



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

FOOD FOR A GOOD MOOD

with Jessica Chen, L.Ac., Dipl.O.M.

Thursday, September 17, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Food affects your senses and influences your mood. We often turn to sugar-laden food to feel better. Find out about healthy alternatives that help create a good mood. Limited seating. Call to RSVP: 310-917-2200

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 that helps prevent and manage arthritis pain. Learn about foods that either support or compromise our ability to move. You will also find out how Chinese medicine distinguishes four types of arthritis. Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

WU TAO MEDITATION RETREAT

Dr. Maoshing Ni & Ava Harrison

Wu Tao is an intensive practice combining a spiritual communication method with meditation and movement sessions.

October 8-11, 2009 | Santa Cruz, California

Final registration: September 23. \$495-\$613

Contact: Julianne@taostar.com

CLEANSING & DETOX RETREAT

September 11, 12 & 13, 2009 | Tao of Wellness

Activate your body's powerful cleansing systems to eliminate toxins that prevent you from being strong, healthy and vital.

Details: www.taofwellness.com

Limited space. Contact: 310-917-2200

QI GONG FOR BETTER HEALTH

at YO SAN UNIVERSITY, Los Angeles

Qi gong & tai chi classes from

September 21 - October 29. \$75 per

six-week session. Contact: yosan.edu;

Tora at 310-577-3000; support@yosan.edu

(Announcements continued on reverse side)

TAO OF WELLNESS

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www.taofwellness.com



CANCER PATIENTS BENEFIT from Traditional Chinese Medicine

In Traditional Chinese Medicine (TCM), the prevention and treatment of cancer is called *Fu Zhen*. It is a specific program that supports and activates the body's own cancer-fighting immunity and emphasizes the reduction of toxicity. *Fu Zhen* harmonizes, enhances and protects the structure and function of the organs. The Spleen system is strengthened to improve the digestion and absorption of nutrients. By fortifying energy and blood, the immune system is modulated. The endocrine system is balanced, and bone marrow is protected and nourished.

If a woman is diagnosed with breast cancer, TCM provides important adjunctive support to Western treatment of the condition. The effectiveness of surgery, radiation, chemotherapy and selective hormonal modulation therapy can be greatly increased with acupuncture and herbal therapies that reduce side-effects and enhance healthy functioning and quality of life.

Men are thirty-five percent more likely to be diagnosed with prostate cancer than women are

to be diagnosed with breast cancer. Prostate cancer is the most common non-skin cancer in America and affects one in six men. TCM can be helpful in guiding men to lower their risk of prostate cancer through acupuncture, herbs, diet, lifestyle and healthy sexual practices.

In Chinese medicine, cancer is believed to be influenced by genetics, lifestyle, nutrition, emotional stress and exposure to toxins. Over the centuries, TCM has developed effective cancer-fighting regimens to harmonize and strengthen nutritive and defensive functions while clearing disease-causing lifestyle factors. Treatments also include chi gong, dietary therapy and meditation.

The great Chinese physician of antiquity, the Yellow Emperor, noted that it is far easier to prevent a disease than it is to cure a condition once it occurs. To take care of your life, you need to maintain optimal health. Traditional Chinese Medicine provides life-affirming practices for achieving the goal of wellness that creates inner peace. ■

Acupuncture Eases Radiation-Induced "Dry Mouth"

The traditional Chinese medical technique of acupuncture may safely help patients whose radiation treatments cause extreme *xerostomia*, or dry mouth. The symptoms of *xerostomia* include difficulty in speaking, eating and swallowing, infections of mouth tissues, altered taste sensation, tooth decay and malnutrition.

"The quality of life in patients with radiation-induced *xerostomia* is impaired profoundly," says Mark Chambers, D.M.D., a professor in the Department of Dental Oncology at the University of Texas. "Conventional treatments have been less than optimal, providing short-term response at best."

Xerostomia develops after the salivary glands are exposed to therapeutic radiation that renders them unable to produce enough saliva. Saliva substitutes like lozenges and chewing gum bring only temporary relief, and the commonly prescribed medication, Pilocarpine, has short-lived benefits and bothersome side effects.

In a pilot study conducted at the M. D. Anderson Cancer Center that was reported in the *Head and Neck* journal, patients with *xerostomia* were given acupuncture treatments. After four weeks of treatments twice a week, statistically significant improvements in symptoms (Continued on reverse side)

ANNOUNCEMENTS *(continued)*

TRADITIONAL HOLISTIC HEALING MODALITIES FOR WOMEN

with Dr. Maoshing Ni & Sage LaPena-Peconomi
Friday, October 16, 2009 | San Rafael, CA
2009 Bioneers Environmental Conference
bioneers.org/conference | (877) 246-6337

YO SAN UNIVERSITY

founded by Drs. Daoshing & Maoshing Ni celebrates its 20th year anniversary on **October 15, 2009**, at the lovely home of Rhea Perlman and Danny DeVito. Contact Sum-Yee Wang, 310-577-3000 for an invitation.

Acupuncture Eases Radiation-Induced "Dry Mouth"

(Continued from front side)

and quality of life were found. Patients acknowledged change for the better in mouth and tongue discomforts, speaking, eating and sleeping difficulties, and the need for oral comfort aids.

According to Dr. Chambers, "The positive results are encouraging." Further research, including whether acupuncture can prevent—not just treat—xerostomia is planned. (From mdanderson.org) ■

WELLNESS SHOP



CANCER SUPPORT

Traditional Chinese herbal support for maintaining strength during chemotherapy and radiation. Warms and tonifies Chi and Blood. Used for extreme exhaustion, poor appetite and weakness. \$19.95, capsules



YIN EXHAUSTION

Nourishing and enriching Kidney Yin for rebuilding energy reserves, these traditional Chinese herbs are a helpful support after chemotherapy and radiation. \$19.95, capsules

The above products can be purchased on taostar.com or by calling SevenStar at 800-578-9526.



INTERNAL CLEANSE

Internal Cleanse increases the ability of the liver to cleanse the body of internal and environmental pollutants and toxins. It balances the nervous system and relaxes the mind. \$19.95, capsules



INTERNAL CLEANSE TEA

This herbal tea is formulated to help rid the body of harmful chemicals and toxins. Ancient Taoist Masters believed the body could be totally cleansed and purified by nourishing the liver system. \$6.95, (30 tea bags)

TO ORDER THESE PRODUCTS:

www.taofwellness.com or
www.taostar.com

Call 800-772-0222 or visit us at **Tao of Wellness**
1131 Wilshire Boulevard, Suite 300
Santa Monica, CA 90401

LET GO WITH A NATURAL DETOX

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

Every few months, participants convene at Tao of Wellness to undergo a complete detoxification during our three-day weekend retreats. In designing the Tao of Wellness Cleansing and Detoxification program, our doctors drew upon centuries-old Traditional Chinese Medicine principles to solve modern problems. Chemical-laden food and a polluted environment can lead to many serious illnesses such as cancer, degenerative diseases, infertility and genetic changes. People also detoxify to prepare for pregnancy, to quit addictions, to stimulate creativity or to purge lingering illnesses.



To some, the detox proves challenging. A lingering cold might worsen before clearing, an emotion may seem to come from nowhere or one might find they make more trips to the bathroom. Our detox protocol uses the body's natural exit-points—the bowels, the bladder and the skin's sweat glands—to expel toxins that prevent us from experiencing our innate health and wellness. When the body is cleansed in this way, a person may symptomatically re-experience these toxins as they are being released. Each person detoxifies in a unique way, and some participants experience a smooth transformation.

Participants from across the country join Tao of Wellness patients to engage in this opportunity to "let go." Acupuncture, herbal medicine, cupping, dry-brushing, tuina bodywork, Infnich, chi gong and far-infrared sauna provide a complete therapy for the retreats. Interactive talks with our doctors educate participants about the process of purging chemical toxins from their bodies and emotional toxins from their minds. Nutritious yet delicious meals are provided.

Regardless of how we detox, the importance is having the experience. We learn from what our body shows us when faced with this letting-go process, when we eat differently or when we are challenged by a health concern. At a Cleansing and Detoxification Retreat, you move through this deep process with the support of a friendly, expert staff as well as a community of peers. (For details, visit taofwellness.com. For information or to register for the September retreat, call Tao of Wellness at 310-917-2200.) ■



HEALTH CARE REFORM PROMOTES ACUPUNCTURE

Many of us have wondered how health care reform will impact alternative medicine. During a Town Hall meeting in Missouri in May, a licensed acupuncturist queried President Obama about his thoughts on this subject. He replied:

"... we should do what works ... it is pretty well documented through scientific studies that acupuncture, for example, can be very helpful in relieving certain [conditions] like migraines and other ailments or [be] at least as effective as more intrusive interventions."

"... as we're going through health care reform, let's find out what works ... one basic principle ... is that the more we do on the prevention side, the more we can obtain serious savings down the road." (From tcmstudent.com)

Interest in Acupuncture and Oriental Medicine (AOM) has been stimulated in the state and federal governments this year. On Acupuncture Awareness Day, April 23, 2009, legislators and

staff at the California State Capitol were visited by acupuncture students and practitioners. Some legislative aides received acupuncture treatments. Also, a network that informs policy-makers about legislation that impacts AOM at the state and national levels is being organized.

At Senate health committee hearings, panelists recommended that a White House Office of Wellness be established that would, among other things, promote wellness and disease-prevention practices from different healing traditions. Investing in integrative medicine is among the health reform strategies. A Federal Acupuncture Coverage Act, HR646, seeks coverage of qualified acupuncturist services for Medicare recipients and Federal employees. Hundreds of thousands of people would obtain access to acupuncture through benefit plans. Some Senators have called this a "watershed" moment for health and integrative health care in the United States. (From *The American Acupuncturist News Edition*, Summer 2009, Vol. 48) ■