



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURES

HOLISTIC BABY CARE FROM START TO FINISH

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

Tuesday, July 20, 2010

at **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

HOW TO HAVE YOUNGER- LOOKING, HEALTHIER SKIN

with Marc Gomez, L.Ac., Dipl.O.M., Dipl.C.H.

Wednesday, August 11, 2010

at **The Wellness Store** | 6:30 – 7:30 p.m.

Learn how to take better care of your skin with the time-tested secrets of Chinese medicine as well as contemporary scientific discoveries.

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

Limited space. Contact: 310-917-2200, x221

SPIRITUALITY TELESEMINAR with Dr. Mao

Sunday, July 18, 2010 | 7 – 8 a.m. PST

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

For information, visit: integralway.org

Dr. Mao speaks in Bangkok, Thailand, on Integrative Medicine – July 2010

King Chulalongkorn Memorial Hospital,
teaching hospital for Chulalongkorn University

(Announcements continued on reverse side)

TAO OF WELLNESS

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www.taooofwellness.com

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ACUPUNCTURE, HERBS, TUINA Help Heal Painful Injuries

by Thomas Boldt, L.Ac., MATCM

If you have ever sprained a joint or tweaked a muscle, then you have likely been frustrated by conventional medicine's lack of useful tools for healing your injury. Ice, compression, elevation and drugs only get you so far. They dull the pain, but do little to return you to your pre-injury state.

Sports medicine is one area where Traditional Chinese Medicine (TCM) excels. I learned this early in my career when a patient in a wheelchair was brought in to see me by her fiancé. She had twisted her ankle while dancing in high heels. Though not a traditional sports injury, the resulting grapefruit-sized ankle was much the same. I treated her with acupuncture and tuina (Chinese therapeutic massage), and prescribed a formula of Chinese herbs. The following day, she came in on crutches; the next with a cane; and on the fourth visit, she walked with barely a limp. By this last visit, the swelling was almost imperceptible. With a little counseling on the dangers of alcohol mixed with high heels and samba, she was off to get married.

TCM treatments are not just for ankles, though. We treat the rest of the body just as well, from joints as small as fingers and toes to knees, hips, shoulders and elbows. Every day, by restoring range of motion and relieving pain, we help people get back on the court, field, links or just back to their lives, able to function as they did before their injuries.

The results of TCM are undeniable, so the question is: how does it work? First, acupuncture stimulates the release of endorphins—the body's own natural painkillers. Acupuncture, tuina and herbs increase circulation by reducing swelling and the accompanying pain. Finally, acupuncture and tuina speed up the healing process of muscles, tendons and ligaments by bringing the body's own healing crews to the injury site. Our joints are very poorly supplied with blood. In order to heal, blood flow must be repetitively encouraged into and out of these areas. We can do this with acupuncture on a very precise level. Whether your injury is old or new, TCM can help you heal. ■

CHINESE MEDICINE EFFECTIVELY TREATS HEARTBURN

The organ of summer is the heart, and many people suffer from heartburn. Caused by acidic stomach contents which irritate the unprotected lining of the esophagus, heartburn is a burning sensation that radiates from the mid to upper chest. In healthy people, the lower end of the esophagus normally stays closed, which prevents acidic fluid and food in the stomach from backing up into the esophagus every time the

stomach contracts. The lower esophageal sphincter is not a distinct muscular valve but an area of high pressure which keeps the esophagus closed off from the stomach. When the esophagus fails to function properly, the stomach acid backs up and heartburn occurs.

According to Traditional Chinese Medicine (TCM), the liver, gallbladder, spleen and pancreas work together to help the stom-

ach's digestion. If these organs function improperly, excessive stomach acid travels up to the esophagus and causes heartburn. The following conditions can also contribute to heartburn: improper diet including consumption of fatty and spicy foods, caffeine, chocolate, tomatoes and peppermint; eating late and overeating; pregnancy; stressful lifestyle; being overweight; and smoking.

(Continued on reverse side)

ANNOUNCEMENTS *(continued)*

HEALING ARTICLES FROM DR. MAO

appear in the Health section of the *Santa Monica Mirror*, a local newspaper, and online at smmirror.com.

As a Longevity Expert, Dr. Mao writes a timely health blog for the Yahoo! Health website: health.yahoo.com

CHI CLASSES / JULY - AUGUST

Tuesdays, July 27 – August 31 | 6 – 7:30 p.m.

Saturdays, July 31 – Sept. 4 | 11:30 a.m. – 1 p.m.

Eight Treasures: Open House, July 20, 6 p.m.

Harmony Tai Chi: Open House, July 24, 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

HEARTBURN *(continued)*

Traditional Chinese Medicine has been treating heartburn effectively for thousands of years. Acupuncture and Chinese herbs help to reduce the symptoms of heartburn and aid in recovery from its cause by adjusting esophageal pressure, lowering gastric acid and balancing the functions of the digestive organs. ■

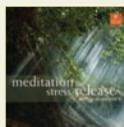
WELLNESS SHOP



SITTING MOON

by Dr. Daoshing Ni & Jessica Chen, L.Ac.

This guide to natural rejuvenation after pregnancy will help you reclaim your vitality and prevent post-labor illnesses. Learn what to expect during postpartum and discover nutrition that builds strength. \$19.95, book - Available late July or August!



MEDITATION FOR PAIN MANAGEMENT

with Dr. Mao Shing Ni.

Learn visualization and meditation techniques that will aid you in the alleviation of pain. Abandon limitations by outgrowing them. Overcome stiffness by mind-stretching your body. \$12.95, CD



PERPETUAL SHIELD (Metal Element)

Nourishment for the Lungs

This ancient herbal formula supports the lungs and improves respiration. Signs of Metal imbalance include sinusitis, allergies, asthma, and frequent colds and flu. \$19.95, capsules

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS STORE

1412 Fourteenth Street, Santa Monica
310-260-0013 | wellnesslivingstore.com

TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica
310-917-2200 | taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles
800-578-9526 | taostar.com

July Opening Anticipated for THE WELLNESS STORE

by Marka Meyer

We are proud to announce the opening of The Wellness Store, our fabulous new shop near the southwest corner of 14th Street and Santa Monica Boulevard, a few blocks from Tao of Wellness. We're still getting unpacked, but when you visit us you will see that the store is organized much like a traditional Chinese villa. Traditional villas are arranged around a central atrium with public spaces in the front, and private family spaces in the back. In our case, our public space is a wellness store and art gallery, and our private space is our warehouse and shipping area. In a classic Chinese villa, the kitchen and other supporting structures are arranged on the edges of the central atrium, and that's exactly where you'll find our tea bar, a wide selection of books and herbs, and our healthy home and living section.

You will be able to peruse our entire selection of educational courses—including Traditional Chinese Medicine theory, Chinese nutrition, herbs and acupuncture—while sipping a cup of tea in our expansive, sky-lit art gallery. Our first exhibit features the exuberant paintings of local scratch artist, Kevin Yborra.

Along with an expanded selection of our health-enhancing herbal formulas, you will



find lots of new books about healthy living along with our Ni family Taoist classics. In addition, we can give you suggestions for healthy home products,

including natural wool and cotton mattresses, water filters, and ionized cleaning sprayers.

You will have opportunities to improve your health and well-being by taking tai chi and chi gong classes with our fully-certified instructors, as well as attend meetings and Tao of Wellness public lectures on Chinese medicine in our large, open central atrium.

We will announce the exact opening date soon; we can't wait to show you around.



The Wellness Store
1412 Fourteenth Street
Santa Monica, CA 90404

Telephone: 310 260 0013
Fax: 310 260 0014

www.wellnesslivingstore.com
taostar@taostar.com

Located between Santa Monica Blvd. and Broadway
Monday – Friday | 9:00 a.m. – 5:00 p.m.
Extended hours for classes and special events
Free parking behind the store

Calm HOME BIRTH Assisted by ACUPUNCTURE

by Melanie Remai

My son, Leo Phoenix Remai, was born at 5.30 p.m. on the full moon of May 27th. The presence of Dr. Thomas Boldt, L.Ac., from Tao of Wellness made a huge difference. He was a monumental support, and in my mind his presence was integral to my well-being and focus throughout the 17-hour labor. Acupuncture enabled the birth to be a calm and soothing experience because the pain of contractions was greatly reduced.



Thomas Boldt, L.Ac., a home-birth midwife, Melanie Remai and baby Leo Phoenix Remai

A few times I was without acupuncture when I had to change positions, and the increase in pain was immense! With the acupuncture I was able to focus during each contraction with calm purpose to help the baby on his journey. I would highly recommend acupuncture at birth to anyone! Thank you with all my heart to the Tao of Wellness, Dr. Boldt and, of course, Dr. Mao who has been a huge support during my pregnancy. ■



Yo San Benefit Lives It Up to the Tune of "Hotel California"

Legendary former Eagles' guitarist and songwriter Don Felder, who wrote the '70s hit, "Hotel California," lit up the stage on June 5 during a fabulously successful benefit concert and auction for Yo San University of Traditional Chinese Medicine's acupuncture outreach programs (Childrens Hospital Los Angeles, Being Alive, Premiere Oncology and the Venice Family Clinic).

Pictured left to right are: Dr. Mao Shing Ni, Kathrin Nicholson, Don Felder and Dr. Daoshing Ni.