



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

HOW TO HAVE YOUNGER-LOOKING, HEALTHIER SKIN

with Marc Gomez, L.Ac., Dipl.O.M., Dipl.C.H.

Wednesday, August 11, 2010

[The Wellness Store](#) | 6:30 – 7:30 p.m.

Learn how to take better care of your skin with the time-tested secrets of Chinese medicine as well as contemporary scientific discoveries. Call to RSVP: 310-917-2200

TREATING ADDICTION WITH TRADITIONAL CHINESE MEDICINE with Thomas Boldt, L.Ac., MATCM

Wednesday, September 15, 2010

[The Wellness Store](#) | 6:30 – 7:30 p.m.

If addiction has a strong hold on you or someone you know, come learn about ancient and modern methods that help alleviate addiction. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

DR. DAOSHING NI has been appointed the Specialty Chair of the Doctoral Program in Reproductive Medicine at Yo San University of Traditional Chinese Medicine.

CLEANSING & DETOX RETREAT

August 13, 14 & 15, 2010 | Tao of Wellness

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.

Details: taoofwellness.com

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

WITHIN THERE IS ESSENCE

A Harmony Tai Chi Retreat

with Dr. Mao Shing Ni, Dr. Joseph Miller and the Chi Health Institute

New Mexico | September 23 – 26, 2010

Cost: \$275, lodging not included

Website: spacious-sky.com or contact

Peter Stege at pstege@hotmail.com

(Announcements continued on reverse side)

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

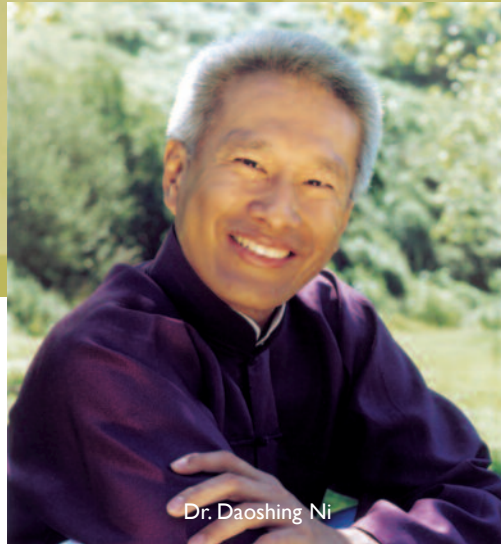
Santa Monica, CA 90401

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

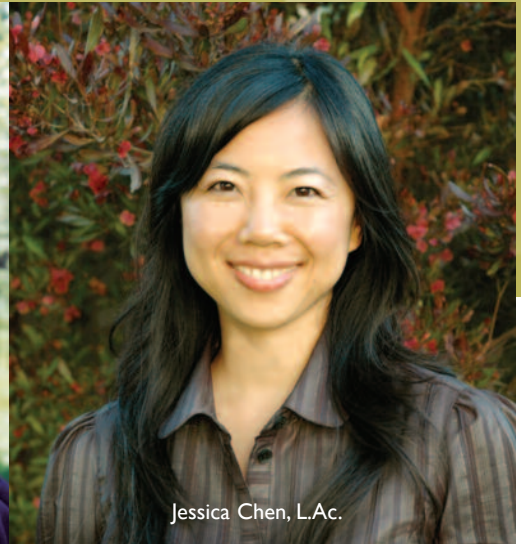
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WELLNESS NEWSLETTER



Dr. Daoshing Ni



Jessica Chen, L.Ac.

SITTING MOON: A New Book from Tao of Wellness Press

by Dr. Daoshing Ni, Ph.D., D.O.M., L.Ac.



My esteemed associate, Jessica Chen, L.Ac., and I decided to write a book that would inform new mothers and health professionals of the ideal way, often the traditional way, to go through postpartum. *Sitting Moon* is for

women who want to feel good during postpartum and build an optimal foundation for future well-being. If you want to know how to prepare for birth and what needs to happen after a child is born, this book will inform you.

In the past fifty years, society has changed dramatically. Family units have become smaller and support for new mothers is dwindling. Many women are employed, and maternity leaves are shorter. Taking care of a new mother is rarely a priority over the newborn, and a mother-to-be may face postpartum with some trepidation. Many people think it is a special skill, or some unattainable knowledge, to focus on the new mother. However, this book proposes a different way to view birth and postpartum, a way which includes taking care of the mother. This way is ancient and at the same time perfect for modern times. A woman today

needs to find out for herself how to receive her new family member and what she will need to regain her health after giving birth.

Sitting Moon grew out of our experience at Tao of Wellness. Over the years, I have noticed deteriorating health in new mothers. I have heard stories ranging from depression to breastfeeding problems, sleep difficulties, anxiety, hormonal imbalances and reduced vitality. I have also discovered that the great support and preparation garnered before the delivery may completely drop away during the first year of motherhood. There are many reasons for this: decreasing family support, increasing maternal age, economic necessity, work demands and societal ignorance—all play a role.

Our purpose in writing this book is to bring optimal awareness to new mothers and their families of what needs to happen before and during postpartum. We hope that society will also benefit from this information. I firmly believe that taking care of our offspring is a social necessity for a positive future, and taking care of our mothers ensures that we actually have a future. (*Sitting Moon* will be available toward the end of August at: Tao of Wellness, Yo San Bookstore, The Wellness Store and online at taostar.com.) ■

EAT YOUR SEA VEGETABLES

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

Seaweed and marine algae are vegetables from the sea that are believed to prolong life and have been found to help prevent disease and impart beauty and health. Common types of seaweed include nori (used to wrap sushi), kombu, wakame, arame, hijiki, kelp, dulce and Irish moss. Containing

more calcium than milk, more iron than beef, and more protein than eggs, seaweed is also a rich source of micronutrients. Sea vegetable nutrients are more concentrated than in vegetables grown on land. Traditionally, the healing properties of seaweed are said to include shrinking (Continued on reverse side)

ANNOUNCEMENTS *(continued)*

SPIRITUALITY TELESEMINAR with Dr. Mao

August: Cancelled

Sunday, September 19, 2010 | 7 – 8 a.m. PST
Tel: 712-432-1001 | Access Code: 485547881#
For information, visit: integralway.org

CHI CLASSES SEPT. - OCT.

Eight Treasures Chi Gong – Tuesdays
September 7 – October 19 | 6 – 7:30 p.m.
Harmony Tai Chi – Saturdays
September 11 – October 23 | 11:30 a.m. – 1 p.m.
FIRST CLASS IS FREE!
Tai Chi Studio, Yo San University, 2nd floor
Info: yosan.edu or call 310-577-3000, x10
Cost: \$89 | Registration: support@yosan.edu

SEA VEGETABLES *(continued)*

goiters, dissolving tumors and cysts, detoxifying heavy metals, reducing water retention, and aiding in weight loss. So eat your sea vegetables! (You can buy them at Whole Foods, many health food stores and some supermarkets.) ■

WELLNESS SHOP



SECRETS OF LONGEVITY by Dr. Mao Shing Ni

Now available on Kindle!

Learn a simple, no-nonsense approach to living longer from hundreds of Dr. Mao's natural tips. Try eating blueberries, telling the truth and saying no to undue burdens. \$14.95, paperback; \$9.99, ebook on Amazon.com



LIQUID WHOLE FOOD VITAMINS

Even better than before!

Our delicious, organic, food-based blend of essential vitamins, aloe vera, minerals, amino acids, MSM and antioxidants will give you a boost. Great in smoothies!

\$39.50, 32 fluid oz.



INTERNAL CLEANSE CAPSULES INTERNAL CLEANSE TEA

Our popular toxin-expelling herbal formula helps to eliminate harmful chemicals and pollutants in the body, including mercury. Nourishing and strengthening the

liver, Internal Cleanse is strongest in capsules and delicious (but milder) as a tea.

\$19.95, capsules; \$6.95, box of 30 tea bags

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS STORE

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

TAO OF WELLNESS

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

YO SAN UNIVERSITY BOOKSTORE

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

LOW-MERCURY SUSTAINABLE SEAFOOD: *Protecting Ourselves & Our Planet*

by Marc A. Gomez, L.Ac., Dipl.O.M., Dipl.C.H.



Are you interested in knowing what fish you can eat without worrying about mercury toxicity or the danger of eating a species of fish on the verge of extinction? Some environmental organizations are now making lists of sustainable seafood, or seafood that is safe to eat without adverse effects to the planet or sea life. The majority of sustainable seafood contains moderate levels of mercury, and most sources say it can be eaten in small amounts (three to nine 3-4 oz. servings a month), depending on the type of fish.

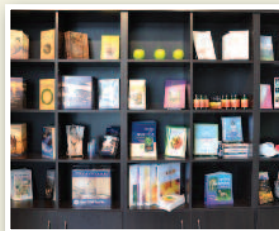
Mercury levels in fish are on the rise. Some sources are even claiming that mercury levels have become so high that no seafood is safe to eat. Mercury in the ocean can be natural or may come from coal-burning smoke stacks that emit mercury, which later finds its way into the food chain. Fish that contain levels of mercury so high that they are unsafe to eat

are: tilefish, swordfish, shark, moonfish, orange roughy, bigeye tuna and king mackerel. Eating too much seafood high in mercury is hazardous to our health and can cause sensory, motor, neurological, and immune dysfunctions.

Following is a list of low-mercury sustainable seafood compiled from information obtained from the Monterey Bay Aquarium and the Marine Stewardship Council (MSC): haddock, herring, pollock (Alaska), prawns (U.S. or Canada), salmon (Alaska or Washington wild-caught), scallops (U.S. Pacific), shrimp (U.S. or Canada), dover sole (U.S. Pacific), abalone, sardines (U.S. Pacific), clams (Vietnam Ben Tre) and oysters.

We can lower the amount of mercury absorbed when eating seafood by adding cilantro or kelp, which bond with heavy metals and help to flush them out of our bodies. Pregnant women should eat no more than two 3-4 oz. servings a week of low-mercury fish because it can pass into the fetus through the bloodstream and may cause childhood illness.

Tao of Wellness offers gentle, safe detoxification retreats and treatments, which can help cleanse the body of mercury build-up. If you think your mercury level might be elevated, consult with one of our doctors. You can safely begin the detoxification process with our *Internal Cleanse Tea* or toxin-expelling *Internal Cleanse* capsules (see Wellness Shop). ■



Take a Look Inside The Wellness Store

Trendy, minimalist, artistic, spacious and light, the interior of The Wellness Store beckons you to explore, take delight and learn about healthy living. In natural green, gold and grey tones, the interior tells you immediately that you have reached the apex of a contemporary and ancient lifestyle for achieving total well-being.

(Top photo) A display shows Wellness Store products including Ni family and healthy foods books, Traditions of Tao herbal products, natural cosmetics and Traditional Chinese Medicine distance learning courses.



(Center photo) Meet Leah Jonas and Meagan Brusnighan, two of the friendly staff members at The Wellness Store. Behind them is "Lollipop", a scratch painting—painted with paint tubes instead of brushes—by local artist Kevin Ybarra.



(Bottom photo) Tao of Wellness staff members Norma Cervantes and Patty Vazquez look pleased as they sit on a luxurious organic cotton and wool mattress containing no chemicals or fire retardants (wool is a natural fire retardant). You'll have the most relaxing sleep ever!

THE WELLNESS
STORE