



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

**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 seating. Call to RSVP: 310-917-2200

### THE HIDDEN CAUSES OF INFERTILITY

with Jessica Chen, L.Ac.

Thursday, May 13, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

From fluoride in tap water to formaldehyde in your dry cleaning, learn how pollutants can compromise your fertility and how you can avoid them. Limited seating. Call to RSVP: 310-917-2200

### ANNOUNCEMENTS

#### 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](http://taoofwellness.com)

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

#### SPIRITUALITY TELESEMINAR WITH DR. MAO

Sunday, April 11, 2010 | 8 – 9 a.m. PST

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

For information, visit: [integralway.org](http://integralway.org)

#### CHI GONG CLASSES / APRIL-MAY

Tuesdays, April 20 - May 25 | 6 – 7:30 p.m.

Saturdays, April 24 - May 29 | 10 – 11:30 a.m.

Eight Treasures: Open House, April 13 | 6 p.m.

Crane Style: Open House, April 17 | 10 a.m.

Tai Chi Studio, Yo San University, 2nd floor

Info: [yosan.edu](http://yosan.edu) or call 310-577-3000, x10

Cost: \$89 | Registration: [support@yosan.edu](mailto:support@yosan.edu)

*(Announcements continued on reverse side)*

#### TAO OF WELLNESS

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[www.taoofwellness.com](http://www.taoofwellness.com)

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## Why You Need to SPRING CLEAN YOUR BODY

by Maoshing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.

Upon the arrival of spring, human cultures throughout the ages have instinctively cleansed and detoxified themselves, and reorganized their living environments. The reasons are well-founded. First, we naturally need to cast off the winter blues and feel renewed. Second, according to Chinese medicine, the liver is most active in the detoxification process during the spring.

Toxins are processed and neutralized by the liver and gall bladder and are expelled from the body through the spleen-lymphatic system, skin, bladder and bowels. Cancer, degenerative disease, birth defects and genetic changes are frequently caused by toxins in our environment. It is important for you to be proactive in minimizing your exposure.

Prevalent toxins in our lives are perfluorooctanoic acid (PFOA) contained in non-stick pans; PCBs from plastic containers; pesticides and herbicides from produce; and formaldehyde from carpets to eyeliner. When toxins are absorbed into your body, they cause imbalance and harm your health.

Typical symptoms and signs of toxic overload include:

- fatigue
- memory decline

- difficulty focusing
- allergies & infections
- irritability, anxiety & depression
- difficulty losing or gaining weight
- muscle and joint pain & weakness
- skin rashes, eruptions & outbreaks
- recurrent yeast & fungal infections
- constipation, diarrhea
- abdominal bloating, gas & indigestion

Simple things you can do to help rid your body of toxins include: simplify your diet (beans, brown rice, oat bran, vegetables, fruits, organic chicken or turkey); daily, drink a lemon squeezed in a glass of hot water upon rising; drink vegetable juices and vegetable broths; 1 tablespoon flax seed, walnut or fish oil daily; 20 minute baths with Epsom salts or herbal oils such as eucalyptus, peppermint or fennel.

Tao of Wellness is offering an Intensive Cleansing-Detox Retreat this April using an innovative and comprehensive method distilled from the best information and using only natural modalities.

For more information, please see Announcements or call 310-917-2200. Remember, while detoxifying may be best in the spring, cleansing is for all seasons. ■

### GOOD MOOD FOODS

by Jessica Chen, L.Ac.

We all like to feel good, and carbohydrate-rich foods like chocolate, sugar, pastries, ice cream—in other words “comfort foods”—can trigger the body to release biochemical substances called endorphins that reduce pain and bring about a feeling of well-being. Refined carbohydrates and sugar also trigger the brain to release more serotonin, which helps you stay calm, regulates mood

and decreases irritability. Sounds great! The catch is that the sugar and refined carbohydrates in these foods also release insulin that causes you to feel worse after the initial “high,” and your craving for these foods is increased. Needless to say, you have those additional pounds to regret and are headed for a host of physical problems down the road.

*(Continued on reverse side)*

## ANNOUNCEMENTS *(continued)*

### BENEFIT FOR YO SAN UNIVERSITY

Join Drs. Daoshing and Maoshing Ni for  
“An Evening at the Hotel California”  
with former Eagles’ member Don Felder,  
co-composer – 70’s hit song, “Hotel California”  
Saturday, June 5, 2010 | 6:00 – 9:30 p.m.  
Grammy Museum, Downtown Los Angeles  
Tickets: \$300 & \$500 | Website: yosan.edu  
Contact: 310-577-3000, x20.

## GOOD MOOD FOODS *(continued)*

The story gets better when you understand that your body needs “good” carbohydrates. For comfort and to get in a good mood, try eating more whole grain snacks and protein instead. Make a trail mix of pumpkin seeds, Brazil nuts, raisins, walnuts, almonds, goji berries and/or dried cranberries. Just eat a handful, as a little goes a long way. Other snack ideas that can help regulate your mood are: sweet potato, hummus or almond butter on a celery stick, and nitrate/sulfite-free sliced turkey breast. Fruits like berries, papaya, and plums are all good for the mood. You can also eat seafood like salmon, cod, mussels and sardines. Whole grains like millet, quinoa and amaranth can help stabilize your mood.

The rule of thumb is: the more sugary foods you eat, the more sugar you will crave. Vice versa, the more functional and healthy foods you eat, the less you will crave sugar. ■

## WELLNESS SHOP



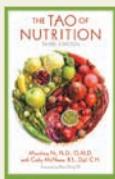
### EMOTIONAL TRANQUILITY TEA

Formulated to balance Five Element emotional excesses, settle the mind and soothe the emotions, this herbal tea blend is useful for persons suffering from stress and insomnia. \$6.95, 30 tea bags



### B-SLIM

B-Slim controls appetite and craving, eliminates bloating, improves digestion, increases fat metabolism, regulates blood sugar and gently relieves constipation. Lose weight the healthy way! \$29.95, capsules



### TAO OF NUTRITION

by Dr. Maoshing Ni & Cathy McNease

Chock full of new foods and recipes, this book contains useful Chinese nutritional information for everyone’s health. Look up an ailment and find the foods that aid recovery. \$19.95, paperback

### 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)

# GOOD for YOU, GOOD for the PLANET

by Maoshing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.

Assaults from global warming, pesticides, dioxins, and poisons in our air, soil and water threaten the health of the whole earth. Let’s wake up and consciously respond to earth’s multiple warning signs. Start making greener and healthier lifestyle choices now! Here are some ways you can contribute to a healthy, harmonious planet. Also, remember to celebrate Earth Day, April 22!

### USE NATURAL CLEANING PRODUCTS:

Make your own cleanser by diluting vinegar with an equal amount of water. Vinegar contains acetic acid that inhibits bacteria and mildew and is used effectively on tiles, windows, and mirrors—even carpets. Scour with baking soda or salt instead of chlorinated powders or toxic liquids.

### USE UNBLEACHED PAPER PRODUCTS:

All white paper products are bleached with chemicals that leave behind a residue of dioxin, a known carcinogen. Dioxin is found in coffee filters, lunch bags, and paper towels. When dioxin enters the landfill as waste, it leaches into the soil contaminating groundwater.

### LESS PLASTIC, MORE HEALTH:

Lightweight, durable and versatile, plastic is everywhere, which is bad for the environment and our health. Plastics can release vinyl chloride and other harmful estrogen-like substances that lead to cancer, birth defects, hormonal imbalance, and lung and liver diseases.

Some plastics are obvious, like the ones found in our digital equipment, coffeemakers,

water bottles, and food containers. Some plastics are less evident, showing up in carpeting, chewing gum, and cosmetics. Use glass containers, wooden toys, natural fiber clothing, and personal care products made from natural ingredients.

We know that polychlorinated biphenyls (PCBs) in plastic bottles leach into the drinking water. Plastic bottles piling up in landfills aren’t good for our planet, either. Install a water filter and travel with filtered water in glass or stainless steel bottles instead.

**NATURAL LAWN CARE:** Weed killers contain chemicals that are toxic to our nervous systems and may cause cancer. Instead of using chemical herbicides and artificial fertilizers, use bone and blood meal, organic compost and manure.

### PEST CONTROL WITHOUT POISON:

Pesticides used to kill ants and roaches are comprised of noxious chemicals that can shorten your life span. Buy chemical-free and/or biologic pest controllers available at nurseries, hardware stores and many health food stores. ■

## EMOTIONS AFFECT YOUR HEALTH and May Cause Organ Imbalance

Because emotions are a powerful motivating force, Chinese medicine practitioners often look for an emotional cause to the imbalances that occur within the body. Before a treatment, we may ask you about your emotional state during the week: moodiness, depression, anger or anxiety. To first-time patients, these questions may appear strange, personal or irrelevant to their health condition. However, because emotions have a corresponding association with one of the five major organ systems, emotions can give us useful insight into your state of health. Here are the basic emotions and their related organ systems:

■ **ANGER** relates to the **Liver**. In Chinese medicine, the Liver represents the **Wood** element and is responsible for smooth transitions between emotions. Wood must be supple like green bamboo and able to bend in the wind (the many challenges in our lives). If Wood is hard and dry, it reflects anger or frustration, which leads to internal imbalance.

■ **FEAR** is associated with the **Water** element, corresponding to the **Kidneys**, reproductive and endocrine systems. If a patient frequently experiences anxiety, the Water and Fire elements may be imbalanced. Herbs for this condition may include lily



bulb that nourishes the Water element and calms the **Fire**, thereby reducing fear and anxiety.

■ **WORRY** relates to excessive thinking, corresponding to the **Earth** element and the Spleen. Often people who call themselves worriers will have a digestive imbalance and difficulty with their weight.

■ **SADNESS** often relates to loss and is stored in the **Lungs**, corresponding to the **Metal** element. Patients who have experienced a significant loss may have respiratory problems. When our Metal element is not strong, but we are strongly attached to a person, thing or situation, we have difficulty letting go. Chi gong and exercise strengthen the Lungs.

■ **JOY** is associated with the **Heart**, corresponding to the **Fire** element. The heart is connected to every cell by pumping blood throughout the body and by electrical impulses. Joy is a positive emotion that in excess causes overexcitement. The heart responds best to gentle, calm joy that warms the spirit.

It is important that we do not dwell on and get stuck by our emotions, but let them flow naturally until released. [An article explaining actions that lighten the emotions and rebalance your organs is forthcoming.] ■

