



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURES

BENEFITS OF ACUPRESSURE & TUINA BODYWORK with Edsel Tan, L.Ac.

Tuesday, August 18, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Learn the basics about this ancient Chinese healing modality. Observe an acupressure demonstration on the back using techniques that can be applied to friends and family. Limited seating. Call to RSVP: 310-917-2200

FOOD FOR A GOOD MOOD with Jessica Chen, L.Ac.

Thursday, September 17, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Food affects your senses and influences your mood. We often turn to sugar-laden food to feel better. Find out about healthy alternatives that help create a good mood. Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

YO SAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE, founded by Drs. Daoshing & Maoshing Ni, will celebrate **20 years** of educating excellent practitioners of Traditional Chinese Medicine, **October 15, 2009**, at the lovely home of **Rhea Perlman** and **Danny DeVito**. Contact Sum-Yee Wang, **310-577-3000**, to request an invitation to this fabulous fundraising event.

DR. MAO'S ACTIVITIES:

August 8 - Lecture,

University of California, San Diego

July 19 - 26 - Dr. Mao visited China to meet with suppliers of Tao of Wellness herbs.

SEPTEMBER DETOX RETREAT AT TAO OF WELLNESS

September 11, 12 & 13, 2009

Activate your body's powerful cleansing systems to eliminate toxins that prevent you from being strong, healthy and vital.

Details: www.taoofofwellness.com

Limited space. To register: 310-917-2200

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

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

www.taoofofwellness.com

SUCCEED WITH WEIGHT MANAGEMENT

Summertime brings up the enduring quest for looking good in a bathing suit. Most of us have an “Uh, oh!” moment as we see ourselves in the mirror. We are happy to say that Tao of Wellness has a plan just right for you.

Traditional Chinese Medicine advocates maintaining a healthy and balanced body system rather than succumbing to fad diets. A healthy weight can be sustained when the body is working optimally, stress is low and the spirit is peaceful. When the body is out of balance, adipose tissue (fat cells) accumulates, digestive weaknesses arise and your metabolism shifts into weight gain mode. To look slim and fit, practice these enduring weight management fundamentals:

1. You have to eat, but you have to eat smart. The best way to stay healthy is to eat well and be physically active. Focus on being fit rather than being thin.
2. Eating throughout the day keeps you from becoming famished and then overeating. Eat five small meals per day. Each meal should be the size of your two palms cupped together.

3. Your last meal of the day should be no later than 7 p.m.
4. Eliminate candy, sugar and soda from your diet. Limit your intake of honey and concentrated fruit juice. Eat fresh fruits or chew on fresh peppermint leaves.
5. Eat more complex carbohydrates or whole grains such as brown rice, millet and quinoa. Eat ample quantities of fresh fruits and vegetables. Keep dairy to a minimum as most dairy products contain saturated fat. Avoid trans fats, fatty foods, processed and fried foods.
6. Drink plenty of water, at least eight glasses or 60 ounces a day.
7. A 30-minute daily walk boosts your metabolism. Take a 30-minute walk in the morning or in the evening, two hours before bedtime. Hike, bike and swim; for toning, chi gong or yoga does wonders.

Remember: looking good in your bathing suit is synonymous with a healthy lifestyle! (See *Wellness Shop* for B-Slim, a proven aid for weight loss.) ■



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, and sure enough, foods that have high-water content tend to be cooling. These include *(Continued on reverse side)*

Eat Cool to Be Cool This Summer

(Continued from front side)

leafy greens such as lettuce, spinach and chard. Naturally you will enjoy high water-content foods such as watermelon, cantaloupe, celery, cucumber, pear, grapes and tomato.

Foods which 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, tofu 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.

For other foods whose energetic property is cooling, read *The Tao of Nutrition* by Dr. Maoshing Ni and Cathy McNease, available at Tao of Wellness or taostar.com. Live healthy, stay trim and be cool this summer, naturally! ■



CONGRATULATIONS to Jesus and Sonia Gomez, the proud parents of Adam Isaac Gomez. Adam was born June 15, 2009, weighing 7 pounds and measuring 20 inches. Sonia is a Tao of Wellness staff member.

WELLNESS SHOP



B-SLIM

Designed to be part of a sensible weight management program, B-Slim controls appetite and craving, eliminates bloating, improves digestion, increases fat metabolism, regulates blood sugar and gently

relieves constipation. \$29.95, capsules

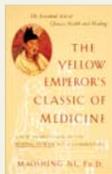


HIGH PERFORMANCE

To sustain an active lifestyle that keeps weight down, a high quality of chi is necessary. High Performance builds our reserve of chi, thus providing energy that is substantial, focused

and sustained. \$44.95, powder or tablets

Use B-Slim and High Performance together as a meal replacement for weight loss.



THE YELLOW EMPEROR'S CLASSIC OF MEDICINE

edited by Dr. Maoshing Ni

Originally written in China during the third millennium B.C., this book contains the principles underlying Chinese medicine. Includes topics on diagnosis, therapy, disease prevention, ethics, psychology and cosmology.

\$24.95, paperback, Shambhala

TUINA (PUSH-GRASP) BODYWORK

by Edsel Tan, L.Ac.

Tuina, literally translated as push-grasp, is an ancient system of massage that withstands the test of time. From 2300 B.C., *The Yellow Emperor's Classic of Internal Medicine* records tuina among the five major therapies of the time. Oracle bones dating back to 1700 B.C., show that tuina was used to treat children's diseases and adult digestive complaints. By 600 B.C., tuina was included in the Imperial Medical College as a separate department. Tuina flourished throughout China until the early 1900s. Following the collapse of the dynastic system, the central government promoted an extreme implementation of Western ideology that excluded all traditional healing modalities, including tuina. This healing art, however, continued to be practiced discretely in China and openly in other Asian countries influenced by traditional Chinese culture. After the Communist revolution in 1949, tuina was restored to mainstream China along with traditional medical arts and is included in the current system of Traditional Medicine Colleges.

Tuina is a form of massage that involves pressing, tapping and kneading with the palms of the hands, fingertips, knuckles or implements.



These actions remove blockages along the meridians of the body and stimulate the healthy flow of chi (vital energy) and blood. The patient's innate self-healing mechanism is thus energized. Tuina encompasses a broad range of techniques ranging from light stroking to deep-tissue work. Hand and arm techniques are used to massage the soft tissue of the body, stimulate the acupressure points and mobilize various joints. Other manual techniques include gliding, kneading, percussion, friction, pulling, rotation, rocking, vibration and shaking.

Tuina is primarily used for therapeutic purposes rather than exclusively for relaxation. Practitioners of tuina bodywork often utilize herbal liniments to aid in the healing process. Back pain, stress and detoxification are among the many conditions for which tuina is recommended. Tuina also serves as an effective complement to other modalities of Chinese medicine such as acupuncture and herbs. (For Edsel Tan's lecture on tuina bodywork, see *Free Lectures*. For information on how to purchase *The Yellow Emperor's Classic of Medicine*, edited by Dr. Maoshing Ni, see *Wellness Shop*.) ■



HALTING the SUGAR ROLLER-COASTER

The media frequently reports on childhood obesity, naming three major culprits: sugar, fats and salt. Let's focus on sugar.

The reality is, most children just love sugar. Sugar not only tastes good, but the brain requires sugar in order to function. However, for an important reason, consuming refined sugar is detrimental to a little person's health. The reason is that sugar produces a hormonal roller-coaster in the body. When simple or refined sugars are consumed, they plunge straight into the bloodstream. The body reacts by producing a hormone called *insulin* which binds to the sugar and either transports it into the cells for energy or into the liver for storage as fat. Now the body finds itself in a situation of low blood sugar, which does not please the brain. The body responds with yet another set of dramatic hormonal changes. As the brain goes into survival mode, the adrenal glands produce *adrenaline*. The body careens into fight-or-flight mode and becomes stressed. The next time you see your child running around like crazy, you will understand that he/she is not on a sugar high but is actually having a sugar crash. Needless to say, these highs and lows are addictive.

For most parents, steering their children away from this coveted substance is close to impossible. Birthdays and school gatherings serve up cupcakes and candy as their main attraction. There are, however, creative ways in which you can minimize the effects of sugar. The key is protein. Give your child a high protein meal before a party or gathering. Scrambled eggs with smoked salmon, meatballs or cold cuts are all good. Your veggie options are high protein grains such as amaranth and quinoa, soy products such as tofu and tempeh, and of course, nut butters such as almond or peanut. These foods will help slow the release of sugars into the bloodstream. The other food type you want in your child's diet is fiber. Soluble fiber, such as oats, and insoluble fiber like flax seed also decelerate the breakdown of sugars.

Ultimately, the best thing you can do for your child is to cultivate good eating habits. Creatively preparing your dishes is at the heart of the matter. *Help your child develop a taste for fresh fruits.* They contain sugar but also contain fiber, minerals and antioxidants, which are very healthful and, let's not forget, totally delicious. ■

TO ORDER THESE PRODUCTS:

www.taofwellness.com or

www.taostar.com

Call 800-772-0222 or visit us at Tao of Wellness

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401