



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

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)

2825 Santa Monica Blvd., Suite 300

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

SEXUAL HEALTH

with Thomas Boldt, L.Ac., Dipl.O.M.

Wednesday, August 21, 2013 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)

2825 Santa Monica Blvd., Suite 300

This class is for people who want to maintain or regain their libido and vitality. Sexual health is an important part of Chinese medicine and has been since ancient times. Learn what can cause dips in libido and how to counteract them through herbs, nutrition, lifestyle changes and movement exercises. Ages 18 and over. Limited space. Please call to RSVP: 310-917-2200

QI GONG CLASSES IN NEWPORT BEACH

with Jason Moskovitz, L.Ac., Dipl.O.M.

Every Other Saturday, starting

July 13, 2013, 3:30 - 4:30 pm

Irvine Terrace Park, Corona Del Mar

(721 Evita Dr., corner Seadrift Dr. & Evita Dr.)

Spaces are limited. Classes are free but

donations are welcome. To register,

call 949-706-7770 or visit our clinic at

359 San Miguel Dr., Suite 200, Newport Beach.

(Announcements continued on reverse side)

TAO OF WELLNESS SANTA MONICA

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DECREASING TOXIC CHEMICALS IN PREGNANCY

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



We all know about the guidelines from the CDC for pregnant women to eat fish no more than two times a week to prevent high mercury levels in their bodies. But what about bisphenol-A, dioxins, formaldehyde, pesticides, flame retardants, and more than 200 other chemicals found in babies' umbilical cord blood?

Studies by the Environmental Working Group as well as the Columbia Center For Children's Environmental Health have found many toxins in women's bodies that get passed on to their babies in utero.

While no studies have demonstrated a conclusive cause and effect between exposure to these toxic chemicals and specific health problems in children, environmental toxins have been associated with increased incidence of infertility and miscarriage in women, as well as genetic defects, cancer and developmental disorders in children. This information may seem scary and discouraging, but there are several steps you can take to reduce your toxic load.

You may consider undergoing a prenatal detoxification before getting pregnant. This would be especially beneficial for women who have undergone a clomid cycle or a hormone-assisted insemination or IVF procedure that didn't result in pregnancy. Many women experience symptoms such as bloating, weight gain, hot flashes or mood changes that indicate that the body is out of balance and may need assistance in clearing out exogenous hormones.

Detoxification lowers the toxic load in a woman's body through 3 pathways:

- activating the liver to bind up heavy metals and chemicals to be eliminated through the gall bladder and the bowels
- supporting the kidneys to excrete impurities through urine
- mobilizing the lymphatic system and skin to expel waste through sweating

There are also several things you can do to limit your exposure to environmental toxins.

While it's nearly impossible to avoid getting any toxins and chemicals into your body, here are some things you can do to reduce your exposure:

Stop smoking and alcohol consumption three months before conception to reduce fetal exposure to carcinogenic toxins.

Eat organic whenever possible to avoid pesticide-laden, antibiotic and hormone-filled food. Eat fresh, whole foods and avoid packaged and processed foods that are filled with preservatives, artificial colors and flavors.

Get plastics out of your life. Replace plastic water bottles, food containers and cooking utensils with glass, enamelware and wood. Filter your own water at home with a good water filter and put it in a glass or stainless steel bottle and carry it with you. Be sure to drink 6 to 10 glasses of water daily depending on your activity level.

Replace all household cleaners and pesticides with natural substitutes.

Install and remodel with non-VOC carpet, paint and real wood products – avoid pressboard cabinets, and furnishings to avoid formaldehyde and other chemicals.

Replace bedding and mattresses with those made from organic cotton stuffed with natural wool and horsehair that are not treated with flame retardant chemicals.

In summary, there are several things you can do to reduce your toxic load and thereby enhance your health and support the health of your baby. You can start by implementing the suggestions listed above to decrease your exposure to environmental toxins. You may also consider attending a detoxification retreat or working with your healthcare practitioner on a detox program before getting pregnant. ■

ANNOUNCEMENTS

SPICE UP YOUR LIFE: TIPS FROM THE CENTENARIANS WITH DR. MAO
Friday, July 19th 12:00 - 1:30 pm
Cancer Support Community-Benjamin Center
1990 S. Bundy Dr., Ste. 100, Los Angeles, 90025
After years of extensive research and more than 100 interviews with centenarians, Dr. Mao's findings about centenarians' longevity will be shared with the Cancer Support Community! Cost is free for this Lunch & Learn workshop. Limited space. Please call to RSVP: 310-314-2555.

LISTEN TO JAMIE FELDSTEIN'S RADIO INTERVIEW WITH DR. MAO
on internet radio show "Holistic Living with Jamie", on HealthyLife.net, airing Monday, July 22nd at 8 am and again at 8 pm. It will then be available in the Archives beginning 24 hours after that on HealthyLife.net under "Holistic Living with Jamie".

VISIT AND LIKE OUR NEW NEWPORT BEACH FACEBOOK PAGE for health tips, movement exercises, upcoming events and unique facts about how Traditional Chinese Medicine can heal and keep you healthy: www.facebook.com/TaoOfWellness.
For first time patients, look for the promotion code for a special offer going on now through August 31, 2013.

WELLNESS SHOP



INTERNAL CLEANSE

Internal Cleanse increases the ability of the liver to cleanse the body of internal and environmental pollutants and toxins. It balances the nervous system and relaxes the mind. \$19.95, capsules



INTERNAL CLEANSE TEA

This herbal tea is formulated to help rid the body of harmful chemicals and toxins. Ancient Taoist Masters believed the body could be totally cleansed and purified by nourishing the liver system. \$6.95, (30 tea bags)



TAO OF NUTRITION

By Dr. Maoshing Ni, L.Ac., Ph.D., D.O.M. & Cathy McNease, B.S., M.H.
Learn how to take control of your health by eating well. Over 100 common foods, along with their energetic properties and therapeutic functions are discussed. Food therapies for many ailments are presented and useful recipes incorporating these foods are included. *Paperback, \$19.95*

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE
1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com
or Tao of Wellness Clinics in Santa Monica, Newport Beach and Pasadena



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CLEANSING DETOX RETREAT

JULY 26, 27 & 28

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



Eat Cool to Be Cool This Summer

According to Chinese Medicine, summer is the time of Fire or Yang energy, which is associated with heat and expansion. When it's hot, most people crave fresh, light and cool foods, and this is natural. As the temperature rises, the foods that nature abundantly provides have a cooling effect on the body. The good news is: cooling foods also help you stay slim and trim.

The first step in your summer plan is to drink plenty of water to dampen summer Fire. Foods that have high-water content tend to be cooling. For example, you will enjoy high water-content foods such as watermelon, cantaloupe, celery, cucumber, pear, grapes and tomato. Leafy greens such as lettuce, spinach and chard also have high-water content.

Foods that take the shortest time to grow and are light in nature tend to be most cooling. You'll reap benefits from radishes, sprouts, summer squash, zucchini, cabbage, broccoli, and seaweed. Don't forget these favorites: corn, potatoes, berries and snow peas. Also, steam or cook foods lightly to retain their cooling properties. Enjoy chilled soup by adding warming garlic and onions, and chill out with mint and/or chrysanthemum teas. ■

TAO OF WELLNESS HEALTHY COOKING CLASS SERIES



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!

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



Enrich, Enchant and Uplift

LONGEVITY RETREAT
with Dr. Mao in Puglia, Italy

SEPTEMBER 8 - 12, 2013



The retreat will be held at a 17th century estate on the breathtaking coast of the Adriatic Sea. We will spend our time together meditating at sunrise, hiking in the hills, practicing tai chi and qigong, walking on the beach, participating in nutrition and cooking classes, receiving anti-aging acupuncture treatments, wine tasting and exploring the incredibly healthy, delicious and life-prolonging local culinary tradition of organic, sustainable, and farm-to-table cuisine. Limited to a total of 12 participants. Sign up today to guarantee your spot. — *Dr. Mao Shing Ni*

\$4,950 per person. (Includes full retreat with double occupancy accommodation and airport transfer. Excludes airfare. Single supplement add 10% additional). For more information contact host, Mea Argentieri at meargentieri@mac.com. To register, please call the Wellness Living Store 1-800-772-0222.