



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 stress management.

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 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, call 949-706-7770.

HEALING SOUNDS MEDITATION FOR EMOTIONAL DETOX AND SELF-HEALING

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

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

Tao of Wellness Santa Monica

Join Dr. Jing Chen as she guides you through a simple, gentle meditation utilizing breath and sound that will reduce stress, release pent-up emotions, and relieve symptoms such as headaches, fatigue, and poor digestion. Limited space. To RSVP, please call 949-706-7770.

(Free Lectures & Classes continued on reverse side)

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STAYING ON YOUR PATH TO HEALTH, STRENGTH, AND JOY

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



We were born and bred for movement. Regularly moving our bodies should be right up there with eating, breathing, sleeping, and going to the bathroom. Though, any or all of these things are too often postponed or outright ignored thanks to our many roles at work and at home. Lack of movement means impaired circulation, and lazy circulation leads to stress and sickness—and can make existing physical and emotional aches worse.

“I don't have time to move.”

Surely, you can take a brisk fifteen-minute walk after dinner instead of plopping directly in front of the TV. It will help you digest as well. Or, in front of the TV you can easily do some squats, lunges, or simple stretches.

“My joints and body hurt if I move.”

Then we need to find ways to move that do not feel bad. Low impact exercise like walking, water aerobics, elliptical trainers, yoga, and tai chi are waiting for you to try them. If you have no experience make sure you work with a seasoned coach

to avoid injury. Not moving as a way to avoid pain is not going to help the situation. If your lower body hurts, work with your upper body. If you can't figure out a way to move on your own, consult any coach or health practitioner in your community for an endless list of ideas. You can simply walk to the end of the block or even a take a few laps around the kitchen table. You can curl soup cans. You can put on some music and dance. You may not be able to do what you were so easily able to accomplish decades ago. But, rather than do all or nothing—do something. In time, you may find your body doing way more than you thought possible.

“I just don't feel like moving.”

It's time to break the cycle. Without movement, pain and depression typically get worse. In turn, the idea of doing anything can seem that much less practical over time. What is practical is the knowledge that regular exercise is responsible for the brain's release of the most pain-relieving and mood-elevating chemicals in the body. Of course, have fun while moving—that's the best way to make sure you stay on your path to endless health, strength and joy. Keep moving! ■



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)

INTRODUCTION TO MEDITATION with Edsel Tan, L.Ac., Dipl.O.M.

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

171 S. Los Robles Ave., Ste. A, Pasadena, 91101
Just as musicians tune their instruments before they play them, we meditate to tune our minds to be clear. Learn the fundamental principles of meditation and start meditating a few minutes of each day. Space limited. Please call to RSVP: 626-397-1000

LITTLE EIGHT TREASURES QI GONG CLASSES

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

March 8th, 22nd & April 5th, 19th 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.

ANNOUNCEMENTS



We're excited to announce that Dr. Dao will be speaking at Fertility Planit LA 2014, a conference of leading fertility experts, innovators, start-ups and inspirational voices on

April 4th and 5th at UCLA Carnesale Commons. Dr. Dao, along with Brenda Strong, will present: *TCM and Acupuncture for Fertility* on Saturday, April 5, 2014, 12:00 - 12:45 pm.

Visit <http://la2014.fertilityplanit.com> to purchase tickets or to watch online.

WELLNESS SHOP



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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

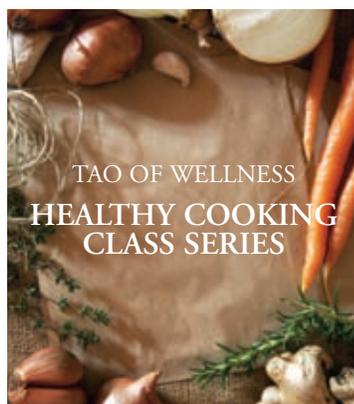


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GRAPHIC DESIGN: JUSTINA KRAKOWSKI

Year of the Horse Celebrations

In February, we celebrated the Year of the Horse with a renewal ceremony, entertainment, and great food and fellowship!



TAO OF WELLNESS HEALTHY COOKING CLASS SERIES

Detox Made Fun and Easy with Dr. Kumiko Yamamoto

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



Dr. Kumiko Yamamoto invites you to a special evening of fun and delicious cooking. 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.



Your Tongue Never Lies

From *Dr. Mao's Secrets of Longevity*

Have you ever wondered why your Chinese Medicine doctor always asks you to stick out your tongue? Tongue diagnosis has a rich history in medical traditions worldwide. All ancient medicine employed tongue inspection to detect changes in the viscera or internal organs.

The tongue is layered with immune cells that react quickly to intruders and is also filled with nerve cells and taste buds wired directly to the brain. It is fed by a complex network of blood vessels that changes the color of the tongue depending on the level of oxygen and nutrient delivery.

The healthy tongue is moist and pink. A tongue that is red, cracked, or covered with a yellow coating signals an internal imbalance or illness. See your health care provider, preferably a doctor of Oriental medicine, if you notice these signs. For example, red prickles on the tip of your tongue may mean that you are under stress and have pressure or inflammation in your head or upper respiratory system. A thick coating on the back of your tongue may indicate toxins and waste buildup. ■