



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

#### EASY QI GONG AND SELF-HEALING TECHNIQUES FOR PAIN RELIEF

with Dr. Kumiko Yamamoto,  
L.Ac., DAOM, Dipl. O.M.

Thursday, June 20th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)  
2825 Santa Monica Blvd., Ste 300, Santa Monica

Do you suffer from pain and tension? From headache, neck pain, to lower back pain, many people suffer from pain and tension on a daily basis. Join Kumiko and learn easy qi gong movements and acupressure techniques for self-healing practice and say good-bye to pain and tension! Limited space. Please call to RSVP: 310-917-2200

#### MEDITATION EXERCISES FOR FERTILITY

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

Tuesday, July 23, 2013 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)

Come and learn simple meditation exercises that will optimize your fertility potential. This practice will help you to relax, release tension in your body and increase energy flow to the reproductive system. Limited space. Please call to RSVP: 310-917-2200

### ANNOUNCEMENTS

#### DR. MAO SIGNS HIS NEW BOOK AT VROMAN'S IN PASADENA

Friday, June 14th, 7:00 pm

Vroman's Bookstore

695 E. Colorado Blvd., Pasadena, California

Join Dr. Mao at Vroman's bookstore in Pasadena as he discusses and signs his new book: *Dr. Mao's Secrets of Longevity Cookbook: Eating to Thrive, Live Long, and Be Healthy*

#### GROUP QI GONG CLASSES

Tuesdays, 6:00 – 7:00 pm:

Eight Little Treasures with Dr. Mao Shing Ni

Wellness Living Store

1412 14th Street, Santa Monica, 90404

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

#### TAO OF WELLNESS SANTA MONICA

2825 Santa Monica Blvd., Ste. 300, Santa Monica, CA 90404

Tel 310.917.2200 | Fax 310.917.2204

taoofwellness.com | santamonica@taoofwellness.com

#### TAO OF WELLNESS NEWPORT BEACH

359 San Miguel Dr., Ste. 200, Newport Beach, CA 92660

Tel 949.706.7770 | Fax 949.706.7211

taoofwellness.com | newportbeach@taoofwellness.com

#### TAO OF WELLNESS PASADENA

171 South Los Robles Ave., Suite A, Pasadena, CA 91101

Tel 626.397.1000 | Fax 626.397.1010

taoofwellness.com | pasadena@taoofwellness.com



## THE BENEFITS OF QI GONG

by Edsel Tan, L.Ac., Dipl.OM



Qi gong is a fundamental component of Traditional Chinese Medicine and consists of mindful posture and graceful movement coordinated with the breath. The name of this system of healing is comprised of two Mandarin Chinese words: “qi” which means energy flow and “gong” which means skill or achievement.

Qi gong has been practiced for many years throughout Asia to promote health, relieve pain, prevent disease, and prolong life. It is intended to cultivate body, mind and breath as one. Through this self-cultivation, you can achieve the following additional benefits:

- Relief of physical and mental tension
- Increased balance, stability, and strength
- Improved circulation of body fluids through the gentle contraction and stretching of muscle in coordination with full breath cycles

It has long been understood that gentle rehabilitative exercise (under the approval and guidance of a qualified healthcare professional) can both relieve and prevent pain, disease, and injury. As qi gong has gradually become a popular form of complementary medicine, several studies have been conducted to test qi gong's efficacy for a wide range of conditions. Most have been small or pilot studies, but many have shown promising results that merit more rigorous research. A recent pilot study of depressed Chinese-Americans showed significant improvement in depression and a 40% remission rate after a 12-week qi gong pro-

gram. Another trial conducted in Korea showed significant reduction in stress and anxiety after a 4-week qigong program. An Australian study of Type 2 Diabetes Mellitus patients found that a 12-week qi gong program resulted in significant improvements in weight, waist circumference, leg strength, and insulin resistance, compared to a control group.

Just about anyone can practice qi gong. It is applicable for a broad range of fitness levels, given its foundation on meditative posture, gentle movement, and breath. With the approval of your doctor, you can safely try qi gong with almost no risk of injury. As with other modalities of Traditional Chinese Medicine, each individual's experience will be different, depending on your receptivity to the exercise and your healing objective. The only way to truly know how beneficial it will be is to give it a try.

Qi gong instruction is accessible in many communities throughout the country. Qualified instructors are available and eager to share their knowledge. If you're interested, you just have to find one you resonate with and give it a try.

At all three Tao of Wellness locations, we offer private qi gong sessions upon request. The Wellness Living Store (wellnesslivingstore.com) also offers qi gong classes on a regular basis. Instructional DVDs of various qi gong sequences are available for purchase at all locations.

Qi gong is a beautiful, meditative practice that empowers you to play an active role in your own health, wellness, and longevity. ■



#### TAO OF WELLNESS CLEANSING DETOX RETREAT

July 26, 27, & 28, 2013 at Tao of Wellness Santa Monica

Our three-day detox uses acupuncture, cupping, body work, herbal medicine, far-infrared sauna, qi gong and excellent foods to help activate your body's powerful detoxifying systems, increasing strength, health and vitality. To register, contact Analilian Martin at 310-917-2200 ext. 221 or visit taoofwellness.com.

**YO SAN UNIVERSITY**  
**ROBERT GRAHAM VISIONARY AWARD**  
**HONORING DEBBIE ALLEN**



(left to right) Dr. Daoshing Ni, Yo San president Larry Ryan, Freda Payne, Honoree Debbie Allen, James Ingram, Dr. Mao Shing Ni



(left to right) Guest of honor Debbie Allen, James Ingram and Freda Payne gave special performances.

## WELLNESS SHOP



### EIGHT LITTLE TREASURES - Energy Enhancement Exercises

Eight Little Treasures is an introductory qi gong practice that activates your health and healing potentials. Working through the 8 extraordinary energy channels of the body, this special program balances your energy, revitalizes your essence and transforms your spirit. Unique to the Ni Family, Eight Little Treasures is the portal into a comprehensive system of energy enhancement exercises. DVD, \$24.95



### EXQUISITE SKIN

Our herbal formula for toning, nourishing and lubricating the skin, Exquisite Skin also clears trapped toxins. Especially useful for recovering from skin problems associated with acne, psoriasis and eczema. \$19.95, capsules



### PEARL ESSENCE REGENERATING NIGHT CREAM

A silky, rich emollient fortified with Chinese herbs and luxurious pure pearl powder to refresh and nourish the skin. Natural botanicals and antioxidants promote supple, smooth skin in an easily absorbed and velvety soy, sesame and avocado base. 1 oz., \$29.95

### PURCHASE THESE FINE PRODUCTS AT:

**THE WELLNESS LIVING STORE**  
 1412 Fourteenth Street, Santa Monica  
 310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)  
 or Tao of Wellness Clinics in Santa Monica, Newport Beach and Pasadena



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EDITOR: JING CHEN, L.Ac., DAOM;  
 GRAPHIC DESIGN: JUSTINA KRAKOWSKI



# TREAT YOUR SKIN WITH EXTRA SPECIAL CARE

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

Your skin is your largest organ, and it takes a daily

beating from the sun, air pollution, chemicals and other harmful pathogens. To restore and protect your skin, try these healthy tips and remedies:

### SUNBURN

In the summer we spend time outside under a blazing sun, often unaware of the danger to our skin while we enjoy the beach, a game of tennis or going about our daily business. While planning your activities, keep in mind there is a fine line between suntan and sunburn. Regular, limited exposure to moderate sunlight stimulates vitamin D production in your skin, which is essential to bone health and lowers the risk of some cancers. However, the skin is sensitive to ultraviolet rays, and prolonged and repeated sunburns can lead to skin aging, loss of skin elasticity and skin cancer.

The best way to protect your skin is, of course, to avoid being in the sun for prolonged periods of time. You can also avoid damaging your skin by doing the following:

- Limit your exposure to the sun between 10 am and 3 pm
- Use UVA sunscreens with an SPF factor of 30 to 50.
- Wear long-sleeve shirts, pants and wide-brim hats.

If you already have a mild sunburn, try these home remedies:

- A topical application of aloe vera gel is a tried-and-true remedy for skin burns
- Apply a thin layer of plain yogurt to the burn area. It will cool and moisturize the skin.
- Drink pineapple and black cherry juice mixed together to reduce inflammation and heat.
- Apply Wellness Living Pearl Essence Regenerating Night Cream.

### GO FOR A NATURAL, HEALTHY GLOW

Many cosmetics use harmful chemicals. Mascara may use formaldehyde, and lipstick often contains plastic resins. Foundation makeup may include chemical solvents that are carcinogenic. Bag the toxic makeup and opt instead for natural alternatives found in health food stores that use colored clays, minerals, vegetable oils and other natural ingredients. The Jane Iredale cosmetic line (available at The Wellness Living Store and at Tao of Wellness) is safe and beneficial, free of parabens and phthalates, and is recommended by plastic surgeons and dermatologists throughout the world.

### MOISTURIZE FOR SOFT SKIN

For a deeply moisturizing treatment, gently rub your skin with calendula oil twice a day. To bring relief from tight, itchy skin, blend ten drops of Tao of Wellness Tonic Oil with fresh aloe gel. Apply liberally and frequently.

### HYDRATE YOURSELF

Keep hydrated. Drink at least 60 ounces of water, per day. Avoid spicy foods, alcohol and coffee.

### SHORTEN SHOWER TIME

Long, hot baths and showers remove oils from your skin. Keep your bath or shower time under 15 minutes, and use warm, rather than hot, water. After washing, gently pat yourself dry with a towel to keep some moisture on your skin. Then moisturize.

### EXFOLIATE WITH BODY BRUSHING

Try body brushing by using a dry, natural bristle brush to sweep the surface of your whole body. This eliminates dead skin cells, increases circulation to the skin, boosts skin immunity against infection and nurtures a vibrant skin tone. Visit Dr. Mao's longevity blog on Yahoo!Health for more information on skin care. ■

## TAO OF WELLNESS Healthy Cooking Class Series



Photos from our first class in May with Dr. Mao



Enjoy a festive, healthy and delicious evening as Dr. Jessica Chen takes you through recipes for fertility, pregnancy, and postpartum. Chop, sip wine and learn interactively as you learn simple ways to achieve optimal health!



**NEXT CLASS: Saturday, July 13, 6:00 - 8:00 pm**  
 at The Wellness Living Store

\$30 per person (class limited to 20 people).  
 RSVP to 310-260-0013 or [order@taostar.com](mailto:order@taostar.com) for one or more classes, at least two weeks prior to the class(s) of your choice.

The Wellness Living Store  
 1412 14th Street Santa Monica, CA 90404