



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

ENERGIZE YOUR LOVE, SEXUALITY, AND VITALITY

Chi Gong with Kumiko Yamamoto, L.Ac.
Thursday, July 19, 2012 | 6:30 – 7:30 p.m.
Women only.

The Wellness Living Store

1412 14th Street, Santa Monica, 90404

Join Kumiko for a special chi gong workshop to enhance feminine sexual vitality. Experience gentle, easy-to-learn practices that energize and rejuvenate your sexuality and vitality within. Cultivate peace and serenity that nurtures true intimacy and love. This session will include discussions on how acupuncture and Chinese medicine can help female sexual disorders. Special herbal elixirs will be served at the end of the workshop. Space is limited.

Please call to RSVP: 310-917-2200

INTEGRATIVE MEDICINE PUBLIC LECTURES: STEPS FOR IVF SUCCESS

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

Saturday, July 14, 2012 | 3:00 – 5:00 p.m.
The Wellness Living Store

Have you had more than one IVF with no success? Do you feel like you've exhausted all options? Discover with fertility experts Dr. Brian Acacio and Jason Moskovitz what more you can do to improve your health and overall fertility plan. Let's make your next cycle a success. Light refreshments and snacks will be served. Please call to RSVP: 310-917-2200.

HELP FOR UTERINE FIBROIDS – HOW FIBROIDS CAN AFFECT YOUR HEALTH with Dr. William H. Parker, M.D. and Kumiko Yamamoto, L.Ac.

Saturday, August 4, 2012 | 2:30 – 4:00 p.m.
The Wellness Living Store

(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 | contact@taoofofwellness.com

TAO OF WELLNESS - NEWPORT BEACH

359 San Miguel Dr., Ste. 200, Newport Beach, CA 92660
Tel 949.706.7770 | Fax 949.706.7211
www.taoofofwellness.com | contactnb@taoofofwellness.com

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EDITOR: THOMAS BOLDT, L.Ac.; GRAPHIC DESIGN: JUSTINA KRAKOWSKI



IS SUGAR BOTH ADDICTIVE AND TOXIC?



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

We grew up with the notion that sugar is a “treat” or a kind of reward that children receive for good behavior. Unfortunately, nothing could be further from the truth. New research from some of America’s most respected institutions is finding that sugar is a potent toxin and could be a driving force behind some of this country’s leading diseases, including heart disease. Many physicians now agree that the American lifestyle is killing us.

For centuries, Chinese Medicine has recognized “Depletion and Thirst Syndrome,” a condition also known as “Diabetes.”

YOUR PANCREAS AND INSULIN

As excess sugar enters your body, it is in the pancreas that “depletion” occurs and insulin is what we “thirst” for. The pancreas produces and releases insulin. Insulin is the hormone necessary to carry sugar from the bloodstream into all the body’s cells and tissues for usage. Simple sugars and refined carbohydrates require a quick release of insulin, which leaves your pancreas depleted. This quick release action produces hypoglycemia or low blood sugar. Your body then craves more sugar to produce more insulin. This vicious cycle will eventually exhaust your pancreas, which is the hallmark of diabetes. In the case of diabetes, one can no longer process sugar which then builds up to a toxic level, damaging your healthy tissues.

THE HIDDEN CULPRIT

Since the 1970’s, simple sugar consumption has decreased by about 40%. At the same time consumption of high fructose corn syrup (HFCS) has skyrocketed well beyond simple sugars and it is equally as harmful. Items like, tomato ketchup, cereals, breads, granola bars, salad dressings and most “fast foods” are all loaded with HFCS.

FOUR STEPS TO RESTORE HEALTH

■ Step One

How do you prevent Type II diabetes? In Chinese medicine, the obvious first step is to stop eating refined sugar in any form. Reduce natural sugars like fruits, honey and maple syrup. Eat regularly and do not skip meals. Try to incorporate some protein foods at each meal such as eggs, poultry, fish, beans, nuts and seeds. These foods take a longer time to digest and absorb. Slowly releasing sugar and nutrients into the bloodstream is key to avoiding diabetes.

■ Step Two

Start a program of daily cardiovascular exercises of at least 20 minutes. This is important because exercise “rebalances” glandular functions of the body and stimulates metabolism, thereby using up the excess sugar in the system and reducing excess energy storage (fat), not to mention the benefits to one’s heart.

(For the rest of the steps and a more detailed version of this story, please go to:
<http://taoofofwellness.com/news/articles.php?id=47>) ■

FREE LECTURES *(continued)*

Your questions answered! Discover how fibroids affect your menstrual health, fertility, pregnancy and beyond. Please join Dr. William H. Parker and Kumiko Yamamoto to explore natural and minimally-invasive ways to treat fibroids along with tools to achieve your optimal health. 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

Tao of Wellness Santa Monica
1131 Wilshire Blvd., Ste. 300, 90401

EVENTS AT THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica, 90404

For information and to sign up:
info@taoostar.com or call 310-260-0013

GROUP CHI CLASSES

Tuesdays, 6:00 – 7:00 pm: 8 Treasures Chi
Gong with Dr. Mao Shing Ni

WELLNESS SHOP



HARMONY TAI CHI SHORT FORM

This form differs from ordinary tai chi chuan in that it more fully implements and emphasizes the principles contained in Lao Tzu's *Tao Teh Ching* and the *I Ching*. The 18-Step practice is an abridged version of the 108-step form that allows students to experience joy and spiritual uplifting. \$24.95 DVD



SUMMER TEA

Drink in the summertime or in the late morning to cool and refresh yourself. Useful for replenishing energy and fluid drained by summer heat. \$6.95, 30 tea bags



HEART

This formula of traditional Chinese herbs is designed to help improve heart function. \$16.95, 65 capsules

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE

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

TAO OF WELLNESS - Santa Monica

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

TAO OF WELLNESS - Newport Beach

359 San Miguel Dr., Ste 200, Newport Beach
949-706-7770 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles
800-578-9526 ■ taoostar.com



THE CHALLENGE OF

A HEALTHY HEART



Edsel Tan, L.Ac.

The heart is the monarch of all organs. It pumps blood every moment

of our lives, nourishing our living tissue with nutrients

and oxygen. Pumping is caused by a flow of electricity through the heart that cyclically repeats itself. Nurturing the heart nurtures the body as a whole. This is a challenge in today's society as heart disease is one of the leading causes of illness.

A healthy heart is determined by both uncontrollable and controllable factors. Uncontrollable factors are hereditary. Controllable factors include diet, exercise, and other lifestyle choices. The two factors are interrelated, since modifying controllable factors can help maintain uncontrollable factors, such as a genetic predisposition to heart disease.

The heart is the primary organ of our cardiovascular system which includes a vast network of arteries and veins that work together delivering oxygen-rich blood to the body and oxygen-poor blood to the lungs. In order to keep the heart healthy, we need to keep this vast network of arteries and veins healthy.

The food we consume determines how our genes are expressed. Eating healthy foods sets

the causes and conditions for our genes to express themselves through an optimum physiology. Living according to our most fundamental nature is the foundation of radiant health. The following is recommended:

- **AVOID** – high fat, high cholesterol foods, caffeine, tobacco, alcohol, chocolate, sugar, butter, red meat, fried foods, soft drinks, spicy foods, white flour
- **EAT** – fiber, brown rice, pearl barley, raw foods, fish, turkey, chicken, garlic, onions, sea cucumber, lotus root, seaweed, shitake mushrooms, black fungus, Chinese black dates, hawthorn berries, cassia seeds, chrysanthemum, vinegar, water, olive oil chestnuts, mung beans, raw nuts

A consistent program of 45-60 minutes of moderate exercise on most days of the week strengthens the heart by lowering blood pressure, reducing body fat, lowering the risk of diabetes, and reducing the risk of heart attack and stroke. People who are sedentary in their daily lives are more likely to have heart disease compared with people who are active. Obesity is a major factor in heart disease.

Finally, a healthy mindset that is not attached to stressful, anxious, negative, angry or hostile thought patterns reduces the causes and conditions for disease. Let's stay positive, be true to ourselves and take good care of our hearts. ■