

# WELLNESS NEWSLETTER



**TAO OF WELLNESS**

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

## FREE LECTURES

### NATURAL PAIN RELIEF METHODS USING CHINESE MEDICINE

with Edsel Tan, L.Ac.

Tuesday, June 15, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

Pain is an energy obstruction deeply affecting one's quality of life. Discover pain relief therapies such as nutrition, bodywork, acupuncture, herbs, exercise & meditation. Limited seating. Call to RSVP: 310-917-2200

### HOLISTIC BABY CARE FROM START TO FINISH

with Jason Moskovitz, L.Ac., Dipl.O.M. & Dr. Haleh Stahl, Psy.D.

Tuesday, July 20, 2010

The Wellness Store | 6:30 – 7:30 p.m.

Most resources overlook spiritual and emotional aspects of baby care. Whether you are expecting or have infants, learn about healthy sleeping, eating, touching, and communication from conception through your baby's first year.

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

## ANNOUNCEMENTS

### CLEANSING & DETOX RETREAT

July 23, 24 & 25, 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

### See Dr. Mao on The Dr. Oz Show

when you visit [taoofwellness.com](http://taoofwellness.com).

Dr. Mao demonstrated an alternative approach to common ailments using Chinese medicine.

### SPIRITUALITY TELESEMINAR

with Dr. Mao

Sunday, June 13, 2010 | 7 – 8 a.m. PST

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

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

*(Announcements continued on reverse side)*



## Terry's Unexpected Gift: *BEING HEALTHY*

by Allison Holdorff

Last year, Terry, my brother-in-law, was stricken with end-stage liver cancer. My sister and I took him regularly to Tao of Wellness for incredible treatments that extended his life, gave him energy, relieved his pain and helped him deal with the side-effects of chemotherapy and other Western cancer treatments. Terry was on a diet prescribed by Dr. Mao to help liver function. While sitting in the waiting room week after week, I began thinking about seeing Dr. Mao to improve my own health. I bought a copy of Dr. Mao's book, *Second Spring*. Honestly, I was shy about explaining to him that I wanted to lose weight. But while dealing with Terry's illness, I realized that the only life I could really control was my own.

I was almost 45 years old and noticed I was gaining weight more rapidly. During the stressful four months, I gained 10 pounds and was now 30 pounds overweight. Before I had children, I was slim. I had gained weight after my first-born and never really lost it. Now it was 2009, sixteen years later, and I decided enough was enough.

The evidence is irrefutable that if you are overweight, your life expectancy is shorter and your risk of heart disease, diabetes and cancer is higher. It was easier to see how the extra weight I had been unwilling to lose was taking a toll on my health and well-being. I also thought about the idea of being healthy for my own family. As a parent, I would do virtually anything for my

children. Yet, would they benefit from a diseased mother with a shortened life expectancy? It just didn't make sense.

With Dr. Mao's gentle encouragement, exceptional advice, tailored diet, herbal tea and weekly acupuncture, I lost 30 pounds in four months. It was not difficult to follow Dr. Mao's healthy guidelines. They were really a blueprint for what we should be eating all the time, yet they gave me endless eating options at home and at restaurants. What was particularly interesting was that I did not significantly increase my exercise routine, which was three to four hours a week.

Dr. Mao is an exceptional person who motivated, comforted and guided me through a straight-forward, healthy way of living. My appointments were always timely and thorough. I left feeling relaxed and ready to lose weight each week. Going to Tao of Wellness has been a privilege and a treat. In order to be our personal best, we have to nurture ourselves.

The greatest part of this process of self-care is realizing that it never ends and feeling enthusiastic about it. In addition to weight loss, I have been able to sleep through the night and feel much more energetic. I know how to eat to keep my body in shape and never feel deprived. I have no desire to eat unhealthy food because my body really doesn't crave it. I am also eating foods that help prevent cancer. So, here is to Terry, my

*(Continued on reverse side)*

## WEIGHT LOSS FOODS

**MILLET:** This non-glutinous grain is over 10% protein and contains high amounts of fiber and B-complex vitamins. Because it isn't an acid-forming food, it's easy to digest.

**ASPARAGUS:** This chlorophyll-rich food is packed with folate, vitamins A, C, and K, and fiber. It contains inulin, a carbohydrate that promotes healthy bacteria in the large intestines.

**PINE NUTS:** Chinese medicine uses pine nuts, the edible seeds in pine cones, to improve gastrointestinal tract and digestive functions. Pine nut oil is even used for appetite suppression.

**POMEGRANATE:** This nutritious fruit has antioxidant properties and will help prevent cancer.

**GREEN TEA:** A coffee alternative, green tea contains beneficial antioxidants and a little caffeine.

### TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

Telephone 310-917-2200; Fax 310-917-2204

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

## ANNOUNCEMENTS *(continued)*

Dr. Mao speaks in Bangkok, Thailand, on Integrative Medicine - July 2010  
King Chulalongkorn Memorial Hospital, teaching hospital for Chulalongkorn University

### 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 of the 70's hit song, "Hotel California"

Saturday, June 5, 2010 | 6:00 - 9:30 p.m.  
Grammy Museum, Downtown Los Angeles  
Info: yosan.edu | Contact: 310-577-3000, x20

### CHI CLASSES / JUNE-JULY

Tuesdays, June 8 - July 13 | 6 - 7:30 p.m.  
Saturdays, June 12 - July 17 | 11:30 a.m. - 1 p.m.  
Eight Treasures: Open House, June 1, 6 p.m.  
Harmony Tai Chi: Open House, June 5, 11:30 a.m.  
Tai Chi Studio, Yo San University, 2nd floor  
Info: yosan.edu or call 310-577-3000, x10  
Cost: \$89 | Registration: support@yosan.edu

## UNEXPECTED GIFT *(continued)*

beautiful brother-in-law who without knowledge or intent, guided me to the Tao of Wellness, improving life for me and my family. My three kids are eating healthy, and my husband, since going to Tao of Wellness, has already lost 10 pounds. We live close to the beach, and I am looking forward to boogie boarding with the kids this summer. Finally, I am close to the weight I put down on my driver's license! ■

## WELLNESS SHOP



### HIGH PERFORMANCE

#### The 'Chi' Formula

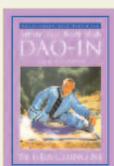
We've told you about B-Slim, the weight loss formula. In combination, this fuel food will provide you with the substantial, focused and sustained energy necessary for an active lifestyle. \$44.95, tablets or powder.



### ABUNDANT ENERGY

#### Supports the Earth Element

Do you want to enjoy your summer in the sun? Tune up your basic health by stimulating your digestion with herbs. A vibrant Earth Element encourages physical vitality. \$19.95, capsules



### ATTUNE YOUR BODY WITH DAO-IN

Calm your emotions while balancing and invigorating your energy with these Taoist yoga movements performed sitting and lying down. Includes meditation and self-massage. \$24.95, DVD

**PURCHASE THESE FINE PRODUCTS AT:  
THE WELLNESS STORE** – opening in July!

#### 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)

# CHINESE MEDICINE TARGETS Energy Blockage for Pain Relief

According to Traditional Chinese Medicine (TCM), nothing in the human body functions independently. Pain is the body's warning alarm that tells you something is wrong. If you ignore your body's alarm, like ignoring a fire alarm in your house, severe problems can occur.

Human body functions are dependent on the life force energy or chi. Chi and blood flow through the meridian system, nourishing body tissues and helping them function. If the body is beset with disease or injury, pathological symptoms will appear which affect the organs and meridians. Once a meridian is blocked, chi and blood are not able to move smoothly, and the affected area will not be able to get enough nutrition. The patient begins to feel pain, tingling, stiffness, bloating or numbness.

The meridian system is like a network. Each meridian is connected with a specific organ. An organ's deterioration may show up in the meridian while, conversely, the blockage of the meridian can affect the internal organ. When treating a pain condition, a TCM doctor will not only focus on the local pain but also (and sometimes more importantly) work to rebalance and harmonize the whole body.



Meridian blockage can be caused externally by excessive cold, wind, dampness, dryness, fire (heat) or injury. It also can be caused by emotions such as anger, sadness, fear, stress or depression, as well as an organ deficiency or malfunction. Figuring out the cause of the pain and which meridian is blocked is extremely important in treating pain. Relieving blood and chi stagnancy, balancing the energy, nourishing the tissue, increasing circulation, and building up deficient organs are all ways that TCM treats pain. Acupuncture can be used to correct the flow of chi.

Herbal medicine can be used to reestablish and balance chi, blood and moisture to avert pathological factors.

Clinical studies support acupuncture as an effective modality in the treatment of almost all kinds of pain conditions, including: migraines, neuralgia, neck pain, back pain, herniated disc, TMJ, tennis elbow, carpal tunnel syndrome, tendonitis, bursitis, arthritis, frozen shoulder, shoulder pain, fibromyalgia, dysmenorrhea, osteoporosis, sports and other injuries, surgical pain and even cancer pain. ■

## BALANCING THE EMOTIONS

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

In the April issue of *Wellness Newsletter*, you learned that intense or prolonged emotions can cause physical problems. Anger, fear, worry, sadness and joy fluctuate normally throughout our lives. In excess they can decrease the circulation of energies and substances throughout the body and lead to sickness. This month you'll learn how to unblock these habitual emotions.

- **ANGER** is mitigated with exercise and stretching. Tendons and muscles put our intentions into action. Ensuring these tissues are nourished and supple is what keeps blood, energy and emotions moving smoothly. The extreme experience of shaking and being entirely overcome with anger can be avoided through movement.
- **FEAR** can be soothed with a hot Epsom salts foot bath. Both the salts and the focus on the feet ground your energy. A foot bath can also correct the sensations of rising energy common to anxiety. If you're having trouble sleeping, an Epsom salts foot bath right before bed is relaxing.
- **WORRY** can be lessened with daily meditation. The quality is much more important than the quantity. Try three minutes of awareness of your

breath per day for two weeks. Sit comfortably and keep your eyes slightly open to avoid sleeping. The key is to allow your thoughts to come and go naturally until they slow down and you feel more peaceful, always returning your attention to your breath. While stillness is the focus, avoid the rigid idea that you must avoid thinking. Mental chatter can be minimized by listening to soothing music or repeating a phrase while breathing, such as inhaling with "I am," and exhaling with "calm."

- **SADNESS** is erased when our respiratory system is strong. The image of a person depressed and hunched forward is indicative of weak chest and lung energies. Improve lung function by eating apples, Asian pears, broccoli, goji berries, lima beans and pecans. Exercise, chi gong and meditation strengthen your respiratory system as well.
- **JOY** is a positive emotion that becomes detrimental only when excessive. Avoid stimulating foods like caffeine, alcohol, sugar, citrus juice and hot peppers. Overexcitement is prevented by spending time with relaxed individuals, engaging in caring conversation and pacing yourself during exercise. "No pain, no gain" does not apply here.