



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

TREATING ADDICTION WITH TRADITIONAL CHINESE MEDICINE

with Thomas Boldt, L.Ac., MATCM

Wednesday, September 15, 2010

[The Wellness Store](#) | 6:30 – 7:30 p.m.

If addiction has a strong hold on you or someone you know, come learn about ancient and modern methods that help alleviate addiction. Call to RSVP: 310-917-2200

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

ANNOUNCEMENTS

SPIRITUALITY TELESEMINAR

with Dr. Mao

Sunday, September 19, 2010 | 7 – 8 a.m. PST

Tel: 712-432-1001 | Access Code: 485547881#

For information, visit: www.integralway.org

WITHIN THERE IS ESSENCE

A Harmony Tai Chi Retreat

with Dr. Mao Shing Ni, Dr. Joseph Miller and the Chi Health Institute

New Mexico | September 23 – 26, 2010

Cost: \$275, lodging not included

Website: www.spacious-sky.com or contact

Peter Stege at pstege@hotmail.com

CHI CLASSES | SEPT. - OCT.

Self-Healing Chi Gong – Thursdays (7-class series)

September 16 – October 28 | 7:00 – 8:30 pm

The Wellness Store, 1412 14th St., Santa Monica

Info: www.chihealth.org or contact

patricia@taostar.com

(Announcements continued on reverse side)

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300
Santa Monica, CA 90401

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

www.taofwellness.com



PRACTICING with CRANES AND EAGLES

A Note of Appreciation . . .

We received this email recently from one of our customers and would like to share it with you.

This is just to say how much the Ni family teachings have positively impacted my life. The new website [www.integralway.org], Ni family books, DVDs, CDs, the Wellness E-newsletter, Dr. Mao's teleconferences, and your awesome *Tao of Wellness Magazine* have enriched my life so much! I feel so blessed to have found this wealth of information.

This summer I finally made the commitment to learn the *Eight Treasures*, although the video had been awaiting my attention for a number of years. Now, each morning I get up at 5:30 a.m., go down to the dock (I live on a river) and commune with nature via the *Eight Treasures*. With the sun rising, mist on the river, and cranes and eagles soaring high in their natural habitat, I can feel each posture creating a calm inner peace. Movements like *The Great Crane Spreads its Wings*

and *Bringing the Sea to the Top of the Mountain* attune my body with the harmonious pulse of nature while refreshing my spirit and preparing me for a positive day. What a gift it is to start each morning with movements that feel so healthy, optimistic and fortifying! I'm now on the 7th Treasure, and the best part of practicing the *Eight Treasures* is the oneness I feel with the timeless essence of Mother Nature. It's an awesome experience!

This is so important to me that I must take this opportunity to thank the Ni family again for their life-changing teachings! Although I live 3,000 miles away and will most likely never have the opportunity to visit, I feel connected to your organization and will always be deeply grateful! Please let me know if there is any way that I can "give back!" ■



THE WELLNESS STORE



DRS. DAOSHING & MAO SHING NI INVITE YOU TO

THE WELLNESS STORE OPENING CELEBRATION

Thursday, September 30, 2010 | 7:00 - 9:30 p.m.

1412 Fourteenth Street, Santa Monica 90404

Celebrate the publication of *SITTING MOON*
A Guide to Natural Rejuvenation After Pregnancy
by Dr. Daoshing Ni D.O.M. & Jessica Chen L.Ac.

Elixirs | Hors D'oeuvres and Wine | Live Music

RSVP to 310.260.0013 or email info@taostar.com by September 23

www.wellnesslivingstore.com

ANNOUNCEMENTS *(continued)*

Eight Treasures Chi Gong

Saturdays (series)

September 11 - October 23 | 9:30 - 11 am

FIRST CLASS IS FREE!

Tai Chi Studio, Yo San University, 2nd floor
Info: www.yosan.edu or call 310-577-3000, x10
Cost: \$89 | Registration: support@yosan.edu

Eight Treasures Chi Gong

Saturdays (6-class series)

September 11 - October 16 | 10 - 11:15 am

The Wellness Store, 1412 14th St., Santa Monica
Info: www.chihealth.org or contact
patricia@taostar.com

Eight Treasures Chi Gong

Tuesdays (6-class series)

September 14 - October 19 | 7 am - 8:15 am

The Wellness Store, 1412 14th St., Santa Monica
Info: www.chihealth.org or contact
patricia@taostar.com

18-Step Harmony Tai Chi

Wednesdays (6-class series)

September 15 - October 20 | 9 am - 10:15 am

The Wellness Store, 1412 14th St., Santa Monica
Info: www.chihealth.org or contact
patricia@taostar.com

WELLNESS SHOP



TAOIST EIGHT TREASURES - DVD

by Dr. Mao Shing Ni, L.Ac., Ph.D., D.O.M.

Thirty-two gentle, non-impact exercises unique to the Ni family combine stretching, toning and

strengthening movements to facilitate energy flow and strengthen vitality. \$24.95, DVD

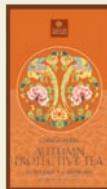


TAI CHI SWORD FORM - DVD

by Dr. Mao Shing Ni, L.Ac., Ph.D., D.O.M.

A short, instructional 10-minute sword form to help sweep away emotional obstacles and enhance protective energy. Excellent for

developing spiritual focus. \$24.95, DVD



AUTUMN TEA

For Gathering Energy

As we move into the autumn, it is important to strengthen your lungs to help prevent colds. This tea is a good preventative and can also soothe dry throats and noses.

\$6.95, box of 30 tea bags

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS STORE

1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com

TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica
310-917-2200 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles
800-578-9526 ■ taostar.com

Improve Strength & Endurance Naturally

— at Work and at Play

by Edsel Tan, L.Ac.

Active people of all kinds are continually seeking methods and supplements to increase their performance. It seems that every month there is something new and/or improved on the market. However, one need not look to the future for results. Chinese Olympians have long utilized Traditional Chinese Medicine (TCM) to naturally enhance strength and endurance, as well as heal physical injuries. The TCM modalities of acupuncture, tuina bodywork, Chinese herbs and chi gong help to optimize internal physiology.

Acupuncture reduces pain and inflammation. By improving blood circulation and range of motion, it not only shortens recovery time from injuries, but also enhances strength and endurance, thereby helping to prevent injuries. Tuina improves circulation, eliminates toxins, relaxes muscles, increases joint lubrication and motion, while releasing stress. Tuina establishes a more harmonious flow of chi (vital energy) and body fluids throughout the body. This allows the body to naturally heal itself and function at its optimum level.



Chinese herbs such as ginseng, cordyceps, and astragalus enhance strength and endurance. Ginseng regulates metabolic rate, optimizing the breakdown of foods. It also improves the use of oxygen in the body. Better metabolism and more efficient use of oxygen allow one to generate and use energy more efficiently. Astragalus benefits digestion, respiration and the immune system. Cordyceps fortifies all body systems by strengthening the immune system, maximizing oxygen uptake, promoting strong muscles, and improving kidney, liver, and lung functions. These are just a sample of herbs that can improve strength and endurance.

Chi gong techniques have traditionally been used in martial arts to improve balance, power, stamina, speed and flexibility. Chi gong's isometric poses and restorative movements in coordination with one's breath improve respiration, posture, concentration, blood chemistry, and relaxation.

These TCM modalities along with a nutritious diet can help one to achieve the utmost strength and endurance both at work and at play. ■

PLEASE JOIN US IN WELCOMING KUMIKO YAMAMOTO, L.Ac.

recipient of the 2010 Tao of Wellness Fellowship.



Beginning in September, she will work closely with Drs. Dao and Mao and members of our healing team to serve our patients.

Kumiko grew up in Japan and is a 3rd generation acupuncturist in her family. She attended and graduated with the highest honors from Yo San University of Traditional Chinese Medicine (TCM), where she received her Master's degree.

With an interest in women's health and pediatric care, Kumiko completed an intensive residency in TCM Gynecology and Reproductive Medicine at Sichuan Hospital in China as well as an internship at Children's Hospital L.A. Her extensive training also includes Integrative Oncology at Premiere Oncology in Santa Monica, California and Sichuan Hospital in China.

Kumiko is a certified instructor in tai chi and chi gong. Besides offering services in acupuncture, tuina, herbal and nutrition therapies, she will also be teaching prescriptive mind-body exercises (chi gong) as well as offering InfiniChi energy healing for patients' specific health conditions.

An enthusiastic public speaker, Kumiko has lectured at various venues including UCLA AIDS Awareness, Global Sound Conference, and Abbot Kinney Festival on such diverse topics as Integrative Medicine for Oncology, Weight Loss and Healthy Weight Management, and Emotional Detoxification. She is a recurring instructor at the Tao of Wellness detox retreats, and has authored several workbooks for students of acupuncture and Chinese medicine.

Kumiko brings many talents, and we are happy to welcome her to our healing team. ■



The Tao of Wellness would like to thank Judith Liggett for her excellent service as editor of our Wellness Newsletter. She has moved on to our sister organization to edit and develop our distance learning courses in Chinese medicine. We would like to welcome Thomas Boldt, L.Ac., who is one of our associates, as our new editor.