



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

SIMPLE EXERCISES FOR STRESS RELIEF AND DETOX

with Dr. Jing Chen, L.Ac., DAOM,
Dipl.OM, FABORM

Wednesday, May 15th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)
2825 Santa Monica Blvd., Ste 300, Santa Monica

Do you have difficulty managing your stress, or do you suffer from irritability, nervous stomach, or tension headaches? Build-up of emotional and environmental toxins can take a toll on your body, and especially on your liver. Come learn some simple, gentle movements to help relieve stress and its physical symptoms while detoxifying your liver.

Limited space. Please call to
RSVP: 310-917-2200

EASY QI GONG AND SELF-HEALING FOR PAIN RELIEF

with Kumiko Yamamoto L.Ac., Dipl. O.M.

Thursday June 20th 6:30 - 7:30 pm

Tao of Wellness Santa Monica (new location)
2825 Santa Monica Blvd., Ste 300, Santa Monica

Do you suffer from pain and tension? From headache, neck pain, to low back pain, many people suffer from pain and tension on a daily basis. Join Kumiko and learn easy qi gong movements and acupressure techniques for self-healing practice and say good-bye to pain and tension!

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

ANNOUNCEMENTS

BOOK SIGNING EVENT WITH DR. MAO SHING NI

Friday, June 14th, 7:00 pm

Vroman's Bookstore

695 E. Colorado Blvd., Pasadena, California

Join Dr. Mao at Vroman's bookstore in Pasadena as he discusses and signs his new book: *Dr. Mao's Secrets of Longevity Cookbook: Eating to Thrive, Live Long, and Be Healthy*

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WELLNESS NEWSLETTER



NATURAL SOLUTIONS FOR PMS

by Stephanie Yong, L.Ac., Dipl.OM



It is normal to have mild breast tenderness, slight bloating or achiness a few days before your period, but what if these become more severe or are accompanied by a myriad of other physically uncomfortable and emotionally disruptive symptoms? This cyclical occurrence of symptoms is referred to as Premenstrual Syndrome (PMS). Some examples of PMS symptoms are depression, irritability, anxiety, fatigue, insomnia, diarrhea or constipation, acne, food cravings, headaches, low back pain, and cramps. PMS can have a dramatic effect on your quality of life, force you to make abrupt changes in your schedule and can even undermine your confidence.

An estimated 3 out of 4 women experience some degree of PMS. Although PMS is common, that does not mean that it is normal and healthy. PMS symptoms are direct messages from the endocrine system that normal hormonal balance has been disrupted. It's important to pay attention to those messages and not just try to mask the symptoms.

Women who experience PMS earlier in life are more predisposed to have difficulties around perimenopause. The sooner you take action to stop PMS symptoms, the better it will be for your body now and as you near menopause. Despite what you may have been told, you don't have to live with PMS. Many of the best options for relieving PMS are natural approaches that target the root causes. Here are some simple natural solutions that can offer lasting relief.

Nutrition

Good nutrition fosters appropriate levels of hormones at key times throughout the menstrual cycle. Ideally, you should get the nutrients you need from whole foods and a well-balanced diet rather than from supplements.

Studies have shown that consuming 1000-1200mg of calcium per day can significantly curb PMS symptoms. Good sources of calcium are yogurt, sardines, salmon, tofu, kale and bok choy. Vitamin D is also essential because it allows the body to absorb the calcium. It can be found in salmon and egg yolks, and the body can also synthesize vitamin D from as little as 15 minutes of sun exposure.

According to a study published in the *American Journal of Clinical Nutrition*, high intakes of thiamine (B1) and riboflavin (B2) from food sources significantly lowered the risk of PMS in women. Chickpeas, salmon, chicken, turkey, bananas and green leafy vegetables are food sources of vitamin B.

Foods that you should avoid because they can potentially leach essential nutrients and minerals from your diet are caffeine, alcohol and carbonated beverages. Also, avoid a diet high in sugar and salt because it can increase bloating and cravings.

Lifestyle

Exercise is not only essential to overall health but can be a great tool in managing PMS symptoms. Exercise is a proven mood lifter and stress reliever. Try to move your body everyday with rigorous exercise, yoga, qi gong, or even just a walk around the block.

Attention to emotional wellness is also important, because in times of hormonal instability it is more difficult to deal with issues that may be simmering beneath the surface.

Chinese Medicine

Chinese herbs and acupuncture have long been used to treat the discomforts associated with a woman's menstrual cycle. Acupuncture has been found to reduce stress and modulate mood. Chinese

Continued on reverse side.

WELLNESS LIVING STORE EVENTS

1412 14th Street, Santa Monica, 90404
For information and to sign up:
info@taoostar.com or call 310-260-0013

GROUP QI GONG CLASSES

Tuesdays, 6:00 – 7:00 pm:
Eight Little Treasures with Dr. Mao Shing Ni



TAO OF WELLNESS HEALTHY COOKING CLASS SERIES

Enjoy a festive, healthy and delicious evening as Dr. Jessica Chen takes you through recipes for fertility, pregnancy, and postpartum. Chop, sip wine and learn interactively as you learn simple ways to achieve optimal health!

NEXT CLASS: Saturday, July 13, 6:00 - 8:00 pm
at The Wellness Living Store

\$30 per person (class limited to 20 people).
RSVP to 310-260-0013 or order@taoostar.com
for one or more classes, at least two weeks
prior to the class(s) of your choice.

WELLNESS SHOP



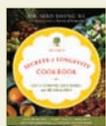
PMS

This herbal formula is useful for moodiness and irritability, painful and irregular menstruation, water retention, and breast tenderness. In Traditional Chinese Medicine, this classic herbal combination is formulated for 'Liver Chi stagnation with transformed Heat, and Spleen deficiency. 65 capsules, \$16.95



ALLERGY TAMER

Traditional Chinese herbs carefully chosen to promote the temporary relief of nasal congestion, sneezing, itchiness and watery eyes. 90 capsules, \$16.95



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By Dr. Mao Shing Ni

Get your autographed copy of Dr. Mao's new book! There are over 80 delicious recipes which have "secret healing powers" selected from centenarians around the world. \$24.99, paperback

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE
1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com
or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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LIFESTYLE SUGGESTIONS TO ENHANCE YOUR FERTILITY POTENTIAL

By Dr. Jing Chen, L.Ac., DAOM, Dipl.OM, FABORM

(adapted from *The Tao of Fertility* by Daoshing Ni, D.O.M., L.Ac., Ph.D., Dipl.C.H. and Dana Herko)



Here are eight areas of your life that you can work on to enhance the likelihood of conceiving and supporting a healthy pregnancy and baby.

STOP SMOKING

Active and passive smoking increase the time it takes to get pregnant, increase the loss of ovarian follicles, bring on earlier menopause, increase the odds of miscarriage and increase genetic defects in babies. In men, smoking is associated with decreased sperm count, motility, shape, and function.

SLEEP WELL

Consistently getting eight hours of deep, uninterrupted sleep per night is essential to optimal fertility. Good sleep is not beneficial just for the body but also for your hormones and reproductive health. If possible, go to bed no later than 10:00 p.m., with thirty to sixty minutes of relaxation before bedtime.

REDUCE WORK AND WORK-RELATED STRESS

Your body detects if you are under a lot of work stress and reduces your chances of getting pregnant. It's the body's way of protecting you. If possible, aim for no more than a forty-hour work week with a maximum one-hour commute to minimize stress and maximize your chances of getting pregnant.

MANAGE STRESS ABOUT GETTING PREGNANT

It is not always possible to eradicate all the stress associated with trying to get pregnant, but you can manage it better. The first step is to have a plan, especially when it comes to fertility treatment. Your doctors can help you devise a plan of action. Develop a group of close friends or relatives who you can talk to on a regular basis.

FOSTER GOOD NUTRITION AND HEALTH

The key to good fertility is to consume a nutritious balance of carbohydrates, proteins and fats. Do not skip meals. Chew well, and do not rush through meals. Eat plenty of green vegetables, fruit, and foods that contain fiber. Drink plenty of water and avoid sweets, alcohol, and caffeine.

INCREASE INTIMACY

When we are closer with family, friends, or pets, this can increase our sense of well-being and increase fertility potential. Spend more time with your partner, and socialize more with friends (without sacrificing your sleep).

EMBRACE NATURE

A serene natural environment such as a park, a beach, or the mountains can provide a wonderfully soothing healing power. Take more time for vacations and relaxation in nature to rejuvenate and refresh your body and soul. This can increase your vitality and enhance your fertility potential.

PRACTICE VISUALIZATION, AFFIRMATION, AND MEDITATION

Positive thinking brings good energy to your body. A relaxed body will be more fertile than a tense body. Check out the many different books and CDs on meditation techniques and relaxation in your local bookstore. Incorporate daily qi gong and meditation exercises (you can find some simple exercises in *The Tao of Fertility*).

For more information, check out the book *The Tao of Fertility*. You can also make an appointment with one of the practitioners at the Tao of Wellness to help you assess your fertility potential and devise a practical plan for conceiving using Traditional Chinese Medicine. ■

NATURAL SOLUTIONS FOR PMS *continued*



herbs such as Angelica root, or Dang Gui, has been traditionally used to modulate reproductive hormones and relax the uterus during premenstrual cramping. Ginkgo Biloba, another Chinese herb, not only increases circulation and decreases inflammation, but also contains bioflavonoids or stress modulators that can improve mood and depressive symptoms.

It's possible for you to change your monthly experience. The key to lasting PMS relief is to provide a foundation of support that enables your body to make and balance its hormones as it is intended to do. To achieve this, it is important to seek appropriate treatment and to make lasting changes to your nutrition and lifestyle choices. ■