thinning of the hair.

Both men and women produce the hormone *testosterone*. Because of interaction with an enzyme, testosterone can be converted to DHT, which shrinks hair follicles. This causes the membranes in the scalp to thicken, become inelastic and restrict blood flow. When the follicles atrophy, hair falls out and usually is not replaced. Since men produce more *testosterone* than women, they experience

more hair loss. Areas of the scalp that are completely bald no longer have live follicles. Areas with shorter, fuzzy, fine hairs still have live follicles that may respond to Chinese herbal remedies.

In Chinese medicine, healthy hair depends on an abundant flow of chi and blood to the scalp. Blood is produced through the digestive process, and blood deficiency can be caused by dietary or digestive insufficiencies. Hair loss is also linked to kidney deficiency syndrome.

Chinese herbs have been effective in promoting hair growth by balancing hormones, restoring kidney energy and directing nourishing blood to the scalp. The main Chinese herbal remedy is *he shou wu*, which strengthens the hair, increases blood production, and may reverse graying. Herbs such as *saw palmetto* and *licorice root* help block the formation of DHT.

Whole foods, particularly the outer skin of plants such as potatoes and cucumbers, as well as green and red peppers and sprouts, give strength to hair because they are rich in the mineral *silica*. Evening primrose, flaxseed and fish oils help prevent damage to the hair follicles. To increase circulation to the scalp, try tapping with your fingertips or giving your scalp a stimulating massage. Please talk with your doctor at Tao of Wellness if you have concerns about hair loss. (For products, see *Wellness Shop*.) ■

APPLYING YIN AND YANG to Food and Health

In Chinese philosophy, there are two main categories of natural energy: Yin and Yang. The universe is an integration of these two interacting, mutually assisting and also some what opposing forces. All life appears to be made of opposite yet complementary aspects: dark and light, cold and hot, receptive and creative, female and male, and so forth. Yang is the primary mover, the productive, the expansive while Yin is recessive, the cooperative, the sustaining. When Yang moves, Yin becomes apparent, as these two energies cannot exist separately.

This principle of energy applies to the external world as well as inside our bodies. In Chinese medicine, Yin and Yang are often referred to as the body's water and fire. Applying these principles to the body, we can determine whether a person is a Yin, or *cold type* or a Yang, or *hot type*.

We can also determine the energetic properties of foods, whether they are cooling or warming. To maintain balance, a cold type person needs relatively more Yang, or warming foods, and a hot type person needs relatively more Yin, or cooling foods. Yin and Yang also apply to the organs of the body based on whether they are solid (Yin) or hollow (Yang). Given the opportunity to heal, the body rebalances itself. Traditional Chinese Medicine assists the body in healing but does not interfere with the healing process.

To learn more about the principles and practice of Chinese nutrition, read *The Tao of Nutrition* by Dr. Maoshing Ni and Cathy McNease, where you'll find nutritional remedies for common ailments. (Available at Tao of Wellness or taostar.com) ■