



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

NATURAL WAYS TO HELP INSOMNIA

with Kumiko Yamamoto, L.Ac., Dipl.O.M.

Thursday, September 29, 2011 | 6:30 – 7:30 pm

Tao of Wellness Santa Monica,

1131 Wilshire Blvd., Ste. 300, 90401

More than 50% of Americans suffer from insomnia. Sleep is crucial for your health and wellness. Medications are not the only way to correct insomnia. Join Kumiko Yamamoto as she explores natural ways to help you achieve peaceful sleep. Limited space. Call to RSVP: 310-917-2200

STRESS RELIEF WITH TRADITIONAL CHINESE MEDICINE

with Edsel Tan, L.Ac.

Tuesday, October 25, 2011 | 6:30 – 7:30 pm

Tao of Wellness Santa Monica,

1131 Wilshire Blvd., Ste. 300, 90401

Stress seems to be inevitable in the modern world, but when does stress become harmful, and what can we do about it? Understand the effects of stress in the body and how to deal with it naturally with Traditional Chinese Medicine. Limited space. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

PRIVATE CHI GONG CLASSES

with Marc Gomez or Kumiko Yamamoto are offered at Tao of Wellness Santa Monica

1131 Wilshire Blvd., 3rd Floor, Santa Monica

For information: contact@taoofwellness.com

or call 310-917-2200

(Announcements continued on reverse side)

TAO OF WELLNESS - SANTA MONICA

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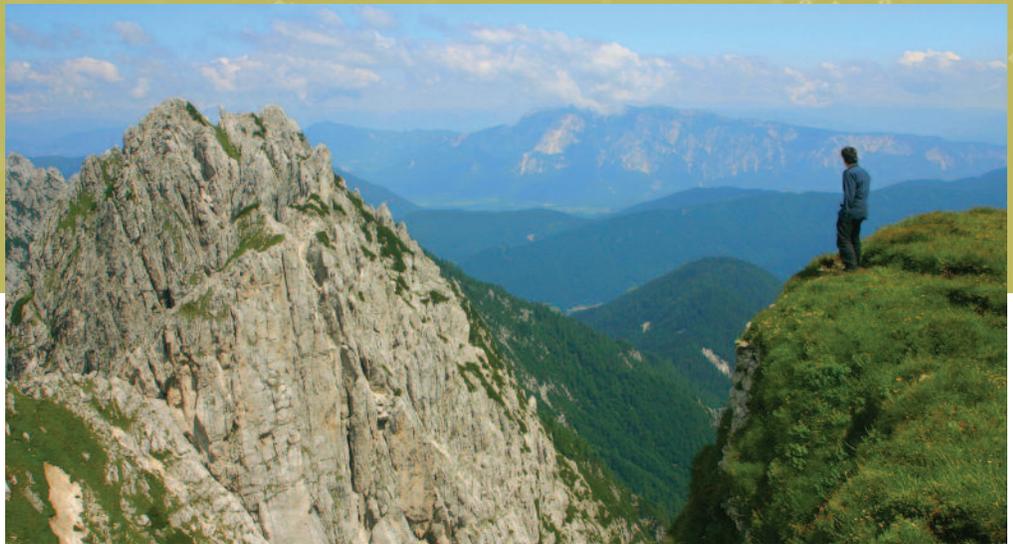
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TRANSFORMING EMOTIONS AS A PART OF THE HEALING PROCESS

by Marc Gomez, L.Ac., Dipl.O.M.

All physical health challenges have underlying emotional components. Optimal health is achieved through the integration of the mind, body, and spirit. An important part of the healing process is discovering the roots of emotional components, untangling and transforming them. Our emotions have a direct effect on our bodies' tissues and internal organs. When we get angry we tend to tense up, which can lead to muscle aches, pains, high blood pressure and eventually a heart attack or stroke. Stress has an obvious effect on our bodies. People usually hold the tension of their stress in their neck and shoulders or in their bellies.

An example that nearly everyone has experienced is what happens when we try to swallow immense grief. The effects can be felt immediately: you feel like there is a big lump in your throat, your chest feels tight and heavy, your eyes begin to burn, and you have difficulty swallowing or breathing. When signs like these occur, it means we are burying our emotions and these emotions do not just disappear. They tend to go somewhere in the body where they await consciousness and transformation. If these latent emotions are not addressed, they may lead to physical problems.

Physicians of Chinese medicine discovered long ago that sadness and grief are usually kept in the lungs and large intestine. Anger and resentment tend to be stored in the liver and gallbladder. Fear and anxiety usually end up in the kidneys and bladder. Worry and pensiveness have an affinity for the stomach and digestive system. Too much excitement or stimulation has a strong effect on the heart.

Acupuncture and meditation can help us to discover hidden emotions and accelerate the healing process. Often all it takes is a little awareness of where things are coming from to begin transformation. Deeper issues often require some form of psychotherapy or psychoanalysis to ensure transformation. Journaling, dream analysis, active imagination and creative expression of emotions through artwork are ways of initiating transformation. Exercise helps by dispersing and balancing emotions, but is not enough to transform them. Stubborn health conditions often require a combination of acupuncture, herbs, nutrition, exercise, meditation, lifestyle changes, and deep emotional work. Transform your emotions, feel well and thrive. ■

Awareness Meditation from Dr. Mao's book *Secrets of Longevity*

For one minute, close your eyes and be attentive to your breath. Is your breath fast or slow, shallow or deep, short or long? Can you feel your lungs and abdomen expand and contract as you breathe? Next, for one minute, expand that awareness to your entire body. Is there discomfort or pain anywhere? Can you feel your digestion working? How are you positioned? Can you feel the flow of energy and blood through your body? Finally, for one minute, expand that awareness to your outside environment. Experience the quality of light, sounds, odors and people nearby. How do you react to them? Record your observations in a notebook and review any changes that may require attention. ■

ANNOUNCEMENTS *(continued)*

GROUP CHI CLASSES offered at THE WELLNESS LIVING STORE

1412 14th Street, Santa Monica

Tuesdays, 6 - 7 pm: Harmony Tai Chi with Kumiko Yamamoto

Thursdays, 6:00 - 7:00 pm: Tao Yoga with Dr. Mao Shing Ni & Baylen Karl Slote

Fridays, 9:30 - 10:30 am:

Yin Section Harmony Tai Chi with Curt Callison
info@taoostar.com or 310-260-0013

PUBLIC CHI CLASSES AT YO SAN UNIVERISTY

13315 West Washington Blvd., Los Angeles

Join teacher Yamin Chehin for Chi Gong on Saturdays. She will be teaching the Eight Treasures at 9, followed by a session where she will teach methods to help relieve back and neck pain.

You may sign up for either or both.

Saturdays, 9:00 - 10:30 am:

Eight Treasures

Saturdays, 11:00 - 12:30 pm:

Relief for Back and Neck Pain

For information: 310-577-3000 www.yosan.edu

WELLNESS SHOP



QI MEDITATIONS - GUIDED VISUALIZATIONS FOR SELF-HEALING - AUDIO CD by Dr. Mao Shing Ni

Settle into a quiet, peaceful space and allow Dr. Mao to lead you through these guided meditation practices including: Inner Visioning - to assess your current health, Healing Meditations - for the five major organ networks, and Balancing Qi (Chi) - to boost your physical, emotional and spiritual well-being. \$19.95, CD



INDIGESTION

This herbal formula is useful for indigestion, bad breath, and belching. In Traditional Chinese Medicine, this classic herbal combination is formulated to 'reduce food stagnation and to harmonize the Stomach.' \$19.95, Capsules



HEALING ALCHEMIST

This blend of clove, lavender, eucalyptus, Andean orchid flower essences and gem elixirs works wonderfully well to freshen and clear any space for better healing from your car to your meditation room. \$22.00, 2 oz.

PURCHASE THESE FINE PRODUCTS AT:

THE WELLNESS LIVING STORE

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

TAO OF WELLNESS - Santa Monica

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

TAO OF WELLNESS - Newport Beach

359 San Miguel Dr., Ste 200, Newport Beach
949-706-7770 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

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



TREATING POISON OAK & IVY NATURALLY

By Thomas Boldt, L.Ac. (Adapted from Dr. Mao Shing Ni's book *Secrets of Self-Healing*)

At the height of summer, many of us are taking advantage of the sunny weather to explore the outdoors. While the local trails hold many natural wonders that enrich our senses and raise our spirits, there are also dangers lurking on the trail's edge. Perhaps the most notorious of these are those plants that with a casual touch can make us itch for days: Poison Oak, Poison Ivy and Poison Sumac. These plants contain an oil called urushiol, which is extremely irritating to human skin and may even produce an allergic reaction in some. Symptoms include severe itching, redness, burning pain and even oozing sores. This reaction can take as long as two weeks to dissipate. The itching can drive someone to the edge of reason, and if left untreated, can result in secondary infections from the scratching.

In Traditional Chinese Medicine (TCM), conditions like this are classified as toxic fire invading the skin. To treat it, we must clear the toxic fire to relieve the symptoms:

HOME REMEDIES

Wash the suspected area with soap and water thoroughly and launder your clothes. Make a poultice by crushing or blending some dandelion greens and mixing with a little honey and aloe. Apply to the affected area and change

every hour or so. Plantain leaves may also be crushed and used as a poultice. Calamine lotion and aloe help to soothe the itchiness as well.

DIET

Consume more foods that are cooling or cleansing in their nature like cucumbers, watermelon, winter melon, raspberries, grapes, olives, raisins, dark leafy greens, celery, broccoli, carrots, mung beans, adzuki beans, pearl barley, oats, seaweeds, water chestnuts, corn silk and brewer's yeast. Supplement with Beta-carotene (1,000mg), Vitamin C (1,000 - 2,000mg), Vitamin B complex, Zinc (50mg), along with the flavonoids Catechin, Quercetin, Hesperiden and Rutin (up to 300mg each).

Eliminate processed foods, artificial ingredients, refined or simple sugars along with spicy, hot, fried or greasy foods. Avoid, dairy, eggs, shellfish, wheat, tomatoes, eggplant, peanuts and processed soy.

Chinese Herbs taken internally and applied externally can be of great help, as can acupuncture to speed up healing, reduce itching and promote relaxation.

For more information, discuss with your acupuncturist, or check out the book *Secrets of Self-Healing* by Dr. Mao Shing Ni. ■



TAO OF WELLNESS SUMMER BEACH PARTY

Last month, we celebrated summer at the beach in Santa Monica with volleyball, frisbee, surfing and fun in the sun.