



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES & CLASSES

HEALTHY FOODS FOR PEOPLE ON THE GO!

with Dr. Jessica Chen DAOM, Dipl.O.M., L.Ac.
Thursday, October 23, 2014 | 6:30 – 7:30 pm
Tao of Wellness Santa Monica

With all the appointments, meetings, and errands we have to get to those days, who has time to eat, let alone eat healthfully? When we are on the go, we tend to grab whatever is the fastest and easiest, which is not the healthiest. This leads us not feeling our best afterwards. Please join Dr. Jessica Chen as she explores strategies in guiding you to healthy eating for your busy life! Limited space. Please call to RSVP: 310-917-2200

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

TAO OF WELLNESS SANTA MONICA

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CHINESE MEDICINE TIPS FOR THE LATE SUMMER SEASON

By Alison Doherty, L.Ac.

In Chinese Medicine, the end of summer is a period of transition from the hot and fiery nature of summer to the cool and dry conditions of autumn. It is looked at as a season unto itself. This transitional period corresponds to the Earth element according to Chinese Medicine. The flavor associated with this period is sweet, representing a time to replenish the digestive system. Doing so will prepare the body and immune system for the seasonal shift to come. During this time it is important to eat frequent balanced meals comprised of warm and cooked foods. Avoid raw or icy cold food and drinks, as these can be damaging to your digestive system. The addition of naturally sweet vegetables such as sweet potatoes and yams are a welcomed addition to the diet due to the high content of Vitamin A and C that these foods provide.

The emotion pertaining to the Earth element is worry or pensiveness. It is important to minimize excessive thoughts and to calm your mind throughout the day. Take frequent "mental breaks", especially if you are the type of person who is prone to overan-

alyzing. Worrying and obsessing can be damaging to your digestive function. Writing your concerns down can sometimes help break the cyclical pattern of thoughts that are caused by worry. This will free your mind and enable you to come back to the issue at a later time with a renewed perspective.

This time of year represents the pivot between the ending of one season and the beginning of the next. You should prepare to draw your energy inward in the coming months. Ground yourself by developing routines that help you feel more balanced and centered. The completion of pending projects and the harvesting of the fruits of your efforts would be appropriate at this time, reflecting what happens in nature itself. Adequate time for rest is also important and can help make the transition sweeter and less challenging on both the body and the mind. Try meditations where you visualize growing roots from the soles of your feet into the center of the earth. This is very centering and can help to minimize the challenges brought on by transition and change. ■



CLEANSING & DETOX RETREAT

October 17, 18, 19, 2014 | Tao of Wellness Santa Monica

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel fatigued, who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions. Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat.

"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"

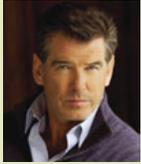
Details: www.taoofwellness.com. Limited space. Contact: 310-917-2200, x221

ANNOUNCEMENTS



SAVE THE DATE YO SAN UNIVERSITY'S 25TH ANNIVERSARY CELEBRATION

And the presentation of the annual
Robert Graham Visionary Award, honoring



Pierce Brosnan, actor, artist and activist
Friday, November 7, 2014 | 6:00 – 9:00 pm
Pacific Palisades

For an invitation and sponsor information,
contact development@yosan.edu

PRIVATE QI GONG CLASSES

with Thomas Boldt or Kumiko Yamamoto

Tao of Wellness Santa Monica

For information: contact@taoofwellness.com
or call 310-917-2200

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Newport Beach and Pasadena



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PLEASE JOIN US IN WELCOMING ALISON DOHERTY, L.AC., recipient of the Tao of Wellness Fellowship.



Alison graduated with honors receiving a master's degree in Traditional Chinese Medicine from Yo San University. She completed a residency program at Children's Hospital, Los Angeles where she treated pediatric patients with chronic pain conditions, and an array of complex autoimmune diseases. Prior to being awarded the Tao of Wellness Fellowship, she was the Assistant Academic Dean and taught Chinese Herbal Medicine at Yo San University.

Originally from Sonoma, California, Alison earned her degree in Behavioral Science as well as her early education teaching certificate. While in Sonoma, she experienced some health concerns that eventually led her to receiving treatments from a Traditional Chinese Medicine practitioner. After experiencing the benefits from these treatments, Alison became interested in

this profound medicine, and she began working for her acupuncturist doing research on Chinese medical nutrition.

Her background of 13 years in early childhood education, childcare and child development enhanced her desire to use Chinese Medicine to help children, women wanting to start families, and others in the restoration and preservation of their quality of life before, throughout, and after illness. With her experiences at Children's Hospital, her focus has been further trained on pediatrics, pain management and women's health. Alison uses not only Traditional Chinese Medicine therapies but also emphasizes nutrition in her treatment plans as proper nutrition is vital for health, longevity and well-being. Her study of nutrition has grown to include digestive health as well.

Alison is extremely honored to have been chosen as the newest Tao of Wellness Fellow, and hopes to make a large contribution to the Tao of Wellness community. ■



2ND YEAR ANNIVERSARY CELEBRATION at Tao of Wellness Pasadena Clinic

Friday, October 3, 2014, 5:00 - 7:00 PM

SAKE | HORS D'OEUVRES | SUSHI

171 S. LOS ROBLES AVE., SUITE A, PASADENA, CA 91101 | RSVP to Deysi at 626-397-1000

Thank you for ALL your support in the past two years and we want to take this opportunity to invite you to celebrate this anniversary occasion with Dr. Dao, Dr. Mao, Albert and the rest of our team! The celebration will feature a light tasty fare, a guided meditation session and herbal tonic drinks!



We are very happy to introduce Albert Vaca, MATCM, L.Ac. our new resident practitioner at the Pasadena office. Albert previously practiced in our Santa Monica office alongside Dr. Daoshing and Mao Shing Ni and our other associates. Highlights of Albert's accomplishments: postgraduate training in acupuncture, orthopedics at Cedars Sinai Hospital, certification by the Academy of Orthopedic Acupuncture, former Dean of Clinical Education at Yo San University, integrative practice at Venice Family Clinic and Being Alive Clinic, and fluency in Spanish and meditator for eight years.

We want to also express our appreciation to Edsel Tan for his contribution to the Pasadena office and our organization. We wish him all the best in his new business endeavor. He will be missed!

Please come by anytime to say hello to Albert and bring your friends and family to see our beautiful clinic space complete with six calming treatment, infrared therapy rooms, a full service herbal apothecary and a studio for private and group classes. Albert will provide the following services: acupuncture, tuina bodywork, herbal therapy, nutritional counseling, facial rejuvenation, infrared therapy, private & group meditation, tai chi and qigong coaching, detoxification retreat, fertility enhancement, and integrative oncology treatments.

In addition, Drs. Mao Shing Ni and Daoshing Ni will continue to be available to see patients at the Pasadena office three days each month for consultations and treatments.

See you at the celebration on October 3rd! ■