



TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

FREE PUBLIC LECTURES

DIET AND NUTRITION FOR CHILDREN

with Andrea Thorpe, L.Ac.

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.

MEDITATION FOR HEALING

with James Evans, L.Ac.

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.

ANNOUNCEMENTS

JANUARY DETOX RETREAT

January 23, 24 & 25 at Tao of Wellness

Details: [www.taoofwellness.com](http://www.taoofwellness.com)

To register: 310-917-2200

Start your new year by activating your body's powerful cleansing systems to rid yourself of toxins that prevent you from being strong, healthy and vital.



At our holiday party, Marka Meyer, Manager, Yo San Bookstore, and Kety Niculescu, Assistant Accountant, Tao of Wellness, received their certificates of appreciation and gifts honoring their 10 years of employment.

TAO OF WELLNESS

1131 Wilshire Boulevard, Suite 300

Santa Monica, CA 90401

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

[www.taoofwellness.com](http://www.taoofwellness.com)



Lion dancers during a New Year's celebration

THE YEAR OF THE OX – 2009

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

Welcome to the Chinese New Year of the Ox, which begins on January 26, 2009, according to the Chinese lunar calendar. Many people who paid attention to last year's forecast told me they benefited from avoiding some of the pitfalls I warned about. The system of forecasting that I use is based on ancient Taoist energy science that looks at the dynamics of elemental and cosmic influences. Its usefulness lies in guidance that helps us avoid negative impacts while encouraging us to utilize positive trends. I hope that in this time of turmoil and instability, this forecast will help you and your family weather the storm. Like all storms, though destructive and fearsome, this one shall eventually pass, and peace and contentment will be restored once again. The key is to cultivate your strong roots to withstand the tempest.

2009, the Year of the Ox, is represented by two elements—double Earth. The energetic characteristic of Earth element is one of patience, harmony and charity. Like in a garden, symbol of the Earth element, hard work, persistence and patience yields a bountiful harvest. Similarly,

an ox steadily and methodically plows the field. Then, crops are produced that can be shared with those less fortunate. My advice this year is to return to the basics, and literally and figuratively, reconnect with and take care of our planet Earth. It is a time to heal and rebuild from natural and man-made disasters and breakdowns. We must peacefully bridge international, cultural, religious and political divisions. Enlightened leaders will be required to come together to accomplish the difficult tasks ahead, as global warming and the financial storm have touched every part of the world and affected every person. With cooperation, dedication and commitment, there is nothing that is impossible, although we need to temper our expectations with patience.

On the health front, the Earth element is represented by our digestive and metabolic systems. In 2009 pay special attention to your stomach, spleen, pancreas and intestines by reducing alcohol, caffeine, refined sugar, excessive dairy intake, heavy meats and processed foods. We have gotten

*Continued on back side.*

Drs. Daoshing & Maoshing Ni invite you to  
Celebrate the Year of the Ox  
Sunday, February 1, 2009 | 9:45 a.m. - 3:00 p.m.

YO SAN UNIVERSITY – 3RD FLOOR | 13315 WEST WASHINGTON BLVD. | LOS ANGELES 90066 | (310) 577-3000

Please arrive before 9:45 a.m., bringing a seating cushion! For the potluck, please bring your favorite festive, healthy dish or beverage. Instruments can be played as background music during lunchtime. We look forward to ushering in the New Year with you!

Renewal Ceremony & Lion Dance: 9:45 a.m. – 12 p.m.

Potluck Lunch & Entertainment: 12 p.m. – 1 p.m.

Yo San University Open House & Demonstrations: 1 p.m. – 3 p.m.



far removed and disconnected from the sources of our food because of modern agricultural techniques, factory processing and distribution that begins thousands of miles away. Consequently, people's state of health has suffered, including increased incidences of heart disease, diabetes and cancer. Look out for conditions like gastric reflux, gastritis, ulcers, small bowel bacterial overgrowth, irritable bowel syndrome, constipation, diarrhea, polyps or cancers of the digestive track, diabetes, obesity or anorexia, and muscular problems.

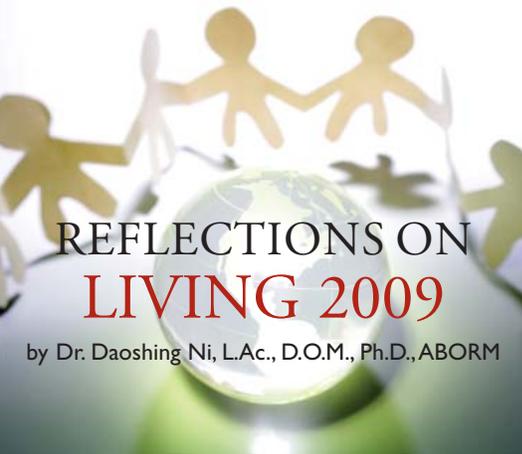
A return to Earth literally means eating more wholesome foods like whole grains, vegetables, fruits, beans, legumes, nuts and seeds that are

locally and organically grown. Special emphasis should be placed on antioxidant-rich foods that lower your risk of cancer such as broccoli, cauliflower, brussels sprouts, cabbage, shiitake and maitake mushrooms, berries, yam, sweet potato, asparagus, beets, carrot, avocado and seaweed. Cook with herbs like dill, oregano, cilantro, rosemary, sage, bay, anise, fennel, cardamom, basil and coriander. Digestive enzymes and high-potency probiotics can also be added to your diet to enhance your digestive and immune functions. (See Wellness Shop below.)

The year 2009 is a "back to the basics" year of taking care of ourselves, our family and our environment. Seek to resolve conflicts, and promote peace and harmony in relationships.

Work diligently and consistently to rebuild financially, and cultivate spiritually by doing charitable acts and service to the less fortunate. Help restore universal values of respect, compassion, moderation, harmony and self-responsibility in our lives and in our communities. These are the attributes that are the basis for a happy and constructive life outlined in the books, *Path of Constructive Life* and *Love of Mother Universe* written by my father, Hua-Ching Ni, and me. We invite you to read these and other of our published works as they will help you achieve your true life.

For Dr. Mao's complete article, including financial predictions for 2009, please visit [www.taofwellness.com](http://www.taofwellness.com).



In 2009, let's keep our life simple by looking at the things that truly help us to be happy and more peaceful. For each of us, that may be different. For some, it may mean reading spiritual books like the *Tao Teh Ching*; for others it may mean exercise, tai chi, or meditation. Every day, try doing something that makes you feel free and happy.

This year, spend more time with family and friends. Also, be more intimate with yourself. Spend time in spiritual reflection or take an inner inventory. Do things you always wanted to do but didn't have time. Timing is everything. In essence, time is how we feel about the world and ourselves. Become deeply aware of your life stage and where you are. If it's time to have a child, look at ways to have a child, and don't delay. In other words, there is no reason to delay living!

Take your health into consideration. Do not skip physical exams. Now is the time to do things that make you healthier and prevent large expenses later.

During times of upheaval, manage your stress level. Watch media judiciously, and don't watch the news while eating. There is such a thing as too much news. Focus on the task in front of you while not overdoing things.

Our behavior needs to reflect conservation, frugality. Don't waste, and don't consume excessively. To have good mental health, reduce the clutter around you. Get rid of things you don't need and donate your extra possessions to agencies so others can use them. Less is more. This attracts abundance because emptiness creates the ability of new things to come in. ■

## WELLNESS SHOP



**I CHING: THE BOOK OF CHANGES AND THE UNCHANGING TRUTH** by Master Hua-Ching Ni. Learn some of the ancient knowledge that Dr. Mao uses to make his new year's forecasts. Use the

sixty-four hexagrams as a predictive tool to enhance your life and reconcile your spiritual and physical selves. New Year's Special! \$31.50, hardcover



**HIGH POTENCY PROBIOTICS** supplement, containing 12 billion organisms, has been shown by independent shelf testing to contain viable and safe bacteria ensuring proper recolonization of healthy intestinal flora. \$33.00, capsules



**TOTAL-GEST DIGESTIVE ENZYMES** is a full-spectrum enzyme formula specifically prepared to supply the widest range of useful digestive enzymes that help break down foods,

absorb nutrients and prevent indigestion, gas, and bloating. \$30.00, capsules

### TO ORDER THESE PRODUCTS:

[www.taofwellness.com](http://www.taofwellness.com);

call 800-772-0222; or visit **Tao of Wellness**

1131 Wilshire Boulevard, Suite 300  
Santa Monica, CA 90401



## Keys to a Healthy Winter Lifestyle

by Jessica Chen, L.Ac.

"During the winter months all things in nature wither, hide, return home, and enter a resting period. This is a time when yin dominates yang."

— *The Yellow Emperor's Classic of Chinese Medicine*

**T**hinking of winter, one recalls family gatherings, holiday parties, big bold foods, warm ciders, thick socks, chilly weather and, of course, cold and flu. How do we take care of ourselves, mentally and physically? By living according to nature, eating seasonal foods and keeping life simple.

**FOOD** — During winter, our body craves foods that are heartier because they warm the body and strengthen the immune system. Eating cold and raw foods should be limited as they bring down your body temperature. Try eating soups and stews, roasted nuts and seeds.

**EXERCISE** — Even though we naturally slow down during this time, we should still do gentle exercises to keep our circulation flowing, immune system strong, muscles stretched and joints lubricated.

**SLEEP** — Wintertime is a good time to conserve your energy. This is the time you want to go to

bed a little earlier and sleep a little longer. Let your body recharge. Snuggle up with your loved ones, a pet or a warm pillow, and snooze!

**MEDITATION** — Give your mind some quiet. With less stress comes better sleep, which leads to a stronger immune system. Take five minutes minimum daily to sit in complete stillness and quiet—and breathe.

**SELF-REFLECTION** — The stillness of the winter season is a good time for self reflection and taking a good look at *you*. Traditionally, people have made New Year's resolutions in January which is a form of self reflection, as is writing in a journal.

According to nature, our bodies are meant to slow down and conserve energy during the winter. Times have changed, but the basic principles should not. Keep in mind winter's wisdom in order to stay healthy throughout the new year! ■