



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

THE EIGHT LITTLE TREASURES: CHI GONG FOR FERTILITY & VITALITY

with Andrea Thorpe, L.Ac.

Thursday, November 12, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Benefit from this introduction to the Eight Treasures—ancient meditations through movement—designed to tap into your deepest and purest energy. Limited seating. Call to RSVP: 310-917-2200

MEDITATION FOR PEOPLE ON THE GO with Edsel Tan, L.Ac.

Tuesday, December 15, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

To increase serenity and improve mind/body health, learn a 15-minute sitting and standing meditation that fits into a busy schedule. Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

FACE & BODY REJUVENATION RETREAT

November 13 & 14, 2009 | Tao of Wellness

Rejuvenate your body and skin while refreshing your spirit! Experience revitalizing treatments that enhance your youthful essence. Learn about nutrition, movement and meditation.

Details: www.taooftwellness.com
Limited space. Contact: 310-917-2200

TELECONFERENCE CALL WITH DR. MAO

Sunday, November 22, 2009

7 a.m. - 8 a.m. PST | (712) 432-1001

Access Code: 485547881#

Listen to an hour-long lecture & email questions to: terridara@gmail.com
Info: Terrie at 858-405-9991

CHI GONG FOR BETTER HEALTH

November 5 - December 10, 2009

Yo San University | Thursday, 5 – 6 p.m.

Learn the Eight Treasures chi gong movements that strengthen the body, developing balance, flexibility and energy. Registration/information: 310-577-3000

TAO OF WELLNESS

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www.taooftwellness.com

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WHAT MAKES YOUR IMMUNE SYSTEM STRONG?

by Andrea Thorpe, L.Ac.

Scientific research now points toward knowledge that Chinese medicine has explained for thousands of years: 80% of your immunity potential lies in your gut. Studies indicate that a balance between good and bad bacteria in the large intestine is a significant determinant of your ability to ward off colds and flu.

Chinese medicine considers the large intestine and the lungs as a single organ system, and the health of one organ has a direct impact on the functioning and effectiveness of the other. Why are the large intestine and the lungs so important to a person's immunity?

First, let me explain the common cold and the flu according to Chinese medical theory. While the concept of viruses and bacteria is recent in medical history, for thousands of years the Chinese observed how the incidences of colds increased during seasonal changes. They determined that the body was being invaded by external, or Wind, pathogens. How does this relate to the lungs?

The lungs are vital to the body's ability to ward off a Wind invasion. By circulating a

refined fluid (*Jin Ye*) in the space between the skin and the muscles, the lungs convey protection to the skin. The lungs are also in charge of opening and closing skin pores, a crucial function because the skin is the first organ Wind contacts. Sudden changes in temperature and humidity, such as the Santa Ana winds that sweep through Los Angeles in the autumn, require the lungs to work with extra zeal to protect the skin/pores and stop the entry of Wind into the body. (Wearing clothing such as a windbreaker also helps protect the skin.)

Now let's see how the large intestine gets involved. The ancients wrote, "...when the skin is *thick*, the large intestine is *thick*..." Thickness means constipation or that the colon is backed up. The large intestine promotes healthy defenses by absorbing fluids and sending them back up to the lungs to be circulated to the skin. If the large intestine is *thick*, or constipated, this function is compromised and the skin becomes dry and devoid of protection. To conclude: keeping the bowels healthy and avoiding *thickness* makes your immune system much, much stronger. ■

WATER ELEMENT BALANCES FIRE, INSIDE & OUT

In Chinese medicine we always seek balance, in nature as well as within the human body. As the Fire element was recently predominant in our environment, its complementary element, Water, was needed. If the Fire element in our body, represented by the Heart, is too strong (manifesting in insomnia, anxiety or heart

disease), the Water element, represented by the Kidney, needs to be strengthened.

Kidney, with a capital K, refers to the Kidney system rather than to the specific organ. In Chinese medicine, Kidney, Heart, Liver, Lungs and Spleen

(Continued on reverse side)

WATER ELEMENT BALANCES FIRE, INSIDE & OUT

(Continued from front side)

do not refer to the actual organs. Because Chinese medicine is holistic, the function of the organs has a broader definition that includes the relationship with the other organs.

The primary function of the Kidney is to store and control our “essence,” or *jing*, the foundation of chi, or energy. Kidney Yin is responsible for restoration and revitalization. In the drama of an over-stimulated life, we may fail to refresh our core vitality, which causes Kidney Yin Deficiency. Symptoms include soreness of the lumbar region and knees, dizziness, hearing problems and dry mouth.

Fortunately, a key piece of building Kidney Yin is nutrition. First, drink plenty of water. Eat beans, as they are seeds and have new life potential. The colors blue and black correspond to the Kidney element, so blueberries and blackberries are recommended. Also eat fish, pumpkin, black sesame seeds, walnuts, eggs, millet and green leafy vegetables. Since salty is the flavor that correlates with the Water element, foods such as sea salt, miso and tamari are beneficial.

Try planning a Kidney Yin-building day by avoiding distractions and getting in touch with your inner self. Take time to be aware, to breathe, to walk and to meditate. You can harmonize your inner emotional fires by creating inner “rain” or stillness. ■

WELLNESS SHOP



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OUR HEALING TEAM WELCOMES Two New Fellowship Recipients



MARC A. GOMEZ,
L.Ac., MATCM, Dipl. O.M.,
Dipl. C.H.

MARC GOMEZ, L.Ac., received his Master's degree in Acupuncture and Traditional Chinese

Medicine (TCM) from Yo San University, having completed an internship in Integrative Pain Management at the Venice Family Clinic. During his graduate studies, Marc learned Japanese Hara Work, an abdominal massage technique which is used for reproductive, digestive and detoxification conditions. He recently returned from Chengdu, China, where he completed a postgraduate residency program with a focus on TCM gynecology/reproductive medicine and integrative oncology. Marc holds a Bachelor's degree in Arts and Humanities from the University of Texas at Dallas.

An avid environmental naturalist, Marc has been involved in a number of nature restoration/preservation programs and green organizations. Marc is a humanitarian and has worked with children in positive self-esteem development. His interest in psychology and energy led him to study Jungian psychology, chi gong and tai chi. As a Certified Instructor, Marc will be available for private instruction in chi gong and tai chi focusing on prescriptive exercises for patients' specific health conditions. Marc brings many talents, and we are happy to welcome him to our healing team.



THOMAS BOLDT,
L.Ac., MATCM

THOMAS BOLDT, L.Ac., grew up in Philadelphia and graduated from Dartmouth College in New Hampshire. Due to

extensive traveling, he became conversant in French and Spanish. When he settled in Los Angeles to embark on a career in Marketing Consulting, he suffered an injury and was eventually introduced to acupuncture and Chinese medicine. After two months of treatments, he recovered and was able to avoid surgery. Tom became enthralled with Chinese medicine and after thorough research, attended Yo San University where he graduated with honors and a Master's degree in Acupuncture and Traditional Chinese Medicine.

Tom comprehensively studied tuina, acupresure, shiatsu, deep tissue massage and medical chi gong for sports injuries and pain conditions. To educate the public, he presented health seminars and applied his writing skills to literature on Chinese health and Taoist philosophy by Drs. Hua-Ching and Maoshing Ni. Recently, Tom worked as an acupuncture physician on luxury cruise ships plying the seas of Northern Europe and the Caribbean. He specialized in acupuncture, Chinese medicine, tuina, chi gong and nutritional counseling and will be offering those services at Tao of Wellness. Multi-talented, Tom is a welcome addition to our healing team.

TREAT THE FLU VIRUS NATURALLY

Can you grow onions or cilantro? If so, you can grow medicine! Both these plants have antiviral properties, as do sage, rosemary, garlic and ginger. The flu is a virus that mutates into different strains such as H1N1, SARS and avian flu. Tamiflu, a drug that has been used since 1999 to treat flu symptoms, is made from star anise, an antiviral plant found in Chinese herbology. Because of extensive studies, China has a wealth of knowledge about antiviral and antibacterial herbal medicines that have immune-boosting qualities. Effective herbal treatment of H1N1 using medicinal herbs has been found to provide shorter recovery times at less expense.

Viruses are virulent enough to cause pandemics, as they undergo mutations that evade immunity acquired from previous infections or vaccinations. Bacteria are stronger and more resistant as a result of the widespread use of antibiotics used by poultry and meat-producing industries. The medical practice of over-prescribing antibiotics may contribute to the rise of “super-bugs.” Another factor in the increased risk of disease transmission is our overcrowded lifestyle and global jet travel.

NATURAL REMEDIES FOR COLD AND FLU

The first remedies for cold and flu are preventive measures like washing your hands frequently and washing your face at least twice a day. Avoid drafts and air-conditioning. Protect your upper back and neck area, as this is where most colds attack the body.

When flu symptoms first appear, drink scallion and ginger tea and lots of liquids. Inhaling the vapors of eucalyptus, oregano, and lavender tea is recommended because they produce antibacterial, antiviral, and decongesting effects. Sweet potatoes, shitake and reishi mushrooms help optimize your body's immune function.

The following healthy lifestyle choices are especially necessary during the flu season:

- Avoid crowded and poorly ventilated environments
- Reduce stress and maintain equanimity
- Get plenty of rest and sleep
- Eat a healthy diet
- Exercise
- Keep away from people who are sick
- Take immune-strengthening herbs and vitamins (See *Wellness Shop*)