



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

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 Wellness Living Store

1412 14th Street, Santa Monica 90401

The FSH test is widely used to help measure a woman's ovarian reserve. Join Drs. Ringler and Ni to explore the meaning of this test and what you can do if you have been tested with an elevated FSH. Call to RSVP: 310-917-2200.

FERTILITY SEMINAR

with Dr. Bayrak, Medical Director
of LA IVF and Dr. Daoshing Ni

Thursday, March 22, 2012 | 6 – 8 p.m.

at LA IVF – West Los Angeles

Drs. Dao and Bayrak will be discussing the complexity of unexplained infertility diagnosis and advanced solutions that result in high success rates. Please call to RSVP: 310-286-2800

MESSAGE THAT BENEFITS BOTH THE GIVER AND THE RECEIVER

with Edsel Tan, L.Ac., Dipl.O.M.

Tuesday, March 27, 2012 | 6:30 – 7:30 p.m.

Tao of Wellness Santa Monica,

1131 Wilshire Blvd., Ste. 300, 90401

Doing massage can be therapeutic not only for the person receiving it, but also for the one giving. Learn good form and technique in giving a decent massage while getting beneficial exercise doing it.
Call to RSVP: 310-917-2200.

(Announcements continued on reverse side)

TAO OF WELLNESS - SANTA MONICA

1131 Wilshire Blvd., Ste. 300, Santa Monica, CA 90401

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WELLNESS NEWSLETTER



HOW STRESS CAUSES AGING



by Edsel Tan, L.Ac., Dipl.O.M.

We intuitively know that stress is harmful. Recently, however, science has proven this to be a hard fact. An overdose of stress can harm us down to our genetic makeup.



The cells in our bodies are continually replicating to replace old or worn-out cells. Our genetic material is stored within chromosomes in each cell, and when the cell replicates, these chromosomes make copies of themselves. In the early 1980's, scientists discovered telomeres, the protective caps at the ends of chromosomes, and telomerase the enzyme that rebuilds these caps as they wear down. If you were to envision a chromosome as a shoelace, the ends of the shoelace that keep it from fraying would be telomeres, also keeping the chromosome intact. These protective caps and the enzymes that restore them protect the genetic material within the chromosome from mutation during cell replication. This is fundamental to optimum wellness and healthy aging.

Further study found that people under stress had shorter telomeres and less telomerase, implying

increased chance of genetic mutations, disease, and accelerated aging.

Stress clearly wreaks havoc on telomerase and therefore the body, but we don't have to surrender to it. We can make changes for the better in our thought processes and in our lifestyle:

- **SLEEP:** Give yourself time to restore.
- **EAT WELL:** Stay nourished to cope with life head on.
- **TALK THROUGH IT:** When the stress is traumatizing, consider the guidance of a licensed therapist or experienced counselor.
- **EXERCISE:** Get the blood pumping to detoxify your mind and body.
- **GET ACUPUNCTURE:** Numerous research studies indicate that acupuncture reduces stress through the release of endorphins and the decrease of neuropeptide Y (NPY), shown to be elevated in those with chronic stress and thought to contribute to the physiological stress response.
- **MEDITATE:** This ancient practice stands the test of time. It allows you to align your breath, body and mind to bring you into a peaceful state.
- **PRIORITIZE YOUR HAPPINESS!**



Spring Clean Your Body: CLEANSING DETOX RETREAT

March 30, 31 & April 1, 2012 at Tao of Wellness Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. You will receive acupuncture, cupping, massage, herbal medicine, far-infrared sauna, chi gong and dietary therapy—including three delicious, healthy meals each day. The retreat is effective for those who want more energy or feel stuck, who are trying to stop smoking, lose weight, wean off drugs, slow aging, prepare for pregnancy, or reduce inflammatory conditions. Many people report major improvement in their conditions after attending our 3-day detoxification retreat.

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

ANNOUNCEMENTS *(continued)*

WELLNESS LIVING STORE EVENTS

1412 14th Street, Santa Monica 90404
For information and to sign up:
info@taoostar.com or 310-260-0013

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 Bita Yadidi
Thursdays, 6:00 – 7:00 pm:
Harmony Style Tai Chi with Rafaele

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

WELLNESS SHOP



ANXIETY/SLEEPLESS

This herbal formula nourishes and relaxes the Shen, or spirit, and helps diminish insomnia, anxiety, and mental exhaustion.
\$16.95, Capsules



B-SLIM – Safe Weight Control

A blend of herbs whose qualities are said to control appetite and craving, eliminate bloating, improve digestion, increase fat metabolism, regulate blood sugar, gently relieve constipation and balance the body.
\$29.95, Capsules



HIGH PERFORMANCE

– The “Chi” Formula

In combination with B-Slim, this fuel food will provide you with the substantial, focused and sustained energy necessary for an active lifestyle. \$44.95, Tablets or Powder

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE

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

TAO OF WELLNESS - Santa Monica

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



HCG: Not for Weight Loss



By Stephanie Yong, L.Ac.,
Dipl.O.M.

Every year there is always a new diet product being advertised as the cure-all for weight loss. This past year, the craze was for a homeopathic remedy containing HCG. Human chorionic gonadotropin (HCG), a hormone produced by pregnant women and found in human placenta, is typically prescribed as an injectable to trigger ovulation in women undergoing fertility treatments. HCG also allows the body to access fat stores to provide nutrients for a growing fetus. This is the function that is being exploited in an attempt to help people lose weight. The recommended regimen consists of taking the HCG supplement in conjunction with a 500-calorie diet. The companies claim that a person could shed 1-2 pounds a day.

FDA WARNING

If this sounds too good to be true, it is. Early in December 2011, the Food and Drug Administration and Federal Trade Commission issued seven warning letters to companies marketing over-the-counter HCG products that were labeled as homeopathic for weight loss. The letters were issued because HCG had not been approved for weight loss, and claims being made had no substantial evidence. Initial actions were taken to protect consumers from the potential health risks of improper use of HCG and the recommended very low-calorie or starvation-like diets.

HEALTHY WEIGHT LOSS

With the CDC reporting obesity in about one-third of U.S. adults, it is no wonder that

deceptive advertising like this exists. So what is a person to do when wanting to lose weight, especially after packing on a few wintertime pounds?

EAT RIGHT

Choosing the right foods is just as important as how and when you eat your food. Do not eat when you are feeling agitated or in a rush. The tendency to overeat is higher when you are unaware or distracted when eating. Always eat breakfast, have a large lunch and eat dinner by 6 pm. Studies have shown a link between eating larger evening meals and an increase in triglyceride levels, which is essentially fat in your bloodstream.

MOVE YOUR BODY

Exercise is essential in weight loss. Find a schedule you can stick to and movements that pique your interest. Make variations to your exercise program so that your body and especially your mind do not become bored.

UNWIND

Stress triggers a natural fight or flight mechanism in the body as protection to physical danger. When this happens, chemicals like cortisol are released into the system. Made in the adrenal glands, excess cortisol production causes the adrenals to work too hard, and also causes fat to be stored around the waistline – leading to adrenal fatigue and fat. Stress is often unavoidable, but it can be reduced and managed. Counteract everyday stress by sleeping well, taking a warm bath, meditating, practicing chi gong or yoga, getting a massage, receiving acupuncture and taking herbs. ■

SPECIAL LECTURE AND BOOK SIGNING with Dr. Mao Shing Ni and Jason Moskovitz, L.Ac.



Learn how to slow aging, relieve inflammation, prevent arthritis, obesity and heart disease through anti-inflammatory foods, herbal therapy, bodywork,

acupuncture and mind-body exercises. Come and learn how to naturally eliminate your pain, lose weight and boost vitality! Door prizes and healthy snacks and beverages served. RSVP required for book signing event. Call 310-260-0013.
The Wellness Living Store
1412 14th Street, Santa Monica, CA, 90404

The Inflammation Aging Connection

Friday, March 23, 2012
7:00 - 9:00 pm