



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

INTRODUCTION TO ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE with Thomas Boldt, L.Ac.

Wednesday, February 16, 2011 | 6:30 – 7:30 p.m.
Tao of Wellness, 1131 Wilshire Blvd., Santa Monica
The World Health Organization recognizes that acupuncture effectively treats over 40 conditions. We will talk about the syndromes and conditions acupuncture treats and how it works—from a modern medical perspective and from an ancient Taoist framework.
Limited seating. Call to RSVP: 310-917-2200

GOOD FOOD FOR A GOOD MOOD with Jessica Chen, L.Ac.

Thursday, March 31, 2011 | 6:30 – 7:30 p.m.
The Wellness Store, 1412 14th St., Santa Monica
Food affects your senses and influences your mood. We often turn to sugar-laden food to feel better. Find out about healthy alternatives that help create a good mood.
Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

“START THE NEW YEAR WITH A NEW YOU”

CLEANSING & DETOX RETREAT
February 25, 26 & 27, 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.taooofwellness.com
Limited space. Contact: 310-917-2200, x221

DR. MAO'S NEW INTERNET RADIO SHOW

Sundays, February 6, 13 & 20, 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 longevity. Dr. Mao discusses his 8-Week program for living healthier, happier and longer. Listen online at Dr. Mao's show page www.blogtalkradio.com/dr-mao
OR call in at 626-696-8526.

(Announcements continued on reverse side)

TAO OF WELLNESS

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THE YEAR OF THE RABBIT

by Mao Shing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.

The Year of the Rabbit officially begins on February 3rd, 2011 and the elemental energies are again metal and wood, similar to the Tiger Year we are leaving behind. Therefore some of the unpredictability and conflicts of the Tiger Year will carry over to the New Year. However, Rabbit Years are usually calm, creative and positive which is a much-desired change from the volatile Tiger. The Rabbit is a peace-seeking symbol so there will be more efforts at political diplomacy. In fact, we have already begun to witness the change within our own country where President Obama has reached out to the Republican Party since the midterm election to try to get the economy back on track. However don't expect everything to go smoothly because any accord is always underscored by discord.

The focus of the year will orient towards arts and culture, getting our financial house in order, cultivating intimate relationships and building family and community. As a result industries that will likely benefit are entertainment, finance, energy—especially alternative energy, commodities like metals and agricultural products, mining, shipping, transportation and hotels. Industries that will continue to lag include forestry, textiles, media—especially newspapers and magazines. Due to the still-weak economic conditions of the West, environmental protection may unfortunately take a backseat to economic priorities. Because of the inward focus on the Rabbit, domestic agendas at home will trump those outside the borders, and the appetite for playing Big Brother internationally will assuredly wane.

On the health front the metal element corresponds to the respiratory and immune systems while the wood element corresponds to the digestive and nervous systems. These organs and systems will be vulnerable for breakdown so be on the lookout for

frequent colds and flus that may turn into bronchitis and pneumonia; digestive disorders including acid reflux, ulcers, irritable bowel syndrome, colitis and diverticulitis; liver and gall bladder diseases; and injury and pain related to the neck and spine.

To prevent diseases and counteract imbalances in the above organ systems I suggest staying away from smoking and pollution. Avoid consuming alcohol, caffeine, sugar, dairy products, deep fried, fatty foods, overly spicy foods, gluten grains like wheat, barley, rye and oats, and processed, refined foods. Be sure to exercise regularly to increase lung capacity, strengthen your immune functions and reinforce the core abdominal and back muscles. Practice meditation and other calming body-mind exercises like tai chi and chi gong to reduce stress and tension on the nervous system. Traditional Chinese herbal formulas like *Breath Ease*, *Immunity*, *Acid Stomach*, *Colon Clear*, *Internal Cleanse*, and *Calmfort* may be helpful as part of a health support program. (You can find these and other formulas on www.taostar.com.)

In summary, the Rabbit Year will be considerably calmer than the volatility of the Tiger Year. However you must not be complacent and still need to be on guard like the Rabbit for sudden changes that may throw you off balance. The good news is that peace, love and family are the natural traits of Rabbits. Focus on the arts, culture, relationships and family, and strengthen your financial foundation. Defend against assaults on your immune and respiratory systems and keep your nervous system calm and your digestion flowing. Finally work on your inner spiritual self so that no matter what challenges occur you shall be connected to your unshakable faith in the positive, constructive and creative energies of the divine universe as expressed through you and manifested in your life. ■

To read more, visit www.taooofwellness.com/news/articles.php

ANNOUNCEMENTS *(continued)*

CULTIVATING INTERNAL HARMONY

New Year's Retreat from College of Tao & Chi Health Institute with Dr. Mao Shing Ni & Certified C.H.I. Instructors

Friday & Saturday, February 4 – 5, 2011

Tao of Wellness & The Wellness Store

This retreat offers classes in the Ni Family movement arts and meditation, culminating in a grand Chinese New Year's celebration on Sunday, Feb. 6th. Come learn Taoist self-cultivation techniques used to achieve health and internal harmony. For information: order@taostar.com or 800-772-0222

CHINESE NEW YEAR'S CELEBRATION

Sunday, February 6, 2011 | 10 a.m. – 3 p.m.

Yo San University – 3rd Floor
13315 W. Washington Blvd.

Come celebrate the year of the Rabbit. The renewal ceremony and lion dance will take place from 10 a.m. – 12 p.m., followed by a potluck lunch and an open house with demonstrations of Traditional Chinese Medicine.

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

WELLNESS SHOP



I CHING: THE BOOK OF CHANGES AND THE UNCHANGING TRUTH

by Master Hua-Ching Ni.

Dr. Mao uses this ancient knowledge to make his New Year's forecast. Use the sixty-four hexagrams as a predictive tool to enhance and harmonize your life. \$35.00, book



B-SLIM

is a nutrient-rich dietary supplement designed to be part of a sensible overall weight management program. B-Slim controls appetite and craving, eliminates bloating, improves digestion, increases fat metabolism, regulates blood sugar and gently relieves constipation. \$29.95, capsules



REGENERATING CREAM

These dry winter months can be very damaging to your skin. Regenerating Cream is a blend of Chinese herbs that can be used as a daily moisturizer or for healing and rejuvenation. \$22.95, cream

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



HERB SUPPLIERS

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

For twenty-five years Tao of Wellness has been developing relationships with the growers and manufacturers of our herbal products in China. Most American acupuncture clinics order their herbs through third-party companies that import them. Due to the high volume used each year at Tao of Wellness, we import our own herbs directly from suppliers in China. This gives us even more control over the quality of our herbs. To ensure this quality, Dr. Mao Shing Ni and our herb operations manager, Pang Wei, go on a physical visit to China every year to inspect and sample some of the 400-plus herbs our clinic uses for raw formulas and concentrated powders.

Last October, Dr. Mao and Pang Wei flew 15,000 miles roundtrip and drove 1,500 miles with little sleep over one week to complete this annual task. After landing in Shanghai and a day's drive, they visited a factory with which we work. This is where individual herbs are cleaned, sliced, dried, and vacuum-sealed for international shipment to our clinic. At the same factory other herbs are processed in a state-of-the-art, GMP-certified (Good Manufacturing Practices) facility to produce the herbal powders our patients use in custom formulae or in our encapsulated products. This is done by cooking the herbs in water, discarding the herb residues, and dehydrating the remaining herb tea. It typically takes 100 lbs. of raw herbs to produce 10-20 lbs. of powder. This ratio allows patients to consume a fraction of the raw herbs in powdered form, along with the convenience of not having to cook them.

After another full day of driving, Dr. Mao and Pang Wei visited enormous fields of



Anhui province, Bozhou city, Nineteen Miles township, Ma zai village team leader: Meng Jie. Left to right: Meng Jie, Zhang Dabai, Dr. Mao, Yang Gao, Li Ming-yuan, Min Hua-xuan.

chrysanthemum and China's largest herb marketplace in Bozhou, 500 miles north of Shanghai. China's vast geographical makeup lends a variety of climatic conditions. This generates the unique characteristics and therapeutic properties inherent to each region's herb crops. Many provinces become famous for a select number of herbs. Our pharmacy brings in ginseng, chrysanthemum, wild yam, and gou ji berries from the Northern provinces Jilin, Anhui, Henan, and Ningxia respectively. Overall, our imports span many directions across China's vast rural landscape.

It can often take five years for an herb to go from planting in the fields of China to our pharmacy here in America. In that time Tao of Wellness ensures we buy herbs that are grown in soil that meets safety standards for heavy metals. Most of our herbs are grown on hill-sides and far from cities, thus avoiding industrial pollution. Once harvested, each herb is laboratory tested to ensure proper species and active compounds. The love and care put into cultivating herbs was evident with this year's trip. Dr. Mao and Pang Wei returned satisfied both with the quality of the herbs and with the sincere people doing the hard work from which our patients benefit each day. ■



DR. MAO'S BOOK SIGNING & LECTURE EVENT

Join us in celebrating the release of Dr. Mao's new book
Secrets of Longevity – 8-Week Program
– Simple Steps that add Years to Your Life!

FRIDAY, FEBRUARY 25, 2011 ■ 7 - 9PM

Refreshments and door prizes



THE WELLNESS STORE, 1412 14TH STREET, SANTA MONICA, CA

Please RSVP to 310-260-0013