



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



FREE LECTURES & CLASSES

FACIAL REJUVENATION ACUPRESSURE with Alison Doherty, L.Ac.

Tuesday, November 18, 2014 | 6:30 – 7:30 pm
Tao of Wellness Santa Monica

Join Alison as she demonstrates acupressure techniques for facial rejuvenation to improve and maintain your skin at home. She will also explain the significance of each point and the actions that they have, not only for your skin, but also for ailments associated with the head and face such as headaches, earaches, and sinus pressure. Space is limited.
Please RSVP: 310-917-2200

TAO OF WELLNESS NEWPORT BEACH MEDITATION CLASS

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

First Thursday of Each Month | 6:00 – 7:00 pm
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

ANNOUNCEMENTS

WELCOME JULIAN AARON AGUILAR!

Lisa gave birth to a healthy baby boy
Friday, September 5th. Baby Julian weighed
7 lbs 3 oz. Congratulations Lisa!

PRIVATE QI GONG CLASSES

with Thomas Boldt or Dr. Kumiko Yamamoto
at Tao of Wellness Santa Monica
For information: contact@taoofwellness.com
or call 310-917-2200

TAO OF WELLNESS SANTA MONICA

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NOT ALL COLDS ARE ALIKE

By Alison Doherty, MATCM, L.Ac.



As the cold and flu season approaches, it is important to know a few helpful tips to minimize the frequency and duration of the common cold and flu. One common misconception is that all colds are treated the same way. In Traditional Chinese medicine (TCM), it is crucial to differentiate what type of cold you have, and the treatment strategy will differ based on your pattern of signs and symptoms. Thus, your cold's treatment protocol can vary significantly from that of the person sitting next to you in the waiting room. There are two major subcategories for the common cold in TCM: Wind-Cold and Wind-Heat. The differentiating symptoms are outlined below along with some helpful treatments tips.

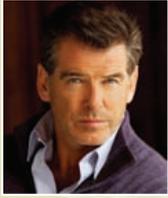
The first type of common cold is called a Wind-Cold in Traditional Chinese medicine. If you come down with a wind cold, you will feel achiness in your upper back and neck, and may have a headache originating from the back of your head. You may have other symptoms too, such as a runny nose or cough with clear and watery phlegm accompanied by fever and chills. With this type of cold, you will feel more chills than fever and there will be no sweating. You can think of the cold constricting and blocking the sweat glands from functioning properly. Your pulse will feel superficial (felt without pressing down) and tight. If you look at your tongue in the mirror it may still look normal at this stage, being slightly pink with a thin white coating. In order to treat a wind-cold condition you must warm the body and expel the pathogen through sweat with anti-viral herbs that are warm and pungent in flavor. Some common home remedies include ingesting garlic, scallions, and onions. Drinking

ginger tea is useful for this condition, as well as taking a warm bath and covering the body in blankets afterwards to induce sweating. If these practices are done at the initial onset of the cold, you will have a much faster recovery time. There are herbal formulas that can be extremely beneficial in cases such as these, which your acupuncturist can prescribe for you.

The second type of cold in TCM is called Wind-Heat. The symptoms of this type of cold consist of a painful, red, sore throat, and fever with mild chills. You may have a runny nose or cough with a little yellow phlegm, as the heat congeals the fluids, in addition to feeling flushed in the face with redness of the eyes. You may feel thirsty and have mild sweating. Most symptoms will be felt in the front of the face rather than the the back. The pulse will feel superficial and rapid, and the tongue will often have a red tip in the front portion of the tongue, or lung area, and have a thin white or thin yellow coat. The treatment strategy for subduing a wind-heat pathogen is cooling the body and extinguishing wind with the use of aromatic, cooling and pungent herbs. Some home remedies include drinking peppermint and chrysanthemum tea and gargling with salt water. There are common herbal formulas that aid in wind-heat conditions as well.

Without differentiating your cold or flu symptoms appropriately, it is very possible to choose the wrong type of treatment that might actually exacerbate your condition. The next time you are coming down with a cold, remember that it could be a wind-cold or a wind-heat and choose your treatment strategy accordingly, or make an appointment with your Chinese medicine practitioner to help diagnose and treat you. ■

Come celebrate **Yo San University's 25th Anniversary Celebration** honoring the Robert Graham Visionary Award recipient Pierce Brosnan. Dr. Daoshing Ni and Dr. Maoshing Ni founded Yo San University in 1989 and would be honored to have you as a guest at the annual event. All proceeds from this event will benefit Yo San University's community service projects to provide free and subsidized acupuncture and Chinese medicine.



Friday November 7th, 2014 | 6:00 - 9:00 pm
The Bel-Air Bay Club - Upper Club
Please RSVP: 310-577-3000 ex. 200
See the front desk for event details.

WELLNESS SHOP



AUTUMN PROTECTIVE TEA

Helps support the immune system and benefits the lungs. Drink as a tasteful addition to your immune boosting regime this season to ward off colds and flu and to increase respiratory function. According to Ancient taoist traditions, herbs help to prepare and nourish the body during seasonal changes to adapt without creating imbalances in the body. Caffeine free. \$6.95, 30 tea bags



IMMUNITY LOZENGES

Immunity Lozenges are a homeopathic remedy for sore throats. With immune boosting zinc and infection fighting silver, these lozenges can provide great relief to both the severity and duration of minor sore throats. \$21.00, 30 lozenges



C-TINCTURE

Should the cough get you down this season, this special blend of cough fighting herbs is an excellent herbal therapy for stopping it in its track and drying up mucus production.

Great for kids too! \$21.00, 1 bottle

PURCHASE THESE FINE PRODUCTS AT:

wellnesslivingstore.com ■ 310-260-0013
or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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FALL INTO GOOD EATING HABITS

By Dr. Jessica Chen, L.Ac., D.A.O.M., Dipl.O.M.



Fall is one of my favorite seasons. This is the time when everything starts to slow down, the air turns a little cooler, and the leaves and fruits fall. We've had a lot of time to be active and play during the summertime; now it's time to slow down and conserve our energy.

During this time, it is important to keep your immune system strong and live a healthy lifestyle to prevent getting a cold or flu. In the Chinese medicine philosophy, in order to prevent illnesses, it is important to live according to the laws of nature. This means you will need to eat and prepare foods reflecting the qualities of the season. Foods that grow during the season tend to reflect what our body needs during that period. In the Fall, you will see an increase in harder root vegetables that are packed with vitamin C, beta-carotene and antioxidants that help with our immune function. As the air gets cooler, dryness tends to invade; therefore certain fruits grown at this time also help to moisten dryness.

TOP 7 MUST-EAT FOODS DURING THE FALL:



1. SWEET POTATOES/YAMS

High in vitamin A, which plays an essential role in immune system health, reproductive health and bone health. Also contains a good amount of

iron and beta-carotene, which is helpful for vision, particularly in dim light. To get the most nutrients from the sweet potatoes, steam them and add some good fats like olive oil, coconut oil, or organic ghee.



2. PEARS

High in vitamin C, and the skin of the pear is packed full of fiber and antioxidants. Pears help to moisten dryness and are great for coughs and

relieving thirst. Steaming or baking pears with a little bit of honey and walnuts will help stop coughs.



3. BUTTERNUT SQUASH

High in Vitamin A and antioxidants. The easiest way to prepare butternut squash is to peel the skin, cut it in half horizontally, scoop out the seeds,

dice it into cubes, toss it with some coconut oil, season it with a little salt and pepper, and roast at 400 degrees for 25-30 minutes or until tender.



4. DAIKON RADISH

(Japanese white radish)

This cruciferous vegetable is high in vitamin C, which offers immune system support and aids in prevention of colds.

Vitamin C is also a powerful antioxidant. A good way to prepare daikon is to dice it into cubes and cook it like a carrot in chicken soups. You can also sauté the diced daikon with shitake mushrooms and broccoli to further enhance immune health.



5. CAULIFLOWER

Another cruciferous vegetable that is high in Vitamin C and antioxidants. Cauliflower also contains nutrients that help support the body's detoxification system. Try roasting cauliflower with curry powder and coconut oil to make a delicious anti-inflammatory side dish.

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6. PUMPKIN

High in vitamins A, B and potassium. Pumpkin is also a high source of fiber which keeps the cholesterol low and the bowels moving. It is naturally sweet so it's great to have as a healthy sweet treat.

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7. GRAPEFRUITS

High in vitamin C and fiber. Pink and red grapefruits are rich in lycopene, which is an anti-cancer agent and a powerful antioxidant. Grapefruit is

also very hydrating and therefore helpful when you are exposed to the cool dry air or the heater. Cut the grapefruit in half, drizzle with a little bit of honey and have it for breakfast or a snack.