



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



Dr. Daoshing Ni, Ph.D., D.O.M., L.Ac. (left) and Dr. Maoshing Ni, Ph.D., D.O.M., ABAAHP, L.Ac. (right) founded both Tao of Wellness and Yo San University and will be lead faculty members in the new Clinical Doctoral Program.

## FREE LECTURES

**WAYS TO MANAGE ARTHRITIS**  
with Jason Moskovitz, L.Ac., Dipl.O.M.

Tuesday, October 13, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Jason will guide you through movement and meditation and teach you about foods helpful for arthritis.

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

**THE EIGHT LITTLE TREASURES:  
QI GONG FOR FERTILITY & VITALITY**  
with Andrea Thorpe, L.Ac.

Thursday, November 12, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Benefit from this introduction to the Eight Treasures—ancient movement meditations—designed to tap into your deepest and purest energy.

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

## ANNOUNCEMENTS

**FACE & BODY  
REJUVENATION RETREAT**

November 14 & 15, 2009 | Tao of Wellness

Rejuvenate your body and skin while refreshing your spirit! You will have revitalizing treatments that enhance youthful essence.

Details: [www.taofwellness.com](http://www.taofwellness.com)

Limited space. Contact: 310-917-2200

**YO SAN UNIVERSITY**

celebrates its 20th year anniversary on  
October 15, 2009. Contact Sum-Yee Wang,  
310-577-3000 for an invitation.

**TRADITIONAL HOLISTIC HEALING  
MODALITIES FOR WOMEN**

with Dr. Maoshing Ni & Sage LaPena-Peonomi

Friday, October 16, 2009 | San Rafael, CA

2009 Bioneers Environmental Conference  
[bioneers.org/conference](http://bioneers.org/conference) | 877-246-6337

**WESTSIDE GUILD BENEFIT FOR  
CHILDRENS HOSPITAL LOS ANGELES**

Dr. Mao will speak and sign books.

Oct. 29, 2009 | Contact Jamie: 310-454-5566

**TAO OF WELLNESS**

1131 Wilshire Boulevard, Suite 200  
Santa Monica, CA 90401

Telephone 310-917-2200; Fax 310-917-2204

[www.taofwellness.com](http://www.taofwellness.com)

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## NEW DOCTORAL PROGRAM Specializes in Reproductive Medicine

The fast-approaching January 2010, launch of the Yo San University (YSU) Clinical Doctoral Program is rooted in ten years of dreaming, discussion, collaboration and just plain hard work. The efforts of Drs. Daoshing and Maoshing Ni, YSU founders, as well as a wide range of faculty, staff and students received recognition on July 15, 2009. The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) notified YSU President Lawrence Ryan that the doctoral program had been approved.

The first specialty in the doctoral program will be Reproductive Medicine and Fertility. The faculty includes Dr. Ray Rubio, president and founder of the American Board of Oriental Reproductive Medicine (ABORM), who will serve as YSU Reproductive Medicine Department Chair. Master clinician Dr. Daoshing Ni, a YSU and Tao of Wellness founder and recipient of the American Fertility Association's *Visionary Award*, will be a lead faculty member. A second specialty, Integrative Medicine and Healthy Aging, is expected to be added in two years with Dr. Maoshing Ni, also a YSU and Tao of Wellness founder, serving as the lead faculty member.

The two-year clinical doctoral program, consisting of a balance between 600 academic hours and 650 clinical session hours, will include residency sessions, clinical rotations and clinical research.

YSU doctoral program students are likely to include some of the brightest and most successful practitioners of Traditional Chinese Medicine in the country. Strong student interest stretches from California to New York. Preparing for these students means attracting the brightest and most qualified faculty to assure that the program provides maximum challenge and stimulation for students who have already achieved considerable professional expertise. According to President Ryan, "Our students will collaborate and network with faculty and among themselves to create a synergy and momentum that will significantly advance the study and practice of integrative Reproductive Medicine."

The first Doctorate in Acupuncture and Oriental Medicine (DAOM) specialty in Reproductive Medicine in the United States, the YSU doctoral program is a response to the exploding demand for highly trained acupuncturists. (Inquiries: [www.yosan.edu](http://www.yosan.edu), 310-577-3000, [support@yosan.edu](mailto:support@yosan.edu)) ■

## DIET HELPS ALLEVIATE RHEUMATOID ARTHRITIS

Rheumatoid arthritis (RA) is a chronic disease that is caused when the immune cells, or lymphocytes, promote inflammation of the joints. The exact triggers are unknown and are a subject of worldwide research. RA can lead to long-term joint damage resulting in chronic pain, loss of function and disability.

RA progresses in three stages. The first stage is the inflammation of the synovial lining causing pain, warmth, stiffness, swelling and redness. The second stage is the rapid division and growth of cells, which causes the synovium to thicken. In the third stage, the inflamed cells release enzymes that may erode bone and cartilage, often causing the joint to lose

(Continued on reverse side)

## DIET HELPS ALLEVIATE RHEUMATOID ARTHRITIS

(Continued from front side)

its shape and alignment, which elicits more pain and loss of movement. Sometimes rheumatoid arthritis lasts only one period of time and goes away; sometimes it goes in remission and then flares up again, or it may continue indefinitely.

Traditional Chinese Medicine (TCM) calls this condition Bi Zheng and typically divides it into four types: Wind-Cold Bi, Cold-Bi, Dampness-Bi and Heat-Bi. When you have a thorough examination and consultation with a Tao of Wellness practitioner, including an assessment of the pulse and tongue, a diagnosis is made and your type of arthritis is determined. Specific acupuncture points and herbs are prescribed, and an appropriate diet is designed.

For Wind-Bi, adding green onions and ginger to your diet will help expel the Wind. For Cold-Bi, choose black pepper and dry ginger. Soy bean sprouts and pearl barley are beneficial for Dampness-Bi. Lastly, for Heat-Bi, it is advised that you consume mung bean sprouts and winter melon. Eat pearl barley, tofu, celery and Chinese yam to help alleviate swollen joints. (See *Free Lectures*, "Ways to Manage Arthritis.") ■

## WELLNESS SHOP



### SUPER CLARITY

When the energy is abundant, the brain is nourished, the mind is clear and focused, the senses are keen, the memory is sharp, the heart is robust and the cardiovascular system is open.

Recommended for circulatory issues, hypertension, stress. Includes Asian ginseng. \$19.95, capsules



### TRADITIONAL CHINESE HERBOLOGY

This CD contains 360 beautifully photographed Chinese herbs such as ginseng and dong quai.

An index shows cross-referenced terms in pin yin, Chinese characters and Latin. \$50.00, CD



### ARTHRITIS / JOINT

Promotes healthy function of joints and relieves painful symptoms of arthritis. Also used as a formula to prevent joint pain and build healthy joints in athletes. Includes gentian, astragalus and peony roots.

\$19.95, capsules

### TO ORDER THESE PRODUCTS:

[www.taooftwellness.com](http://www.taooftwellness.com) or

[www.taostar.com](http://www.taostar.com)

Call 800-772-0222 or visit us at Tao of Wellness

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

## NOT TRYING TOO HARD

by James Evans, L.Ac.

Recently I had a conversation with a patient and suggested, "Don't try so hard."

From my own experience and understanding, we are often brought up and encouraged to put all our effort into doing what we feel passionate about. We are taught to "try our hardest" and apply all our effort to our tasks. If we are always doing this, we will soon exhaust ourselves. Working at Tao of Wellness, I have had to learn a different way of doing things: correctly but effortlessly. This is what is meant by not trying so hard.

When there is effort, often there is tension, tightness and holding the breath. Then, the chi does not flow smoothly. The wonderful feeling immediately after acupuncture is the smooth flow of chi throughout your body. It is this chi that feeds us and keeps us going strong. The more it flows, the more we can do. The goal is to feel energized in your everyday activities, especially work. Chi



that is flowing smoothly also keeps you connected and supported by the surrounding natural energy.

This way, it is not just putting your energy into changing the world. You are allowing the universal chi to flow through you and through your words so they can touch others. The challenge is to keep this wonderful feeling while you are productively working on your projects. When you write, it is your chi and sincerity that people feel in your words, not just the words on the page.

When someone reads your work, it is like they are sitting down with your energy and having a conversation. It is this that inspires the reader to make changes in their way of viewing the world.

It is important to be productive and do your work but not to try too hard. By not forcing things, you allow the creative energy to flow through you. Utilizing the natural and inexhaustible universal energy, you can conserve your individual energy. ■



Shennong

## HISTORY OF HERBOLOGY Reveals Roots of Herbs

If you are a patient of Traditional Chinese Medicine, you probably take home a paper bag containing dried Chinese herbs after your treatments. In your formula you discover plant elements—leaf, stem, flower, root or seed—and perhaps minerals or other natural ingredients. Have you ever wondered where the knowledge came from that your doctor uses to create your formula?

The art of combining medicinal herbs began thousands of years before the Christian era. Shennong, whose name means "the Divine Farmer," lived around 5,000 years ago and was famous for teaching China the practice of agriculture. He taught people how to cultivate grains as food and is said to have tasted hundreds of herbs to test their medicinal properties. *The Divine Farmer's Herb-Root Classic*, first compiled around 206 B.C., lists various medical herbs, such as the reishi mushroom. Considered the earliest

Chinese pharmacopoeia, this work contained 365 medicines.

From 206 B.C. to the late 16th century, new herbal medicines were added to what has become the book of Chinese herbal medicines, *Materia Medica*, bringing the total to 1,892 distinct herbs and 10,000 formulas. Many Chinese physicians made new discoveries, theories and classifications, often writing or compiling books that have become classics of Chinese medical literature that are still referenced today. New data is continually being added.

In 2009, traditional Chinese medical students learn about herbolgy from a *Materia Medica* that is 8.5 inches wide, 11 inches long, 2 1/2 inches thick and weighs 8 pounds. Because of a 5,000-year history, your acupuncturist can make an herbal prescription that can help you feel better! Now consider that the United States is officially 233 years old! ■