



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES & CLASSES

PRENATAL QI GONG EXERCISES

with Stephanie Yong, L.Ac., Dipl.O.M.

Tuesday, November 26, 2013 6:30 - 7:30 am

Tao of Wellness Santa Monica

2825 Santa Monica Blvd., Suite 300

Come and learn simple and safe exercises that will optimize your pregnancy. This practice will help you to relax, release tension in your body, strengthen your immune system and promote a healthy pregnancy. Space limited.

Please call to RSVP: 310-917-2200

MEDITATIVE MOVEMENT FOR STRESS REDUCTION IN PASADENA

with Edsel Tan, L.Ac., Dipl.O.M.

Thursday, November 7th, 6:00 - 7:00 pm

Tao of Wellness Pasadena

171 S. Los Robles Ave., Suite A, Pasadena

Learn to make your body supple, your mind clear, and your spirit content through qi gong, a meditative exercise incorporating mind, body, and breath. Qi gong has traditionally been associated with long life. Learn the fundamentals of this beautiful form of self-cultivation. The postures and movements of this introductory class are safe, gentle, and appropriate for all fitness levels. Space limited. Class is free but donations are welcome.

Please call to RSVP: 626.397.1000

EIGHT TREASURES QI GONG CLASSES IN NEWPORT BEACH

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

November 2nd, 16th, 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. To RSVP, please call 949-706-7770 or visit our clinic at 359 San Miguel Dr.

Suite 200, Newport Beach.

TAO OF WELLNESS SANTA MONICA

2825 Santa Monica Blvd., Ste. 300, Santa Monica, CA 90404

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INFLAMMATION & AGING

By Dr. Mao Shing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.

This article originally appeared in the September 19, 2013 edition of the *Palisadian-Post*

Science has discovered that inflammation is at the root of many chronic, degenerative and even fatal diseases that deprive millions of people each year of health, wellness and longevity. Inflammation does much damage to the body by depositing plaque in arteries, eroding joints and bones and causing excess weight gain. Worse, inflammation can take years off of one's life both in terms of quality and quantity. The good news is that Eastern medicine has been effectively dealing with inflammation for at least 2,000 years before Western medicine through anti-inflammatory foods, herbal therapy, bodywork, acupuncture and mind-body exercises.



Ever wonder why arthritis is less prevalent in the tropics than in the northern hemisphere? The answer may lie in the abundant tropical fruits consumed by its inhabitants. Researchers have isolated beneficial enzymes such as papain and bromelain in tropical fruits like papaya and pineapple, respectively. These enzymes assist not only in digestion but also in reducing inflammation. They help by breaking down cytokines in the blood that cause inflammation, removing fibrin, the clotting material that prolongs inflammation, and reducing swelling in the areas of inflammation. Other fruits that contain beneficial enzymes are passion fruit, mangos and kiwis. You can also take papain and bromelain in capsules, which are usually available at a health food store or online.

Astragalus, or Huang Qi, is a well-known tonic herb in Chinese medicine that promotes a healthy immune system and strengthens your body against disease. Sometimes called milk vetch, it is used in arthritis conditions to promote repair and regeneration of joints. In addition to its reputation as a whole-body protector, astragalus improves digestion and metabolism. It is used for cases where fatigue, lack of appetite and diarrhea are present. Studies show that it seems to be particularly useful for those who suffer from frequent colds and flu. Astragalus is an adaptogen that helps the body to maintain normal functions and repair itself during stressful times, to boost energy, support red and white blood-cell regeneration and help reduce side effects from chemotherapy and radiation. It can be taken in tea or capsule form, but is often used as part of a formula with other herbs.

With their incredible flavors and amazing health properties, herbs and spices bring out the best in longevity cooking. A variety of herbs and spices will also help you put down the salt shaker, which is welcome news for your heart. Store dried herbs and spices in airtight glass jars in a dark place. The volatile oils in herbs and spices, which are responsible for their healing abilities, will eventually evaporate, taking all the beneficial properties with them. When bottled spices aren't giving off much of a fragrance, it's time to toss them – typically six to twelve months. I use plenty of herbs and spices, so my supplies typically run out before their expiration dates.



Here is my Anti-Inflammatory Spice Blend, which helps combat inflammation: 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.

ANNOUNCEMENTS

WELLNESS LIVING STORE CLASSES

1412 14th Street, Santa Monica, 90404

For information and to sign up:
info@taoostar.com or call 310-260-0013

18-STEP HARMONY TAI CHI

with Bitu Yadi (NEW!)

Tuesdays 10:00 – 11:00 am

HARMONY STYLE TAI CHI FAN

with Dr. Mao Shing Ni and Dr. Joseph Miller

Thursdays, 6:00 – 7:00 pm



CLEANSING & DETOX RETREAT

START THE NEW YEAR WITH A NEW YOU

January 24, 25 & 26, 2014 | Tao of Wellness

To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.

Details: www.taoofwellness.com Limited space. Contact: 310-917-2200, x221

WELLNESS SHOP



DR. MAO'S ANTI-INFLAMMATORY SPICE BLEND

Dr. Mao has created ten herbal spice blends that are meant to help with the ten conditions he most commonly sees among his patients. This

delicious spice blend helps combat inflammation, making it very helpful for arthritis support and muscle pain. Try using it to replace salt in a recipe! Bon appetit! 1.05 oz., \$9.95



INFLAMMATION FIGHTER

Ease your stomach upset with all-natural Inflammation Fighter. Bromelain and Papain are combined to relieve gastrointestinal upset. Bromelain can ease the pain of heartburn and lessen the effects

of diarrhea when these conditions are caused by a shortage of digestive enzymes. Papain has a mild, soothing effect on the stomach and aids in protein digestion. 60 capsules, \$27.50

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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May the Life Force Be with You

Qi, or life force, determines your energy level and optimum function. Thinking, working, and playing all require and consume qi from your body. Traditional Chinese culture understands the need for energy replenishment. Plants and herbs such as lotus seed, China root, longan fruit, pearl barley, ginseng, and fox nut have long been successfully used to strengthen digestion and boost qi.

NUTRITION FOR THE SPIRIT - Shen, or spirit, is the consciousness that animates your being. Your life would be meaningless and unfulfilled without your spirit, even though your physical body could

survive for years until death. Therefore, your spirit needs nurturing, just as your body does, through self-love, discipline, and spirit-nourishing herbs. For example, bamboo shaving is traditionally used to strengthen objectivity and dispel undue worry. Lily bulb restores joy and eases sadness. Dragon bone maintains stability and lessens anger and depression. Chinese senega root promotes clarity and calms excessive excitement and anxiety. Rhemannia root strengthens will and dispels fear. All are available in Chinese herb shops and your local acupuncturist's office.

From Dr. Mao's Book: *Secrets of Longevity*.

CONGRATULATIONS!



IT'S A BOY!

Dr. Jessica Chen welcomed the birth of her son
Kai Ming Grabow on September 1, 2013.



IT'S A BOY!

Giselle Carrillo welcomed the birth of her son
Omarieil Isaiah Aldredge on August 13, 2013.

HEALTHY COOKING CLASSES & DEMOS



NEWPORT BEACH:

Longevity Cookbook Signing, Demonstration and Tasting

with Dr. Mao Shing Ni and
Jason Moskovitz, L.Ac., Dipl.O.M.

Friday, November 8, 2013, 5:30 – 7:30 pm

Join Dr. Mao and Jason Moskovitz as they take you through recipes for anti-aging and rejuvenation. Hosted at a beautiful home in Shady Canyon. Address upon registration. Limited Space. \$30 per person. Includes tasting and one signed copy of *Dr. Mao's Secret of Longevity Cookbook*.

To RSVP, please call 949-706-7770 or
email newportbeach@taoofwellness.com



SANTA MONICA:

Cooking Class for Sexual Health

with Thomas Boldt, L.Ac., Dipl.O.M.
Wellness Living Store, 1412 14th Street
Santa Monica, 90404

Saturday, November 9, 2013, 6:00 – 8:00 pm

Join Thomas Boldt as he takes you through recipes for virility, fertility and libido! You will be making and eating your culinary creations throughout the class. Limited space. \$30 per person.

To RSVP, please call 310-260-0013
or email order@taoostar.com