



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE LECTURES & CLASSES

#### FERTILITY QI GONG MEDITATION

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

Thursday June 5th, 2014 | 6:30 pm - 7:30 pm  
Tao of Wellness Santa Monica

Join Dr. Yamamoto for a relaxing evening of Qi Gong Meditation for fertility! This practice is simple and gentle. The poses are designed to help you relax and nurture the energy that is important for enhancing fertility. Space limited. Please call to RSVP. 310-917-2200.

#### QI GONG FOR BACK PAIN

with Thomas Boldt, L.Ac.

Wednesday, July 30, 2014 | 6:30 - 7:30 p.m.  
Tao of Wellness Santa Monica

Our associate Thomas Boldt came to Chinese medicine through his own back pain. Thomas suffered for years from debilitating sciatica due to a disc bulge in his lower back, before curing it through Chinese medicine. Join him as he shares the chi gong exercise routine that helped him achieve a pain-free life. Limited space. Call to RSVP: 310-917-2200

#### MEDITATION CLASS

with Jason Moskovitz, L.Ac., Dipl.O.M.

First Thursday of each month | 6:00 - 7:00 pm  
Tao of Wellness Newport Beach

Presenting a safe space to bring your mind and body, Tao of Wellness offers opportunities for both guided-visualization and silent meditation. The aim of meditation is simple: to release stress and cultivate your natural self so you can live your best life. Bring your own cushion for floor sitting but we'll have chairs available.

Limited space. RSVP to 949.706.7770

*(Free Lectures & Classes continued on reverse side)*

#### TAO OF WELLNESS SANTA MONICA

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# WELLNESS NEWSLETTER



## TREATING INFLAMMATION WITH ACUPUNCTURE

By Thomas Boldt, L.Ac., Dipl.O.M.



Many people are affected by inflammatory conditions such as allergies, arthritis, and irritable bowel syndrome. Those of us who have received acupuncture regularly for inflammatory issues have experienced firsthand how dramatically it can relieve these conditions. A growing body of scientific research also demonstrates the benefits of acupuncture, and some studies are also investigating its mechanisms of action (how it works). The journal *Nature Medicine* recently published an article that helps explain how acupuncture works to reduce inflammation.

In the study, researchers at Rutgers University tested acupuncture's effectiveness at treating sepsis in mice. Sepsis is a dangerous condition that can occur after an infection where inflammation spreads throughout the body, possibly causing organ failure and even death. In fact, other than heart attack, sepsis is the leading cause of death in intensive care units in the United States.

The researchers induced a sepsis-like inflammatory condition in the mice. They treated half of them

with acupuncture on a point called Su Zan Li (a.k.a. Stomach-36) and half were treated with acupuncture on non-acupoints. In the first group, half of the mice treated on Su Zan Li survived, while none survived in the group that received acupuncture on non-acupoints. Most studies would have stopped there, but this team went deeper and discovered some of how the acupuncture works at Zusanli. They found that this point communicates to the brain by way of the sciatic nerve. The brain then sends a signal to the vagus nerve, which triggers the adrenal glands to pump out dopamine.



*Acupuncture on a point called Su Zan Li (a.k.a. Stomach-36)*

Using Su Zan Li and other acupoints that help stimulate the body to naturally excrete dopamine and other chemicals is a great way to control pain and inflammation. The adrenals are critical to the process, which is why acupuncture

is often combined with herbs that help to strengthen these vital organs. So, in addition to getting acupuncture for your pain, take good care of your adrenals by supporting them with herbal formulae, supplements like Adrenal Support and by not overtaxing them with stimulants like caffeine. Proper sleep is also critical to allow your adrenals to rest. ■

## FREE LECTURES & CLASSES (continued)

### LITTLE EIGHT TREASURES

#### QI GONG CLASSES

with Jason Moskovitz, L.Ac., Dipl.O.M.

2nd & 4th Saturday of each month 3:30 - 4:30 pm

Irvine Terrace Park, Corona Del Mar

(721 Evita Dr., corner of Seadrift Dr. & Evita Dr.)

Limited space. Classes are free but donations

are welcome. RSVP to 949-706-7770

## ANNOUNCEMENTS

### PRIVATE QI GONG CLASSES

with Thomas Boldt or Kumiko Yamamoto

Tao of Wellness Santa Monica

For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com)

or call 310-917-2200

### PUBLIC QI CLASSES

#### AT YO SAN UNIVERSITY

13315 W. Washington Blvd., Los Angeles

For information: 310-577-3000

[www.yosan.edu](http://www.yosan.edu)

## WELLNESS SHOP



### ADRENAL SUPPORT

This blend is formulated for overall health, supports healing, and helps fight stress. It provides support for the adrenal gland, which balances the nervous system and metabolic rate. \$30.50, 60 capsules



### SPRING AWAKENING TEA

Drink in the springtime or early morning to revive yourself. Useful for fatigue, indigestion, early morning grogginess, and poor concentration. In TCM, herbs in this category can be used to support

the Wood Element and tonify the Liver and Gall Bladder. 30 tea bags, \$6.95



### DR. MAO'S ANTI-INFLAMMATORY SPICE BLEND

was created by Dr. Mao to combat inflammation, making it helpful for arthritis support and muscle pain. Try replacing salt in your recipes with

this spice blend to support good health and create delicious dishes. Bon appetit! *Ingredients: dried basil, cracked black pepper, ground cinnamon, chili powder, ground cloves, curry powder, fennel seed, dried marjoram, ground nutmeg, dried oregano, dried rosemary, dried sage, dried tarragon, and dried thyme.* \$9.95 1.05 oz.

### PURCHASE THESE FINE PRODUCTS AT:

#### THE WELLNESS LIVING STORE

1412 Fourteenth Street, Santa Monica

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

or Tao of Wellness Clinics in Santa Monica,

Newport Beach and Pasadena



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## TAO OF WELLNESS IN THE MEDIA



### WATCH DR. MAO ON KATIE



Dr. Mao will be appearing on *Katie* (hosted by Katie Couric) to discuss the top ten foods eaten by centenarians for longevity, and the nutritional properties behind each food.

The show is scheduled to air on  
**ABC ON JULY 1ST AT 3:00 PM.**



### WHAT CHINESE FACIAL READING CAN REVEAL ABOUT YOUR HEALTH

Dr. Mao recently appeared on *The Dr. Oz Show* to discuss Chinese facial reading. According to traditional Chinese medicine, the appearance of your lips, cheeks and chin are a window to your overall health. For example, blemishes or pigmentation on your chin can reveal reproductive and hormonal imbalances. Go to [taoofwellness.com](http://taoofwellness.com) for a link to the video.



## CLEANSING & DETOX RETREAT

July 25, 26, 27, 2014

Tao of Wellness Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel fatigued, who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions. Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat.

*"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"*

*"The treatments were wonderful. Each day I felt very refreshed. Definitely lost some weight and inches..."*

Details: [www.taoofwellness.com](http://www.taoofwellness.com). Limited space.

Contact: 310-917-2200, x221

