



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES

#### HEALTHY FOODS FOR PEOPLE ON THE GO

with Jessica Chen, L.Ac., Dipl.OM

Thursday, August 25, 2011 | 6:30 – 7:30 pm

Tao of Wellness Santa Monica,

1131 Wilshire Blvd., Ste. 300, 90401

With our busy lives, who has time to eat, let alone eat healthfully? Please join our practitioner Jessica Chen as she explores strategies in guiding you to healthy eating for your busy life. Limited space.

Call to RSVP: 310-917-2200

### ANNOUNCEMENTS

#### HEALING DRUM MEDITATION

with Russell Buddy Helm

Saturday, August 20, 2011 | 4 – 6 pm

at The Wellness Store,

1412 14th Street, Santa Monica 90401

Cost: \$20 (drums will be available and participants are encouraged to bring their own) Experience deep rhythmic meditation while absorbing the life force of the universe through your body. Basic drumming patterns are playable by beginners and advanced.

No musical experience necessary.

Call to RSVP: 310-260-0013

#### GROUP CHI CLASSES offered at THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica

Tuesdays, 6 - 7 pm: Harmony Tai Chi with Kumiko Yamamoto

Wednesdays, 7:30 - 8:30 pm:

Eight Little Treasures with Curt Callison

Thursdays, 6:00 - 7:00 pm: Tao Yoga

with Dr. Mao Shing Ni & Baylen Karl Srote

Fridays, 9:30 - 10:30 am:

Yin Section Harmony Tai Chi with Curt Callison

info@taoofwellness.com or 310-260-0013

*(Announcements continued on reverse side)*

#### TAO OF WELLNESS - SANTA MONICA

1131 Wilshire Blvd., Ste. 300, Santa Monica, CA 90401

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www.taooofwellness.com | contact@taooofwellness.com

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# WELLNESS NEWSLETTER



## MODERN LIFE, MODERN DISEASE

by Jason Moskovitz, L.Ac., Dipl. OM

Some of the most widespread diseases found in the minds and bodies of Americans have not been around that long. Fibromyalgia, chronic fatigue syndrome, autism, interstitial cystitis and certain types of cancer are just a few. Some of these diseases became more prevalent around the time of the Industrial Revolution, a short 200 years ago, when we as a human race sped up innovation, manufacturing, and international trade. The pace of life quickened, incomes and responsibilities began escalating, and exposure to new chemicals and toxins became a norm.

That time in our history really was another renaissance. There have been some drawbacks to all that change, however. Hospital admittances due to food allergies are increasing thanks in part to synthetic food additives. People are getting less exercise, less sleep and less sun exposure due to long hours working and commuting. Anxiety and depression are very common in part due to a reduction in communal experiences, while battling these many new diseases and toxins, thus overloading the immune system and exhausting our nerves and hormones.

It is good to challenge our companies and our governments to act in favor of progress that incorporates the health of our bodies and our planet. As we know, this takes considerable time and money. In the meantime, it is up to each and every one of us to take responsibility for ourselves. Take control of your own health so you can reverse these diseases or, better yet, prevent them altogether before they become a problem.

**Control what goes in your body.** Choose local, organic foods. Drink purified water. Choose natural products for clothing, bedding, furniture, and building materials.

**Control what leaves your body.** Get acupuncture and herbal medicine to aid in your elimination of toxins through your sweat, urine, and bowels. Better yet, embark on a personalized program of detoxification for a more effective, comprehensive cleanse.

**Pace yourself.** Work is important but so are you. Prioritize time for exercise and make sure you have fun while doing it. Spend time with joyous people engaging in joyous activities. Get regular sleep. Go outside.

For more guidance on preventing or treating disease, or about the things to include or to avoid in your diet, home, relationships, and your life, consult your Tao of Wellness practitioner.

#### PATIENT TESTIMONIAL

A year ago my primary care physician referred me to Jason Moskovitz as a last resort to deal with my interstitial cystitis, a chronic inflammatory condition of the bladder. I was a fit and active middle-aged man, in otherwise perfect health, who was used to running every day and hiking on weekends. I could no longer do any of these things. I couldn't work. I suffered from chronic pain, lack of energy and sleep deprivation from frequent urination every 30 minutes throughout the night. It came out of nowhere, and according to Western medicine there was little I could do. I was admittedly skeptical about acupuncture when I first came to see Jason, though I was suffering greatly and needed help. Jason gave me a treatment plan and a timeline as to when I could expect improvement. Six weeks later, as forecast, my symptoms began to lessen. Now a year later I am largely symptom-free.

*(Continued on reverse side)*

## ANNOUNCEMENTS *(continued)*

### PRIVATE CHI GONG CLASSES with Marc Gomez or Kumiko Yamamoto are offered at Tao of Wellness

1131 Wilshire Blvd., 3rd Floor, Santa Monica  
For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com)  
or call 310-917-2200

### YO SAN PUBLIC CHI PROGRAM

Beginning Saturday, August 20, join teacher Yamin Chehin for seven Saturdays of Chi Gong. She will be teaching the Eight Treasures at 9, followed by a session where she will teach methods to help relieve back and neck pain. You may sign up for either or both.

Saturdays, 9:00 – 10:30 am:  
Eight Treasures with Yamin Chehin

Saturdays, 11:00 – 12:30 pm:  
Relief for Back & Neck Pain with Yamin Chehin

13315 West Washington Blvd., Los Angeles  
For information: 310-577-3000 [www.yosan.edu](http://www.yosan.edu)

## WELLNESS SHOP



### COSMIC TOUR BA GUA - DVD

by Master Hua-Ching Ni

Cosmic Tour Ba-Gua has healing powers similar to Tai Chi, but the energy flow is quite different.

Master Ni guides you through this "walking" chi gong, which reduces the congestion of our modern, intellectual lives and helps to ground your energy and clear your mind. \$24.95, DVD



### EMOTIONAL TRANQUILITY TEA

Formulated to balance Five Element emotional excesses, settle the mind and soothe the emotions, this herbal tea blend is useful for persons suffering from stress and insomnia. \$6.95, 30 teabags



### THE POWER OF NATURAL HEALING - BOOK

by Master Hua-Ching Ni

Heal yourself, or better yet, prevent problems in the first place. Revitalize health with acupuncture and herbs, Tai Chi, Chi Gong, sound,

color, movement, visualization, breathing and meditation. A best seller at Tao of Wellness. \$14.95, Paperback

### PURCHASE THESE FINE PRODUCTS AT:

#### THE WELLNESS LIVING STORE

1412 Fourteenth Street, Santa Monica  
310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)

#### TAO OF WELLNESS - Santa Monica

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [taoofwellness.com](http://taoofwellness.com)

#### TAO OF WELLNESS - Newport beach

359 San Miguel Dr., Ste 200, Newport Beach  
949-706-7770 ■ [taoofwellness.com](http://taoofwellness.com)

#### YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles  
800-578-9526 ■ [taostar.com](http://taostar.com)

## MODERN LIFE, MODERN DISEASE *(Continued from front side)*

The chronic pain is gone. I run regularly and hike again, and can work again. I'm incredibly productive and optimistic, as both my head and body are in a far better place. Jason went beyond treating just my symptoms and sought

to care for my whole being. Jason gave me my life back and I'm eternally grateful.

*With Gratitude,*  
Daniel Winograd ■

## Acupuncture Helps Chronic Chest Pain

By Thomas Boldt, L.Ac.



According to a recent article in *Cardiology Journal*, approximately 6.4 million people in the U.S. suffer from symptomatic cardiac disease—usually involving fatigue and chest pain. For most of these

Americans, drug therapy or surgical procedures like cardiac bypass or angioplasty will cure their suffering. However, about 5 to 15 percent of cases cannot be helped by standard therapies. Those who continue to suffer with chest pain are known to have "Refractory Angina Pectoris" or simply RAP (also known as "Intractable Angina Pectoris"

or IAP). For these people, there is no clear cure. While there are numerous, new experimental methods of helping, from spinal stimulators to the latest drugs, there is a very old therapy that has also shown to help reduce pain: **Acupuncture**.

In a 2005 study, researchers at Liaocheng Hospital of Traditional Chinese Medicine (TCM) in Shandong, China randomly divided up 70 RAP patients into two groups of 35 each. The control group received the standard medications including nitric acid, beta blockers, calcium antagonists, aspirin and heparin. The study group received the same drugs and acupuncture once daily for 10 consecutive days. The group that received the addition of acupuncture improved significantly over the group that only received drug therapy on measures of perceived pain (89% vs. 60%), electrocardiogram readings (63% vs. 31%) and even sudden death (6% vs. 20%). The researchers concluded that acupuncture is a safe and effective treatment for reducing angina symptoms when used in conjunction with medications. ■

## TOXICITY HEALTH ASSESSMENT

From Dr. Mao Shing Ni's book: *Secrets of Longevity - Dr. Mao's 8-Week Program*

Answer the questions below by answering Yes or No.

- Have you been experiencing fatigue or sleepiness for no apparent reason?  yes  no
  - Do you have indigestion, nausea, bloating, constipation, or diarrhea?  yes  no
  - Are you plagued by persistent sinus congestion, cough, or itching eyes?  yes  no
  - Do you frequently get colds and other infections?  yes  no
  - Have you noticed unexplained mood changes such as irritability, anxiety, or depression?  yes  no
  - Are your hands and feet often cold?  yes  no
  - Do you suffer from skin rashes or hives?  yes  no
  - Do you have insomnia?  yes  no
  - Do you use make-up, cosmetics, laundry detergents, and body lotions that are not made from all-natural ingredients?  yes  no
  - Do you experience pain in your joints?  yes  no
  - Do you have recurrent yeast and fungal infections?  yes  no
  - Do you feel a tightness in your neck that does not respond to rest or massage?  yes  no
  - Do you have difficulty with weight gain or weight loss?  yes  no
  - Do you drink water from the tap instead of filtered water?  yes  no
  - Do you regularly take antibiotics and other prescription drugs?  yes  no
- To determine whether you are likely experiencing or will experience toxicity levels that endanger your health, add up the number of YES answers.
- IF YOU ANSWERED YES TO:**
- 5 questions, your risk is **MILD**.
  - 6 to 10 questions, your risk is **MODERATE**.
  - More than 10 questions, your risk is **SEVERE**.  
You should see your doctor for further evaluation.
- Whatever your assessment score, our **CLEANSING & DETOX RETREAT** can help you cleanse your system of much of its toxic load and reboot the body's natural mechanisms that flush out harmful substances. As we near the height of summer's energy, many of us still feel stuck. Let us help you break through those blockages and maximize your potential. Our three-day detox uses massage, acupuncture a far-infrared sauna and excellent foods to help activate your body's powerful detoxifying systems, increasing your strength, health and vitality, while teaching you how to avoid toxins in your environment.
- DETOX RETREAT**  
**AUGUST 26, 27 & 28, 2011**  
1131 Wilshire Blvd., 3rd Floor, Santa Monica  
Details: [www.taoofwellness.com](http://www.taoofwellness.com)  
Limited space. To register, contact 310-917-2200, x221