



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURES

TAI CHI, CHI GONG
AND MEDITATION

with Marc Gomez, L.Ac., Dipl. OM

Wednesday, June 15, 2011

6:30 – 7:30 p.m. | Tao of Wellness

1131 Wilshire Blvd., 3rd Floor, Santa Monica

Come learn a few simple exercises to help quiet your mind, improve your health, and reduce stress. Limited seating.

Call to RSVP: 310-917-2200

ANNOUNCEMENTS

PRIVATE CHI GONG CLASSES

with Marc Gomez or Kumiko Yamamoto are offered at Tao of Wellness

1131 Wilshire Blvd., 3rd Floor, Santa Monica

For information: contact@taoofwellness.com or call 310-917-2200

GROUP CHI CLASSES ARE OFFERED AT THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica

For information: info@taoostar.com or 310-260-0013

TUESDAYS: Harmony Style Tai Chi with Kumiko Yamamoto & Mao Shing Ni

WEDNESDAYS: 8 Little Treasures Chi Gong with Loa Arnoth

THURSDAYS: Self-Healing Chi Gong with Laraine Crampton

FRIDAYS: Foundation Practices of Movement Arts with B. Karl Slotte

SATURDAYS: 8 Treasures Chi Gong with Craig Ravenscroft

YO SAN PUBLIC CHI PROGRAM offers weekday and weekend classes.

13315 West Washington Blvd., Los Angeles

Tai Chi: 18-Step Harmony Style with Bitá Yadidi. For information: 310-577-3000

www.yosan.edu

TAO OF WELLNESS - SANTA MONICA

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STUDY SHOWS ACUPUNCTURE REDUCES HOT FLASHES

by Thomas Boldt, L.Ac.

According to data from The North American Menopause Society, about 75% of women going through menopause experience hot flashes. These episodes can cause great discomfort, lack of sleep and even embarrassment. Most women suffering from these elevations in body temperature turn to hormone replacement therapy, over-the-counter remedies or just tough it out.

Now, a recent scientific study shows that there may be relief for women beyond what they can get from their local pharmacy. Researchers in Ankara, Turkey found that acupuncture reduces the severity and frequency of hot flashes and night sweats. The study was conducted by a team at the Ankara Training and Research Hospital. They studied two groups of women—one group of 27 women received acupuncture while the other 26 received “sham” acupuncture, in which the acupuncture didn’t actually penetrate the skin.

The research team found that the women who received real acupuncture treatments showed significant improvement over those in the sham group, and therefore concluded that

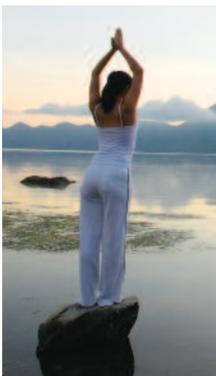
acupuncture should be used as a therapy to treat menopausal symptoms.

At Tao of Wellness, we use Traditional Chinese Medicine (TCM) to help regulate hormones, bringing the body into better balance and normalizing temperature. This involves more than just acupuncture. Chinese herbal remedies and nutrition are also important parts of treating hot flashes.

PATIENT TESTIMONIAL by Lynn Velasquez, Ed.D.

Because of Thomas Boldt, I can cuddle with my husband again. Really! After listening to my symptoms and frustrations with extreme hot flashes and night sweats, Thomas' treatments were spot on. In fact, I felt cool during the very first acupuncture treatment—quite wonderful. I appreciate his grounded, thoughtful energy and feel respected and understood on each visit. Thomas answers my questions, addresses my concerns, and celebrates my progress. I always leave Tao of Wellness smiling.

- LYNN VELAZQUEZ, ED.D. ■



CLEANSING DETOX RETREAT

July 22, 23 & 24, 2011 | Tao of Wellness, Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel fatigued, who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions. Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat.

“I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!”

“The treatments were wonderful. Each day I felt very refreshed.

Definitely lost some weight and inches...”

Details: www.taooofwellness.com. Limited space. Contact: 310-917-2200, x221

RESTORING THE TENDONS

By Edsel Tan, L.Ac.

Tendons are cords of fibrous tissue that connect muscles to bones in the proximity of joints. When your muscles contract, it is the tendon that transmits the force. In the context of Traditional Chinese Medicine (TCM), the tendons empower one to utilize one's will to direct the exertion of muscular strength. They are crucial to human movement and biomechanical stabilization.

Repetitive activity, overuse of specific joints, and physical trauma could lead to tears within a tendon and consequently inflammation, pain, weakness, and swelling. This is called tendonitis (also spelled tendinitis). Tenosynovitis, inflammation of the sheath that surrounds tendons, often accompanies tendonitis, aggravating the duration and severity of the discomfort. A tendon tear that is more severe is referred to as a tendon rupture and may require surgery for optimum rehabilitation.

Since tendons receive less blood circulation than muscles, tendonitis usually takes a longer period of time to heal than muscle strain. If blood circulation is improved, however, the transfer of nutrients and oxygen to the injured tendon is optimized and the healing time is shortened. The integrative use of TCM modalities has been effective in improving circulation of blood to injured tendons. TCM enhances the release of the body's own biochemical molecules that reduce inflammation, dilate blood vessels, and block pain receptors.

The key components of TCM in the treatment of tendonitis are as follows:

ACUPUNCTURE sends signals through the peripheral and central nervous systems to initiate a healing response. Thus, it reduces inflammation and improves circulation of oxygen and nutrient-filled blood into the injured tissue.

MASSAGE – manual therapy (that may include herb infused oil) to break up tension resulting from prolonged tightening of the surrounding area. This “guarding” is a defense mechanism to protect the injured area. If it occurs well beyond the acute phase, healing time is slowed down due to tightened muscles constricting blood flow.

HERBAL THERAPY – taken internally (as a liquid decoction, pill, or capsule) and externally (as an herbal patch or liniment) to improve circulation and reduce inflammation.

ANTI-INFLAMMATORY DIET – the consumption of nutritious foods with natural anti-inflammatory properties to improve circulation of blood.

CHI GONG (Energy Exercise) – restorative movements using breath and intention to improve range of motion and functionality by improving circulation of blood into the injured area. Muscular activity moves toxin containing interstitial fluids and stagnant blood into lymphatic capillaries and veins to be carried to the liver for detoxification. ■



WELLNESS SHOP



SECOND SPRING

by Dr. Mao Shing Ni

The Chinese refer to a woman's midlife transition as her “second spring.” Thanks to these simple, natural solutions from Traditional Chinese Medicine, the second half of a woman's life can become a flowering of feminine potential. \$17.99, book



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Nourish your brain, focus your mind, sharpen your memory and enliven your senses with Super Clarity capsules. Other indications: anxiety, insomnia, and stress. \$19.99, capsules



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YO SAN UNIVERSITY BOOKSTORE

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800-578-9526 ■ taostar.com



Tao of Wellness Doctors' Retreat

On our annual retreat, we climbed Sandstone Peak—the highest point in the Santa Monica Mountains.