



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



In Traditional Chinese Medicine, the Wood element is related to the liver and the season of spring.

FREE LECTURES

THE HIDDEN CAUSES OF INFERTILITY with Jessica Chen, L.Ac.

Thursday, May 13, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

From fluoride in tap water to formaldehyde in your dry cleaning, learn how pollutants can compromise your fertility and how you can avoid them.

Limited seating. Call to RSVP: 310-917-2200

HOLISTIC PAIN RELIEF METHODS USING CHINESE MEDICINE

with Edsel Tan, L.Ac.

Tuesday, June 15, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

Pain is an energy obstruction deeply affecting one's quality of life. Discover pain relief therapies such as nutrition, bodywork, acupuncture, herbs, exercise, & meditation.

Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

CLEANSING & DETOX RETREAT

July 23, 24 & 25, 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

SPIRITUALITY TELESEMINAR

with Dr. Mao

Sunday, May 16, 2010 | 7 – 8 a.m. PST

Tel: 712-432-1001 | Access Code: 485547881#

For information, visit: integralway.org

BENEFIT FOR YO SAN UNIVERSITY

Join Drs. Daoshing and Maoshing Ni for

"An Evening at the Hotel California"

with former Eagles' member Don Felder, co-composer – 70's hit song, "Hotel California"

Saturday, June 5, 2010 | 6:00 – 9:30 p.m.

Grammy Museum, Downtown Los Angeles

Tickets: \$300 & \$500 | Website: yosan.edu

Contact: 310-577-3000, x20.

(Announcements continued on reverse side)

TAO OF WELLNESS

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A HEALTHY LIVER Maintains Chi Flow & Filters Toxins

by Edsel Tan, L.Ac.

The largest internal organ in the human body, the liver resides in the upper right quadrant of the abdominal cavity. Its left and right lobes are held in place by ligaments. Within each of the lobes are lobules that contain vascular channels called *sinusoids* through which blood flows.

The liver is essential for carbohydrate, fat and protein metabolism, and it stores glycogen, vitamins, iron and blood. Responsible for secreting bile that aids digestive enzymes, it also enhances the absorption of fatty acids and fat-soluble vitamins. The internal lining of the liver's vascular channels contain specialized cells that remove toxins from the blood. Acting as a blood filter, it removes damaged red blood cells and foreign invaders.

When you experience toxic overload and the detoxification function of the liver is on overdrive, the other essential functions of the liver, such as metabolism, storage and bile secretion, are compromised. Toxic overload can subsequently impact every aspect of your life.

In the context of Traditional Chinese Medicine, the liver ensures the smooth flow of chi. Chi corresponds to the bioelectric energy running through our nervous system stimulating every system in our body to function properly. Chi

also refers to the innate force that propels blood through our cardiovascular system, nourishing our cells. A problem with tendons, ligaments, nails, or eyes is an indication that chi is obstructed, which also manifests in emotional blockages such as anger, frustration or depression.

Take care of your liver and it will take care of you! For a healthy liver, we recommend taking these steps:

- Eat well. Nourish your body with an organic, balanced, nutritious diet.
- Incorporate herbs and acupuncture into your life to optimize the self-healing mechanism of your mind and body.
- Exercise regularly to keep chi and blood well circulated.
- Detoxify regularly.
- Keep a healthy mind by letting your breath align you to the current moment.
- Avoid attachments to people and things that keep you stuck in stressful thought patterns.
- Minimize toxic relationships.
- Enjoy a sense of humor.
- Beware of environmental toxins to avoid toxic overload.
- Avoid substance abuse.

ARTICHOKES: YOUR LIVER'S BEST FRIEND

by Maoshing Ni, Ph.D., D.O.M., ABAHP, L.Ac.

SPRING: SEASON OF THE LIVER

In Chinese nutrition, the therapeutic and energetic properties of food are carefully considered. Specifically, Chinese nutrition seeks to strengthen vulnerable organ systems and maintain balance between energies and organs. Each season of the year corresponds to a

particular organ. It is important to eat foods that support the organ of the season and help the body cope with that season's weather conditions.

In spring, the season of regeneration and growth, it is important to eat foods that will cleanse and improve the function of

(Continued on reverse side)



ANNOUNCEMENTS *(continued)*

Dr. Mao discussed natural beauty tips on "San Diego Living" TV 6, April 12, 2010. View the interview on taoofwellness.com. Dr. Mao now sees patients in the San Diego area. Limited new patient appointments are available. Contact: 310-917-2200 or frontdesk@taoofwellness.com

YO SAN PUBLIC QI PROGRAM

offers weekday and weekend classes.
Qi Gong: Eight Treasures & Crane Style
Tai Chi: 18-Step Harmony Style
Information: 310.577.3000 | yosan.edu

ARTICHOKES *(continued)*

the liver as well as prepare the body for summer's heat. Sour flavors like lemon and vinegar are helpful to your liver.

ARTICHOKES TO YOUR LIVER'S RESCUE!

It goes without saying that if we want to live far into the future, we need livers that function properly. Most people have livers that are burdened by chemical overload and do not function optimally. Artichokes can help. This delicious vegetable is a powerful liver protector because it contains a flavonoid called *silymarin*, a strong antioxidant. Studies on animals have shown that *silymarin* may be helpful against liver toxicity and cancer. When they are in season, steam and eat artichokes regularly to keep your liver performing at its optimum. ■

WELLNESS SHOP



SUPER CLARITY

The Heart and Brain Tonic

Nourish your brain, focus your mind, sharpen your memory and enliven your senses with Super Clarity capsules! Other indications: anxiety, insomnia,

and stress. \$19.95, capsules



THE FIVE ELEMENTS

A Chinese Longevity Formula

This whole body tune-up includes herbs for all five elements associated with the heart, stomach, lungs, kidneys, liver and gall bladder.

\$49.95, capsules or \$49.95, powder



SUMMER COOLING TEA

Fire Element

The Chinese calendar says May 5 is the first day of summer. Manage the oncoming heat by drinking herbal tea that replenishes drained energy and fluids! \$6.95, 30 tea bags

PURCHASE THESE FINE PRODUCTS AT:

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

MOXIBUSTION MEDICAL THERAPY: Warming the Channels

The Chinese medical therapy called *moxibustion* warms regions of the body and can penetrate to the muscles, tendons and bones. Moxibustion helps to relieve pain, stimulate blood circulation, relax muscles, and induce a healthier flow of chi, or energy. By warming and opening the channels and collaterals, it assists the body's natural healing processes.



In Traditional Chinese Medicine (TCM), moxibustion is especially effective in the treatment of chronic pain conditions, weak immunity, low appetite, poor digestion, cold hands and feet, kidney failure, frequent urination, cold sensations, obstructed blood circulation and various other health conditions. It is especially noted for its ability to help turn breech babies head down.

Moxibustion therapy uses the herb, mugwort or *Artemisia Argyi*. The fuzz that grows on the underside of the mugwort leaf is made into moxa. Acupuncturists and/or Chinese medical practitioners may use moxa directly on the skin and on top of needles. Most commonly, a roll of moxa, which can be smokeless, is held directly over an acupuncture point, causing the patient to experience a calming and warming sensation.

Moxibustion is thought to predate acupuncture. As early as the discovery and use of fire, early man noticed that heat from their fires could be warming and curative. Before mugwort was chosen as the most effective substance for sustaining heat, hot stones or sand wrapped in animal skins may have been used for local hot compression. The mugwort used in moxibustion today comes from China and is aged seven years before the quality is considered sufficient for use.

Whether a patient has a health condition or not, moxibustion can be used on a regular basis. Daily or weekly moxibustion over specific acupuncture points can extend life by strengthening the patient's chi as well as various bodily systems, such as the digestive, immune, skeletal, and circulatory systems. A TCM practitioner may recommend that a patient buy a stick of moxa and use it at home. The moxa stick is lighted until the end forms a glowing coal, then held or moved over prescribed points until sufficient warmth is achieved. It is important to make sure that the moxa stick is thoroughly extinguished after the treatment, or it will continue to burn. (For further information about mugwort, a species of which grows locally, continue reading this article on taoofwellness.com.) ■



POWER-UP YOUR BRAIN WITH EXERCISE

by Maoshing Ni, Ph.D., D.O.M., ABAHR, L.Ac.

Think of your brain as a muscle: It gets stronger with exercises that can boost your brain power and clear away the "fog." Your everyday mental tasks can be compared to walking, but how about giving your brain a real workout?

USE YOUR NON-DOMINANT HAND

Performing everyday activities with your non-dominant hand can power-up your brain. If you're right-handed, use your left hand to eat, drink, comb your hair, and brush your teeth. Try writing your name with your non-dominant hand or put your mouse pad on the other side of the keyboard.

Why does this work? The human brain starts declining after the age of thirty. Using the non-dominant hand stimulates the opposite side of the brain which activates blood flow, slowing down the aging process and improving mental capacity. Evidence from functional brain imaging shows that the process of *neuroplasticity*—the brain's natural ability to form new connections—can be enhanced by learning new things, especially hand-eye coordination exercises.

Stimulating communication between the two hemispheres even helps physical balance. Mind-

body exercises like tai chi coach people to use the right and left sides of the body equally. Try switching hands in sports. For example, play tennis with the racquet in your non-dominant hand.

MOVE YOUR FINGERS TO IMPROVE YOUR BRAIN

A map of the brain shows that the nerve endings on your fingertips correspond to more areas of the brain than any other body area, except perhaps the tongue and lips. Finger exercises and movements will help stimulate the neurons in your brain.

WORKOUT YOUR BRAIN

Use it or lose it! You can work out your mind just like you work out your body. Mental exercises that will keep your brain fit include doing crossword puzzles, playing chess, or memorizing names, shopping lists and phone numbers. When I was a young boy, to keep my brain function strong, my father had me memorize Tang Dynasty poetry. Every day I had to memorize a new poem and recite it back. Try learning the words to a poem or song or even balance your financial accounts manually instead of with a calculator. ■