



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

#### HOW TO BEAT THE COMMON COLD with Thomas Boldt, L.Ac.

Wednesday, March 6th, 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)  
2825 Santa Monica Blvd., Ste. 300, Santa Monica

The common cold is not new—in fact, people have been catching it for thousands of years.

Join Thomas as he reveals the secrets of Chinese Medicine—teaching you how to prevent and treat the common cold with simple herbs, recipes and methods. Limited space.

Please call to RSVP: 310-917-2200

#### QI GONG FOR DIGESTION AND WEIGHT LOSS

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

Thursday, April 4th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)  
2825 Santa Monica Blvd., Ste. 300, Santa Monica

Are you having a difficult time losing or maintaining your weight? Do you often feel bloated or gassy? Do you have trouble getting rid of mid-section belly bloat? Come and learn easy, gentle breathing exercises to help improve digestion, balance metabolism and maintain a healthy weight. Limited space.

Please call to RSVP: 310-917-2200

### DETOX RETREAT

#### SPRING CLEAN YOUR BODY

Coming this Spring

Tao of Wellness Santa Monica (new location)  
2825 Santa Monica Blvd., Ste. 300, Santa Monica

Our three-day detox uses acupuncture, cupping, body work, herbal medicine, far-infrared sauna, qi gong and excellent foods to help activate your body's powerful detoxifying systems, increasing strength, health and vitality. Details: [www.taofwellness.com](http://www.taofwellness.com)

Limited space. For information, contact Anailian Martin at 310-917-2200 ext. 221.

*(Announcements continued on reverse side)*

#### TAO OF WELLNESS SANTA MONICA

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#### TAO OF WELLNESS PASADENA

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## THE YEAR OF THE SERPENT

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



#### WELCOME TO THE YEAR OF THE SERPENT!

Elementally, 2013 consists of Water and Fire. Energetically the Water element is creative, flexible and powerful while the element

of Fire is dynamic, passionate and unpredictable. The positive manifestations of these two energies are more optimism, creativity and entrepreneurial growth. On the other hand, Water and Fire are opposing energies and therefore conflicts cannot be avoided.

Let's examine how the energetic cycles might affect the health in the five areas of your life, mainly physical, emotional, spiritual, moral and financial.

#### PHYSICAL HEALTH:

In this year, one may experience a higher tendency for conditions involving the Water Element (kidneys, bladder, adrenal glands, fertility and hormonal systems), and the Fire Element (heart, blood pressure, and circulation).

**Action Plan:** Eat more beans for their phytochemicals, which are supportive for hormonal health. Drink cranberry, cherry juice and a little apple cider to keep the kidney and bladder free from bacteria and uric acid. Try adding more spices and herbs into your diet including my Heart Health Spice Blend (ground cinnamon, fennel seed, cloves, star anise, white pepper, parsley, ginger, cayenne pepper, turmeric) and Sexual Health Spice Blend (ground coriander, ginger, cayenne pepper, cloves, turmeric, curry, chili, fenugreek, fennel seed, garlic, cardamom, nutmeg, basil). Avoid eating red meat, dairy, fatty, greasy, deep fried foods, processed and refined

carbohydrates, alcohol, and sugar. I also recommend taking fish and flax oil which are high in omega fatty acids that decrease inflammation and are helpful for the heart and circulation. Take care of problems when they are small by being proactive and seeking holistic care. Exercise consistently to keep your heart fit and help your body stay strong.

#### EMOTIONAL HEALTH:

Water relates to fear while Fire corresponds to excitement, neither of which is healthy in excess. Fear paralyzes and consumes energy and prevents one from taking the necessary steps for healthy emotional growth and maturity. Thrill seeking, while exciting, can result in hyper-stimulation of one's nervous system. Both emotional states create stress that can harm one's heart and over tax the adrenal gland, potentially upsetting both the hormonal and the nervous systems.

**Action Plan:** Meditate daily using guided meditations like *Meditation for Stress Release* (CD) or *Meditations for Emotional Detox* (CD) to lower your cortisol—stress hormone level and increase endorphins to help you relax and experience inner peace. Tai qi and yoga are also helpful. Keep a nightly journal to unload pent up feelings. Talk to a therapist or counselor. Cultivate a state of gratefulness.

#### SPIRITUAL HEALTH:

The nature of Water and Fire is movement—Water tends to flow downward while Fire wants to blaze upward. With these two opposing forces colliding, inner conflict may arise between desiring more material things, especially coming out of several years of austere economic conditions,

*Continued on reverse side*

## ANNOUNCEMENTS

Dr. Daoshing Ni, Dr. Mao Shing Ni and Associates cordially invite you to the **GRAND OPENING CELEBRATION** of our new office  
**TAO OF WELLNESS SANTA MONICA**

Please come meet our practitioners, tour our new space, and enjoy a qi gong demonstration.

**Wednesday, February 20, 2013, 5:30 - 7:30 pm**  
2825 Santa Monica Blvd., Suite 300  
Santa Monica, California 90404

Cocktails | Herbal Elixirs | Hors D'oeuvres  
Please R.S.V.P. to (310) 917-2200

### PRIVATE QI GONG CLASSES

with **Thomas Boldt** or **Kumiko Yamamoto**  
Tao of Wellness Santa Monica (new location)  
2825 Santa Monica Blvd., Ste. 300, Santa Monica  
For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com)  
or call 310-917-2200

### GROUP QI GONG CLASSES

**Eight Little Treasures** with Dr. Mao Shing Ni  
The Wellness Living Store  
1412 14th Street, Santa Monica, 90404  
For information and to sign up:  
[info@taoostar.com](mailto:info@taoostar.com) or call 310-260-0013  
Tuesdays, 6:00 – 7:00 pm

## WELLNESS SHOP



### TONIC OIL

For Qi and Blood Flow

This blend of eucalyptus, camphor and wintergreen in a sesame oil base is what we use in our clinic to massage aching muscles and joints.

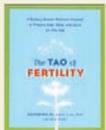
A couple drops on the upper lip can also clear nasal congestion for easier breathing. \$12.95, 2oz.



### 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.  
Available from The Wellness Living Store



### TAO OF FERTILITY

By Dr. Daoshing Ni, L.Ac., Ph.D., D.O.M. and Dana Herko

A practical plan for conception, using Traditional Chinese Medicine with empowering Taoist principles that carry you through pregnancy, childbirth and beyond. Structured according to a woman's journey to conception. \$15.95, paperback

### 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 and Pasadena



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## FERTILITY PLANIT

Dr. Dao was a keynote speaker at the Fertility Planit Show on January 12-13th. Over 1,100 people registered for the event, and there were more than 50,000 views online! You can view the webinar at [www.fertilityplanitshow.com/videos](http://www.fertilityplanitshow.com/videos)



Dr. Dao giving his keynote address:  
"Traditional Chinese Medicine: Optimizing Male and Female Fertility Naturally", pictured here with moderator Wendy Obstler.



Dr. Dao participating on a panel discussion: "Ovaries and Fertility: When You're 40+" From left to right: moderator Monica Corcoran, Dr. Richard Marrs, Dr. Catherine Deugarte, Dr. Daoshing Ni

Photos courtesy of Fertility Planit

## YEAR OF THE SERPENT *continued*

and wanting to simplify for a more satisfying spiritual life. A balanced desire for material and spiritual achievement can lead to a constructive life.

**Action Plan:** The spiritual opportunities for this year are to work on strengthening your will power, which emanates from your Water Element, and opening your heart, increasing acceptance of others, and cultivating compassion—all of which correspond to the Fire Element. Acceptance of others begins with acceptance of yourself—embrace and love yourself with all of your imperfections, just as a mother loves her child.

### MORAL HEALTH:

Your moral values govern how you interact with people and the world around you. Since the energies of 2013 portend a tendency for conflicts, you would be wise to strive for harmony in your relationships. The dynamic of Water and Fire, just like feminine and masculine, must be harmonized for a relationship to succeed. All healthy relationships require patience, understanding and flexibility, which are the hallmarks of the serpent.

**Action Plan:** Since fear, mistrust and sadness cause one to close up and impede full exchange in a relationship, it is important to recognize these blocks and resolve them. Write down the blocks in your relationships and make a time with the other person to work on the blocks together by practicing behaviors that bring more trust, understanding and forgiveness. Focus on specific behaviors and refrain from judgment and generalizing. Set a time to review progress weekly, and revise when necessary. Successful relationships

require clear, calm and consistent communication and feedback. Get help from relationship experts when you need it.

### FINANCIAL HEALTH:

The Fire Element tends to be excitable, dynamic and unpredictable. Thus during years when the Fire Element is present, the stock market is prone to more optimism and rises accordingly. The Water Element, on the other hand, is creative, flexible and powerful. When combined harmoniously with the Fire Element, 2013 is a good year for entrepreneurial activities involving creative fields like entertainment, media, fashion and technology.

**Action Plan:** Take inventory of where you are financially and make a realistic plan of where you want to be in the future. Engage a professional financial advisor, or use the many available resources to do it yourself. Set up a budget of savings and expenses and stick to it. Resist temptations with all the optimistic pronouncements in the news, and invest your money with discipline. Review your progress regularly and adjust your strategies according to your goals and future needs. Don't forget to invest in yourself by increasing your knowledge base, upgrading your skills and expanding your network.

In summary, every year offers a unique set of challenges and opportunities. By following the guidance of the Five Elements in 2013 we can learn to ride the Water wave and avoid being scorched by the Fire. Have a happy and healthy Year of the Serpent! ■

(For the complete forecast, please go to [taoofwellness.com](http://taoofwellness.com).)