



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

#### CHI GONG FOR BACK PAIN

with Thomas Boldt, L.Ac.

Wednesday, July 20, 2011 | 6:30 – 7:30 pm

Tao of Wellness - Santa Monica

1131 Wilshire Blvd., 3rd Floor, Santa Monica

Our associate Thomas Boldt came to Chinese medicine through his own back pain. Thomas suffered for years from debilitating sciatica due to a disc bulge in his lower back, before curing it through Chinese medicine. Join him as he shares the chi gong exercise routine that helped him achieve a pain-free life.

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

#### COOKING FOR YOUR KIDS

with Jason Moskovitz, L.Ac., Dipl.OM

Thursday, July 21, 2011 | 6:30 – 7:30 pm

Tao of Wellness - Newport Beach

359 San Miguel Dr. Ste. 200, Newport Beach

Quick and healthy nutrition for youngsters is the focus of this free lecture. Find out what children need and how to prepare it so you get thumbs up instead of funny faces.

With good food you will improve your child's behavior, education, and health.

Limited seating. Call to RSVP: 949-706-7770

### ANNOUNCEMENTS

#### CLEANSING & DETOX RETREAT

August 26, 27 & 28, 2011 | Tao of Wellness

1131 Wilshire Blvd., 3rd Floor, Santa Monica

As we near the height of summer's energy, many of us still feel stuck. Let us help you break through those blockages and maximize your potential for 2011. Our three-day detox uses massage, acupuncture a far-infrared sauna and excellent foods to help activate your body's powerful detoxifying systems, increasing your strength, health and vitality, while teaching you how to avoid toxins in your environment.

Details: [www.taoofofwellness.com](http://www.taoofofwellness.com)

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

*(Announcements continued on reverse side)*

#### TAO OF WELLNESS - SANTA MONICA

1131 Wilshire Blvd., Ste. 300, Santa Monica, CA 90401

Tel 310-917-2200 | Fax 310-917-2204

[www.taoofofwellness.com](http://www.taoofofwellness.com) | [contact@taoofofwellness.com](mailto:contact@taoofofwellness.com)

#### TAO OF WELLNESS - NEWPORT BEACH

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

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## ENHANCING FERTILITY WITH CHINESE MEDICINE

by Kumiko Yamamoto, L.Ac., Dipl. OM

Conception is an incredible event involving many intricate processes that depend on a well-functioning physiology. Getting pregnant is a smooth journey for some and a challenging one for others. When a couple is not able to conceive after one year of trying, the condition is called infertility. At this point, many couples turn to reproductive assistance. In the U.S., infertility affects approximately one out of every six couples, according to the American Pregnancy Association. For those having difficulty with conception, about one-third of cases are due just to the man, one-third to just the woman, and the remaining third involve issues with both.

Traditional Chinese Medicine (TCM), including acupuncture and herbal medicine, has been shown to optimize many aspects of the physiological functions associated with infertility. The most common cause of female infertility is infrequent or absence of ovulation. According to studies conducted at Shanghai Medical University in China, acupuncture helps to harmonize the relationship between the hypothalamus and pituitary gland, thus normalizing ovulation. As well, adequate endometrial thickness and uterine artery blood flow is essential for successful embryo implantation, and acupuncture can help increase both. Chinese herbs, such as angelica sinensis root and rehmannia root, are often used for regulating a woman's ovulation cycle and promoting a healthy uterine lining.

Dealing with infertility is stressful for many couples, and stress has an impact on the reproductive system too. TCM is extremely effective for managing stress. Acupuncture can decrease the stress hormone cortisol and increase endorphins—hormones that create a sense of wellbeing and relaxation.

TCM is not only beneficial for women in their journey towards motherhood. It is also very effective for men—helping them increase sperm count, improve sperm motility (movement), morphology (shape), and even enhance sexual interest.

Many couples undergo modern fertility treatments such as intrauterine insemination (IUI) and in vitro fertilization (IVF) to help them get pregnant. Chinese medicine has been proven to enhance these fertility treatments by strengthening the overall health of the body making it more receptive to the procedures. According to a study in the British Medical Journal, the use of acupuncture as a complementary therapy with IVF increases the chance of pregnancy by up to 65%.

At the Tao of Wellness, we offer comprehensive treatments to support fertility including: acupuncture, herbal medicine, nutritional counseling, fertility massage, fertility chi gong, meditation sessions, and InfiniChi energy treatments, providing numerous options to help make conception possible. ■

## ANNOUNCEMENTS *(continued)*

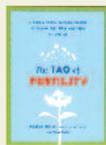
**PRIVATE CHI GONG CLASSES**  
with Marc Gomez or Kumiko Yamamoto  
are offered at Tao of Wellness  
1131 Wilshire Blvd., 3rd Floor, Santa Monica  
For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com)  
or call 310-917-2200

### GROUP CHI CLASSES offered at the WELLNESS LIVING STORE

1412 14th Street, Santa Monica  
Tuesdays, 6 - 7 pm: Harmony Tai Chi  
with Kumiko Yamamoto  
Wednesdays, 7:30 - 8:30 pm:  
Eight Little Treasures with Curt Callison  
Thursdays, 6:00 - 7:00 pm: Tao Yoga  
with Dr. Mao Shing Ni & Baylen Karl Slote  
Fridays, 9:30 - 10:30 am:  
Yin Section Harmony Tai Chi with Curt Callison  
[info@taoostar.com](mailto:info@taoostar.com) or 310-260-0013

**YO SAN PUBLIC CHI PROGRAM**  
offers weekday and weekend classes.  
13315 West Washington Blvd., Los Angeles  
For information: 310-577-3000 [www.yosan.edu](http://www.yosan.edu)

## WELLNESS SHOP



### THE TAO OF FERTILITY By Daoshing Ni, D.O.M., L.Ac., Ph.D. & Dana Herko

A healing Chinese Medicine program to prepare the body, mind and spirit for new life.

A practical plan for conception, using TCM with empowering Taoist principles that carry you through pregnancy, childbirth and beyond. Structured according to a woman's journey to conception; fascinating reading for layman and practitioner alike. \$15.95, book



### WOMEN'S WELLNESS

This herbal formula strengthens feminine Kidney/Yin and supports sexual wellness. In Traditional Chinese Medicine, this classic herbal combination is formulated

as an antidote to Kidney Yin deficiency.  
\$19.95, capsules



### SUMMER TEA

Cooling and Refreshing

Drink in the summertime or in the late morning to cool and refresh yourself. Useful for replenishing energy and fluid drained by summer heat. In Traditional Chinese

Medicine, this combination of herbs can be used to support the Fire Element, and tonify the Heart and Small Intestine. \$6.95, 30 teabags

### 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)

# FERTILITY PROGRAM MENU

BY DAOSHING NI, D.O.M., L.A.C., PH.D. & DANA HERKO (excerpted from their book *The Tao of Fertility*)

### PHASE ONE: DAYS 1-14 (Day 1 is the first day of menstrual flow)

This first phase is one of germination and nourishment. For the first two weeks, you will need to eat more foods that can strengthen your egg quality as well as your energy—what the Chinese call your chi. To that end, you will be eating a lot of wholesome grains, as well as high-protein foods including eggs, meats and beans. It is important that all these foods be eaten warm. Refrain from eating raw foods—including raw fruits and vegetables—as raw foods require more of your body's energy to digest.



If you are weakened by your menstruation and find yourself feeling tired or looking pale, it is even more important to eat warm foods as well as blood-enriching foods like beef bone soup, beef marrow

soup, beef chili and hearty stews. Avoid cold foods—especially icy ones.

So when at restaurants, order drinks/water without ice and steer clear of ice creams and sorbets.

### PHASE TWO: DAYS 15-28 (From ovulation until the start of your next period...or pregnancy)



During the second phase of this program, the uterine lining builds up and starts to secrete mucus to moisten and make itself attractive to the fertilized egg. Like dough to which yeast has been added,

the lining starts to rise and creates crevices in which the egg might implant.

During this phase, you need to eat foods that will help improve the lining, the mucus production and the blood flow. Concentrate on dark leafy green vegetables like spinach, kale and chard, as well as berries, which help to keep the blood flowing smoothly. As before, avoid icy cold foods and beverages. ■

## Highlights from the Tao of Wellness - Newport Beach Opening Celebration



Dr. Mao, Jason and Dr. Dao



Esther and Analilian at the sign-in desk



Newport Clinic Opening Celebration



Guests and Tao of Wellness Front Desk Staff