



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



## FREE LECTURES

**ENHANCING WOMEN'S  
SEXUAL VITALITY** (for women only)  
with Jessica Chen, L.Ac., Dipl. OM, ABORM

Thursday, October 21, 2010  
Tao of Wellness | 6:30 – 7:30 p.m.

It's time to get reacquainted with your feminine self. Join us to learn simple ways to boost your libido at any age—especially after childbirth or during menopause. Limited seating. Call to RSVP: 310-917-2200

**PROTECTING YOUR CHILDREN  
AGAINST COLDS**

with Kumiko Yamamoto, L.Ac.  
Thursday, November 11, 2010

Tao of Wellness | 6:30 – 7:30 pm  
Discover natural, healing methods to help boost your child's immune system during cold/flu season. We will demonstrate special massage techniques, acupressure points and even diets that parents can use at home. Limited seating. Call to RSVP: 310-917-2200

## ANNOUNCEMENTS

**BREAST CANCER  
AWARENESS EVENT**

*Beyond the Pink Moon |*

*The Path of Wellness and Healing*  
Saturday, October 16, 2010 | 3 – 5pm

The Wellness Store | 1412 14th St., Santa Monica  
Join author/cancer survivor **Nicki Boscia Durlester**, philanthropist/producer **Nina Montée Karp**, **Dr. Kristi Funk M.D.** and **Dr. Mao Shing Ni** for afternoon tea, book and DVD signing, and discussion about breast cancer prevention, treatment and subsequent life changes. Please RSVP to 310-260-0013

**THE WOMEN'S CONFERENCE**

Monday, October 25, 2010

Long Beach Convention Center

Dr. Mao Shing Ni will be speaking at this conference, hosted by **Maria Shriver** and **Governor Schwarzenegger**.

For information: [www.womensconference.org](http://www.womensconference.org)

*(Announcements continued on reverse side)*

**TAO OF WELLNESS**

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

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## BALANCING LIFE with BREAST CANCER

by Jason Moskovitz, L.Ac., Dipl. OM

Approximately one in every 1,000 women in the U.S. has breast cancer. Once discovered, there is understandably much thought directed to where the disease came from and what to do about it. However, each diagnosis offers a woman the opportunity to find out what this uniquely means for her.

This six letter C-word often instills fear so quickly that the effects of this news can be as devastating as the disease itself. Some people simply withdraw when told they can expect a compromised life. Others choose to defy any prognosis or deadline and fight with all their ability. Rather than blindly accepting another's view of the future or strongly rejecting available information, women at any point in their healing process can find balance in their lives. This comes partly from surrounding oneself with supportive people and experiences, and also in using this life-changing event as a means to further refine your life for the better.

Whether you have the diagnosis or know someone who does, here is a simple and effective list to help balance both health and life in general:

- **Change the way you view disease.** At Tao of Wellness, we have breast cancer patients who choose to see their condition no more profoundly as if they have a bad cold, while some patients who have the flu may agonize tremendously. With practice and help, a positive outlook is always possible.
- **Walk or do tai chi in nature.** Chinese medicine views cancer as a type of energetic stagnation. Physical movement in a pristine setting helps to restore physical and mental circulation while improving the body's defenses.
- **Avoid skin care toxins.** Aluminum-based compounds in antiperspirants or preservatives called parabens in many products, while not proven to be directly cancer-causing, can mimic hormone activity on breast tissue. Check out the site [cosmeticdatabase.com](http://cosmeticdatabase.com) for product ratings.
- **Reinvent yourself.** What better time to assess what is important in your life and make the changes you may have been neglecting. It is time to create the life you want for yourself.



## DETOX YOUR CANCER RISK RETREAT

November 5, 6 & 7, 2010 | Tao of Wellness

Up to 85% of all cancers are caused by environmental factors like toxins. Chemotherapy and radiation are potential sources of toxins. For people at higher risks of recurrence or developing cancer, elimination of toxins in your body and personal environment is critical towards lowering your risk. Workshops will teach you about toxic elements in your personal environment and diet. Treatments are designed to activate your body's powerful cleansing systems that eliminate toxins, support optimum immune function and promote abundant vitality.

Details: [www.taoofofwellness.com](http://www.taoofofwellness.com). Limited space. Contact: 310-917-2200, x239

## ANNOUNCEMENTS *(continued)*

### SPIRITUALITY TELESEMINAR WITH DR. MAO

Sunday, October 31, 2010 | 7 – 8am PST  
Tel: 712-432-1001 | Access Code: 485547881#  
For information, visit: [www.integralway.org](http://www.integralway.org)

### A FEW WISE MEN

November 1, 2010 | 6:30pm – 8:30pm  
Dr. Mao speaks about longevity at the Stephen S. Wise Temple. For information: [www.wisela.org/temple/afewwisemen.aspx](http://www.wisela.org/temple/afewwisemen.aspx) or contact [SDean@WiseLA.org](mailto:SDean@WiseLA.org)

### TAI CHI DEMONSTRATION AND BOOK SIGNING

Dr. Mao and Dr. Joseph Miller demonstrate, speak and sign their new book *Tai Chi for a Healthy Body, Mind and Spirit*. Snacks and refreshments will be served.  
Tuesday, November 9, 2010 | 7pm  
The Wellness Store | 1412 14th St., Santa Monica

### YO SAN PUBLIC CHI PROGRAM offers Weekday and weekend classes.

**Chi Gong:** Eight Treasures & Crane Style  
**Tai Chi:** 18-Step Harmony Style  
13315 West Washington Blvd., Los Angeles  
For information: 310.577.3000  
[www.yosan.edu](http://www.yosan.edu)

Chi classes also offered at The Wellness Store  
1412 14th Street, Santa Monica  
For information: [www.chihealth.org](http://www.chihealth.org) or contact [patricia@taostar.com](mailto:patricia@taostar.com)

## WELLNESS SHOP



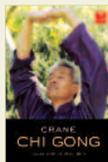
### CANCER SUPPORT

This herbal formula combats loss of strength following chemotherapy and radiation. It supports the body's ability to adapt to stress, supports a healthy immune system, and nourishes the blood. Capsules, \$19.95



### BREAST CANCER: THE PATH OF WELLNESS AND HEALING - DVD

Five hours of intimate stories of hope and triumph on video. DVD, \$29.95



### CRANE STYLE CHI GONG WITH DR. DAO - DVD

Fibromyalgia and other conditions can benefit from Chi Gong. DVD, \$24.95

### PURCHASE THESE FINE PRODUCTS AT:

#### THE WELLNESS STORE

1412 Fourteenth Street, Santa Monica  
310-260-0013 ■ [wellnesslivingstore.com](http://wellnesslivingstore.com)

#### TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica  
310-917-2200 ■ [taoofwellness.com](http://taoofwellness.com)

#### YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles  
800-578-9526 ■ [taostar.com](http://taostar.com)



CHINESE MEDICINE IN THE NEWS

## TAI CHI HELPS FIBROMYALGIA PATIENTS

by Thomas Boldt, L.Ac.

According to a study published in the *New England Journal of Medicine* in August, Fibromyalgia patients have a new hope: Tai Chi.

In the clinical study performed at Tufts University in Boston, MA, researchers randomly divided a group of 66 patients into two even groups of 33. The control group received 60 minutes of stretching and wellness information, while the other was taught Tai Chi. Researchers gave both groups a questionnaire that gathered information on physical pain, mental strain and overall quality of life. Additionally, patients were assessed by physicians. After 12 weeks, the same questionnaire was given, and they found the Tai Chi group experienced significantly better results over the control group. At 24 weeks, they again gave the questionnaire and found that the positive results of the Tai Chi group had been maintained. Furthermore, one third of that group stopped using their medications compared with one-sixth in the control group.

Fibromyalgia is a complex disorder marked by pain throughout the body, fatigue, insomnia and depression. Though it is not well understood, it is very real. It affects about 10 million people in the United States alone—most of them women. Tai Chi is a multifaceted practice, incorporating physical movement with mindfulness in a social environment. It is generally practiced as a form of Chi Gong—more for its healing and strengthening properties than its fighting application. As such, it makes up one of Chinese medicine's five branches. When combined with the other four: acupuncture, Chinese herbs, massage and nutrition, it can be very effective in healing many chronic conditions.

For more information visit:

[www.nejm.org/doi/full/10.1056/NEJMoa0912611](http://www.nejm.org/doi/full/10.1056/NEJMoa0912611) ■



### OPENING CELEBRATION & BOOK SIGNING PARTY



Dr. Dao & Jessica Chen present their new book, *Sitting Moon*



Enjoying the celebration with dim sum and elixirs



Tai Chi demonstration with Kumiko Yamamoto and Marc Gomez

### FUN IN THE SUN AT THE TAO OF WELLNESS SUMMER PARTY



Chopsticks competition, each team demonstrating their chopsticks skills; competing to see which team is able to pick up cereal with their chopsticks and run to the other end to fill up a jar. The games were hilarious and fun, showing off our team spirit!