



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

INFINIChi ENERGY HEALING THERAPY with Jason Moskovitz, L.Ac., Dipl.O.M.

Tuesday, June 23, 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 its healing benefits. Limited seating. To RSVP, call 310-917-2200

ANTIBIOTIC OPTIONS

with Andrea Thorpe, L.Ac.

Thursday, July 30, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

During this in-depth discussion, you will gain knowledge about the pros and cons of using antibiotics. Learn how the effective use of Traditional Chinese Medicine can result in a decrease in the need for antibiotic medication. Limited seating. To RSVP, call 310-917-2200

ANNOUNCEMENTS

DR. MAO'S JUNE LECTURES:

(For details, visit www.taooofwellness.com)

June 27-28: Keynote speaker for National Qigong Association Conference, Monterey, CA

June 4: "Healthy Aging" / St. John's Hospital

June 3: *Second Spring* / Jewish Education Fndn.

DR. MAO'S RECENT MEDIA INTERVIEWS:

May 13: In New York City:

Good Morning America Radio, Better TV

April 17: *Second Spring* / KTLA Morning Show

April 16: Fibromyalgia / KCAL, *The Doctors*

(Go to www.taooofwellness.com to

view KTLA and KCAL interviews)

Join Dr. Maoshing Ni & Phillip Christman

PATH OF CONSTRUCTIVE LIFE

COACHING WORKSHOP

Atlanta, GA | June 13-14, 2009

Work on your own spiritual cultivation and learn how to help people identify which of the Five Healths (physical, mental, spiritual, moral, financial) is out of balance in relation to a problem or a goal they want to reach.

Cost: \$199 | Contact: julianeg2003@yahoo.com

TAO OF WELLNESS

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www.taooofwellness.com

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We congratulate James Evans, L.Ac., and his wife, Barbara Wolff, who are opening the first Tao of Wellness satellite center.

FAREWELL TO JAMES EVANS and a New Beginning

Dr. James Evans, L.Ac., will be leaving Tao of Wellness at the end of June, 2009. He and his wife, Barbara, are going to Perth, Australia—where they are from originally—to open the first Tao of Wellness satellite center. Barbara has taught chi gong privately, in groups at Tao of Wellness retreats and for Yo San University classes. Please join us in congratulating them! Updates on the satellite center will be forthcoming.

We would like to take this opportunity to thank Dr. Evans for his contributions and dedication to Tao of Wellness over the past three years, first as a fellow and then as an associate. His contributions include: directing the Detox Retreat Program with great success and accolades from participants, being a valued member of the Tao of Wellness healing team and sharing his clinical experience with new fellows and staff. His physical presence will be missed by all of us. Rest assured, he will still be part of our organization as he will participate via teleconference in our weekly case reviews and continuing education lectures with members of our healing team.



A SHORT HISTORY

James first met Hua-Ching Ni, Drs. Dao and Mao's father, 15 years ago. Master Ni was giving a public class on spirituality and health while promoting his recently published book. James says, "I was inspired and touched not only by his words but by his energy. A few things he said really turned my life around."

James read Hua-Ching Ni's books, bringing the principles into his life. "My surroundings began to change and new opportunities opened up while old chapters of my life began to close," says James. "I met my wife, Barbara, and later came to Yo San University to study Traditional Chinese Medicine." When he graduated, he was offered a fellowship at Tao of Wellness.

"Over the past three years I have loved working as a member of such a wonderful healing team and seeing many patients," James states. "From them, I have learned that healing is not a destination; it is a path, much as life is a path or process." ■

DR. DAOSHING NI beams after receiving the Joyce M. Vargyas M.D. Visionary Award from actress Jennifer Beals at the American Fertility Association's 7th Annual *Illuminations LA* event on April 4, 2009.

Dr. Dao received the award for his work with Traditional Chinese Medicine in the fields of infertility, reproductive medicine & women's health. ■

Your skin is your largest organ, and it takes a daily beating from the sun, air pollution, chemicals and other harmful pathogens. To restore and protect your skin, try these healthy tips and remedies:

SUNBURN

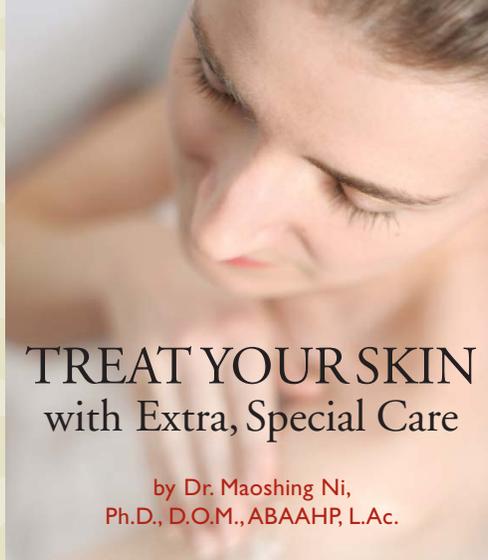
In the summer we spend time outside under a blazing sun, often unaware of the danger to our skin while we enjoy the beach, a game of tennis or go about our daily business. While planning your activities, know there is a fine line between suntan and sunburn. Regular, limited exposure to moderate sunlight stimulates vitamin D production in your skin which is essential to bone health and lowers the risk of some cancers. However, the skin is sensitive to ultraviolet rays, and prolonged and repeated sunburns can lead to skin aging, loss of skin elasticity and skin cancer.

The best way to protect your skin is, of course, to avoid being in the sun for prolonged periods of time. You can also avoid damaging your skin by doing the following:

- Limit your exposure to the sun between 10 a.m. and 3 p.m.
- Use UVA sunscreens with a SPF factor of 30 to 50.
- Wear long-sleeve shirts, pants and wide-brim hats.

If you already have a mild sunburn, try these home remedies:

- A topical application of aloe vera gel is a tried-and-true remedy for skin burns.



TREAT YOUR SKIN with Extra, Special Care

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

- Apply a thin layer of plain yogurt to the burn area. It will cool and moisturize the skin.
- Drink pineapple and black cherry juice mixed together to reduce inflammation and heat.
- Apply Tao of Wellness Regenerating Cream. (See *Wellness Shop*)

GO FOR A NATURAL, HEALTHY GLOW

Many cosmetics use harmful chemicals. Eyelash-enhancing mascara may use formaldehyde, and lipstick often contains plastic resins. Foundation

makeup may include chemical solvents that are carcinogenic. Bag the dangerous makeup and opt instead for natural alternatives found in health food stores that use colored clays, vegetable oils and other natural ingredients.

MOISTURIZE FOR SOFT SKIN

For a deeply moisturizing treatment, gently rub your skin with calendula oil twice a day. To bring relief from tight, itchy skin, blend ten drops of Tao of Wellness Tonic Oil with fresh aloe gel. Apply liberally and frequently.

HYDRATE YOURSELF

Keep hydrated and drink plenty of water, at least 60 ounces per day. Avoid spicy foods, alcohol and coffee.

SHORTEN SHOWER TIME

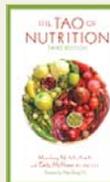
Long, hot baths and showers remove oils from your skin. Keep your bath or shower time under 15 minutes, and use warm, rather than hot, water. After washing, gently pat yourself dry with a towel to keep some moisture on your skin. Then moisturize.

EXFOLIATE WITH BODY BRUSHING

Try body brushing by using a dry, natural bristle brush to sweep the surface of your whole body. This eliminates dead skin cells, increases circulation to the skin, boosts skin immunity against infection and nurtures a vibrant skin tone.

Visit Dr. Mao's longevity blog on Yahoo!Health for more information on skin care. ■

WELLNESS SHOP



Just published! THE TAO OF NUTRITION — Third Edition

This revised edition of the classic bestseller, *The Tao of Nutrition*, is chock full of new foods, recipes and information.

Perfect for the lay person and patients as well as TCM students and practitioners. Discover the foods that will treat your specific ailment. \$19.95, 284 pages, paperback



EXQUISITE SKIN

Our herbal formula for toning, nourishing and lubricating the skin, Exquisite Skin also clears trapped toxins. Especially useful for recovering from skin problems associated with acne,

psoriasis and eczema. \$19.95, capsules



REGENERATING CREAM

Try this perfect formula for recovering from sunburn and sun damage. While Regenerating Cream can also be used as a daily moisturizer, it contains

herbs for healing and rejuvenation. \$22.95, cream

INFINICHI ENERGY THERAPY Creates Healing and Balance

by Jason Moskovitz, L.Ac., Dipl.O.M.

InfiniChi is the newest offering at Tao of Wellness and is based on the oldest foundations of Chinese medicine. InfiniChi is the Ni family practice of medical energy healing, where a practitioner reads and manipulates the internal and external energies of a patient to bring about healing and balance. Taught at Yo San University, InfiniChi is one of the practices in the long healing tradition of the Ni family.



Jason Moskovitz demonstrates his skill as an InfiniChi energy healing therapist.

InfiniChi is a non-touch therapy based on the same Chinese medical principles that are used in acupuncture and herbology. Weakened energies are strengthened and excessive energies are gently purged. This is accomplished by reception and emission of chi, or energy, from the practitioner's hands. The patient lies quietly while the practitioner uses various hand gestures to make adjustments to the patient's energy fields. There may be the use of acupressure or guided visualization to further direct the flow of energy.

Your InfiniChi practitioner will customize the individual session and the treatment frequency to meet the unique needs of the patient. InfiniChi's scope of practice is as wide as the other healing modalities you're familiar with and works

especially well for chronic pain, insomnia, depression, anxiety, nervousness and stress. InfiniChi is a perfect supplement to other combinations of Chinese medical treatments, ensuring that your wellness goals are met effectively. Its ease of administration makes it ideal for those sensitive to needles or herbs and its portability ensures anyone can be treated, including those with mobility issues.

The real power of InfiniChi comes from two places: a trusting patient-doctor relationship and the intuition and training of the practitioner. A skilled therapist will align their intention with the patient's and together they'll literally think, feel and relax their way to meeting a healing objective. These are the kinds of interactions already taking place when you receive a Tao of Wellness acupuncture treatment. What's special about InfiniChi is the focus on this subtle energy, allowing a very special experience to take place.

If you have questions or would like to schedule an InfiniChi appointment, please call the Tao of Wellness at 310-917-2200. You will also enjoy Jason's InfiniChi lecture on June 23; see *Free Lectures* for details. ■

TO ORDER THESE PRODUCTS

www.taooftwellness.com

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

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