



TAO OF WELLNESS



ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

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

HARMONIZING YOUR ENERGIES:

TAI CHI AND CHI GONG with

Marc A. Gomez, L.Ac., Dipl. O.M., Dipl. C.H.

Wednesday, March 17, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

Learn the ancient divine art of energy cultivation. Discover moving meditations for longevity, refined over thousands of years. Limited space. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

RECLAIMING YOUR FERTILITY:

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

February 20 & 21, 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

Limited space. Contact: 310-917-2200, x239

FACE & BODY REJUVENATION RETREAT

March 20 & 21, 2010 | Tao of Wellness

Rejuvenate your body and skin while refreshing your spirit! Enjoy revitalizing treatments that enhance your youthful essence.

Details: taoofwellness.com

Limited space. Contact: 310-917-2200

(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

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CHI GONG: THE ANCIENT DIVINE ART OF ENERGY MASTERY

by Marc A. Gomez, L.Ac., Dipl. O.M., Dipl. C.H.

Chi gong in some form has existed since the dawn of life. Just watch the gentle, natural movements a child makes after waking up in the morning. Or watch an animal stretch and move as it wakes up. These are spontaneous, natural movements that we all do when we are young, and they are the basis of movements that have been enhanced and refined over thousands of years to create a practice called chi gong or energy mastery. Tai chi, also a chi gong practice, was developed by combining kung fu and chi gong with the principles of the *I Ching: The Book of Changes*. (See *Wellness Shop*)

Deep observations of nature and wildlife as well as the natural rhythms of the universe have contributed to evolving and refining chi gong over the years. In the search for immortality and the ability to harmonize human energy with universal energy, the ancient Chinese masters also made discoveries that have played an important role in improving the practice of chi gong. Among its many benefits, chi gong enhances awareness, helps to develop internal strength and intuition, opens up and balances the energy

channels of the body, increases feelings of serenity, and helps to build and balance the immune system as well as strengthen the digestive system.

People today practice chi gong for health, longevity, stress relief, energy enhancement, and for the improvement of martial arts skills. Others practice chi gong as a way to self-discovery, a form of ancient cosmology, and for spiritual development. Here at the Tao of Wellness, we have seen chi gong help with innumerable health conditions, from calming the nervous system, replenishing the adrenals and relieving stress to fertility enhancement and heightened mental cognition.

If you are interested in learning a chi gong practice, you might benefit from my talk in March, "Harmonizing Your Energies: Tai Chi and Chi Gong" (see *Free Lectures* for details). The Tao of Wellness provides private half-hour chi gong lessons specifically designed to fit individual requests and/or health conditions. Ask your practitioner for more information. Come learn how to discover your own internal energies, play with chi and harmonize with the universe.



Drs. Daoshing & Maoshing Ni invite you to

THE YEAR OF THE TIGER NEW YEAR'S CELEBRATION

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)*

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 or collegeoftao.org

BROADCAST LIVE FROM THE YEAR OF THE TIGER CELEBRATION:

Dr. Mao's New Year Message

Sunday, February 14, 2010

10 - 11 a.m. PST | Phone: 712-432-1001

Access Code: 485547881 | press #

For more information, visit Integralway.org

8 TREASURES CHI GONG, MEDITATION OR HARMONY TAI CHI INTENSIVES

Thursday, February 11 | 2 - 5, 6 - 9 p.m.

Info: Laraine, lcrampton@verizon.net

CHI GONG CLASSES MARCH-APRIL

Tuesdays, March 2 - April 6 | 6 - 7:30 p.m.

Saturdays, March 6 - April 10 | 10 - 11:30 a.m.

Eight Treasures: Open House, Feb. 22, 6 p.m.

Crane Style: Open House, Feb. 27, 10 a.m.

Tai Chi Studio, Yo San University, 2nd floor

Info: yosan.edu or call 310-577-3000, x10

Cost: \$89 | To register: support@yosan.edu

WELLNESS SHOP



ENERGY ENHANCEMENT EXERCISES: THE EIGHT TREASURES

Practicing these eight groups of chi gong exercises is a way to integrate body, mind and spirit. Clears energy, strengthens & teaches basic movements. \$17.95, book; \$24.95, DVD



I CHING: THE BOOK OF CHANGES AND THE UNCHANGING TRUTH

Edition by Master Hua-Ching Ni

To make his new years' forecasts, Dr. Mao uses the ancient knowledge in this book. Use the sixty-four hexagrams as a predictive tool to enhance and harmonize your life. \$35.00, book



CALM-FORT

Our calming herbs are formulated to soothe the spirit, help alleviate insomnia, increase the body's ability to cope with stress and fortify energy. \$19.95, capsules

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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

SETTLING DOWN FOR A LONG WINTER'S NAP

by Maoshing Ni, Ph.D., D.O.M., ABAHP, L.Ac.

In Chinese medicine, winter is viewed as a time for renewal as our energy goes into storage and our bodies rejuvenate in preparation for the activity of spring. When the hours of darkness increase, it tells us we need to sleep longer. If you are having trouble sleeping, here are some helpful tips:

1. RELAXING RITUALS

Nighttime is yin time when your body repairs and regenerates itself, and your spirit and heart need to be calm. Excessive worry, anxiety and depression disturbs the spirit and activates the mind. To soothe your spirit and induce sleep, try soaking your feet in Epsom salts for 15 minutes, writing down all your thoughts or practicing meditation.

2. FOOD AFFECTS YOUR SLEEP

When you eat late, you wake up tired because your body was digesting your dinner while you slept. Do not eat anything for at least three hours before bedtime. Cut back on eating bacon, cheese, chocolate, ham, potatoes, tomatoes, and sausage. These foods contain *tyramine*, which inhibits neurochemicals and can cause insomnia.

Eat for sleep! Try eating grains for dinner; as carbohydrates often make you sleepy. Another snooze snack is a warm cup of milk, which is rich in the amino acid *tryptophan*. Or eat one cup of plain yogurt an hour before bedtime.

3. A PEACEFUL PLACE FOR SLEEP

Create a quiet, cozy atmosphere, and keep the décor minimal and lighting dim. Lavender, vanilla, and green apple aromas help induce sleep and are ideal in a scented candle or heated essential oil. Keep pets outside the bedroom, as they can prevent you from sleeping.

4. EXERCISE ENABLES SLEEP

In general, people who exercise sleep better than those who don't. Physical activity improves sleep by altering brain chemistry. Exercising moderately three times a day, combined with meditation or tai chi in the evening, will help you fall and stay asleep. Do not exercise for at least two hours before bedtime.

5. HERBS TO SLEEP TIGHT

Drink valerian or passionflower (or passiflora) tea every night before bedtime for one month. Infusions of traditional Chinese herbs such as jujube seeds, bamboo shavings and oyster shell soothe the mind and spirit. (See *Wellness Shop*) ■

DON'T IGNORE YOUR SNORE

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

Sixty percent of American adults snore. At first, snoring is more often a nuisance than a sign of serious illness, as a person's quality of sleep, or that of a loved one, is disrupted. However, if restorative energy isn't created during a full night's rest, aging quickens its pace. With age, snoring may get worse. When the various causes of snoring are factored in, harmful effects and disease increase. Weight gain, smoking, weakened tissues and stress may lead to snoring and, with it, a higher risk of heart disease, stroke, and sleep apnea, a condition where breathing completely stops for a period during sleep.

Snoring is the telltale breathing sound made when the throat's airway is blocked due to the sagging or collapse of the soft palate. Chinese medicine views these weakened tissues as a result of either deficient or stagnant digestive energy, which is worsened when there is a buildup of excessive mucus or fat. Smoking and other toxins directly cause swelling and weakness of this most exterior portion of the respiratory system. Today, stress is almost unavoidable and easily leads to tension in the head, neck, shoulders

and jaw, which constricts the esophagus, the adjacent airway.

There are countless over-the-counter aids to manage snoring. Several invasive surgeries are available that tighten the airways to improve the flow of air, but surgery can cause scar tissue, which makes the already weakened airways that much less responsive. However, there are natural, long-term solutions: lose weight, stop smoking, mitigate stress and avoid toxins. To alleviate symptoms, here are some natural therapies you can access right away:

- Drink 5-6 tall glasses of room temperature water daily to keep the blood and lymph clean and moving, allowing proper drainage of mucus and fat.
- Avoid cold, raw or greasy foods, white sugars and flours, and dairy. All of these lead to mucus production.
- Drink a cup of ginger and peppermint tea before going to bed. This reduces inflammation and opens the sinuses.