



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

MEDITATION FOR HEALING

with James Evans

Wednesday, February 4, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Learn how meditation can facilitate healing and release stress. This meditation includes visualization techniques specific for effective healing. To RSVP, call 310-917-2200

HOW ACUPUNCTURE WORKS

Edsel Tan, L.Ac.

Tuesday, March 17, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

Acupuncture is an ancient healing art that is consistent with modern biomedical principles. In this lecture Edsel explains how acupuncture merges with the current scientific knowledge of human physiology. To RSVP, call 310-917-2200

ANNOUNCEMENTS

Drs. Daoshing and Maoshing Ni host
Young Presidents' Organization
Yo San University | February 5, 2009

TCM MANAGEMENT OF INFERTILITY

taught by Dr. Daoshing Ni

Continuing Education Course
Sunday, February 15, 2009

Yo San University | 9:00 a.m. – 1:00 p.m.

Topics include formulating and developing a treatment plan including herb and acupoint selection, drug/herb interactions, side effects of fertility drugs and treatment of specific gynecological conditions.

Details: www.yosan.edu or 310-577-3000.

SPRING CLEANSING DETOX RETREAT

March 27-29th, at Tao of Wellness

Details: www.taoofofwellness.com

To register: 310-917-2200

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

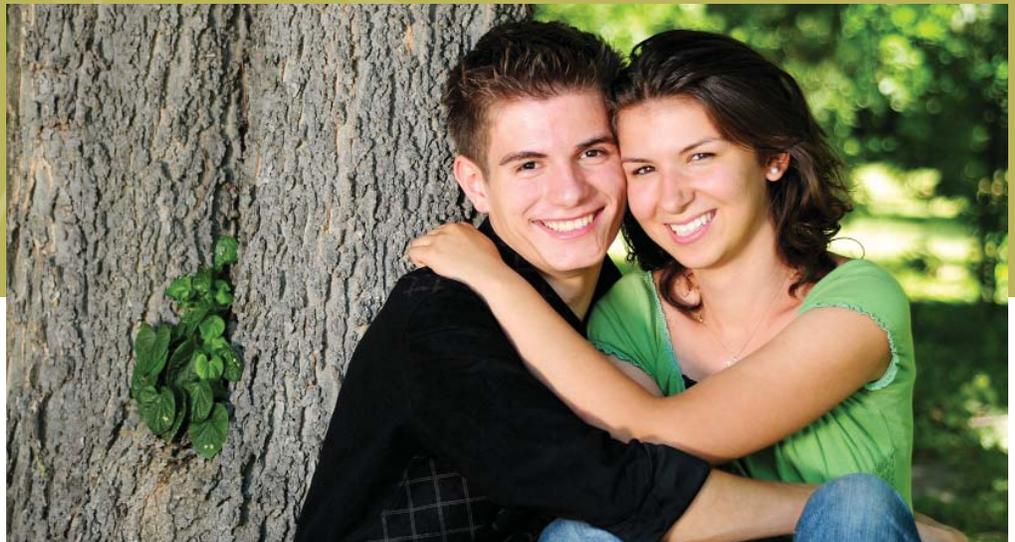
TAO OF WELLNESS

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GOOD LOVING FOR HEALTHY LIVING

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

Did you know that love not only gives meaning to your life, it brings health benefits? Human touch, long recognized as a powerful technique, increases the production of endorphins, growth hormone, and DHEA, all of which lengthen your life span and lower the negative impact of stress. Studies have also found that patients who are regularly touched recover faster than those who are not touched. So give that special someone a hug or massage and feel both of your moods—and health—improve.

Centenarians are loved and cherished by their family members; studies show that people that have happy family lives tend to have a longer life span with fewer illnesses. A meaningful relationship with your family does not come automatically, but investing in your relationships will give you a life rich in love, respect, and a sense of belonging. Fill your family with happiness based on trust, mutual help, love, peace, listening, sharing, humility, honesty, and fairness.

So if love equals health, how do we manifest love? Share your time, energy, and self with your

loved ones. Look for ways to give back to them and make them happy. For instance, you might cook a meal or do the dishes as a pleasant surprise. Or you might send them a card, listing all of their many special qualities. A gift does not need to be elaborate or expensive, but it should show that you care and appreciate them. As you give freely of your love, you will receive meaningful love in return.

To treat a partner, you might prepare a sensual candle-lit dinner with a glass of wine to warm up the yang energy. Romance can have a powerful effect on a person's emotions and can instantly arouse sexual desires.

As Chinese research indicates, correct sexual practices yield tremendous physical and emotional benefits that include increased circulation, balanced hormonal production, relaxation, greater vigor, and a good mood. For greater satisfaction, it is important to gauge your partner's mood, energy, and needs so that you may accommodate them. You will find that healthy sexual intimacy is nature's fountain of youth.



Light Your Fire!

The foods you eat can affect your libido. Warming and pungent, the following foods help activate the body's fire energy: garlic, onion, scallion, leek, chives, ginger, cinnamon, fennel, cardamom, anise, turmeric, cayenne pepper, black pepper, and horseradish.

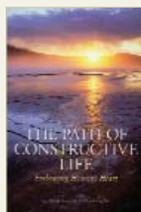
To enhance your desire, cook up this time-tested recipe: Make chicken broth by boiling chicken stock with turmeric, cayenne pepper, onion, leek, chive, and ginger. Have at least one bowl daily.

Did You Know?

Research has shown that acupuncture can be beneficial to people with severe heart failure. By reducing the pressure on the heart, acupuncture decreases activity in the sympathetic nervous system regulating involuntary movements such as heartbeat and blood pressure. Scandinavian studies have shown that acupuncture can increase the heart's working capacity, reducing pain and the need for medication.

In Chinese medicine, chest pain and heart failure have different causes. The basic cause of chest pain is obstruction of the circulation of chi and blood. Deficient patterns include weak circulation of blood with increased viscosity which causes stagnation. Excess patterns include pathogenic substances which block chi and blood circulation. ■

WELLNESS SHOP

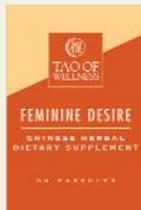


THE PATH OF CONSTRUCTIVE LIFE: EMBRACING HEAVEN'S HEART

by Hua-Ching Ni & Maoshing Ni. Remarkably simple, this work gives fresh direction and effective practices for achieving

sexual harmony, emotional well-being, protection from harmful influences and a universal soul.

\$19.95, paperback



FEMININE DESIRE contains warming herbs used in Traditional Chinese Medicine to kindle the fire, aromatics used to enhance the senses, traditional Yang tonics to encourage intense focused interest, and herbs that unblock

and free Liver energy for the enjoyment of natural feminine chi. \$24.95, capsules



DRAGON MALE is a traditional Chinese medicine herbal formula whose thrust is to boost the Yang, stimulate masculine Chi, nourish the fire, boost endurance and bring all the components of male

sexuality into enjoyable and satisfying natural harmony. \$24.95, capsules; \$19.95, elixir

MASTERING THE FIVE POWERS for Joy and Peace in Your Life

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

The Path of Constructive Life is a paradigm for happy, healthy and prosperous living. It teaches that the source and path of a peaceful, healthy life of universal harmony lies in the constructive engagement of each person with Mother Nature. Natural conditions provide for the health of all people. Those who wish to enjoy a peaceful, healthy and bountiful life may choose to master the Five Powers. By achieving health of body, mind, spirit, morality and finance, you will have the power to manifest your life the way you envision.

The Five Powers

PHYSICAL HEALTH

A person is physically productive and responsible for their own health by engaging in longevity and wellness practices. They live a constructive lifestyle and refrain from indulging in negative habits or interests.

MENTAL HEALTH

A person becomes mentally positive and constructive by balancing their mind and emotions. They develop an educated but

unprejudiced mind that does not engage in destructive emotions and negative attitudes.

SPIRITUAL HEALTH

A person gains a pure and open spirit through continual self-development and the performance of service to the world.

MORAL HEALTH

A person practices universal morality and nurtures constructive relationships. They treat and serve all people equally, positively and kindly.

FINANCIAL HEALTH

A person enjoys a bountiful financial life through the application of sound fiscal practices that do no harm to others. They live within their means and share their abundance with those less fortunate.

These Five Powers provide the way to live a good life, fulfill personal duty, and achieve social responsibility. A person who attains the Five Powers lives in tune with the constructive nature of the universe and experiences peace, happiness and abundance in life. (To learn more about the Five Powers, visit www.collegeoftao.org). ■

The CHALLENGE of a HEALTHY HEART

by Edsel Tan, L.Ac.

The heart is the monarch of all organs. It pumps blood every moment of our lives, nourishing our living tissues with nutrients and oxygen. Pumping is caused by a flow of electricity through the heart that cyclically repeats itself. Nurturing the heart nurtures the body as a whole. This is a challenge in today's society as heart disease is one of the leading causes of illness.

A healthy heart is determined by both uncontrollable and controllable factors. Uncontrollable factors are hereditary. Controllable factors include diet, exercise, and other lifestyle choices. The two factors are interrelated, since modifying controllable factors can help maintain uncontrollable factors, such as a genetic predisposition to heart disease.

The heart is the primary organ of our cardiovascular system which includes a vast network of arteries and veins that work together delivering oxygen-rich blood to the body and oxygen-poor blood to the lungs. In order to keep the heart healthy, we need to keep this vast network of arteries and veins healthy.

The food we consume determines how our genes are expressed. Eating healthy foods sets the causes and conditions for our genes to express themselves through an optimum physiology.

Living according to our most fundamental nature is the foundation of radiant health.

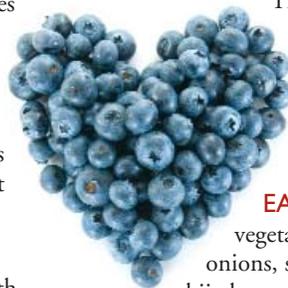
The following is recommended:

AVOID—high fat, high cholesterol foods, caffeine, tobacco, alcohol, chocolate, sugar, butter, red meat, fried foods, soft drinks, spicy foods, white flour.

EAT—fiber, brown rice, pearl barley, vegetables, fish, turkey, chicken, garlic, onions, sea cucumber, lotus root, seaweed, shiitake mushrooms, black fungus, Chinese black dates, hawthorn berries, cassia seeds, chrysanthemum, vinegar, water chestnuts, mung beans, lecithin, raw nuts, olive oil.

A consistent program of 45-60 minutes of moderate exercise on most days of the week strengthens the heart by lowering blood pressure, reducing body fat, lowering the risk of diabetes, and reducing the risk of heart attack and stroke. People who are sedentary in their daily lives are more likely to have heart disease compared with people who are active. Obesity is a major factor in heart disease.

Finally, a healthy mindset that is not attached to stressful, anxious, negative, angry or hostile thought patterns reduces the causes and conditions for *dis-ease*. Let's stay positive, be true to ourselves, and take good care of our hearts. ■



TO ORDER THESE PRODUCTS

www.taooftwellness.com

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

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