



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

INFINIChi ENERGY HEALING THERAPY

with Jason Moskovitz, L.Ac.

Thursday, April 16, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Learn about InfiChi, an energy healing therapy that complements acupuncture and is used for anxiety, nervousness, insomnia, mild depression, low energy and chronic pain. Jason will give live demonstrations and lecture on how it works and its healing benefits.

Limited seating. To RSVP, call 310-917-2200

POSTPARTUM NUTRITION AND SELF-CARE with Jessica Chen, L.Ac.

Thursday, May 14, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Do you ever wonder if food and lifestyle affect the way you heal and how you feel after giving birth? Well, it does! Please join Jessica Chen as she offers nutritional guidance and lifestyle suggestions to help you to recover quicker, get back into shape and ward off baby blues. To RSVP, call 310-917-2200

ANNOUNCEMENTS

MAY DETOX RETREAT AT TAO OF WELLNESS

May 29, 30 & 31ST

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

Details: www.taooofwellness.com

To register: 310-917-2200

THE AMERICAN FERTILITY ASSOCIATION

honors DR. DAOSHING NI with

The Visionary Award for his work

in Traditional Chinese Medicine & infertility.

Illuminations LA | Saturday, April 4, 2009

Contact: Lisa Van Ness at 888-917-3777

Drs. Daoshing & Maoshing Ni and

Yo San University present

HEALTHY AGING 2009: AN INTEGRATIVE WELLNESS & ANTI-AGING SYMPOSIUM

Friday, May 1- Sunday, May 3, 2009

May 1: Open to the public

May 2 - 3: Healthcare professionals only

Call Andrea Murchison, 310-577-3000

www.yosan.edu | support@yosan.edu

TAO OF WELLNESS

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Santa Monica, CA 90401

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www.taooofwellness.com

WELLNESS NEWSLETTER



Second Spring, Dr. Mao's New Book, Features Women's Revitalization Secrets

"Once again, Dr. Mao has shared with the world a natural way to provide our bodies with what they need to attain perfect health as we grow older and more beautiful."

— Jenny McCarthy, actress and author



We are proud to announce the publication of Dr. Maoshing Ni's newest book, *Second Spring: Dr. Mao's Hundreds of Natural Secrets for Women to Revitalize and Rejuvenate at Any Age* (Free Press; April 7, 2009). Dr. Mao

has created a tip-filled guide for women to enhance energy, sexuality and health during the second half of life. With uncomfortable symptoms of perimenopause—the premenopausal period—beginning as early as age 35 for some women, it's important to get ready for the big changes ahead!

In Chinese culture, where midlife and menopause are seen as a new season of great potential, the term for a woman's midlife transition is "Second Spring." Once the distractions of the householding, childbearing, and child-rearing years ease up, the Chinese see midlife as a time to embark on a new path of self-realization. In *Second Spring*, Dr. Mao invites women to experience midlife as the Chinese conceive it—as the time when a woman truly comes into her own. Offering nuggets of natural wisdom about

adjusting successfully to the inevitable physical, hormonal, and emotional changes of menopause, he encourages women to fulfill their innate potential and to give the world their true gifts.

Recommending magnolia to help with weight loss, Chinese moss to fight memory loss and facial exercises for wrinkle prevention, *Second Spring* provides natural solutions to common menopausal problems. Acupressure techniques can improve sleep and herbal supplements bolster brain power and soothe hot flashes. With exercises to express pent-up creative energy, readers can avoid developing painful fibroids.

Dr. Mao provides natural holistic remedies for every aging concern, including thinning hair, high blood pressure, low libido, varicose veins, and vaginal dryness—without the need for expensive surgery or worrisome hormone replacement therapy.

Employing age-old wisdom, *Second Spring* guides women who are entering midlife to be at their most vital, energetic and attractive. Available at Tao of Wellness, online at www.taooofwellness.com, or by calling 800-772-0222; \$17.95, paperback.

HEALTHY AGING NATURALLY

by Dr. Maoshing Ni, Ph.D., D.O.M., ABAAHF, L.Ac.

Although 50% of the population in the United States will be over 65 by the year 2025, aging does not have to mean lower productivity and quality of life. In order to stay healthier longer, many people are seeking

out the time-tested wisdom of Chinese Longevity Medicine. AGING MAY BE INEVITABLE, BUT POOR HEALTH IS NOT!

By the age of 40, people usually begin to experience a myriad of

aging maladies such as heart disease, diabetes, autoimmune disorders, obesity, arthritis, stroke, osteoporosis, Parkinson's disease and Alzheimer's disease. Others may simply feel tired, out

Continued on reverse side

HEALTHY AGING NATURALLY

(continued . . .) of shape, anxious, depressed and unfulfilled. While modern medicine has neglected to address the effects of aging in any meaningful and fundamental way, Chinese Longevity Medicine has been making qualitative differences in improving the undesirable effects of aging for centuries. Treatments range from acupuncture, herbs and bodywork to dietary supplements, detoxification and psycho-spiritual guidance. Treatments will promote regeneration and restore vitality by activating circulation, nourishing hormones, removing toxins and calming the nervous system.

You can begin to rejuvenate yourself right away with the following self-renewal activities:

■ **WHAT YOU EAT:** It is no surprise that diet is crucial to health and longevity. A diet that historically promotes longevity is high in fish and vegetables as well as mushrooms, seaweed, corn and buckwheat. It is low in animal products such as meat and poultry.

■ **WHAT YOU DO:** Tai chi practitioners live longer and remain healthier. Besides being enjoyable, tai chi makes you stronger. Recent studies have found that it increases energy, boosts immunity against viruses, lowers blood pressure and improves cognitive function among other benefits.

■ **HOW YOU HEAL:** Prevention is the key to maintaining good health. If healing is required, seek natural remedies that *first do no harm*. (For the complete article, visit www.taoofofwellness.com.) ■

WELLNESS SHOP



PASSAGES PLUS

Many women are wary of the potential problems caused by synthetic and bio-identical hormone replacement therapy. This herbal product is formulated to allay the discomfort caused by hormone imbalance and to address symptoms of aging. \$19.95, capsules



ENDURING YOUTH – THE ANTI-AGING FORMULA

Enduring Youth tonifies the body to reduce the effects of a stressful lifestyle. It supports the root force of life, hormone system reserve,

water metabolism, stamina and reproductive health. Traditionally used to strengthen the kidneys, bladder, endocrine system, and skeletal structure. \$19.95, capsules



ALLERGY TAMER

Traditional Chinese herbs carefully chosen to promote the temporary relief of nasal congestion, sneezing, itchiness and watery eyes. Includes Xanthium Fruit, magnolia and chrysanthemum flowers, and angelica root.

\$19.95, capsules

TO ORDER THESE PRODUCTS

www.taoofofwellness.com

Call 800-772-0222 or visit us at Tao of Wellness

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401



ALLERGIES: SPRING ROOT & BRANCH

by Edsel Tan, L.Ac.

In Spring, the axis of the Earth is tilted toward the sun and the length of daylight rapidly increases for the hemisphere closest to the sun. During this increase in daylight, trees and grass spring forth by dispersing pollen through the air currents.

A person's immune system may be hyperactive and may identify pollen as something harmful. From this moment on, the immune system will produce proteins called antibodies that will identify pollen as a pathogen. Pathogen-fighting chemicals such as histamine will be released into the blood stream. Increasing the permeability of the capillaries to white blood cells and other proteins, histamine allows an engagement with foreign invaders, i.e. pollen, in the affected tissues. The result is the annoying symptoms of pollen allergy: runny nose, nasal congestion, watery/itchy eyes, sneezing, cough, itchy nose, itchy mouth, itchy throat, sinus pressure, a decreased sense of smell and taste, insomnia, fatigue and irritability. Decongestant drops, antihistamine drugs and corticosteroid drugs are often used to relieve the most severe superficial symptoms temporarily. But what about the root cause?

Have you ever seen someone overreact to the pettiest issues? At first, the aggression and

hostility is intimidating. But if you explore more deeply, you may find an underlying weakness. This also holds true for the human immune system. At first, it appears to be hyperactive, maybe overly efficient in fighting foreign invaders. But there is an underlying weakness. Since pollen is harmless to the human body, the fact that the immune system acts so aggressively to destroy pollen is an indication that the immune system is acting inappropriately. This inappropriate hypersensitivity indicates that the immune system is weak. Its overreaction to pollen is counterproductive to overall harmony and homeostasis, weakening the body. Factors such as genetic predisposition, diet, mental stress, and consistent exposure to environmental toxins should be taken into consideration when seeking a cause and a cure.

One way to get to the root weakness is through Traditional Chinese Medicine which entails comprehensive evaluation, diagnosis, a treatment plan, acupuncture, a custom herbal formula, nutritional modification and lifestyle counseling. Through this healthcare modality, we are able to relieve the excessive symptoms while strengthening the underlying deficiency.

We call this treating the root and branch. ■

Create WELLNESS During the MENOPAUSAL TRANSITION

by Daoshing Ni, Ph.D., D.O.M., L.Ac., ABORM

Many women begin their journey toward menopause long before they reach 50. Some of the symptoms of perimenopause begin to manifest in the 40s. These symptoms can be warm flashes, menstrual irregularity, weight gain, hair loss, dry skin, decreased libido, fatigue, disturbed sleep, increased body hair, increased premenstrual tension such as moodiness, breast tenderness and constipation. By addressing these symptoms early on, you can balance your body's endocrine system and prevent major health issues associated with menopause.

While it was once common to attempt to replace hormonal deficiencies with synthetic hormones, this is no longer the gold standard for menopausal treatment. There are alternatives that can be as effective without the increased risk of breast cancer, coronary heart disease, and stroke. Even with severe symptoms of menopause, many women have chosen to tolerate the symptoms rather than have hormonal replacement therapy (HRT). You can decrease these symptoms by examining and



improving four aspects of your life: exercise, dietary intake, sleep patterns and stress level.

However, symptoms such as loss of mental clarity, moodiness and vaginal dryness can be debilitating and difficult to ignore. Many women come to Tao of Wellness seeking an alternative to HRT that will take into account their specific needs and conditions. Our approach comes from the understanding of total

wellness of your body and spirit, including genetic tendencies, current health status, symptoms, and lifestyle. Our goal is not merely to help you deal with your symptoms, but also to encourage wellness and to slow down the aging process.

The key to a smooth menopausal transition is to become aware of subtle changes in your body, taking care of them before the symptoms become acute. For more information, please speak with your Tao of Wellness practitioner. (Go to www.taoofofwellness.com for the complete article.) ■