



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

**WISHING YOU A HEALTHY NEW YEAR!**  
with **Jessica Chen, L.Ac.**

Thursday, January 21, 2010  
Tao of Wellness | 6:30 – 7:30 p.m.

Do you want to eat better, live better and feel better? Learn basic nutritional principles that help you achieve your optimum weight. Limited seating. Call to RSVP: 310-917-2200

**INFINICHI® FOR FERTILITY**  
with **Jason Moskovitz, L.Ac., Dipl. O.M.**

Tuesday, February 9, 2010  
Tao of Wellness | 6:30 – 7:30 p.m.

Join Jason's powerful group meditation for fertility enhancement. During this session, we'll use InfiniChi to strengthen the mind, hormones and reproductive organs. Limited seating. Call to RSVP: 310-917-2200

### ANNOUNCEMENTS

**CLEANSING & DETOX RETREAT**

January 22, 23 & 24, 2010 | Tao of Wellness  
To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.

Details: [taoofwellness.com](http://taoofwellness.com)  
Limited space. Contact: 310-917-2200, x221

**RECLAIMING YOUR FERTILITY:**

Retreat with **Dr. Daoshing Ni & Andrea Thorpe, L.Ac.**

February 19 & 20, 2010 | Tao of Wellness  
Share warmth and joy as you learn to reclaim your fertility potential through meditation, acupuncture, movement, nutrition, massage, far-infrared sauna and InfiniChi®.

Details: [taoofwellness.com](http://taoofwellness.com)  
Limited space. Contact: 310-917-2200, x239

**THE PATH OF CONSTRUCTIVE LIFE**

Certified Life Guidance Training  
with **Dr. Maoshing Ni & Phillip Christman**  
Friday, Saturday, February 12 & 13, 2010  
Info: [julianne@taostar.com](mailto:julianne@taostar.com) or [collegeoftao.org](http://collegeoftao.org)

*(Announcements continued on reverse side)*

### TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

Telephone 310-917-2200; Fax 310-917-2204

[www.taoofwellness.com](http://www.taoofwellness.com)

© 2010 Tao of Wellness; a Professional Acupuncture Corp.  
EDITOR, JUDITH LIGGETT; GRAPHIC DESIGN, JUSTINA KRAKOWSKI



*Tiger shoes (above) are worn by infants in China for good luck.*

## THE YEAR OF THE TIGER – 2010

by **Maoshing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.**

Welcome to the Chinese New Year of the Tiger, which begins on February 14, 2010! Every year for almost twenty years, I've written forecasts based on the ancient Taoist system of Five Elements Phase Energetics that predict global trends that affect us personally. By attuning yourself to these forecasts, you can side-step or minimize negative tendencies in health, relationships or finance and make the most of positive trends.

In Chinese astrology, the Tiger is a dynamic and powerful sign. Its nature is unpredictable, courageous and volatile. Therefore, the Year of the Tiger is usually associated with big change and social turmoil, making 2010 likely to be a volatile year globally and personally. Those who gain an understanding of it through this article and their own spiritual awareness should have the flexibility to adapt to changes and keep a steady hand on the keel through rough waters.

In the Chinese calendar, 2010 is represented by the elements of metal and wood. The elemental interaction is symbolized by an ax cutting down a tree. What this means is a potential for more conflicts on the world's political stage. Also, dogged by worldwide recession, countries will continue to

wrestle each other over protectionist policies enacted in response to weakened domestic economies. However, with optimism from the Tiger, economies around the world should stabilize and improve in 2010.

Environmentally, 2010 may be challenged with extremes of hot weather and droughts as well as flooding, man-made damages or natural disasters.

On the health front, metal represents the lungs, colon, skin and the immune system. This means there will be a tendency toward sinus allergies, infections, asthma, bronchitis, pneumonia, colitis, irritable bowel syndrome, diarrhea, constipation, rashes, compromised immunity or autoimmune inflammatory conditions such as lupus, rheumatoid arthritis and eczema. The Wood element corresponds to the liver, gall bladder and nervous system, which may lead to increased stress and tension, depression, anxiety, gallstones, hepatitis and cirrhosis.

Consistent and regular exercise strengthens your respiratory and cardiovascular systems. I recommend learning and practicing mind-body exercises like tai chi or chi gong that induce deep breathing to help make your lungs stronger.

*(Continued on reverse side)*



**Drs. Daoshing & Maoshing Ni invite you to Celebrate the Year of the Tiger**

Sunday, February 14, 2010 ■ 10:00 a.m. - 3:00 p.m.

YO SAN UNIVERSITY – 3RD FLOOR | 13315 W. WASHINGTON BLVD.  
LOS ANGELES 90066 | (310) 577-3000

Please arrive by 9:45 a.m., bringing a seating cushion! For the potluck, please bring your favorite festive, healthy dish or beverage. We look forward to ushering in the New Year with you!

**Renewal Ceremony & Lion Dance: 9:45 a.m. – 12 p.m.**

**Potluck Lunch & Entertainment: 12 p.m. – 1 p.m.**

**Yo San University Open House & Demonstrations: 1 p.m. – 3 p.m.**

## ANNOUNCEMENTS *(continued)*

### NEW QI GONG CLASSES AT YO SAN UNIVERSITY

Tuesdays, Jan. 12 – Feb. 16 | 6 – 7:30 p.m.  
Saturdays, Jan. 16 – Feb. 20 | 10 – 11:30 a.m.  
Eight Treasures: Open House, Jan. 5 | 6 p.m.  
Crane Style: Open House, Jan. 9 | 10 a.m.  
Tai Chi Studio, Yo San University, 2nd floor  
Info: [yosan.edu](http://yosan.edu) or call 310-577-3000, x10

### SPIRITUALITY TELESEMINAR WITH DR. MAO

Sunday, January 17, 2010 | 7 – 8 a.m. PST  
Tel: 712-432-1001 | Access Code: 485547881#  
Visit our new website: [integralway.org](http://integralway.org)

### DR. MAOSHING NI SPEAKS ON SECRETS OF LONGEVITY

Jonathan Club Senate  
Tuesday, January 26, 2010

## YEAR OF THE TIGER — 2010 *(continued)*

Incorporating functional foods that possess healing properties into your diet helps you avoid illnesses. This is the foundation of Chinese medicine.

To proactively support your health and wellness, use appropriate herbal and nutritional supplements. Herbs and nutrients are part of my family's diet, and for many years we have used them effectively for prevention. Tao of Wellness *Perpetual Shield* boosts the immune system; *Allergy Tamer* deals with pollution and pollen; *Internal Cleanse* assists with detoxification of the liver; and *Exquisite Skin* keeps the colon clean and clears the skin.

In summary, the Year of the Tiger will bring about more change, even turmoil in the world and in your life. However, by using this as an

opportunity to shape your life as if you were using metal such as an ax or chisel to sculpt a beautiful and useful object out of raw wood, you can ride the tiger triumphantly toward your goals. Cultivate patience, kindness and peace so that your interactions with others can promote harmony and love. Take walks and spend time in nature to refresh your lungs. Undertake cleansing and detoxification programs at the start and throughout the year to support your liver and other body functions. Eat well, get plenty of sleep and cultivate health in the five areas of your life—body, mind, spirit, finance and relationships—so that you will manifest balance, wellness and fulfillment in 2010. *(For the complete forecast, please go to [taoofwellness.com](http://taoofwellness.com).)* ■

## Words of Encouragement for NEW BEGINNINGS

by Daoshing Ni, Ph.D., D.O.M., L.Ac.

**D**r. Dao has helped to create new beginnings for many families. As we usher in a new year, enjoy this summary of his words of encouragement that apply to all of us beginning a new time cycle.

Life itself is hope. It is like a dream or a wish that comes true. You should always, always have hope. Yes, you might be getting older; you might have health issues. It doesn't mean you give up. Just be sure you balance your wish with reality.

Your bags are packed. Hopefully, you're mentally, physically, and emotionally prepared for the road that lies ahead. Before you move forward, let's not forget the most important thing of all: love.

After all, love is what is driving your journey. It's love for what you wish to welcome into your life; love for the ability to extend your energy. And then there is the love you feel for the people sharing this journey with you.

Nurture that love. It will be your ultimate strength.

from *The Tao of Fertility* by Daoshing Ni, D.O.M., L.Ac., Ph.D., and Dana Herko, New York: HarperCollins, 2008, revised from pp. 81- 82.

## WELLNESS SHOP



### LIQUID WHOLE FOOD VITAMINS - NEW PRODUCT!

Benefit from our organic, food-based blend of essential vitamins, aloe vera, minerals, amino acids, MSM and antioxidants. Great in juice or smoothies. \$39.95, 32 fl. oz.



### INTERNAL CLEANSE

Nourishing the liver and gall bladder, Internal Cleanse helps to clear the body of internal and environmental toxins and balances the nervous system. \$19.95, capsules



### THE TAO OF FERTILITY

by Dr. Daoshing Ni and Dana Herko  
A must-read for couples taking the journey toward new life. Dr. Dao reveals how Eastern and Western medicine are synergistic in treating infertility.

\$15.95, paperback

## NEW LIFE: A HEALTHY JOURNEY INTO MOTHERHOOD

by Jessica Chen, L.Ac.

**T**he birth of your child is a priceless moment in your life. Your heart is filled with an overwhelming, unexplainable sensation of joy. What now? Well, you can start by taking care of yourself. To be a better mom, you need first to be a healthy mom so you can survive the delicate period of healing called postpartum.

Postpartum can last from the first six weeks to one year after giving birth. Recovery happens differently depending on your age, health and how you nurture yourself. Your mind, body and spirit can be overwhelmed due to the loss of vital fluids and hormone shifts. During postpartum, your own health is just as important as your baby's. If you do not take care of yourself, you may encounter future problems like chronic fatigue, insomnia, depression, body aches and slow metabolism. When you focus on your well-being, you will heal better; your mood will stabilize and you will lose weight more easily.

### HEALTHY ACTIONS DURING THE FIRST MONTH POSTPARTUM:

- Ask for help and allow others to help you.
- Rest as much as possible.
- Remember to eat frequently!



- Avoid cold foods and beverages.
- Avoid eating junk foods, refined sugar and fried, greasy foods.
- Keep your belly and lower back covered and warm.
- Stay indoors and limit visitors for the first month.
- Monitor your moods and communicate with your partner.
- Drink plenty of water.
- Acupuncture treatments will speed up your healing process, stabilize your hormones and moods, decrease water retention and increase energy.

### TOP SEVEN POSTPARTUM FOODS TO EAT:

- Soups: veggie/bean soups, chicken, beef
- Whole grains: millet, quinoa, brown rice, steel cut oats, amaranth
- Proteins: salmon, sardines, halibut, mackerel, sea bass, chicken, beef, shrimp
- Beans: black, kidney, adzuki, garbanzo and navy
- Vegetables: broccoli, seaweed, asparagus, beets, carrots, sweet potatoes/yams, tomatoes, and dark leafy veggies like kale, spinach, chard
- Nuts: Almonds, hazelnuts, walnuts
- Fruits: berries, cherries, papaya, goji berries, red (Chinese) or brown dates

PURCHASE THESE FINE PRODUCTS AT:

### TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [taoofwellness.com](http://taoofwellness.com)

### YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles  
800-578-9526 ■ [taostar.com](http://taostar.com)