



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURE

DIET AND NUTRITION FOR CHILDREN

with Andrea Thorpe

Tuesday, January 13, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Learn how dramatically diet affects the chemistry of our children's bodies, leading to behavior, attention and peer interaction issues.

ANNOUNCEMENTS

TAO OF FERTILITY CHI GONG WORKSHOP (Level 1)

with Barbara Wolff

Sundays: December 7, 2008

& January 11, 2009

Tao of Wellness | 1 – 4:30 p.m.

Tuition: \$100.00

Learn Dr. Dao's meditative breathing exercises and simple chi gong movements to relax your whole body and gently warm and nourish your fertile garden.

TAI CHI, CHI GONG, & DAO-IN CLASSES

at Yo San University of Traditional Chinese Medicine

6-week community classes begin

December 1, 2008,

Chi Exploration Survey Course:

3-week session begins December 1, 2008

Introduces Ni family movements

Details at www.yosan.edu

Call Penny Weinraub at 310-577-3000

Email: support@yosan.edu

JANUARY DETOX RETREAT

with James Evans

January 23, 24 & 25 at Tao of Wellness

Details: www.taoofofwellness.com

To register: 310-917-2200

This retreat is designed to rid your body of toxins by activating your body's powerful cleansing systems.

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

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

www.taoofofwellness.com

WELLNESS NEWSLETTER



❀ Happy holidays from all of us at Tao of Wellness! ❀

CELEBRATING THE HOLIDAYS: Five Essential Tips

by Maoshing Ni, Ph.D., D.O.M., ABAAHP, L.Ac.

The holidays can be a time of joy, love, family and friendship. Between the demands of traveling and socializing and the emotional aspects of meeting with family, holidays can also be taxing. At family gatherings, emotions from the past may come up. The abundance of sugar and alcohol, paired with decreased daylight can heighten emotional reactions and stress. Consider these measures to heighten your joy!

1. Lighten Up: Most of us make our holiday plans first and then figure out how we're going to manage the logistics. This sort of over-commitment and attempt to please everyone is sure to lead to stress and hurt feelings. Realize your limitations first and cut back on the commitments on your calendar.

2. Be in the Present: Start off your day with the intention to be aware and in the present. Create an affirmation such as, "Today I want to be clear in my mind, so that I can make the correct decisions. I want to be healthy and connected to my loved ones and myself." When you start with awareness, you will enjoy a healthy outlook and a good mood.

3. Naptime: Unfortunately, adults are often woefully unaware of the impact of stress on their

emotional lives. Rest and relaxation are crucial for renewal and balance, and never more than during the holidays. You can benefit from structured times for relaxation. Even a 15-minute nap or meditation session can reinvigorate you.

4. Be Thankful: Sometimes when you are in a bad mood, it helps to put your life in perspective. If your basic needs are being met, be thankful. If you are surrounded by friends and loved ones, be thankful. Add up everything you are thankful for and see if your mood doesn't improve.

5. Meditation: You can meditate anywhere and at any time; all you need is a quiet corner. A great method to decompress and melt tension, meditation is also practiced as a tool for inner peace and spirituality.

Try my Stress Release Meditation. Slow down and deepen each breath. With every exhalation, mentally utter the word "calm" and breathe out tension from each part of your body. Release the remaining tension through the soles of your feet and your toes. You will be amazed at how energized you feel! (Available on CD. See Wellness Shop on page 2.) ■



Trying to think of special gifts for very special friends or family members?

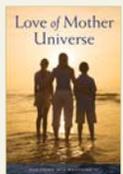
Giving a Tao of Wellness Gift Certificate will create a loving, healthy beginning to the New Year and an introduction to a lifetime of wholesome, joyous living! Gift Certificates may be purchased throughout the year.

Cosmetic Acupuncture Improves Appearance and Overall Health

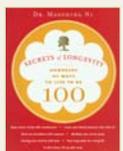
Cosmetic acupuncture is a natural answer to cosmetic improvements for women. Although not well known in the United States until recently, it has been used for centuries in China by empresses and the wealthy. Cosmetic acupuncture is safe and effective in treating surface appearance as well as underlying conditions associated with overall health and the aging process. The way a person ages reveals a person's internal health as exterior conditions can be the result of interior imbalances.

Different areas on the face represent different organs. For example, the kidneys are represented under the area of the eyes. A person may have a kidney imbalance if there are bags or discoloration under the eyes. The mouth represents the stomach and the digestive system, and the cheeks represent the lungs. Acupuncture treats the body as a whole by treating both the symptoms and the root conditions. Discuss your individual needs with any Tao of Wellness practitioner for a customized program, including cosmetic acupuncture, nourishing diet, rejuvenating herbs and topicals like Regenerating Cream. (See Wellness Shop) ■

WELLNESS SHOP



LOVE OF MOTHER UNIVERSE
NEW! by Hua-Ching Ni. Imagine a life without artificial goodness, fear, or social divisions. Learn to honor the universe's natural rhythms, subtle laws and sacred unity. \$19.95, paperback



SECRETS OF LONGEVITY: HUNDREDS OF WAYS TO LIVE TO BE 100
Dr. Mao's best-selling book—a classic already! Each beautifully-designed page is a simple and unusual way to live healthier and longer. \$14.95, paperback



MEDITATION FOR STRESS RELEASE, narrated by Dr. Mao. Achieve a state of relaxed body, tranquilized mind and restored spirit within ten minutes of simple breath/mind exercises. \$12.95, CD



REGENERATING CREAM
Formulated to nurture the skin cells, this exquisite and rich herbal emollient balances the subtle qualities of the skin. \$22.95, cream



HANGOVER
Used in China for centuries, this traditional herbal formula prevents symptoms of hangover from inebriation. Take the product at bedtime. \$19.95, capsules

TO ORDER

these products or for more information:

www.taofwellness.com;

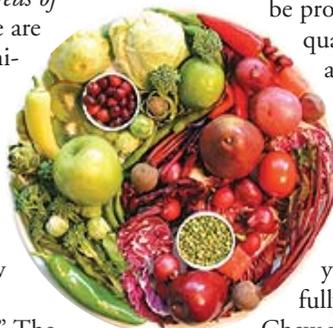
call 800-772-0222; or visit **Tao of Wellness** or **Yo San Books**, 13315 W. Washington Blvd., Los Angeles, CA 90066

Be Merry with MINDFUL EATING

by Edsel Tan L.Ac.

Take this opportunity to celebrate the holiday season with mindful eating.

First, if you are having a buffet, try designing your plate by paying attention to the colors of the food. Dr. Maoshing Ni explains in his book, *Secrets of Longevity: Hundreds of Ways to Live to Be 100*, "... there are five elemental energies in our universe as well as within our bodies. These energies are represented by wood, fire, earth, metal, and water. Each of these symbols also corresponds to a color. Wood corresponds to green, fire to red, earth to yellow and orange, metal to white, and water to black, blue and purple." The colors of fruits and vegetables also correspond to the specific antioxidants that each one offers. Keeping this in mind as you choose your food, you will create a plate that is vibrant and rich in color and nutrition.



The texture of food is also important, as each texture represents a primary food group. Lean animal protein, grains, vegetables, fruits, legumes, nuts, seeds, oils, herbs and spices are the food groups in a healthy meal. Appreciate the food groups that offer nutritional value essential to your well-being such as plants,

grains, and legumes. If available, include sweet potatoes and yams for a sweet, nourishing taste with high nutritional value.

The third factor in your plate design is proportion. Each primary food group should be properly represented, and the quantity should be just the right amount to provide optimum nourishment. Overwhelming the digestive system with overeating can weaken it.

Take a moment to enjoy the blend of aromas coming from your food. When you eat, be fully present and savor every flavor.

Chew your food well as chewing is pleasurable and healthy. Chewing around thirty times before swallowing allows you to predigest your food which results in the optimum absorption of nutrients.

At the end of the meal, allow yourself to be nourished and satisfied. Be aware of the stretch receptors of the stomach as they tell your mind that you have consumed enough. Enjoy this feeling. Finally, take the opportunity to be thankful for those who prepared the food and for the friends and family who joined the feast to celebrate the holiday season. ■

Dr. Dao's Practices for Healthy Holidays

Eating right during the holidays can mean a happier New Year! Here are a few pointers for practicing a healthy lifestyle!

1. Eat more vegetables, including the dark leafy ones like spinach, chard, and kale.
2. Watch that bread and pasta! Eat grains moderately, and less baked and fried food.
3. Smart eating out! Order only what you can eat.
4. Eat on a regular basis! Don't skip meals.
5. Exercise or do physical activity: chi gong, biking, running, hiking, going to the gym.
6. Reduce dairy intake! Opt for low-fat dairy products.
7. Sugar! Sugar! Be conscious of the sugar you eat, and eat less.
8. Use the right oil (canola or olive), moderately. Fats contribute to weight gain.

If you need help in learning to eat right, please talk with your Tao of Wellness practitioner who can provide you with a customized plan.

Hangovers: Avoiding the Morning Misery

We hope you enjoy the holidays without experiencing alcohol overdose. But if you do, here are some healthy tips.

To prevent hangover: Drink ginger tea along with the alcohol to keep your stomach settled. Thinly slice a 2-inch piece of ginger, boil in three cups water and simmer for five minutes. Or you can buy ginger tea in health food stores.

Heal your aching head: Next morning, try drinking this herbal tea that reduces head pressure. Boil 2 tbsp. each of chrysanthemum flowers and mint leaves (or our Internal Cleanse Tea) in 4 cups of water for 15 minutes. Drink throughout the day. Or make a compress of lavender essential oil added to warm water.

Take Hangover, our traditional herbal product. (See Wellness Shop to the left.)

Remember—always drink responsibly, and do not drink and drive!