

WELLNESS NEWSLETTER



**TAO OF
WELLNESS**

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION



LOOK GREAT, FEEL GREAT IN 2015 HOW TO DETOX CAN HELP YOUR WEIGHT-LOSS GOALS

By Albert Vaca, MATCM, L.Ac.



Each year, many people choose weight loss as their #1 goal. Whether it's to tackle their current health problems or just to look good in the mirror, millions embark on this often frustrating journey. Health products market

their latest "get skinny now" regimen, and some people do, in fact, lose weight. But the frustration lies in the rebound of weight to their systems afterwards. People everywhere cut carbs, drink shakes, and the starvation cycle continues.

One element of why the stubborn fat may not be coming off is toxicity in your body. Impurities in our air, food, and water can have an adverse effect on our cells, internal organs, and our overall well-being. Pesticides, artificial colorings and flavors, and growth hormones are just a few of the dangers in our food. The EPA estimates that up to 7,000 pollutants exist in drinking water. In addition, cleaning products and cosmetics have toxic chemicals. Even cooking pans can leach toxic substances into our bodies.

Our liver and kidneys are in charge of filtering out harmful chemicals. The liver, a cleansing organ, helps cleanse the blood, assimilate nutrients, and metabolize fat. The kidney, a purification organ, helps to regulate blood pressure and deals with the overload of impurities, preventing the buildup of wastes and extra body fluid. When the liver and kidneys are overburdened, they cannot do their jobs efficiently. Fatigue, allergies, low immunity, bloating, headaches, and even moodiness are signs of toxic overload. And, yes, this toxicity contributes to weight gain.

As the body accumulates toxins in its cells, the natural defense is to increase inflammation, surrounding the toxic cells with adipose tissue (fat

cells). It's this adipose tissue that slows the effect of the toxins getting into the bloodstream, to be filtered, making us sick. When the body is out of balance, adipose tissue accumulates, digestive weakness arises and our metabolism shifts into weight gain mode. The inflammation affects our gut, causing nausea and indigestion. Our cardiovascular system gets taxed, leading to high cholesterol and high blood pressure. Joints can get achy, and our circulation slows down.

If you shed the chemicals from your body, it will be free to respond to your weight loss goals. Like getting an oil change to make our car run smoothly, like changing the air filters in our home, our bodies needs support for a system reset. There is no better way to get a jump on your weight loss goals than by detoxifying your body which releases impurities and expedites burning excess fat.

If any of the above health symptoms ring true to your life, you deserve more. Now that you have some awareness, you owe it to yourself to make small changes to improve your current circumstances. With just a few changes a week, you can make sustained lifestyle modifications.

Small steps like reducing consumption of processed foods, drinking and cooking with filtered water, and adding power-packed nutritional foods such as avocados, beets, and plenty of green vegetables can go a long way towards living a more balanced life. One easy step you can begin doing tomorrow is simply drinking warm lemon water first thing in the morning to help detoxify the liver. And, if you feel you need further support, consider the Tao of Wellness Detox retreats. In a short weekend, you can give your body the support it needs to live optimally. Acupuncture, herbs, lymphatic massage, and Infrared heat therapy can supercharge your body on your way to health.

START THE
NEW YEAR
WITH A
NEW YOU

CLEANSING & DETOX RETREAT

January 23rd, 24th, 25th, 2015
at Tao of Wellness Santa Monica

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins. Dr. Mao will be giving a 2 hour detox lecture too!

Details at www.taoofofwellness.com.

For information:

contact@taoofofwellness.com
or call 310-917-2200

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FREE LECTURES & CLASSES

QI GONG FOR WEIGHT LOSS

with Dr. Jing Chen, L.Ac., DAOM, Dipl.O.M.
Wednesday, January 28th, 2015 | 6:30-7:30 pm
Tao of Wellness Santa Monica

Join Dr. Jing as she shows you some easy and fun Qi Gong exercises for targeted weight loss, boosting your metabolism, and improving energy and digestion. Learn how to shed the excess pounds that you put on over the holidays, and get the new year started off right with a Qi Gong practice that you can do daily. Please RSVP: 310-917-2200

ANNOUNCEMENTS

PRIVATE QI GONG CLASSES

with Thomas Boldt or Dr. Kumiko Yamamoto
at Tao of Wellness Santa Monica

For information: contact@taoofwellness.com
or call 310-917-2200

TAO OF WELLNESS NEWPORT BEACH MEDITATION CLASS

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

First Thursday of Each Month | 6:00 - 7:00 pm
Presenting a safe space to bring your mind and body, Tao of Wellness offers opportunities for both guided-visualization and silent meditation.

The aim of meditation is simple: to release stress and cultivate your natural self so you can live your best life. Bring your own cushion for floor sitting but we'll have chairs available. Limited space. RSVP to 949.706.7770

PUBLIC QI CLASSES AT YO SAN UNIVERSITY

13315 W.Washington Blvd., Los Angeles
For information: www.yosan.edu
or call 310-577-3000

WELLNESS SHOP



INFINITE BEAUTY TRIO

A Trio of exclusive formulations crafted with nature's finest ingredients for gentle skincare and protection. Includes full size Renewing Cleanser, Radiant Day Cream (new product with zinc oxide, grape stem cells and photosomes for natural daytime defense) and the favorite Regenerating Night Cream. \$99.85

PURCHASE THESE FINE PRODUCTS AT:

wellnesslivingstore.com ■ 310-260-0013
or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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TAO OF WELLNESS COOKING DEMO SERIES

SIGN UP FOR 7 CLASSES AND GET THE 8TH CLASS FOR FREE!

Join us for a series of cooking demonstrations with TOW practitioners teaching you healthy and delicious recipes throughout the year!



Our first class will be held on February 12th, as Dr. Kumiko teaches you how to make healthy treats for Valentine's day to celebrate the people you love. February is American Heart Month, a time to show yourself the love by keeping your heart healthy. Join Dr. Kumiko for a fun evening and let's explore how we can transform guilty, unhealthy pleasures into healthy, sweet treasures!

Location: Tao of Wellness Santa Monica
Limited space. **Please RSVP:** 310-917-2200
Cost: \$25 per class.

COOKING DEMO SERIES CALENDAR 2015

February 12th, 6:00 - 7:30 pm with Dr. Kumiko,
Happy Healthy Valentine - Healthy Delicious Sweets

March 11th, 6:00 - 7:30 pm with Dr. Mao,
Smoothies, Soups & Dips for Energy, Beauty & Cleansing

April 29th, 6:00-7:30 pm with Dr. Jing,
Fertile Foods - Recipes to Enhance Your Fertility

May 14th, 6:00 - 7:30 pm with Albert Vaca, L.Ac.
Boost Your Metabolism With Delicious Food and Look Great for Summer. (Demo at TOW Pasadena)

June 25th, 6:00 - 7:30 pm with Dr. Chen,
Postpartum Foods: Nourishing the Body Back to Health with Nutritious Foods.

August 25th, 6:00 - 7:30 pm with Stephanie Yong, L.Ac., *"Eat Your Way to Fabulous Skin."*

September 22nd, 6:00 - 7:30 pm with Alison Doherty, L.Ac., *Immune Boosting Meals.*

November, Date TBD: 6:00 - 7:30 pm with Thomas Boldt, L.Ac., *A Healthy and Great Tasting Thanksgiving.*



TAO OF WELLNESS PIE CONTEST

We at TOW had a blast this Holiday Season. We kicked it off with a holiday mixer to meet the doctors and staff from the other offices at our Santa Monica location. We had a fun afternoon mingling, eating and drinking. We also had a pie contest where each of our doctors made a dairy, gluten, and sugar free pie, and we invited everyone to vote on their favorite! Below is the recipe for the winning pie! *Bon-Appetit!*

WINNING RECIPE:

Salted Date Caramel, Chocolate Mousse Pie with Almond Coconut Crust

Allergen Information: Free of dairy, egg, corn, soy, gluten, refined sugar, and yeast.

CRUST INGREDIENTS

1/2 cup + 2 tablespoons almonds
2 tablespoons hemp seeds (or use coconut flakes)
2 tablespoons flaxseed meal or hemp seeds or coconut flakes
1.5 tablespoons 100% cocoa powder
3/4 cup coconut flakes, small flakes
1/8 teaspoon salt
8 soft medjool dates
1.5 teaspoons vanilla extract
1 tablespoon or more almond milk

SALTED CARAMEL LAYER INGREDIENTS

1 cup soft medjool dates, 11 dates
(soaked in hot water for 15 minutes)
2 tablespoons almond butter or other nut butter
2 tablespoons coconut oil

1/2 cup almond milk or other non dairy milk
1/4 teaspoon fine sea salt (less for less salty caramel)

CHOCOLATE MOUSSE LAYER INGREDIENTS

1/2 cup full fat coconut milk
1/2 cup cocoa powder (unsweetened)
2 tablespoons almond butter
2 tablespoons coconut oil
2 teaspoons vanilla extract
2 teaspoons organic honey

CRUST

Process the almonds until coarse meal in a food processor or blender. Add seeds, cocoa, dates, 1/4 cup coconut flakes, salt and pulse until the dates are incorporated well. Add the rest of the ingredients and process until doughy. Add more almond milk if needed and mix a bit your hands. Press the dough onto the pan.

SALTED CARAMEL

Drain the soaked dates. Puree with all ingredients for a couple of cycles. Taste and adjust sweet and salt (add maple or stevia for added sweetness). Spread on crust.

CHOCOLATE MOUSSE

Heat coconut milk until it just about starts to bubble and add to a bowl. Add the chocolate and whisk. Briskly whisk in the rest of the ingredients to aerate the mixture. Pour onto the caramel. Tap the pan to spread evenly. Freeze until set (a few hours), then slice and serve! The pie stays soft and well for weeks kept frozen. Cover the pie pan and freeze so that the top layer doesn't dry out. ■