

# WELLNESS NEWSLETTER



**TAO OF WELLNESS**

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

## FREE LECTURES

### SECRETS ABOUT POPULAR DIETS

with Dr. Jessica Chen, L.Ac., DAOM

Thursday, June 7, 2012 | 6:30 – 7:30 pm

Tao of Wellness Santa Monica

Today's most popular diets are often advertised as a cure-all for weight loss. The truth is that everyone's body is different, and there is no single diet that works for everybody. Traditional Chinese Medicine recognizes the five basic body types and the best diet for each can be very different. This talk will help you discover what the best nutritional plan is for you. Come and learn ways to improve your metabolism, energy, and sex drive. Space is limited. Please call to RSVP: 310-917-2200

### INTEGRATIVE MEDICINE PUBLIC LECTURE SERIES:

**Aging and Fertility: How to Enhance and Preserve Your Fertility Potential**  
with Dr. Mark Surrey, M.D. and  
Dr. Mao Shing Ni, D.O.M., L.Ac., Ph.D.

Saturday, June 9, 2012 | 2:30 – 4:00 pm

The Wellness Living Store

1412 14th Street, Santa Monica, CA 90404

Many factors affect fertility and the most vexing of them all is aging. If you are concerned about your age and are having challenges in achieving successful pregnancies or simply want to preserve your fertility potential for the future, please attend this informative talk.

Dr. Surrey will discuss the latest technical advances in fertility preservation, while Dr. Mao will discuss natural age reversal and fertility enhancement through Chinese Medicine.

They will answer your questions and share their experiences. Dr. Mao will also sign

his newest book, *Secrets of Fertility*.

Please call to RSVP: 310-917-2200.

*(Announcements continued on reverse side)*

### TAO OF WELLNESS - SANTA MONICA

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## ACUPUNCTURE FOR PRENATAL CARE



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

Pregnancy is an exciting and beautiful experience in a woman's life. It is also a period of vulnerability for the expectant mother because of the many changes. Many women tend to accept the discomfort and issues as a "normal" part of pregnancy. Fortunately, acupuncture is safe and effective for dealing with these problems. It is also excellent in addressing the emotional wellbeing of the expectant mother. This is especially important since a 2010 study by UC Irvine suggests that prenatal stress, depression and anxiety are linked to adverse health outcomes for both moms and babies including preterm birth, preeclampsia and even future risk of chronic disease and obesity.

For centuries, Chinese Medicine has advocated the use of acupuncture, herbs, lifestyle and nutritional modifications throughout pregnancy to ensure the wellbeing of mothers, babies and healthy births. It also views prenatal care as a window of opportunity to enhance the health of

mom and child. Below, outlines the benefits of acupuncture through each trimester of pregnancy.

### FIRST TRIMESTER

At this time, resources and energy are diverted to nourish the rapid development of the baby. Weekly acupuncture is recommended during these early months to build a strong foundation, prevent miscarriage, build blood and energy supplies, and manage pregnancy symptoms. Common symptoms addressed are fatigue, nausea, headache, constipation, colds/flu, insomnia, anxiety, dizziness and vaginal bleeding.

*Tip: Get adequate rest, keep calm and eat often.*

### SECOND TRIMESTER

This is a time of change for the mother's body and tremendous growth for the baby. Acupuncture can help with digestive issues, acid reflux, pain, swelling, carpal tunnel and frequent urination. For pregnancies without complications, once a month treatments are beneficial.

*Tip: Start chi gong, prenatal yoga or some form of mild to moderate exercise.*

*Continued on reverse side*



## CLEANSING DETOX RETREAT

July 27, 28 & 29, 2012 at Tao of Wellness Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. You will receive acupuncture, cupping, massage, herbal medicine, far-infrared sauna, chi gong and dietary therapy—including three delicious, healthy meals each day. The retreat is effective for those who want more energy or feel stuck, who are trying to stop smoking, lose weight, wean off drugs, slow aging, prepare for pregnancy, or reduce inflammatory conditions. Many people report major improvement in their conditions after attending a 3-day detoxification retreat.

Details: [www.taooofwellness.com](http://www.taooofwellness.com). Limited space.

Contact: 310-917-2200, x221

## FREE LECTURES *(continued)*

### FAILED IN VITRO FERTILIZATION (IVF):

**NEXT STEPS** with Dr. Brian Acacio, M.D.  
and Jason Moskovitz, L.Ac.

Saturday, July 14, 2012 | 3:00 – 5:00 pm  
The Wellness Living Store

Have you tried IVF only to see little or no results? Discover with Dr. Brian Acacio and Jason Moskovitz what you can do to improve your body and your overall fertility plan. Let us help make your next cycle a success. Light refreshments and snacks will be served. Please call to RSVP: 310-917-2200.

## ANNOUNCEMENTS

### PRIVATE CHI GONG CLASSES

with Thomas Boldt or Kumiko Yamamoto  
at Tao of Wellness Santa Monica.

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

### GROUP CHI CLASSES AT THE WELLNESS LIVING STORE

Tuesdays, 6:00 – 7:00 pm:

**Self-Healing Chi Gong** with Bitu Yadidi

Thursdays, 6:00 – 7:00 pm:

**Harmony Style Tai Chi** with Rafeale Brooks

For information and to sign up:

info@taoostar.com or call 310-260-0013

## WELLNESS SHOP



### SITTING MOON

by Dr. Jessica Chen  
and Dr. Daoshing Ni

This guide to natural rejuvenation will help you reclaim your vitality after birth and prevent post-labor illnesses. Learn what to expect during postpartum, and discover nutrition that builds strength. \$19.95, Softcover Book



### WEIGHT CONTROL

Wellness Living's homeopathic Weight Control drops help to suppress appetite, improve metabolism to burn more calories, and to reduce sugar and lipid levels in the body. \$51.00, 2 fl. Oz., Liquid tincture



### METABOLISM BOOST

Increases your metabolic rate, which helps your body burn excess fat. It assists in regulating the body's production of energy, increases oxygen consumption, promotes growth and development, and stimulates all aspects of lipid metabolism. \$29.95, 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 - Santa Monica

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [taoofwellness.com](http://taoofwellness.com)

#### TAO OF WELLNESS - Newport Beach

359 San Miguel Dr., Ste 200, Newport Beach  
949-706-7770 ■ [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)



# Inches Off with Chinese Medicine



**Dr. Jessica Chen, L.Ac., DAOM**

*Can acupuncture and  
Chinese herbal medicine  
help with weight loss?*

This is a question often posed by patients, and the answer is, "Yes." The next question is invariably, "How does it work?" The answer to this varies a little from patient to patient depending on what is preventing weight loss. In order to lose weight, one needs a proper foundation of exercise, sleeping well and eating right.

First, we must look at what obstacles prevent someone from achieving their goal. For some, injury or a lack of energy prevents exercise. Some do not sleep well, which lowers their energy and causes them to hold onto weight. And many do not eat properly, either due to lack of knowledge or will. Acupuncture and Chinese herbal medicine have long been known to help people recover from injury, improve their energy and sleep. The third part of the foundation, eating right, requires proper guidance on nutrition.

There are many weight loss programs out there and most of them work well to help people lose weight. However, most who are able to lose weight then struggle trying to keep it off. There are a couple reasons why these programs fail to keep the weight off. First, they are standardized and in some cases, have rigid protocols that are difficult to maintain after the program ends.

Second, the goal of most weight loss programs is just that—to lose the weight and fast. Though this sounds good to most of us who are always looking for that quick fix, in reality, quick fixes tend not to work in the long term. This is no exception with weight loss as losing weight quickly is not physiologically healthy. Generally, when one loses weight fast, they are losing muscle mass. As one loses muscle, their metabolic rate slows down. This makes it that much easier to gain weight. So, several months after the initial victory, the weight slowly creeps back on.

At Tao of Wellness, we base our weight loss programs on Chinese nutritional principles. As with acupuncture and herbal medicine, Chinese nutrition is based on balancing each individual's energetic system and optimizing their overall health. Through food, we are able to balance your body's physiology and energy so it functions more efficiently. This program differs from western nutritional advice as it does not focus on counting calories or making rigid dietary plans. With Chinese nutrition, the focus is to educate you on the energetic properties of food and how those complement you as an individual. Based on the TCM diagnosis of your specific condition, your nutritional counseling will be tailored to what most appropriately suits your body energetically. When you ingest foods that suit your energetics, your body will respond better naturally. This will allow you to feel more energized, and within a short period of time you will notice you are shedding pounds as well. ■

## ACUPUNCTURE FOR PRENATAL CARE *continued*



prepares for birth. Acupuncture is used to relax the muscles in the uterus and abdomen, help the baby turn, soften the cervix, and calm the mind. Once a week treatments are recommended throughout the last trimester to promote a natural labor. A study by the University of Vienna concluded that acupuncture during the last 4 weeks before term significantly shortened labor time and reduced the need for medical intervention.

*Tip: Practice quiet breathing while focusing on the lower abdomen.*

### THIRD TRIMESTER

During this time, the mother's body expands to accommodate the growing baby and

Whether you are trying to get pregnant or are pregnant ask your acupuncturist about the benefits of treatment for you and your baby. ■