



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURE

STAY HEALTHY DURING
COLD AND FLU SEASON
with Thomas Boldt, L.Ac.

Wednesday, December 7, 2011 | 6:30 – 7:30 pm
Tao of Wellness Santa Monica,
1131 Wilshire Blvd., Ste. 300, 90401

Ever wonder how we treat illnesses all day and almost never get sick ourselves? It takes more than just washing our hands. Come and learn some of what we do to remain healthy including a special chi gong exercise to help protect you.

NEXT RETREAT

CLEANSING & DETOX RETREAT
January 13, 14 & 15, 2012

Tao of Wellness Santa Monica
To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.
Details: www.taoofofwellness.com
Limited space. Contact: 310-917-2200, x221

ANNOUNCEMENTS

PRIVATE CHI GONG CLASSES
with Marc Gomez or Kumiko Yamamoto
are offered at Tao of Wellness Santa Monica
1131 Wilshire Blvd., Ste. 300, 90401
For information: contact@taoofofwellness.com
or call 310-917-2200

Public Chi classes at Yo San University
13315 West Washington Blvd., Los Angeles
For information: 310-577-3000
www.yosan.edu

(Announcements continued on reverse side)

TAO OF WELLNESS - SANTA MONICA
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GETTING TO SLEEP



Jason Moskowitz, L.Ac., Dipl.O.M.

As winter approaches, our energy slows along with the rest of our environment. We do not hibernate like bears or lose our leaves like the trees, but we do require more rest at this time of year. For many, it might be just 30 minutes more sleep. For some, it could be another hour or two of regenerative rest each day. This natural understanding may give you the permission you need to take that extra nap or get to sleep earlier. This can seem difficult with our busy lives, yet we must make our rest as important as any other appointment. Put your sleeping times on your calendar and set a night-time alarm to remind you to get to bed. Without adequate rest, it may be difficult over time to continue at the pace to which you are accustomed. This will make your waking hours that much harder for you, but also can make existing insomnia worse. Prevent bad sleep habits from worsening and address existing issues now. If you feel you have tried everything, here are some other considerations:

Clear Your Head

For those with endless running thoughts, try this solution. Before going to bed, write down absolutely everything on your mind. It does not need to make sense or be legible. Write about all the tasks, frustrations, and feelings until you can write no more. Then tear this up, throw it away or burn it, and go to bed. If there is something you need to remember then have a second session where you record shopping lists, appointments, and ideas.

Consider Electricity

Our systems are bombarded with electromagnetic radiation from wireless gadgets, mobile phones, as well as the outlets and electrical wiring in our homes. Unplug all outlets within 6 feet of you at night. If possible, shut off all electricity running to your bedroom at the breaker box. Find more information at www.lessemf.com.

Improve Relations with your bedroom...and the people in it.

If you find frustrations mounting at the mere sight of your bed, or if there are riffs between you and your bedroom partner, consider counseling. Why face all this alone? We can expand your healing team with the recommendation of a talented therapist.

Custom Sleep Formulas

Many of our insomnia patients came to us because of other reasons. Your practitioner will educate you on the connections between your chief complaints and the reasons why sleep is not happening. We prescribe valerian root, melatonin, chamomile, or one of several herbal capsules to take before bed to gently calm the body. Additionally, ask about a custom formula that addresses both your sleep needs and your other concerns. Herbs like zizyphus seed, oyster shell, and fleece flower stem are commonly used in custom formulas for relaxation, and to stimulate hormone circulation and production of neurotransmitters, which help you sleep when you are ready.

ANNOUNCEMENTS (continued)

WELLNESS LIVING STORE EVENTS

1412 14th Street, Santa Monica 90401

For information and to sign up:
info@taoostar.com or 310-260-0013

SURVIVING AND THRIVING BEYOND BREAST CANCER

Thursday, December 1, 2011 | 7 – 9 pm

Come and spend an intimate evening with Dr. Mao Shing Ni as he shares his top 10 cancer-fighting foods, sheds light on phytoestrogen-rich foods, and gives healthy cooking tips and demos.

CELEBRATE THE HOLIDAYS WITH GIFTS OF HEALTH AND BEAUTY

Saturday, December 3, 2011 | 3 – 5 pm

Join Dr. Mao, organic mattress maker Steve Carwile, and our Iredale Cosmetics Expert for this fun and informative holiday event and baby mattress giveaway.

GROUP CHI CLASSES

Tuesdays, 6:00 – 7:00 pm:

Harmony Tai Chi with Kumiko Yamamoto

Fridays, 9:30 – 10:30 am:

Yin Section Harmony Tai Chi with Curt Callison

WELLNESS SHOP



LESS STRESS – MORE HAPPINESS

by Master Hua-Ching Ni

Helpful information for identifying and relieving stress in our lives; useful diagrams, techniques, invocations, relaxation breathing, meditation exercises, nutrition and life-style balance. \$3.50, Book



WINTER TEA

Drink in the winter or in the evening as a warming tea. Expels cold while warming and tonifying the kidneys. Useful for chills, fatigue, soreness or weakness of the lower back, incontinence, weakened sexual and urinary function. Good for storing energy. \$6.95, box of 30 tea bags



ANXIETY/SLEEPLESS

This herbal formula nourishes and relaxes the Shen, or spirit, and helps diminish insomnia, anxiety, and mental exhaustion. \$19.95, Capsules

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE

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

TAO OF WELLNESS - Santa Monica

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

TAO OF WELLNESS - Newport Beach

359 San Miguel Dr., Ste 200, Newport Beach
949-706-7770 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

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



Study Shows Acupuncture and Chinese Medicine HELP INSOMNIA



Thomas Boldt, L.Ac.

For most people, a good night's sleep is something that is taken for granted.

However, for those unable to rest at night, the search for better sleep can become all consuming. Many pharmaceuticals can help one get through the night, but they often have unwanted side effects and can even prevent you from sleeping deeply enough to get good rest. Those suffering from insomnia have likely tried just about anything and everything. There is a lot of good research being done, and there is hope for the sleepless among us. Most scientific studies have too few participants for researchers to determine what works and what does not. So sometimes, researchers review many studies together as a body, which can give a clearer picture of whether something is working or not.

One of these reviews examined studies of acupuncture and Chinese herbs in the treatment

of insomnia. Published in the *Journal of Alternative and Complementary Medicine* in November, 2009, researchers from the Center for Evidence-Based Chinese Medicine in Beijing, China examined 46 randomized trials with a total of 3,811 patients. The results of their analysis found the following statistically significant results:

- Acupuncture was better than no treatment or sham acupuncture at improving sleep
- Acupuncture was equal to medications on measures of sleep duration
- Acupuncture plus medications were superior to medications alone
- Acupuncture plus Chinese herbs were better than herbs alone
- Real acupuncture (tuina) was better than sham acupuncture
- No serious side effects occurred from acupuncture in any of the trials



COLLEGE OF TAO PRESENTS

2012 Wellness Living Retreat

Balance During Change:

Staying Positive and Healthy through Uncertain Times

Temescal Canyon Retreat Center ■ Pacific Palisades, CA ■ January 26 - 29, 2012



Start your lunar new year with Drs. Mao Shing Ni, Daoshing Ni, Joseph Miller and other teachers as they lead you in the learning and practice of self-healing techniques with chi meditations, Harmony tai chi, and using the ancient Taoist wisdom of *I-Ching (the Book of Changes)*. The ultimate objective of the retreat is to help you utilize the Wellness Living paradigm to rise above turmoil and achieve peace, health and joy in your life and the lives of others around you.

For more information email contact@collegeoftao.com or visit collegeoftao.com