



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURE

NATURAL WAYS TO INCREASE SEXUAL ENERGY AND VITALITY! (Women only)

with Kumiko Yamamoto, L.Ac., Dipl.O.M.
Thursday, February 23, 2012 | 6:30 – 7:30 p.m.
Tao of Wellness Santa Monica,
1131 Wilshire Blvd., Ste. 300, 90401

A loving, healthy sex life is good for both your health and your relationship. Join Kumiko as she shares natural ways to boost and restore your vitality, libido-enhancing foods, and relaxing chi gong movements to nurture love within. To RSVP call 310-917-2200.

DETOX RETREAT SPRING CLEAN YOUR BODY

Coming this Spring

1131 Wilshire Blvd., 3rd Floor, Santa Monica
Our three-day detox uses massage, acupuncture a far-infrared sauna and excellent foods to help activate your body's powerful detoxifying systems, increasing strength, health and vitality. Details: www.taoofofwellness.com
Limited space. To register, contact Analilian Martin at 310-917-2200 ext. 221.

WELLNESS LIVING STORE EVENTS

1412 14th Street, Santa Monica 90401
For information and to sign up:
info@taoostar.com or 310-260-0013

INTEGRATIVE MEDICINE PUBLIC LECTURE SERIES: FERTILITY AND WOMEN'S HEALTH

Elevated FSH: What does it mean?
What can I do about it? With Dr. Guy Ringler, M.D. and Dr. Daoshing Ni, L.Ac., Ph.D.
Saturday, March 3, 2012 | 2:30 – 4:00 p.m.
The FSH test is widely used to help measure a woman's ovarian reserve. Join Dr. Ringler and Dr. Dao who explore the meaning of this test and what you can do if you have been tested with an elevated FSH.

(Announcements continued on reverse side)

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THE YEAR OF THE DRAGON



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

2012 is characterized by
Water Dragon energy occurring

in an Earth year. A Water Dragon year is characterized by powerful forces that, when correctly channeled, can promote positive change. Energetically, the Water Element is dynamic, creative and forceful and represents the movement for social, political and economic change. The Earth represents generosity, encouragement and strength and signifies a desire for stability, community and goodwill. This year, expect a trend toward restoration of the economy and financial systems, and an increased focus on providing for the less capable.

Adequate exercise for cardiovascular health and muscular strength is always important, but this year we need to pay particular attention to Water Element issues corresponding to the Kidney and Adrenals, and Earth Element which corresponds to Stomach/Spleen and digestion. For Water, practice meditation and stress-reduction techniques to help you relax and make it a point to get plenty of rest. To prevent Earth digestive problems like heartburn, abdominal bloating and hemorrhoids, avoid rich, fatty and deep-fried foods, dairy, sugar and excessive salt. Eat abundant fresh vegetables, particularly root vegetables like yams and sweet potatoes. Enjoy fruit, nuts and seeds, fish and poultry, and mild spices like ginger, cayenne and cardamom.

When water in nature is properly channeled, it is useful for irrigation and generating power, but when water is out of control, it has powerful destructive potential including flooding, storm surges and tsunamis. Inevitable tension is created when water wants to flow, but the earth refuses to move. Likewise when a desire for revolutionary and sweeping changes is in the air, society can turn very cautious and conservative. This is true of relationships too—positively channeling strong feelings and emotions can help us find harmony with others.

A Dragon Year is generally good for launching new projects, initiatives and ventures. Share your vision with others, but remain conservative in your actions and projections. To experience the positives and diminish the negatives in the 2012 Year of the Dragon we must symbolically build and dredge canals and remove obstacles in order to appropriately channel the flow of the powerful Water energy that will eventually benefit our lives. This is the same metaphor as balancing acupuncture meridians within your body; by activating and managing the flow of energy within the meridians, acupuncture brings nourishment, healing and balance to your being. Continue to cultivate patience, nurture your will and proactively manage your life in order to achieve health, peace and prosperity.

To read the full version of Dr. Mao's forecast, visit our website at:

www.taoofofwellness.com/newsletters/2012dragon.htm

ANNOUNCEMENTS *(continued)*

GROUP CHI CLASSES

Tuesdays, 6:00 – 7:00 pm:

Self-Healing Chi Gong with Dr. Mao Shing Ni

Wednesdays, 6:00 – 7:00 pm:

Harmony Style Tai Chi with Bitu Yadi

Thursdays, 6:00 – 7:00 pm:

Harmony Style Tai Chi with Rafaele

Fridays, 9:30 – 10:30 am:

Yang Style Tai Chi with Curt Callison

ANNOUNCEMENTS

PRIVATE CHI GONG CLASSES

with Thomas Boldt or Kumiko Yamamoto
are offered at Tao of Wellness Santa Monica
1131 Wilshire Blvd., Ste. 300, 90401

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

PUBLIC CHI CLASSES AT YO SAN UNIVERSITY

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

WELLNESS SHOP



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310-260-0013 ■ wellnesslivingstore.com

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

TAO OF WELLNESS - Newport Beach

359 San Miguel Dr., Ste 200, Newport Beach
949-706-7770 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

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



ACUPUNCTURE Helps Breech Babies Turn



By Thomas Boldt, L.Ac.

When women give birth naturally, their babies come out headfirst. This is because when they are in the womb, the baby is upside-down. For some women, this is not the case, and their baby is in the head-up position, known as “non-vertex presentation,” or more simply, “breech.” For these women, unless the baby can be turned, they will likely need to undergo a cesarean procedure to surgically birth their baby. A cesarean section is major abdominal surgery, and requires the new mother to stay in the hospital for several days. As it also takes weeks to recover, it should be avoided if at all possible. So, what to do if your baby has not turned upside down?

Ideally, the issue can be identified early – in weeks 29 - 32. At this stage, about 15% of babies are breech. This is the time to act. Though about half of these babies will naturally turn upside down by week 38, it is best not to leave it to chance. If your baby has not turned by week 32, acupuncture, herbs and moxa can help.

With acupuncture, the mother-to-be is allowed to rest on her side. The acupuncturist then employs points that encourage the baby to turn. This is also a great time to address any other issues the woman is dealing with. Lower back pain is a common problem, as are digestive issues. So, points to help any other issues are also used.

Many times, when a baby has not turned in time, it is a sign that the mother’s energy needs strengthening. In Traditional Chinese Medicine (TCM), the kidney chi is responsible for reproduction. If the mother’s kidney chi is weak, she is more likely to have a

breech presentation. If she is under the care of an acupuncturist when she gets pregnant, and her kidney chi is known to be weak, it is very important that she continue treatments and herbs throughout her pregnancy to help avoid a breech presentation.



Moxa is also used to help encourage a baby to turn. This involves using a “moxa stick” made primarily of dried Chinese mugwort leaf. The stick is lit at one end and burns slowly like incense. It is then used to warm a point on the foot that helps the baby to turn. It may sound far-fetched, but numerous studies show its effectiveness. One such study was published in the *Journal of the American Medical Association (JAMA)* in November, 1998. The study divided 260 women with breech presentations in their 33rd week of pregnancy into two equal groups. 130 received moxa treatments and 130 did not. Two weeks later, 75% of the fetuses in the moxa group had turned compared with 48% in the other group. Women whose babies had not turned were then offered external cephalic version treatments. This procedure is done in a hospital and involves a doctor massaging the uterus to move the fetus into a head-down position. It can be quite uncomfortable, though it is a good last resort to avoid a cesarean procedure. ■