



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

ABC'S OF CHILDHOOD NUTRITION

with Marc Gomez, L.Ac., Dipl.O.M.

Wednesday, November 16, 2011 | 6:30 – 7:30 pm

Tao of Wellness Santa Monica

1131 Wilshire Blvd., Ste. 300, 90401

Wondering which of the many dietary plans to follow and how to get your kids to eat their veggies? This lecture will help answer those questions and many more.

Limited Seating. Call 310-917-2200 to RSVP.

ANNOUNCEMENTS

THE 2012 COLLEGE OF TAO NEW YEAR'S RETREAT:

Balance During Change — Staying Positive and Healthy Through Uncertain Times

January 26 – 29, 2012 at the Temescal Canyon

Retreat Center in Pacific Palisades, CA.

Featuring Drs. Mao Shing Ni, Joseph Miller, Daoshing Ni and others, it will include talks, chi gong, tai chi, meditation practices, and the *I Ching (Book of Changes)* to help you rise above any turmoil in your life and world and achieve peace, health and joy. For more information call 310-260-0013

PRIVATE CHI GONG CLASSES

with Marc Gomez or Kumiko Yamamoto are offered at Tao of Wellness Santa Monica

Tao of Wellness Santa Monica,

1131 Wilshire Blvd., Ste. 300, 90401

For information: contact@taoofwellness.com

or call 310-917-2200

(Announcements continued on reverse side)

TAO OF WELLNESS - SANTA MONICA

1131 Wilshire Blvd., Ste. 300, Santa Monica, CA 90401

Tel 310-917-2200 | Fax 310-917-2204

www.taooofwellness.com | contact@taoofwellness.com

TAO OF WELLNESS - NEWPORT BEACH

359 San Miguel Dr., Ste. 200, Newport Beach, CA 92660

Tel 949.706.7770 | Fax 949.706.7211

www.taooofwellness.com | contactnb@taoofwellness.com

© 2011 Tao of Wellness; a Professional Acupuncture Corp.
EDITOR, THOMAS BOLDT, L.Ac.; GRAPHIC DESIGN, JUSTINA KRAKOWSKI

WELLNESS NEWSLETTER



LIVING STRONG & HEALTHY WITH AUTOIMMUNE DISORDERS



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

Approximately 22 million Americans are affected by autoimmune diseases,

according to the Center for Disease

Control, making them the third most common category of diseases in the US after cancer and heart disease. Autoimmune disorders are conditions where the immune system mistakenly attacks healthy body tissue. Autoimmune diseases are often chronic, progressive, and debilitating. The most common autoimmune diseases include rheumatoid arthritis, Hashimoto's thyroiditis, multiple sclerosis, systemic lupus erythematosus, celiac disease, and type 1 diabetes.

Causes of autoimmune disorders are not yet known; however, there is a possible link to genetics, viral and bacterial infections, and environmental toxins.

In conventional medicine, autoimmune disorders are treated with immunosuppressive medications, which reduce the immune system's response. These medications may be necessary to manage the disease; however, the symptoms may not resolve completely, and they may cause various side effects, including increased risks for infection and cancer, fatigue, and digestive disorders.

Better Quality of Life and Alleviating Symptoms

Chinese medicine can benefit people who suffer from autoimmune diseases in the following ways:

- Alleviate symptoms and improve quality of life by reducing pain, improving mobility, treating fatigue, insomnia, digestive symptoms, reducing stress, depression, and anxiety.
- Reduce the side effects of medications.
- Support the immune system.

Prevention and Management of Autoimmune Diseases

NUTRITION

Incorporating anti-inflammatory foods is important. These foods include wheat-grass, barley-grass, omegas-3 and 6-rich foods such as flax oil and wild salmon, ginger, garlic, onions, and leafy green vegetables. Choose organic foods and avoid trans-fats, refined and processed foods, and food additives.

EXERCISE

Proper exercise is crucial for health and healing. Meditation, tai chi, and chi gong are also beneficial for self-healing and stress management.

ENVIRONMENT

Reducing possible toxins in your life is also important. Tao of Wellness Detox Retreats provide our patients with a great opportunity to learn about the toxins they are exposed to in everyday life as well as receive comprehensive treatments to diminish their effects.

At Tao of Wellness, we offer numerous treatments to support your healing and wellness journey.

Patient Testimonial

I have had Rheumatoid Arthritis for five years. I have seen several improvements while receiving treatment from Kumiko Yamamoto. The swelling around my joints has reduced and I am able to walk better for longer distances and without pain. Emotionally, I feel a lot more peaceful and balanced. When I first began to take the pharmaceuticals, I experienced a lot of nausea and headaches. Now my body seems to be handling it with more ease, and my appetite has improved. After five years

(Continued on reverse side)

ANNOUNCEMENTS *(continued)*

PUBLIC CHI CLASSES AT YO SAN UNIVERSITY

13315 West Washington Blvd., Los Angeles
Saturdays, through November 19, 2011

Join teacher Yamin Chehin for chi gong on Saturday mornings. She will teach the Eight Treasures at 9, followed by a session specifically for the relief of back and neck pain.

9:00 – 10:30 am: **Eight Treasures**

11:00 – 12:30 pm: **Relief for Back & Neck Pain**

For information: 310-577-3000 www.yosan.edu

EVENTS AT THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica 90401

For information and to sign up:

info@taoostar.com or 310-260-0013

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



WATER LILY MUSIC

Composer, Shi Zhi-You describes the incomparable beauty of water lilies through Chinese musical instruments, bird calls, nature sounds, and water to create an atmosphere of natural beauty and gentle listening. \$15.95, CD



TAOIST EIGHT TREASURES

Dr. Mao Shing Ni guides the viewer through 32 gentle, non-impact exercises unique to the Ni family to facilitate energy flow, and enhance vitality. Sequences combines stretching, toning and strengthening movements to encourage a refreshed and peaceful body and mind. \$24.95, DVD



ARTHRITIS / JOINT FORMULA

Promote the healthy functioning of joints, and relieve the painful symptoms of arthritis and inflammatory conditions. Arthritis and Joints Formula may be used as a preventive formula for athletes. \$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

LIVING STRONG & HEALTHY WITH AUTOIMMUNE DISORDERS *(Continued from reverse side)*

of dealing with this condition, I was losing touch with what it felt like to be healthy and functional at a normal level. Now with the support of Kumiko's treatments and prescriptions, I feel as though I am being revived from that state and my overall vitality has increased. Kumiko has been a blessing in my life and I am truly grateful for all of the benefits I have received under her care. - Paloma F. ■

ACUPUNCTURE IN THE NEWS



COLIC

Thomas Boldt, L.Ac.

There is good news for parents and neighbors of colicky infants. Researchers at Lund University in Sweden recently published a study showing that acupuncture worked to reduce fussiness and crying among infants suffering from colic. Colic is a condition that affects many infants. It refers to inconsolable crying for more than three hours a day and is often attributed to intestinal discomfort or overstimulation. In the study, researchers randomly divided 90 colicky infants from age 2 - 8 weeks into two groups, and had them come into the clinic twice a week for three weeks. One group received acupuncture at only one point on the hand for just two seconds. The other group received no treatment. Researchers kept the parents from knowing the group to which their child was assigned. The parents then recorded how many minutes each day their child was fussy and how many minutes they cried. The group whose child received acupuncture reported significantly less fussiness and crying than the group that did not receive acupuncture.

At the Tao of Wellness, we regularly treat patients of all ages, including infants for a variety of issues from allergies, rashes, and infections to colic. We only apply the acupuncture for a moment, and for most conditions, need only treat a few points. We also have liquid herbal tinctures that can be added to formula/milk or a drink to help a wide variety of issues from intestinal upset to allergies and asthma.

Here are some other things you can do at home to help with Colic:

GINGER JUICE – First peel some raw ginger, then put it in a garlic press or a blender to extract the juice. Use organic ginger when possible. Wet your index and middle fingers with the ginger juice and massage the infant's abdomen with gentle strokes starting at the chest and moving down towards the navel. A few drops of the juice may also be added to the infant's formula/milk.

FOOT MASSAGE – just before bedtime, gently massage your infant's feet with easy strokes, thinking soothing thoughts.

HERBAL TEA – you may mix some cool herbal tea with the infant's formula/milk at a ratio of one part tea to four parts formula/milk. Good teas include peppermint, chamomile, fennel and dill.

DIGESTIVE ENZYMES – papaya or pineapple-based enzymes can be bought at most health food stores. Simply crush one tablet and mix with the formula/milk.

BREAST MILK – if your infant is suffering from digestive problems and you are breastfeeding, you may need to alter your diet. Though this might take some experimentation, you can begin by removing these potential irritants: hot spicy foods, citrus, chocolate, heavy meats, and beans. You may include in your diet some of the herbal teas mentioned above along with ginger. ■