



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURES

INTEGRATIVE MEDICINE PUBLIC

LECTURE SERIES: Chinese Medicine and In Vitro Fertilization (IVF) with Dr. Kelly Baek, M.D. and Dr. Jessica Chen, L.Ac., DAOM
Saturday, April 14, 2012 | 2:30 – 4:00 pm
The Wellness Living Store

1412 14th Street, Santa Monica, CA 90404
If you are exploring the option of IVF, in the process of IVF or want to know how acupuncture and Chinese medicine work together with IVF, this is the lecture for you. Please come and join Drs. Baek and Chen as they discuss the process of IVF, including who is a good candidate and how to optimize chances of success through an integrated approach. Please call to RSVP: 310-917-2200.

POLYCYSTIC OVARIAN SYNDROME (PCOS) – What it Means and How it Affects Your Fertility Potential

with Dr. Catherine DeUgarte, M.D. and Dr. Jessica Chen, L.Ac., DAOM
Saturday, May 5, 2012 | 2:30 – 4:00 pm
The Wellness Living Store

1412 14th Street, Santa Monica, CA 90404
PCOS can affect the quality of life for women of all ages. Please join Dr. DeUgarte and Dr. Chen as they discuss the diagnosis, symptoms and management of this condition, and how to achieve a successful pregnancy through the integration of Western and Eastern medicine. Please call to RSVP: 310-917-2200.

SPECIAL LECTURE AND BOOK SIGNING IN ORANGE COUNTY WITH

Dr. Mao Shing Ni and Jason Moskovitz, L.Ac.:
The Inflammation Aging Connection

Friday, April 20, 2012 | 3 – 5 pm
Anqi Gourmet Bistro, 3333 Bristol Street, Costa Mesa, 92626 (South Coast Plaza)
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

(Announcements continued on reverse side)

TAO OF WELLNESS - SANTA MONICA

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DISCOVERING YOUR HEALING PATH FOR INTERSTITIAL CYSTITIS



Kumiko Yamamoto, L.Ac., Dipl.O.M.

Interstitial cystitis (IC) is a chronic inflammatory condition of the bladder that causes frequent, urgent, and painful urination often with pelvic discomfort. According to the National Institutes of Health (NIH), IC affects about 700,000 people in the United States, 90% of whom are women. IC can often manifest with associated conditions, including allergies, fibromyalgia, irritable bowel syndrome, painful genitals (vulvodynia), and endometriosis. Autoimmune disorders are also often associated with IC. Overactive immune cells are commonly found in these patients, which lead to increased production of inflammatory agents, causing pain. The precise cause and mechanism of IC are still unknown, and conventional treatments often give little or no relief to patients who are suffering from it. However, IC is treatable and many patients can find relief with individualized treatments and lifestyle changes.

SARA'S STORY *(name changed for privacy)*

Sara had been suffering from IC for over 10 years when she came to Tao of Wellness. She experienced recurrent episodes of pelvic discomfort, frequent and urgent urination as well as fatigue, allergies, eczema, anxiety, neck and shoulder pain. She had been taking a prescribed medication for her IC symptoms; however, she discontinued it after suffering from its side effects. She began her weekly acupuncture and daily herbal therapy at Tao of Wellness and immediately began feeling better with her IC symptoms, allergies, eczema, shoulder and neck pain. As her stress level, sleep pattern, and diet fluctuated, her IC symptoms also fluctuated during the course of her treatments. With careful monitoring, fine adjustment

of treatments, and lifestyle modification, Sara has been able to gain comfort and be symptom-free from her IC. Currently, Sara is in a maintenance phase of her treatment at the Tao of Wellness.

DIET - It is important to avoid foods that irritate the sensitive lining of the bladder. These foods include alcohol, carbonated drinks, chocolate, coffee, spicy foods, tomatoes, citrus fruits, and vinegar. Arylalkylamine-containing foods such as bananas, beer, cheese, mayonnaise, aspartame, nuts, onions, raisins, sour cream, wine, and yogurt can exacerbate IC symptoms as well. It is also important to avoid many preservatives, artificial flavorings and colorings.

TREATING IC WITH CHINESE MEDICINE

Studies have found Chinese Medicine to be a beneficial treatment modality for IC. Acupuncture is effective for reducing pain and inflammatory responses by promoting endorphin production and helping to reduce pain-related neurochemicals. This effect further promotes relaxation of the body and the nervous system. Chinese herbal medicines such as rehmannia, dioscorea, gardenia, anemarrhena, rhubarb, cornus, morinda, cuscuta, and poria have been found helpful in alleviating IC-related symptoms.

PROMOTING RELAXATION - IC and its flare-ups are debilitating for many patients. It is important to do activities that can promote relaxation and overall vitality, such as exercise and meditation.

Each person's healing journey for IC is unique. At Tao of Wellness, we offer comprehensive, customized treatments including acupuncture, herbal medicine, nutritional counseling, tai chi and chi gong sessions as well as massage and InfiniChi treatments. We are committed for each patient to reach optimal health and healing. ■

ANNOUNCEMENTS *(continued)*

eliminate your pain, lose weight and boost vitality! Door prizes and delicious hors d'oeuvres and beverages served. Please call to RSVP: 949-706-7770.

GIVE YOURSELF A NATURAL FACELIFT

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

Tuesday, April 24, 2012 | 6:30-7:30 pm
Tao of Wellness Santa Monica

1131 Wilshire Blvd., Ste 300, CA 90401

Look younger, more radiant, and healthier naturally using self massage face-lift techniques. By stimulating and massaging facial acupressure points with your fingers and hands, you can improve wrinkles, lines, and return to your vibrant glow of youth. Space Limited. Please call to RSVP: 310-917-2200

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



TONIC OIL

For Chi and Blood Flow

This blend of eucalyptus, camphor and wintergreen in a sesame oil base is what we use in our clinic to massage aching muscles and joints.

A couple drops on the upper lip can also clear nasal congestion for easier breathing. \$12.95, 2oz.



WOMEN'S WELLNESS

This herbal formula strengthens feminine Kidney/Yin and supports sexual wellness. In Traditional Chinese Medicine, this classic herbal combination is formulated as an

antidote to Kidney Yin deficiency. \$19.95, capsules



ARTHRITIS / JOINT

Promote the healthy functioning of joints, and relieve the painful symptoms of arthritis and inflammatory conditions. Arthritis and Joints Formula may be used as a preven-

tive formula for athletes. \$19.95, capsules

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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



Ancient and Modern Therapies TO RELIEVE PAIN



Thomas Boldt, L.Ac.

This past off season, Kobe Bryant of the Los Angeles Lakers and Alex Rodriguez of the New

York Yankees both traveled to Germany to receive a new injection therapy called Orthokine. During a treatment session, the patient is injected with components of their own blood along with other factors. This results in a reduction of a protein called interleukin-1 (IL-1), which is thought to be one of the main culprits in joint diseases like osteoarthritis. IL-1 is part of the body's immune system, and generally enhances a typical immune reaction. Over time, however, its inflammatory actions can cause a breakdown of cartilage in joints, leading to pain.

In September of last year, a team of researchers from Peking Union Medical College Hospital in Beijing, China published a study on the influ-

ence of acupuncture on IL-1. Specifically, they were studying electro-acupuncture, whereby a mild current is applied through the acupuncture needles. They found that subjects that received electro-acupuncture had significantly less IL-1 present in cartilage than those that did not receive the treatment. They also compared the acupuncture results against a group that received the anti-inflammatory drug Diclofenac, and found acupuncture to be equal in effectiveness as the drug.

This study sheds some light on how acupuncture does what it does. Certainly, those who have received it for their joint pain and felt the relief know that it works. Now science understands a little bit better the action behind the positive results. Anyone following the NBA this season can see that the Orthokine treatment has helped Kobe to put up MVP-worthy numbers. Perhaps he might try acupuncture to maintain his positive results until his next trip to Germany. ■

What are Those Points on Top of My Head for?



Daoshing Ni, D.O.M., L.Ac., Ph.D.

Frequently during your acupuncture treatments, our gentle healers will use acupuncture points on top of your head. They are virtually pain free, and at times they give a very nice, calming feeling throughout the whole body. You might wonder what these points are and why we use them.

One of the most common points at the very top of the head is called "Bai-hui." It is literally translated as "the meeting place of the hundreds." It means a place where all the energies of our body converge and meet. It is a very powerful point and is used for many purposes.

To begin with, it has a wonderfully calming effect. If you feel stressed, tense, anxious,



depressed, or are having trouble sleeping, we will use it. This point is also the meeting point of all the Yang energy in the body. So by activating this point, it not only relaxes you, but also provides increased energy and mental focus.

It does this by descending muddled energy, while raising the clear energy. It is therefore useful when treating things like fatigue, lethargy, poor mental focus and weak memory. Bai-hui also strengthens endocrine functions for things like hypothyroidism, weak adrenals and low hormone levels. In fact, it is considered the master point for the endocrine and nervous systems.

As Bai-hui helps with such a variety of conditions, don't be surprised if you often find yourself relaxing during your acupuncture session with this point atop your head. ■