

# WELLNESS NEWSLETTER



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

**IMPROVE YOUR CIRCULATION AND STRENGTHEN YOUR HEART WITH QI GONG**

with Stephanie Yong, L.Ac., Dipl.O.M.  
Tuesday, January 22, 2013 | 6:30 - 7:30 p.m.  
Tao of Wellness Santa Monica  
2825 Santa Monica Blvd., Suite 300  
Santa Monica (NEW LOCATION!)

Come learn simple breathing and meditation techniques to improve your overall heart health. This exercise will improve circulation, strengthen the heart, decrease anxiety, and improve sleep. Limited space. Please call to RSVP: 310-917-2200

### CLEANSING & DETOX RETREAT

January 25, 26 & 27, 2013

Tao of Wellness Santa Monica  
2825 Santa Monica Blvd., Suite 300  
Santa Monica (NEW LOCATION!)

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins. Limited space. Details at [taoofwellness.com](http://taoofwellness.com). For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com) or call 310-917-2200

### ANNOUNCEMENTS

#### PRIVATE QI GONG CLASSES

with Thomas Boldt or Kumiko Yamamoto  
For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com) or call 310-917-2200  
Tao of Wellness Santa Monica

#### WELLNESS LIVING STORE EVENTS

1412 14th Street, Santa Monica, 90404  
For information and to sign up:  
[info@taoostar.com](mailto:info@taoostar.com) or call 310-260-0013

#### GROUP QI CLASSES

Tuesdays, 6:00 – 7:00 p.m.:  
Self-Healing Qi Gong with Dr. Mao Shing Ni

*(Announcements continued on reverse side)*

#### TAO OF WELLNESS SANTA MONICA

2825 Santa Monica Blvd., Ste. 300, Santa Monica, CA 90404  
Tel 310.917.2200 | Fax 310.917.2204  
[www.taoofwellness.com](http://www.taoofwellness.com) | [contact@taoofwellness.com](mailto:contact@taoofwellness.com)

#### TAO OF WELLNESS NEWPORT BEACH

359 San Miguel Dr., Ste. 200, Newport Beach, CA 92660  
Tel 949.706.7770 | Fax 949.706.7211  
[www.taoofwellness.com](http://www.taoofwellness.com) | [contactnb@taoofwellness.com](mailto:contactnb@taoofwellness.com)

#### TAO OF WELLNESS PASADENA

171 south Los Robles Ave., Suite A, Pasadena, CA 91101  
Tel 626.397.1000 | Fax 626.397.1010  
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## KEYS TO A HEALTHY WINTER LIFESTYLE

*“During the winter months all things in nature wither, hide, return home, and enter a resting period. This is a time when yin dominates yang.”* — THE YELLOW EMPEROR'S CLASSIC OF CHINESE MEDICINE



**Dr. Jessica Chen, L.Ac., DAOM**

Thinking of winter, one thinks of family gatherings, holiday parties, big bold foods, warm ciders, fuzzy socks, chilly weather, and of course, cold and flu. How do we take care of ourselves, mentally and physically? By following nature's rhythm, eating seasonal foods and keeping life simple.

**FOOD** – During winter, our body craves foods that are heartier because they warm the body and strengthen the immune system. Eating cold and raw foods should be limited as they bring down your body temperature. Try eating soups and stews, roasted nuts and seeds.

**EXERCISE** – Even though we naturally slowdown during this time, we should still do gentle exercises to keep our circulation flowing, immune system strong, muscles stretched and joints lubricated.

**SLEEP** – Wintertime is a good time to conserve your energy. This is the time you want to go to bed a little earlier and sleep a little longer. Let your body recharge. Snuggle up with your loved ones, a pet or a warm pillow, and snooze!

**MEDITATION** – Give your mind some quiet. With less stress comes better sleep, which leads to a stronger immune system. Take five minutes minimum daily to sit in complete stillness and quiet, and breathe.

**SELF-REFLECTION** – The stillness of the winter season is a good time for self-reflection and taking a good look at you. Traditionally, people have made New Year's resolutions in January, which is a form of self-reflection, as is writing in a journal.

According to nature, our bodies are meant to slow down and conserve energy during the winter. Times have changed, but the basic principles should not. Keep in mind winter's wisdom in order to stay healthy throughout the new year! ■

### Come celebrate with Dr. Mao at the signing of his newest book: SECRETS OF LONGEVITY COOKBOOK



Dr. Mao's *Secrets of Longevity Cookbook* challenges readers to value foods and flavors, and inspires us to think like centenarians, encouraging us to take responsibility for what we use to refuel our bodies. From China to Spain and Iran to Peru, he includes tasty recipes from around the world, striving to find healing recipes to please all palates. The event will be held at the beautiful Moroccan style home of renowned photographer Philip Dixon, featuring recipes from the cookbook and the introduction of Dr. Mao's aromatic healthy spice blends. Signed and limited prints of Philip Dixon's photographs from the cookbook will be available through a silent auction with proceeds going to support Yo San University, and WISE & Healthy Aging Center.

**SATURDAY, JANUARY 26, 4:00 – 6:00 P.M. | VENICE, CALIFORNIA** (address sent with confirmed RSVP)  
Please RSVP by January 21st to [order@taostar.com](mailto:order@taostar.com) or 310-260-0013



Drs. Daoshing Ni & Maoshing Ni,  
The Yo San University Student Association  
& The College of Tao invite you to  
**CELEBRATE THE YEAR OF THE SNAKE**  
Sunday, February 10, 2013, 10:00 am – 3:00 pm  
Yo San University – 3rd Floor  
13315 West Washington Boulevard  
Los Angeles 90066 | (310) 577-3000  
**Renewal Ceremony & Entertainment:**  
10 am – 12 pm  
**Potluck Lunch:** 12:00 pm – 1:00 pm  
**Yo San University Open House &  
Demonstrations:** 1:00 pm – 3:00 pm  
Please arrive before 9:45 am with a  
seat cushion for the renewal ceremony.  
The ceremony is a cleansing and affirmation  
of your spiritual growth. For the potluck,  
please bring your favorite festive, healthy  
dish or beverage. We look forward to  
ushering in the Chinese New Year with you.

## WELLNESS SHOP



### WINTER TEA For Storing Energy

This is a warming tea that expels cold and strengthens your kidney energy. Use in the coming months to warm you on a cold winter's night. \$6.95, box of 30 tea bags



### COLD / FLU FORMULA

At the hint of cold/flu symptoms such as a scratchy throat or congestion, take this herbal cold/flu formula from the Ni family tradition. You will be amazed at how quickly the symptoms go away. \$16.95, capsules.



### CALM / SLEEP

This formula fortifies the body's energy and increases its ability to cope with stress. It will calm the spirit, relieve restlessness, pacify angst, and alleviate insomnia. \$16.95, capsules.

### PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE  
1412 Fourteenth Street, Santa Monica  
310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)

or Tao of Wellness Clinics in Santa Monica,  
Newport Beach or Pasadena



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# LET GO WITH A NATURAL DETOX



Jason Moskovitz, L.Ac., Dipl.O.M.

Every few months, participants convene at Tao of Wellness to undergo a complete detoxification during our three-day weekend retreats.

In designing the Tao of Wellness Cleansing and Detoxification program, our doctors drew upon centuries-old Traditional Chinese Medicine principles to solve modern problems. Chemical-laden food and a polluted environment can lead to many serious illnesses such as: cancer, degenerative diseases, infertility, and genetic changes. People also detoxify to prepare for pregnancy, to quit addictions, to stimulate creativity or to purge lingering illnesses.

Participants from across the country join Tao of Wellness patients to engage in this opportunity to “let go.” Acupuncture, herbal medicine, cupping, dry-brushing, tuina body-work, Infiniti, qi gong, and far-infrared sauna provide a complete therapy for the retreats. Interactive talks with our doctors educate participants about the process of purging chemical toxins from their bodies and emotional toxins from their minds. Nutritious yet delicious meals are provided.

To some, the detox can be challenging. A lingering cold might worsen before clearing, an emotion may seem to come from nowhere, or there may be more trips to the bathroom. Our detox protocol uses the body's natural exit-points—the bowels, the bladder and the skin's sweat glands—to expel toxins that prevent us from experiencing our innate health and wellness. When the body is cleansed in this way, a person may symptomatically re-experience these toxins as they are being released. Each person detoxifies in a unique way, and some participants experience a smooth transformation.

Regardless of how we detox, the importance is having the experience. We learn from what our bodies show us when faced with this letting-go process, when we eat differently or when we are challenged by a health concern. At a Cleansing and Detoxification Retreat, you move through this deep process with the support of a friendly, expert staff, as well as a community of peers. For details, visit [taoofwellness.com](http://taoofwellness.com). For information or to register for the January retreat, call Tao of Wellness at 310-917-2200. ■



## COLLEGE OF TAO INVITES YOU TO THE Year of the Snake 2013 Wellness Living Retreat Refining the Three Treasures

**PRE-RETREAT:** Thursday, February 7, 2013  
9:00 am - 5:00 pm ■ The Wellness Living Store  
(Registration & Schedule to come)

**RETREAT:** Thursday, February 7, 2013 ■ 7:00 pm  
■ The Wellness Living Store  
Friday & Saturday, February 8 & 9, 2013 ■ Yo San University

**CHINESE NEW YEAR'S CELEBRATION & POTLUCK:**  
Sunday, February 10, 2013 ■ 10:00 am - 3:00 pm ■ Yo San University



Spend a rejuvenating, uplifting and inspiring weekend with Drs. Mao Shing Ni, Daoshing Ni, Joseph Miller and other teachers as they lead you in body-mind-spirit practices like tai qi, qi gong, and meditation. These practices form a core program for cultivating the three treasures—Essence, Energy and Spirit. Come and learn how the Integral Way's teachings, including mental breakthroughs, virtuous practices, nutrition, healing, movement, meditation, and energy arts, represent a complete Taoist tradition that can show you how to refine your three treasures and bring you joy, peace, and well-being.