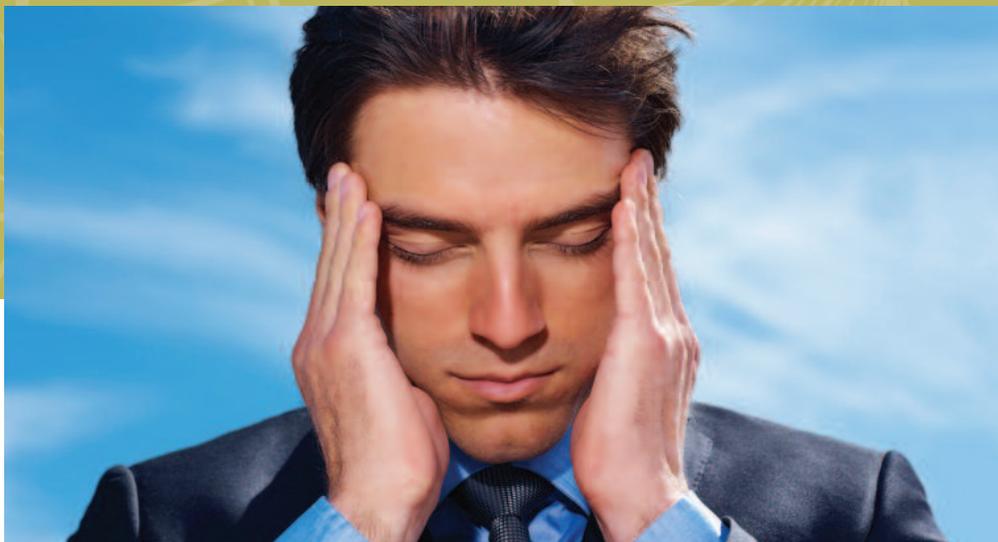




## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



## NEXT RETREAT

### CLEANSING & DETOX RETREAT

May 13, 14 & 15, 2011 | Tao of Wellness

Spring is a great time to throw out the old and bring in the new – not just in our homes, but also within ourselves. We will help you get ready not just for summer, but for the rest of your life by activating your body's powerful detoxifying systems to increase your strength, health and vitality, while teaching you how to avoid toxins in your environment.

Details: [www.taoofofwellness.com](http://www.taoofofwellness.com)

Space is limited and almost full.

Contact: 310-917-2200, x221

## FREE LECTURES

### HOW ACUPUNCTURE RELIEVES CHRONIC PAIN

with Edsel Tan, L.Ac.

Tuesday, May 31, 2011 | 6:30 – 7:30 p.m.

Tao of Wellness, 1131 Wilshire Boulevard Suite 300, Santa Monica

Learn how acupuncture works in relieving chronic pain. This understanding heightens receptivity to treatment and leads to a more meaningful, therapeutic experience. If you have never experienced acupuncture, this will be a great introduction. Limited seating.

Call to RSVP: 310-917-2200

### TAI CHI, CHI GONG AND MEDITATION

with Marc Gomez, L.Ac., Dipl. OM

Wednesday, June 15, 2011

6:30 – 7:30 p.m. | Tao of Wellness

Come learn a few simple exercises to help quiet your mind, improve your health, and reduce stress. Limited seating.

Call to RSVP: 310-917-2200

## ANNOUNCEMENTS

### RED CROSS BENEFIT FOR AFRICA

Thursday, May 5, 2011 | 5 – 8 p.m.

The Wellness Living Store,  
1412 14th Street, Santa Monica

Dr. Mao Shing Ni and the Wellness Living Store invite you to a preview party featuring the sale of elegant African adornments for home, garden and you. All net proceeds will benefit The Red Cross War Memorial Children's Hospital in Cape Town, South Africa.

*(Announcements continued on reverse side)*

### TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

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[www.taoofofwellness.com](http://www.taoofofwellness.com)

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## STUDIES SHOW ACUPUNCTURE EFFECTIVE FOR HEADACHE RELIEF

by Thomas Boldt, L.Ac.

Headaches are a major problem for millions of Americans. Studies have reported that almost four in every ten people in the US suffers from regular tension headaches, and more than one in ten suffers from regular migraines. Relief options generally involve medications, which have unwanted side-effects and limited effectiveness.

Two review studies offer hope of another effective treatment. They show that acupuncture is effective in treating both tension headaches and migraines.

Review studies take a substantial group of studies on a topic and perform a “meta-analysis” on them to see if there is a trend in one direction or another among a body of research. Both of these reviews were performed by researchers at the Centre for Complementary Medicine Research in Munich, Germany.

In the first meta-analysis on tension headaches, they looked at a collection of eleven studies with a total of 2,317 participants. In the second review studying migraines, they reviewed twenty-two studies that included 4,419 people. In the end, each review concluded that acupuncture is an effective treatment for both tension headaches and migraines.

Of course, Traditional Chinese Medicine (TCM) is effective for more than just these two types of headaches, and eventually the research will catch up. In TCM, pain is generally due to stagnation of blood and/or chi. In order to ease the pain, TCM seeks to restore the flow of these precious substances, and most headaches respond very quickly, noticeably reducing in strength if not disappearing during the acupuncture session.

Tension headaches are due to tightness in the muscles of the neck, jaw and upper trapezoid muscles which restricts blood flow to and from

the head, thus causing pain. To relieve this type of headache, we must first relieve the tension. Tight muscles respond very well to acupuncture, tuina bodywork, and herbs—taken internally and even applied externally. Simply relieving this tension will ease the headache for the moment, but to create lasting relief, the source of the tension must also be addressed. So, during a treatment practitioners will select other points on the body to ease overall tension and anxiety. Herbal therapy is again a key to this treatment's success. Practitioners often prescribe meditation and chi gong—ancient tools designed to help prevent external life stress from becoming internal health problems.

The causes of migraine headaches are generally less obvious and even in modern science, are not well understood. In TCM, though the mechanism of the headache—lack of flow to and from the head remains the same, the causes of migraines are quite varied. For some, it is hormonal. Indeed, three times as many women suffer from migraines as men—often related to their menstrual cycle. For other people, triggers include changes in the weather, diet, odors, lights, medications, too much or not enough sleep, physical activity, sex, and stress. Migraines tend to respond best to acupuncture and internal herbal therapy, and can often be greatly reduced or even resolved with early intervention. Treatments may include other modalities depending on the trigger.

Sinus headaches on the other hand are generally due to a build-up of phlegm and mucus in the sinuses, resulting in pressure. They must be resolved by both moving the mucus out of the sinuses and eliminating the cause of its overabundance. Again, acupuncture, herbs and diet are integral in treatment. ■

## ANNOUNCEMENTS *(continued)*

### MOVEMENT CLASSES

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

**YO SAN PUBLIC CHI PROGRAM**  
offers weekday and weekend classes.  
13315 West Washington Blvd., Los Angeles  
For information: 310-577-3000  
www.yosan.edu

### GROUP CHI CLASSES ARE OFFERED AT THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica  
For information: info@taoostar.com  
or 310-260-0013

**TUESDAYS:** Harmony Style Tai Chi with  
Kumiko Yamamoto & Mao Shing Ni

**WEDNESDAYS:** 8 Little Treasures  
Chi Gong with Loa Arnoth

**THURSDAYS:** Self-Healing Chi Gong  
with Laraine Crampton

**FRIDAYS:** Foundation Practices of  
Movement Arts with B. Karl Slote

**SATURDAYS:** 8 Treasures Chi Gong  
with Craig Ravenscroft

## WELLNESS SHOP



### SELF-HEALING QI GONG MEDITATION - DVD

Dr. Mao teaches us effective  
mind/body exercises to strengthen  
and balance each of our five major  
organ systems. It is a gentle move-  
ment practice that soothes the spirit, releases  
powerful healing energy, tones the body and  
enhances balance. \$24.95, DVD



### EMOTIONAL TRAQUILITY TEA

Formulated to help settle the  
mind and soothe the emotions, this  
herbal tea blend helps to balance  
emotional excesses without causing  
drowsiness. It is useful for people suffering from  
stress and insomnia. \$6.95, box of 30 tea bags



### PURIFY BODY SCRUB

From Golden Path Alchemy

This blend of essential oils helps to  
balance the emotions, relax muscles,  
relieve stress and tension. Sea salt  
and coconut, jojoba, sesame, avoca-  
do, sweet almond and olive oils combine with  
bergamot, lavender, and frankincense to detoxify  
the body, skin and mind. \$34.00, 16 oz.

### PURCHASE THESE FINE PRODUCTS AT:

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310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)

#### TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [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)



# NATURAL HEADACHE REMEDIES WITHOUT SIDE EFFECTS

by Mao Shing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.7

**A**t this time of year when allergies wreak havoc on your sinuses, headaches are common. Luckily, Chinese medicine has an arsenal of natural remedies to help soothe your aching head.

### YOUR BODY IS TELLING YOU SOMETHING

According to Chinese medicine, pain is your  
body's signal that there is a blockage of energy  
and blood. Your body is asking you to notice,  
evaluate and change the behavior that caused  
this pain, such as an unhealthy diet. Natural  
healing methods are advisable because you  
avoid side effects and can increase awareness  
of the unique needs of your body.

### NATURAL HEADACHE REMEDIES

#### NUTRITION

Our diet affects the energy flow in our body.  
What we eat ends up in our blood and meridi-  
ans in the form of energy. Healthy eating habits  
help maintain a good flow of energy and blood  
to the head, thus preventing headaches. Common  
headache-causing culprits are sugar, wine, cheese  
and caffeine. For a food remedy, drink a glass of  
fresh carrot juice every 4 hours until the  
headache subsides.

#### ACUPRESSURE

Find the acupoint *Valley of Harmony (LI-4)*  
on yourself. It is in the fleshy web between the  
thumb and index finger on both hands. Apply  
steady pressure with the thumb of the opposite  
hand until you feel soreness. Hold for 2 minutes.  
Repeat on the other hand.

Find the acupoint *Great Yang (Taiyang)* which is  
in the indentation of the temples. Stimulate the  
point with the knuckles of your thumbs or the  
tips of your index fingers. Massage in a circular  
motion for 5 minutes.



#### MASSAGE

Put five drops of lavender essential oil in a cup  
of warm water. Soak a small towel in the water,  
wring it dry, and place it on your forehead as a  
compress. Or, apply Tao of Wellness Tonic Oil  
(camphor, peppermint, eucalyptus, fennel, and  
wintergreen) to your forehead and gently  
massage in a circular motion.

#### VITAMINS

B-complex vitamins contain pain-relieving prop-  
erties and are crucial for energy production and  
a healthy nervous system. Vitamin B6 can be very  
effective for alleviating pressure headaches.

For herbal tea and meditation remedies, visit  
[taoofwellness.com](http://taoofwellness.com). ■