



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

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.

Call to RSVP: 310-917-2200

HEALTHY CHILD, STRONG IMMUNITY with Kumiko Yamamoto L.Ac., Dipl. O.M.

Saturday, March 19, 2011 | 11 a.m. – Noon
Los Angeles Public Library – Mar Vista Branch
12006 Venice Boulevard, Los Angeles

Learn and explore natural ways to support healthy growth of your children and build a stronger immune system to protect against cold, flu, and allergies. Limited seating.

Call to RSVP: 310-917-2200

HEALTHY WEIGHT AND VITALITY - NATURALLY with Kumiko Yamamoto, L.Ac., Dipl. OM

Thursday, April 28, 2011 | 6:30 – 7:30 p.m.
The Wellness Store, 1412 14th St., Santa Monica

Summer is around the corner! Come and learn natural ways to lose weight and increase vitality. Discover simple ways to increase energy and manage weight for your optimum health. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

NATURAL MINERAL COSMETICS - IREDALE NATURAL MAKEUP EVENT AT WELLNESS STORE

You eat organic so why not use cosmetics made from natural ingredients? Join us for a luncheon and hear Dr. Mao speak about the harmful chemicals in makeup products and why it is important to use only natural cosmetics. Receive a private consultation from a beauty expert and free gift with purchase.

Friday, March 18, 2011 | 11:30 – 2 p.m.
The Wellness Store, 1412 14th St., Santa Monica
RSVP by March 11 to wellness@taostar.com
or call 310-260-0013

(Announcements continued on reverse side)

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

Telephone 310-917-2200; Fax 310-917-2204

www.taoofofwellness.com

© 2011 Tao of Wellness; a Professional Acupuncture Corp.
EDITOR, THOMAS BOLDT, L.A.C.; GRAPHIC DESIGN, JUSTINA KRAKOWSKI



BREASTFEEDING CAN HELP CHILDREN ENJOY THEIR VEGGIES

by Marc Gomez, L.Ac., Dipl. O.M.

Babies are much more likely to enjoy eating foods their mothers ate while breastfeeding. Babies actually begin developing a taste for certain foods while feeding on breast milk. Flavors from a mother's diet can be found in her breast milk and babies are actually able to detect these flavors while breastfeeding.

Everyone wants their children to eat their greens and plenty of colorful veggies to help them grow, stay healthy and strong. New moms can start this process early by eating a wide variety of foods, plenty of bitter greens and other veggies while breastfeeding to help their babies develop a taste for these foods and even learn to love their veggies.

Especially important foods include broccoli, kale, collard greens, tomatoes, watercress, bok choy, spinach, black beans, sesame seeds, almonds, and peas, all of which are nutrient-dense and very healthy. Eating these foods while breastfeeding can help to improve the quality of breast milk and help to ensure children develop an appetite for

some of the healthiest foods on the planet. If you are a mother who does not like veggies, try eating small amounts of a wide variety of vegetables and slowly work your way up to bigger portions. It can take seven to twelve days to develop a taste for certain foods. One highly effective way of developing a taste for new foods is by trying one food at a time. Simply have one to two table-spoons of the new food once or twice a day for a week to twelve days until your taste buds get accustomed to the flavor. Then you can slowly work your way up to eating bigger portions.

Also, try cooking veggies in many different ways until you find which cooking method you really like best. For new mothers who are not yet veggie lovers, a great way to start is to puree the veggies you don't like so much and then add them to soup; or just bake them and serve them with a little of your favorite vegetable oil and sea salt. Include vegetables like onions, mushrooms, tomatoes or tomato sauce to your baked veggies for a little more flavor. Eat well, eat smart and your children will too. ■



Spring Clean Your Body: Cleansing Detox Retreat

April 8, 9, 10, 2011 | Tao of Wellness, Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel fatigued, who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions. Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat.

"I feel refreshed, optimistic, and my knowledge of my body is improved.

Though I'm lighter and calmer, I'm more energetic!"

"The treatments were wonderful. Each day I felt very refreshed.

Definitely lost some weight and inches..."

Details: www.taoofofwellness.com. Limited space. Contact: 310-917-2200, x221

ANNOUNCEMENTS *(continued)*

DR. MAO LECTURE IN VANCOUVER

Dr. Mao will be speaking in Vancouver, Canada at the 8th Annual Canadian Oriental Medical Symposium (COMS) on "Nourishing Health through All Phases of Life with Traditional Chinese Medicine." Friday, March 11, 2011

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

Yo San Public Chi Program offers weekday and weekend classes

13315 West Washington Blvd., Los Angeles
Tai Chi: 18-Step Harmony Style
with Bitu Yadidi in March
For information: www.yosan.edu or
call 310-577-3000

Group Chi Classes are offered at The Wellness Store

1412 14th Street, Santa Monica
For information: info@taostar.com
or call 310-260-0013

WELLNESS SHOP



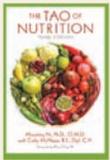
DR. MAO'S BEAUTIFUL HOT HERBAL CEREAL Now gluten free

A nourishing and satisfying hot cereal of: select Chinese herbs to promote long life; grains, legumes and beans for healthy digestion; and herbs and seeds for beautiful hair and skin. \$20.00, 4 lbs.



SPRING AWAKENING TEA Reviving and Refreshing

Drink in the springtime or early morning to revive your mind and body. This blend of herbs is useful for fatigue, indigestion, early morning grogginess, and poor concentration. \$6.95, box of 30 tea bags



THE TAO OF NUTRITION

Learn how to take control of health with good eating. Over 100 common foods, along with their energetic properties and therapeutic functions are discussed. Food therapies for many ailments are presented and useful recipes incorporating these foods are included. \$19.95, book

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING 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

FOODS TO HELP MENTAL CLARITY

by Jessica Chen, L.Ac., Dipl. O.M.

What do we feed our most complex organ? Everything! Well, almost everything.

A brain-healthy diet consists of foods that increase blood flow, are low in cholesterol and high in antioxidants. Such a mix not only helps the brain but also slows the aging process, helps prevent diseases like diabetes and benefits the heart.



Providing good nutrition for our brain is a must. As we move towards our golden years, we realize that our minds just do not work the way they used to. Progressive aging of our brain can trigger symptoms of dementia, and even lead to diseases like Alzheimer's. According to the National Institutes of Health (NIH), 4.5 million Americans suffer from this disease.

Free radicals have been identified as a major cause of cognitive decline associated with aging. Our brains and bodies are bombarded daily with free radicals from polluted air, unhealthy food and poor lifestyles. They can cause low-grade inflammation, which damages normal cell structure and function. Thankfully, through an increase in research, we now know the important role of good nutrition for brain health. So, why not help slow down the aging of our brain by consuming the right "brain



foods?" We can then cruise through our golden years more clearly and keenly.

The cardiovascular system plays a major role in nourishing the whole body including the brain. In order to provide our brain with the proper nutrients, the blood must flow smoothly through vessels clear of obstructions like plaque build-up.

SALMON

Our brain consists of 60% fat. Cold water fish such as salmon are rich in Omega-3 fatty acids, which help to reduce inflammation, thus promoting good circulation, which in turn supports healthy nerve cell activity in the brain.

WALNUTS

In Traditional Chinese Medicine, foods and herbs that resemble certain body parts are used to benefit those parts. So, it is not surprising that the walnut, which resembles a brain, is packed with Vitamin E and antioxidants. Walnuts are the only nuts that contain a significant amount of Omega-3 fatty acids.

BLUEBERRIES

Foods that are small and compact in size tend to carry a lot of Chi—or life energy. So, the smaller the food, the more abundant the Chi. It is no wonder then, that out of fifty common fruits and vegetables, blueberries have the highest antioxidant properties. The phytonutrient-rich anthocyanidins found in the blue-red pigments of blueberries protect the brain by neutralizing free radical damage.

For further questions or concerns regarding nutrition for a healthier mind and body, ask the receptionist about our nutritional counseling services. ■

NEW YEAR'S CELEBRATION: THE YEAR OF THE RABBIT



[Left] Dr. Mao addresses the gathering with help from an assistant [Middle] Tai Chi champion and Yo San faculty member Ming Dong Li demonstrates a fan form [Right] The Lion Dance