



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



## FREE LECTURES

### HARMONIZING :

**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

### SPRING ALLERGY RELIEF USING CHINESE MEDICINE with Thomas Boldt, L.Ac., MATCM

Wednesday, April 14, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

Do you have a runny nose, sneezing, headaches or skin irritations? Learn how to treat these and other allergy symptoms using nutrition, acupressure and Chinese herbs. Limited space. Call to RSVP: 310-917-2200

## ANNOUNCEMENTS

### 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

### CLEANSING & DETOX RETREAT

April 9 – 11, 2010 | Tao of Wellness

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.

Details: taoofwellness.com

Limited space. Contact: 310-917-2200, x221

### SPIRITUALITY TELESEMINAR WITH DR. MAO

Sunday, March 7, 2010 | 8 – 9 a.m. PST

Tel: 712-432-1001 | Access Code: 485547881#

For information, visit: integralway.org

*(Announcements continued on reverse side)*

### TAO OF WELLNESS

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## FOLLOWING NATURE'S RHYTHMS, Keep Healthy with Springtime Foods

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

Midway between the winter solstice and the spring equinox, around Groundhog Day, seedlings begin to sprout and stretch their way through the earth and into the sunlight. Asian cultures, farmers, the Celts, and other cultures have observed the beginning of February as the herald of spring. Observers of the modern day sun calendar count the spring equinox as the beginning of spring.

Whichever way you choose, Traditional Chinese Medicine advocates a change in your diet when the seasonal energy changes. As February starts, it is important to begin eating more springtime foods such as sprouts, fresh young leafy greens, asparagus, young veggies, young beets, young carrots, sprouted legumes, sprouted seeds and sprouted grains.

Throughout the year, Chinese medicine recommends eating foods that are in season. However, foods can be eaten out of season, especially if they are eaten to help heal a specific health condition. For example, apples and pears are good for the lungs and are generally in season during the fall. You can still eat them and support your health throughout spring and the rest of the year,

particularly if you have a lung condition such as a chronic cough, shortness of breath or asthma.

Chinese classical medicine texts recommend creating a personal spring within by cooking with pungent herbs such as mint, saffron, basil, cumin, chive, fennel, mustard, marjoram, rosemary, dill, caraway, bay leaf and aniseed. As spring begins, Western folk medicine traditionally advises a daily dose of raw garlic and onions for a week to cleanse the body of parasites.

*The Yellow Emperor's Classic of Medicine*, the seminal text of Chinese medicine, advocates spring as the best time to detoxify or cleanse. (There is truth to the phrase, "spring cleaning!") However, be careful which kind of detoxification process you choose, as some can be unhealthy. At Tao of Wellness, you can participate in cleansing and detoxification retreats throughout the year that are truly healthy, thorough and safe. (See *Announcements* for the April retreat.) Our Internal Cleanse tea or Internal Cleanse capsules can be taken during the spring to facilitate the cleansing process or as a year-round daily cleanse. Remember, follow the natural rhythms of nature, eat healthy and stay healthy! ■

## THREEFOLD FOCUS HEALS EAR INFECTIONS

The treatment of middle ear infections, *otitis media*, with Traditional Chinese Medicine (TCM) involves the use of herbal teas or tinctures. The therapeutic focus when treating middle ear infections with TCM is threefold. First, the infection is treated using antiviral herbs. Second, herbs are used to strengthen the immune system and promote the body's own self-healing process. The third major focus is to drain the excess accumulation of fluid that builds up in the ear as a result of the infection.

Using herbs means that you don't have to deal with the side effects of antibiotics, which include gastrointestinal upset and mucus production. While in some cases antibiotics have their place and are necessary, you may still use herbal tinctures in tandem to help boost the immune system and prevent future infection episodes. For ear infections, we recommend avoiding dairy products and sweets and adding more leafy greens and fresh fruits to your diet. ■

## ANNOUNCEMENTS (continued)

**DR. MAO LECTURES AT**  
Young Presidents' Organization  
March 25 - Mexico City

### 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.  
Tai Chi Studio, Yo San University, 2nd floor  
Info: [yosan.edu](http://yosan.edu) or call 310-577-3000, x10  
Cost: \$89 | To register: [support@yosan.edu](mailto:support@yosan.edu)

## AURICULAR THERAPY TREATS ADDICTION, OBESITY, PAIN

Ear acupuncture, also known as auricular therapy, is widely used for conditions such as addiction, mood disorders, obesity, and pain. The acupuncture points found on the ear help to regulate the body's internal organs, structures and functions. Auricular therapy has also been shown to stimulate the release of endorphins, the body's own "feel-good" chemicals. Usually, ear acupuncture is incorporated into a regular acupuncture treatment where other points on the body are also needed. Ear acupuncture points may be stimulated for a longer period of time by using ear seeds (a small seed with an adhesive backing) or ear tacks (very small needles with an adhesive backing) which are placed on points on the ear. ■

## WELLNESS SHOP



### INTERNAL CLEANSE TEA

This herbal tea blend is formulated to reduce harmful chemicals and toxins in the body. Nourishing and strengthening the liver system, it cleanses and purifies.

\$6.95, box of 30 tea bags



### SECOND SPRING

by Dr. Maoshing Ni

Thanks to these simple, natural solutions from Traditional Chinese Medicine, the second half of a woman's life can become a flowering of feminine potential. \$17.99, book



### MEDITATION FOR STRESS RELEASE

Relax your body, tranquilize your mind and restore your spirit within ten minutes by learning this simple mind/body awareness meditation.

Narrated by Dr. Maoshing Ni. \$12.95, CD

### PURCHASE THESE FINE PRODUCTS AT:

#### TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [taoofwellness.com](http://taoofwellness.com)

#### YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles  
800-578-9526 ■ [taostar.com](http://taostar.com)

# A TENSE JAW LEADS TO TMJ

by Thomas Boldt, L.Ac., MATCM

Have you ever awakened in the morning with a sore jaw, or found that it is painful to open your mouth? Perhaps your jaw clicks on one side or even both. Do your ears feel clogged even though you don't have an infection? Maybe you have dizzy spells, ringing in the ears or unexplained headaches. If you experience any of these, you may be suffering from TMJ disorder.

TMJ, or *temporomandibular joint*, refers to the complex joint where the lower jaw hinges with the upper jaw. When it is working properly, you can open your mouth wide and slide your lower jaw from side to side as well as a little forward and back! You can't do that with your knee or hip—so think of how many muscles must be involved!

Stress and anxiety cause many people to clench their jaw and grind their teeth at night. This continual flexing of the jaw muscles leads to chronic tension and even little knots in the muscles. Think how much your hand would hurt if you clenched your fist as hard as you could most of the day and night! TMJ pain is usually felt at the joints, just in front of the ears, but can also be felt in the muscles that operate the jaw causing headaches, neck pain, and even ear conditions like a "clogged" feeling or tinnitus. Muscle tension in the neck and shoulder can pull



your jaw out of alignment, which can lead to TMJ, as can trauma to the head or jaw or habits like gum chewing, only chewing food on one side of the mouth and even fingernail biting.

Traditional Chinese Medicine (TCM) is one of the best ways to treat TMJ disorder. Acupuncture can relax the local muscles and decrease the symptoms of pain and ear discomfort. In addition to acupuncture, herbs, tuina, nutrition and meditation can be used to ease anxious tension, which allows the jaw to return to a proper alignment and produces more restful sleep.

For structural damage caused by trauma, or where uneven use has led to teeth problems, a dental specialist must also contribute to the healing process. Even in these cases, TCM works as a great addition to help ease pain both before and after the procedures. ■



## EXERCISES TO INCREASE VISUAL CLARITY

A famous Chinese proverb states that the eyes are the windows of the soul. It is crucial to keep the windows clean and uncontaminated. The following exercises are designed for maintaining and improving visual clarity and sharpness.

It is preferable to do these exercises upon rising in the morning and before retiring in the evening, particularly if your eyes are tired. Make certain that your hands are clean and that your body and mind are completely relaxed.

Adhere diligently to this routine. The key to progress is to practice every single day without interruption.

**Warming Your Eyes:** Rub your palms together to create heat, then place them over your eyes for five seconds. Repeat three times.

**Pressing the Rim of the Valley:** Use both thumbs and press slowly from the inside outward along the upper rim of the eye sockets. Then switch to both index fingers and press along the lower rim of the eye sockets from the inside outward. Repeat three times.

**Rolling the Marble:** Press the back of your thumbs gently against the eyeballs; slowly roll up and down 12 times. Then slowly roll from side to side 12 times.

**Turning the Wheels of Fortune:** Place the thumb knuckles at both temple areas and massage in a circular motion three times. Repeat the same procedure above the mid-point of the eyebrows at the forehead, then below the eyes on both sides of the bridge of the nose.

**Staring at the Light:** Hold an object out in front of you as far as possible. Focus your eyes on the object while slowly moving the object closer until it is six inches from your nose. Then focus on the object as you move it slowly away from you. Repeat three times and relax briefly in between.

**Spinning the Basketball:** With eyes open, roll eyes clockwise, then counter-clockwise three times each. Try to look into the sockets of your eyes as much as possible.

**Taking a Nap on the Job:** Put your head back, close your eyes and relax for three minutes. ■