



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

LOSING WEIGHT, HEALING DIABETES
with Jason Moskovitz, L.Ac., Dipl.O.M.
& Marc Gomez, L.Ac., Dipl.O.M., Dipl.C.H.

Tuesday, January 18, 2011

6:30 – 7:30 p.m. | Tao of Wellness,

1131 Wilshire Blvd., Suite 300, Santa Monica
Learn practical ways to optimize your weight with nutrition, movement and meditation. Understand yourself, your family, and your environment to reverse type 2 diabetes. Then use this action-oriented information right away to balance your health and your life. Limited seating. Call to RSVP: 310-917-2200

DR. MAO'S NEW INTERNET RADIO SHOW

Saturday, January 1, 2011 | 7 – 7:30 a.m. (PST)

New Year, New You

Start the New Year by committing to a program of personal transformation to improve your health, develop your spirit and increase your longevity. Dr. Mao discusses his 8-Week program for living healthier, happier and longer. New Internet Format - Please go online to Dr. Mao's show page www.blogtalkradio.com/dr-mao and listen by hitting the play button on the player.

Or call 626-696-8526 and you will be welcomed as a listener and you can ask Dr. Mao questions during the show if you like.

ANNOUNCEMENTS

"START THE NEW YEAR WITH A NEW YOU"

CLEANSING & DETOX RETREAT

January 21, 22 & 23, 2011 | Tao of Wellness

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.

Details: www.taoofofwellness.com

Limited space. Contact: 310-917-2200, x221

(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.taoofofwellness.com



DETOX TESTIMONIAL

by Lee Chemel

When I walked into Dr. Mao's office a year and a half ago, I was ready for a change. I was sixty-six years old and working fourteen-hour days as a TV director. I had let my nutrition go. I felt the weight of my belly fat, cleverly hidden under baggy t-shirts that allowed only my skinny arms and legs to show. I was drinking two and sometimes three glasses of wine at night to relax from the stress of my job and being there for my husband and my two teen kids. I had energy, but it was hyper, adrenaline-stoked energy. On my visit to the Tao of Wellness, I expected dietary suggestions; I didn't expect the full detox menu!



I was given a diet and as I looked at it, I thought, "I am supposed to stick to this? Vegetable juices and broths, oat bran, brown rice and vegetables? That's it?!" Then I read, "One Week Detox" and said to myself, "OK, you can do this for seven days." As I walked out, clutching my little bag of Chinese herbs, I was sure I would never be able to stick to the program.

By the end of the first week I felt flu-like symptoms, headaches and constipation. My body was clearly undergoing a change! But I was proud that I had stuck to the regimen and when the week was over, I was ready for the "regular" diet. When I asked what I could then eat, Edsel Tan, the other acupuncturist on my treatment team answered, "Just stick to the same thing." I was stunned. But gentle Edsel Tan assured me that other items would slowly be added to the list. As I walked out, clutching my little paper bag of Chinese herbs, I was sure I would never be able to stick to the program.

But I did stay on it. The herbal tea was having its effect. It settled me. And the acupuncture gave me a grounded feeling. The energy I felt was not electric: it was steady and even. All the while, Dr. Mao and Tan provided positive support. They were right: I needed to detoxify my body. Gradually, it became easier and easier to eat the good food and not crave the bad.

(Continued on reverse side)



Drs. Daoshing & Mao Shing Ni invite you to Celebrate the Year of the Rabbit

Sunday, February 6, 2011 | 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 seat 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: 10:00 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)*

FREE TAI CHI CLASS AND BOOK SIGNING

Saturday, January 8, 2011 | 3 – 5 p.m.

The Wellness Store, 1412 14th St., Santa Monica
Enjoy a free tai chi class with Drs. Mao Shing Ni and Joseph Miller, who will be signing their new book *Tai Chi for a Healthy Body, Mind and Spirit*. Limited space. RSVP to 310-260-0013 or wellness@taostar.com

Private Chi Gong Classes with Marc Gomez or Kumiko Yamamoto are offered at Tao of Wellness

1131 Wilshire Blvd., Ste. 300, Santa Monica
For information: contact@taoofwellness.com
or call 310-917-2200

Yo San Public Chi Program offers weekday and weekend classes.

13315 W. Washington Blvd., Los Angeles
Chi Gong: Eight Treasures with Yamin Chehin
Saturdays, January 8 – February 26, 2011
9 – 10:30 a.m.

Tai Chi: 18-Step Harmony Style
with Bitu Yadi coming in March
For information: 310-577-3000
www.yosan.edu

Group Chi Classes are offered at The Wellness Store

The Wellness Store, 1412 14th St., Santa Monica
For information: info@taoostar.com
or 310-260-0013

WELLNESS SHOP



DR. MAO'S 8-WEEK PROGRAM – Simple Steps that Add Years to Your Life

Incorporate small habits from Dr. Mao's book *Secrets of Longevity* into your daily life with actions that are easy to follow and satisfying to do. Available at www.Amazon.com. \$14.95, book



TONIC OIL For Chi and Blood Flow

This blend of eucalyptus, camphor and wintergreen in a sesame oil base is what we use in our clinic to massage aching muscles and joints. A couple drops on the upper lip can also clear nasal congestion for easier breathing. \$12.95, 2oz.



ANCIENT TREASURES TEA Served in our clinics!

The perfect all-around formula to strengthen your Chi, nourish your essence and calm your spirit. Caffeine free. \$6.95, 30 tea bags

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS STORE

1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com

TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica
310-917-2200 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles
800-578-9526 ■ taostar.com

DETOX TESTIMONIAL *(continued)*

At the end of three weeks, I was feeling restored. I was adding different foods and dropping weight like crazy. Exercise became easier. The whole thing became easier. At the end of three months I had lost 18 pounds and felt calm. I wondered how long it would last.

Well, it has been a year and a half. I am holding at my target weight and I feel great. I am still working 14-hour days but I have good energy and less stress. Yes, I enjoy my wine occasionally. I still love ice cream and treat myself once in a while. But the nutritional guidelines have now become an integral part of my life. And last week, my husband and kids walked out of Tao of Wellness clutching their little paper bags of Chinese herbs. ■

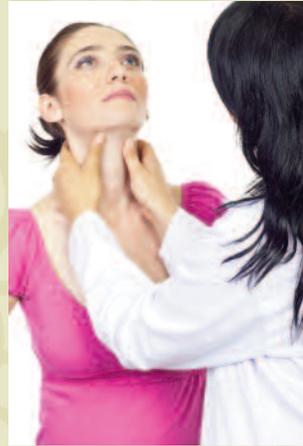
PROTECT YOUR THYROID

by Edsel Tan, L.Ac.

Who would have thought that a small butterfly-shaped gland in the throat could be so crucial to our health and survival? This gland, the thyroid, is controlled by hormones from the pituitary gland, which is located near the mid-brain. When stimulated by these pituitary hormones, certain cells in the thyroid release two important hormones of their own called T3 and T4. These hormones help to transform carbohydrates, proteins, and fats into the energy that is necessary for optimum organ functioning. Thyroid hormones are also necessary for the growth, development, and maintenance of our nervous system. Moreover, other cells of the thyroid known as C Cells, release a hormone called calcitonin which helps to regulate levels of calcium and phosphate, thus promoting the formation of bone.

An underactive thyroid could lead to such symptoms as fatigue, body aches, chills, depression, bloating, dryness, and unexplainable weight gain. An overactive thyroid could lead to rapid, irregular heart rate, raised body temperature, and warm, moist skin.

One should see a doctor immediately if thyroid imbalance is suspected. Your primary



doctor may refer you to an endocrinologist who specializes in hormonal disorders. A full thyroid blood test would be done to determine if there is a thyroid imbalance. If a problem is found, prescription medication may be necessary to prevent dangerous and severe complications such as heart attack or heart failure. Whether one is on thyroid medication or is on the borderline of being on medication, Traditional Chinese Medicine (TCM) can help.

TCM is comprised of acupuncture, herbal therapy, nutritional counseling, non-touch energetic therapy (InfiniChi), bodywork (tuina), and restorative exercises (chi gong). This is a comprehensive, holistic system of healing that addresses both the root cause and more apparent symptoms of the thyroid imbalance. TCM can be effective in addressing the most common causes of thyroid injury such as emotional stress, toxic overload, nutritional imbalance and auto-immune conditions. Working with licensed TCM practitioners in conjunction with qualified medical doctors can be an effective, integrative approach to addressing thyroid disease. ■

TAO OF WELLNESS HOLIDAY PARTY

Congratulations to Esther, Yu Ming & Issac for their 10th Year Anniversary with the company. We are privileged to have such wonderful people working at Tao of Wellness.



[Left photo] Dr. Dao presenting Esther with a congratulations gift. [Middle photo] Yu Ming with her 10-year anniversary gift. [Right] Associates Marc Gomez, Jason Moskovitz, Edsel Tan and Thomas Boldt enjoying each other's company.