



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES & CLASSES

HAPPY HEART HAPPY LIFE With Dr. Jessica Chen, L.Ac., DAOM

Thursday, March 13, 2014 | 6:00 - 7:00 pm

Tao of Wellness Santa Monica

2825 Santa Monica Blvd., Suite 300, Santa Monica

Do you want to take control over your longevity and quality of life? If so, take care of your heart! Heart disease is the number one killer of Americans. Please join Dr. Jessica Chen as she discusses how to prevent and manage heart disease through nutrition, lifestyle, and management of stress and anxiety.

HEALING SOUNDS MEDITATION FOR EMOTIONAL DETOX AND SELF-HEALING

With Dr. Jing Chen, L.Ac., DAOM

Thursday, April 9, 2014 | 6:30 - 7:30 pm

Tao of Wellness Santa Monica

Join Dr. Jing Chen as she guides you through a traditional Taoist meditation utilizing breath and sound that relieves stress and balances your energy. This simple, gentle meditation will help you release emotions such as frustration, anxiety, worry, and grief. Physical benefits include relief of symptoms such as headaches, fatigue, poor digestion, and colds and flus.

IMPROVE YOUR WEIGHT NATURALLY With Jason Moskovitz, L.Ac., Dipl.O.M.

Thursday, March 20, 2014 | 6 - 7 pm

Tao of Wellness Newport Beach

359 San Miguel Dr., Suite 200, Newport Beach

Join Jason Moskovitz as he shows you how certain foods, movements and choices can boost your metabolism immediately. Whether you're a tired parent, you're simply feeling

(Free Lectures & Classes continued on reverse side)

TAO OF WELLNESS SANTA MONICA

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WELLNESS NEWSLETTER



EMOTIONAL DETOXIFICATION

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



The beginning of a new year presents wonderful opportunities to improve ourselves and our environments, to create goals, and make resolutions. We also tend to look for things to add to our physical and mental lives: new vacation plans, new gadgets, and other distractions.

But what about our emotional health?

Emotions are a normal part of life. Being stressed, depressed, or shocked is nothing to be ashamed of. Every one of us reels from emotional stress from time to time. It's when emotions go unchecked that mental, and even physical problems can arise. Many will readily admit that typical stressors can get that old knot in the neck or back to act up. That's your mind literally creating physical disease.

You can take proactive steps with that same mind to undo those physical issues, by way of working with your emotions. Your mind (and muscles) will thank you, and you'll help fend off, or improve the condition of many other diseases ranging from the common cold and headaches, to cancer, infertility, arthritis, chronic fatigue, depression, anxiety, and fibromyalgia.

Chinese medicine recognizes comprehensive organ systems in the body. No one system is isolated from

the rest of the body. We associate the physical organ to certain bodily tissues, sense organs, and even emotions. Each organ system is responsible for the balanced expression of an emotion. When those feelings pile up, that system can become sick. The five emotions associated with these organ systems are anger, shock, worry, grief, and fear.

You can try a guided meditation, such as my *Meditation for Emotional Detoxification* CD, which is a simple visualization based on these five emotions. You can do this on your own or in the company of a supportive friend, spouse, or counselor. This meditation will help you purge emotional buildup, allowing you to move into the future clearer and lighter.

Other tools to help keep you emotionally balanced include tai chi, qi gong, yoga, meditation, and breathing exercises. Be sure to get enough sleep, time with your loved ones, and get regular physical exercise and time outdoors. Counseling, life coaching, acupuncture and herbal medicine can also be very helpful in dealing with the mental and physical manifestations of stress and emotional imbalances.

Using a combination of all these tools for regular emotional detoxification will keep your mind, your body, and your emotional health resilient for years to come.



CLEANSING & DETOX RETREAT "SPRING CLEAN YOUR BODY"

April 25, 26 & 27, 2014 | 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.

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

FREE LECTURES (continued)

your age, or you're additionally managing chronic pain or illness you'll get the help you need to change your weight and change your life. Limited space.
To RSVP, please call 949-706-7770

ANNOUNCEMENTS

FREE QI GONG CLASS IN PASADENA MEDITATIVE MOVEMENT FOR STRESS REDUCTION with Edsel Tan, L.Ac., Dipl.O.M.

Thursday, February 20, 2014, 6:00 - 7:00 pm
Tao of Wellness Pasadena

171 S. Los Robles Ave., Ste. A, Pasadena, 91101
Learn to make your body supple, your mind clear, and your spirit content through qi gong, a meditative exercise incorporating mind, body, and breath. The postures and movements of this introductory class are safe, gentle, and appropriate for all fitness levels. Description can be cut if not enough space
FREE CLASS. Donations are welcome!
Limited space. Please RSVP
by calling 626.397.1000

LITTLE EIGHT TREASURES QI GONG CLASSES IN NEWPORT BEACH

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

March 8th, 3:30 - 4:30 pm

Irvine Terrace Park, Corona Del Mar
721 Evita Dr., corner of Seadrift Dr. & Evita Dr.
Limited space. Classes are free but donations are welcome. To RSVP, call 949-706-7770.

WELLNESS SHOP



EMOTIONAL DETOXIFICATION CD

The simple instructions contained in this recording will help you heal yourself, mind and body.

You no longer need to feel distress over your emotional state, for anything can be changed.
22 minutes. CD \$12.95



HEART SUPPORT

Essential fatty acids (EPAs) that protect the heart. Wellness Living's Heart Support is a proprietary blend of purified whole body fish oils. These oils are extracted

through cold-press technology to preserve freshness and to limit bad taste. Fatty fish oils are an excellent source of the beneficial omega-3 fatty acids EPA and DHA. \$21.95, 50 capsules

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE

1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com

or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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CELEBRATE AMERICAN HEART MONTH IN FEBRUARY!

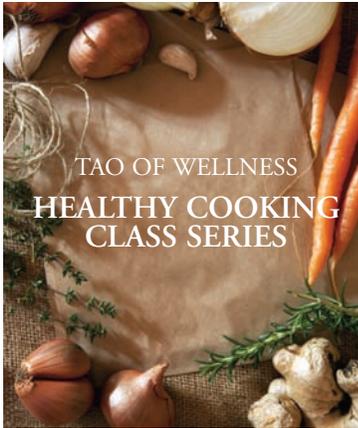


Aerobics Goes to the Heart of Things

Whoever said aging is not for the faint of heart was right! Your heart is a muscle that pumps the blood's nutrients and oxygen throughout your body while transporting waste products for elimination. A stronger heart means increased tolerance for stress and strain. The best way to strengthen the heart muscle is to increase your pulse rate to 60 to 80 percent of your maximum heart rate (MHR) when you exercise. Your MHR can be found by subtracting your age from 220. For example, if you are 50, your MHR is 170 beats per minute. Your optimal range of 60 to 80 percent would be calculated as 102 to 136 beats per minute. Achieving this rate for 30 minutes a day, three times a week, will help your heart to keep you going.

Take a Nap to Kick a Heart Attack

One of the best ways to lower stress on your heart is to take a nap during the middle of the day. Chinese medicine has observed that, in the body's circadian rhythms, noon-time is the peak hour for the heart. Therefore, Chinese doctors advise calming activities and rest at this time of day to maintain the health of the cardiovascular system. Researchers have found that men who napped at least thirty minutes a day were 30 percent less likely to develop heart disease than those who didn't nap. A siesta is a sign of wisdom, not laziness! ■



TAO OF WELLNESS HEALTHY COOKING CLASS SERIES

Detox Made Fun and Easy with Dr. Kumiko Yamamoto

Saturday, March 15th, 2014, 6:00 - 8:00 pm
at The Wellness Living Store



Dr. Kumiko Yamamoto invites you to a special evening of fun and delicious cooking class. Did you know that detox foods do not have to be boring or tasteless? Enjoy and experience how detox super foods can be transformed into delicious, festive, and healthy meals for your optimal health!

\$30 per person (class limited to 20 people).
RSVP to 310-260-0013 or order@taostar.com.

Welcome Albert Vaca!



Please join us in welcoming Albert Vaca, L.Ac., recipient of the Tao of Wellness Fellowship.

Albert Vaca, L.Ac, California Board Licensed Acupuncturist, received his Master's degree in Acupuncture and Chinese Medicine from Yo San University. Having a background in martial arts and competitive sports, he was drawn to Sports Medicine and orthopedics. He completed a postgraduate training in acupuncture orthopedics at Cedars Sinai Hospital, and furthered

his training by becoming certified as an Acupuncture Orthopedic Specialist from the Academy of Orthopedic Acupuncture.

Albert is a firm believer in integrative healthcare and has worked in women's health, internal medicine and pediatrics with other medical specialists at the Venice Family Clinic and Being Alive HIV clinic. An educator at heart, he served as Dean of Clinical Education at Yo San University where he enjoyed sharing his clinical knowledge with interns. He is also fluent in Spanish.

Albert is dedicated to personal development and practices meditation and tai chi regularly. He hopes to empower patients at Tao of Wellness with his knowledge, and to help them activate their innate restorative abilities that promote healing and well-being. ■