



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



DR. DAO on *TODAY SHOW*

On Friday morning, May 2nd, Dr. Daoshing Ni appeared on the nationally acclaimed *Today Show* (NBC-TV) with *The Tao of Fertility* co-author, Dana Herko

Dr. Dao discussed the challenges so many women are facing as they attempt to get pregnant and carry a healthy child to full term. Affirming that Eastern and Western medicine work well together, he said the first thing is to prepare the body physically, emotionally and spiritually. Viewers were treated to food sample visuals of his fertility diet. You can still catch the interview on www.taofwellness.com under *News & Events*.

PUBLIC LECTURES

BEAUTIFYING YOUR SKIN NATURALLY

Tuesday, August 12 | 6:30 – 7:30 p.m.

Do you want to give yourself a lift?

A face-lift? Please join Jessica Chen, L.Ac., on a journey toward rejuvenating your skin naturally. In this one-hour lecture, she will discuss how environment, lifestyle and nutrition can affect how your skin looks and feels. Learn simple ways to take care of your skin.

Facial massages will be demonstrated.

RSVP to (310) 917-2200

Location: TOW Conference Room

COLD & FLU REMEDIES

Tuesday, September 16 | 6:30 – 7:30 p.m.

Andrea Thorpe, L.Ac.

MEDITATION & QI GONG FOR FERTILITY

Wednesday, October 15 | 6:30 – 7:30 p.m.

James Evans, L.Ac.



ANNOUNCEMENT

CLEANSING DETOX RETREAT

To be scheduled. Please see the next newsletter, visit our website

www.taofwellness.com or contact

Adriana Rivera at (310) 917-2200, ext. 239.

Acupuncture Improves Fertility in Men

A study of the effect of acupuncture on sperm quality in men having infertility of unknown cause found that after twice weekly treatment for five weeks, there were fewer structural sperm defects and an increase in the number of normal sperm ejaculated. Intra-cytoplasmic sperm injection (ICSI), in which a single sperm is injected straight into an egg and is normally used in cases where the sperm is of too poor quality to permit conventional fertilization, has become the most commonly used technique in Europe and now outnumbers conventional *in vitro* fertilization. The European Society of Human Reproduction and Embryology reports there is evidence that infertility may now be affecting more men than women. The number of men seeking treatment for infertility has risen by nearly 70% in the past four years in some British health districts.

Miracle Worker on KTLA Morning Show

KTLA proclaimed Dr. Dao a “miracle worker” in a July 9, television interview highlighting Dr. Dao’s new book, *The Tao of Fertility*. Dana Herko, co-author, and Dr. Dao described how acupuncture, herbs, and nourishing the spirit work to achieve a successful pregnancy. To see the interview, go to www.youtube.com and search for Daoshing Ni.



JAMES EVANS

Detox Retreats

The Detox Retreats have been a life-changing experience for many participants, thanks to the amazing efforts and hard work our doctor, James Evans, has contributed. He has successfully organized all the retreats and provided participants with information about creating a healthy lifestyle. Great job, James!

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Telephone 310-917-2200 Fax 310-917-2204

www.taofwellness.com



Julie Landau, Dr. Maoshing Ni, Rhea Perlman



Sum-Yee Wang and Dr. Daoshing Ni



Nina Montee-Karp, Robert Graham, Agapi Stassinopoulos



Steven Carter and Arianna Huffington



Craig and Susie Nathan, Brenda Strong, Tom Henry

Yo San University Fundraiser CELEBRATES New Books by Drs. Dao and Mao

BY JULIANNE GARDNER, 2ND YEAR STUDENT. PHOTOS BY MAXINE PICARD.



John Barber, Terrie Danafshian, Mick & Hong Heyman, James Evans

What's all the buzz about? It's about the latest Yo San fundraiser and the publication of two new books: *The Tao of Fertility* by Dr. Daoshing Ni and *Secrets of Self-Healing* by Dr. Maoshing Ni. This fundraiser, held at the magnificent Venice art studio/exhibition space of artist Robert Graham, provided members of the Yo San community with another night to remember. The festive affair was held on April 24, 2008, and was graciously hosted by artist Robert Graham and his beautiful wife, actress Angelica Huston.

With over 200 guests and 20 volunteers, all surrounded by rooms full of stunning sculptures, the evening was absolutely mesmerizing. Soft music permeated the atmosphere as student, alumni, and staff volunteers passed out trays of hors d'oeuvres and managed the beverage bar. Endless

supplies of zesty tamales and gorgeous pupusas made to order graced the food table. In the lobby, guests found delectable desserts to satisfy even the peskiest sweet tooth. Gratitude and appreciation goes to Robert Graham for this exceptionally generous donation of amazing food.

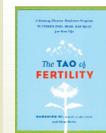
The evening's Master of Ceremonies was Arianna Huffington, celebrity author, political pundit, media personality, and founder of the cutting-edge blog, *The Huffington Post*. What a treat! Arianna brought both humor and sincerity to the energy of the evening.

Three dynamic individuals spoke that evening. The first was Yo San University President Johnathan Heywood who spoke about the University's ongoing community initiatives. It was impressive to hear him talk about the number of people

that have been helped by Yo San at Being Alive in West Hollywood and at the Venice Family Clinic in Venice. Over 90,000 patients have been treated at subsidized rates at our own Yo San Community Clinic.

After Johnathan Heywood spoke, Dr. Dao, in his very humble way, thanked everyone who supported the fundraiser as well as those involved in helping him write his new book, *The Tao of Fertility*. He gave special thanks to his wife, Sum-Yee Wang, and his co-author, Dana Herko. Dr. Dao has helped "countless women achieve their dream of having a child," and in his book there are many wonderful stories about how he accomplished this. Finally, Dr. Maoshing Ni delivered his message of sincere thanks to the audience while also managing to delight us with all of his humor and wit.

The evening ended with a warm send-off for every attendee as each received a personally autographed book from Dr. Dao and Dr. Mao. All books were generously donated by HarperCollins and Avery (Penguin Group). If you weren't lucky enough to attend this year, I highly recommend making reservations early for our next big event. See you then! ■



The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life, was published by HarperCollins. Co-author: Dana Herko



Secrets of Self Healing, published by Avery/Penguin Books, is packed with healing remedies.

Available at: 800-772-0222
www.taofwellness.com
www.traditionsoftao.com

THIS MONTH'S FEATURED PRODUCTS

Available at www.taofwellness.com ■ www.traditionsoftao.com ■ 800-772-0222



Goji Berries
16 oz from
Shenzhen, China
is one of nature's
most nutrient-rich

foods. It has been used in traditional Chinese medicine for nearly 2,000 years. Gou Qi Zi is believed to strengthen the immune system, improve vision, protect the liver, boost sperm production and improve circulation.



**The Combined
Five Elements
of Health Formula**

A whole body
tune-up, combining
all the herbs from
the Fire, Earth, Metal,

Water and Wood Elements. Our most powerful formula; a balanced and natural whole food combination of traditional Chinese herbs to support healthy function of the five bodily systems. Promotes physical vitality, high tolerance for stress, strong immunity, a clear mind, suppleness of body, healthy appetite and digestion, proper fluid metabolism and balanced hormonal function.



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. Signs of Wood

imbalance: irritability, congestion, tightness, spasm bloating and cramping, constipation and hypersensitivity.



Our best seller, delicious **Ancient Treasures Tea**, is a masterful combination of three important formulae: creative balance, emotional tranquility and internal cleanse tea. These three are the inherited life essence or JING, the vital energy or CHI, and the peacefully integrated mind and spirit or SHEN.