



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



## NEXT RETREAT

### CLEANSING & DETOX RETREAT

May 13, 14 & 15, 2011 | Tao of Wellness  
Spring is a great time to throw out the old and bring in the new—not just in our homes, but also within ourselves. We will help you get ready not just for summer, but for the rest of your life by helping you to activate your body's own powerful detoxifying systems to increase your strength, health and vitality, while teaching you how to avoid the toxins in your environment.

Details: [www.taoofwellness.com](http://www.taoofwellness.com)  
Limited space. Contact: 310-917-2200, x221

## FREE LECTURES

**HEALTHY WEIGHT AND VITALITY - NATURALLY**  
with **Kumiko Yamamoto, L.Ac., Dipl. OM**  
Thursday, April 28, 2011 | 6:30 – 7:30 p.m.

The Wellness Living Store,  
1412 14th Street, 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

**HOW ACUPUNCTURE RELIEVES CHRONIC PAIN**  
with **Edsel Tan, L.Ac.**

Tuesday, May 31, 2011 | 6:30 – 7:30 p.m.

The Tao of Wellness,  
1131 Wilshire Blvd., 3rd Floor, Santa Monica  
Learn how acupuncture actually works in relieving chronic pain. This understanding heightens receptivity to treatment and leads to a more meaningful, therapeutic experience. If you have never experienced acupuncture, this will be a great introduction. Limited seating. Call to RSVP: 310-917-2200

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

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## TAO OF WELLNESS ORANGE COUNTY CLINIC

After much preparation it is with great joy that Tao of Wellness will be opening the doors to our first satellite clinic in Newport Beach, CA in May, 2011. It will be located forty-five miles south of Santa Monica, close to the Fashion Island Shopping Center, John Wayne Airport and University of California Irvine. For the past 25 years patients have come from all over the world to our flagship clinic in Santa Monica. Now we officially answer the call to be closer to our patients as we settle into our new Orange County home. All of the products and services you have come to know at Tao of Wellness will now be available in two locations.

Our associate, Jason Moskovitz, L.Ac., Dipl.O.M., will be moving to the area with his wife and son. Jason looks forward to welcoming current patients and new referrals to our brand new, beautiful courtyard clinic space complete with six relaxing treatment rooms. He will continue to provide acupuncture, herbal medicine, InfiniChi® energy healing, nutritional counseling, facial rejuvenation, far-infrared sauna therapy, private tai chi and chi gong coaching, and individualized

detoxification and fertility retreats. Drs. Mao Shing Ni and Daoshing Ni will also be available at the new location a couple days per month for consultation and treatment.

We want to take this opportunity to thank Jason for his contributions and dedication to Tao of Wellness over the years. He initiated our InfiniChi® Energy Treatment Program, now being used for detoxification, fertility, stress relief, and other areas, much to the praise and enjoyment of our patients. Jason has also directed several detoxification retreats and co-created our Facial Rejuvenation Protocol. Jason's presence and experience will be missed by all of us in Santa Monica. Rest assured, he is still part of our organization and will take part in weekly case reviews and continuing education lectures with our team by video conferencing or by driving back to Los Angeles.

If you have questions or would like to schedule an appointment at our new clinic, please call our Office Manager, Analilian at 310-917-2200, extension 221. Tao of Wellness, Newport Beach will be located at 359 San Miguel Dr. Suite 200, Newport Beach, CA 92660. ■



## YO SAN UNIVERSITY CELEBRATION

Drs. Daoshing and Mao Shing Ni cordially invite you to celebrate **YO SAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE** and the presentation of the annual **Robert Graham Visionary Award** honoring **SELA WARD**, actress and philanthropist. Mistress of ceremonies will be actress **BRENDA STRONG**.

Thursday, April 28, 2011 | Reception at 6 pm | Buffet dinner at 7 pm  
at the home of **Candy and Freddy DeMann**.

For information or to RSVP, call 310-577-3000 ext. 20  
or email [sywang@yosan.edu](mailto:sywang@yosan.edu)

## ANNOUNCEMENTS *(continued)*

### FERTILITY YOGA WORKSHOP

Join other women who are trying to conceive and learn how to support your body, your mind and your emotions in a nurturing and safe environment. The Strong Yoga™ 4 Fertility workshop includes support materials in nutrition, meditation and emotional well-being. This 4-week workshop is taught by creator Brenda Strong, and is a proprietary approach to yoga for fertility that takes the ancient healing wisdom of yoga and applies it to the modern issue of reproductive difficulty. Ms. Strong is the national spokesperson for the American Fertility Association and longtime yoga teacher.

Tuesdays, from April 12 - May 3 | 4 - 6 p.m.

The Wellness Living Store,  
1412 14th Street, Santa Monica

\$249 includes materials. Pre-registration required.

For information, or to register, please contact  
wellness@taostar.com or 310-260-0013

**Private Chi Gong Classes with Marc Gomez or Kumiko Yamamoto** are offered at Tao of Wellness. 1131 Wilshire Blvd., Santa Monica. For information call 310-917-2200 or email: contact@taoofwellness.com

## WELLNESS SHOP



### TAI CHI SWORD FORM DVD

Spring is a great time to sweep aside any emotional obstacles in your life—clearing space for you to begin anew and develop your spiritual focus. This short 10-minute

sword form is beautiful to watch and easy to learn. \$24.95, DVD



### TEA TRAVEL MUSIC CD

Wonderful music for relaxing, meditating or for practicing your Chi cultivation forms. Nature sounds are combined with tradi-

itional Chinese instruments to produce a delightfully calming effect. \$15.95, CD



### PAIN FORMULA

As we exit the cold, dark winter months and enter the Spring, many of us begin exercising more vigorously. For some of us, it is too vigorous and we injure ourselves

or get very sore. Instead of reaching for your standby pain relief drug, ease your pain naturally with this formula of anti-inflammatory herbs. \$19.95, capsules

### PURCHASE THESE FINE PRODUCTS AT:

#### THE WELLNESS LIVING STORE

1412 Fourteenth Street, Santa Monica  
310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)

#### 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)

# RADIOACTIVITY AND YOUR HEALTH

by Mao Shing Ni, Ph.D., D.O.M., ABAHP, L.Ac.

**M**any anxious patients and readers have called in recent weeks inquiring about the health threats of radiation from the nuclear reactor crisis in Japan. This is an attempt to address concerns about radiation and provide strategies to naturally prevent or lower exposure and even ways to decontaminate from excess exposure.

### Radioactivity from Japan has little impact on people in the U.S.

The damaged reactors in Japan spewed radiation only as high as 500 meters or 1,640 feet, according to John Beddington, the U.K.'s Chief science officer. In comparison the Chernobyl incident sent radioactive particles as high as 30,000 feet. Although a small amount of radiation was detected in Sacramento from the Japanese reactors, it was only one millionth of what people get from natural background radiation, posing no threat to residents of the United States.

### Avoid foodstuff grown on or raised near the fallout zone

Foodstuff such as spinach and dairy produced within the radioactive zone in Japan has had vastly elevated radioactivity. Radioactivity was also found in the ocean near the nuclear plant, but over time that should dissipate as the reactor is cooled and stops spewing particle ash and dust. For now it would be wise to avoid seafood caught in Japanese waters. Other than avoiding the potentially contaminated food, there should be no concern for residents of the Americas. There is no need to panic or hoard potassium iodide pills and certainly no need to take them.

### Natural background radiation is all around

We live with radiation all around us—the sun and stars, rocks, earth, even our own bones emit natural background radiation. There is radiation from television, smoke detectors and microwave ovens. It is estimated that the annual average of acceptable exposure from radiation is around 1 millisieverts or mSv.

### What is radiation?

There are two types of radiation: electromagnetic (EM) and particle radiation. EM waves range from low to high energy. Low energy EM includes electrical, infrared, visible light, and ultraviolet (UV). These, with the exception of UV are relatively harmless and even therapeutic such as the far-infrared wave. At the high energy end of EM are diagnostic and therapeutic waves like gamma rays. These are more powerful and exposure must be monitored and limited. Particle radiation

includes electron, proton and neutron beams produced from splitting atoms from the likes of plutonium and uranium as in a nuclear reactor or bomb. High exposure to these types of radiation can cause cancer, genetic defects and death. For example, a 2009 New York Academy of Sciences report on the death toll from the Chernobyl accident indicated that from 1986-2005, one million people died from genetic damage caused by the radioactive fallout and numerous people suffered from thyroid cancer and leukemia.

### How much radiation exposure is there from medical diagnostics?

The average acceptable exposure per person is 1 mSv per year. A simple chest x-ray is about 0.03 mSv—or put another way, it will take about 33 chest x-rays for one to reach their yearly radiation allowance. However, a series of upper GI x-rays is equal to about 3 mSv and a CT scan is about 4 mSv. Though these numbers are high, the benefits usually far outweigh the alternatives of not doing the tests.

### Natural ways to lower radiation burden in your body

Start by incorporating seaweed, kelp and other chlorophyll-rich foods like blue-green algae, spirulina and chlorella into your diet. These plants contain rich minerals such as iodine that binds up the receptor sites in your thyroid so that any radioactive iodine that enters your system will be less able to harm your thyroid. They also contain selenium and other potent anti-oxidants to prevent destructive free radicals and cancerous growths as well as chelating agents that bind to toxins and help eliminate them from your body.

Eat colorful foods that are full of antioxidants like cherries, blueberries, pomegranates, yams and sweet potatoes that consistently assist your body in mopping up free radicals and toxins. Drink 6-8 glasses of filtered water daily. You can also increase your intake of vitamins C, E and D or take alpha lipoic acid—a nutrient that protects cells from radiation damage. There are also herbs like dandelion, peppermint and chrysanthemum that help the body detoxify. Medically supervised detox programs like the *Tao of Wellness Detox Retreat* can support your body's healthy cleansing function. Finally, if you find yourself in the unlikely situation of excess radiation exposure, there are medically supervised chelation treatments using EDTA and other treatment methods.

I hope this article helps to assuage your fears about radiation and that you will use the information to live long, live strong and live happy. ■



## TAO OF WELLNESS HELPING JAPAN

**O**n Saturday afternoon March 26, Tao of Wellness held a fundraiser to benefit survivors of the recent Japanese tsunami and earthquake. Many thanks to all of our patients and staff who helped us raise \$5,000 for the Red Cross.