



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURES

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 can be understood with modern biomedical principles. In this lecture, Edsel will explain how acupuncture interfaces with the current scientific knowledge of human physiology. Limited seating. Please RSVP at (310) 917-2200

ANNOUNCEMENTS

THE AMERICAN FERTILITY ASSOCIATION

HONORS DR. DAOSHING NI with

The Joyce M. Vargyas, M.D. Visionary Award

for his work with Traditional

Chinese Medicine in the fields of infertility, reproductive medicine & women's health.

7th Annual Illuminations LA

Saturday, April 4, 2009

For details: Lisa Van Ness at 888-917-3777

DR. MAOSHING NI, a regular on **KPFK radio (90.7 FM)**, was interviewed by Niki Guluchi on health topics related to his book, *Secrets of Self Healing*, on February 20th. To listen to this and other interviews, go to www.taoofofwellness.com

MARCH DETOX RETREAT

March 27, 28 & 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.

Yo San University of Traditional Chinese Medicine is pleased to announce

GRADUATION CEREMONIES FOR CLASS OF 2009

20th Anniversary keynote address by

Drs. Daoshing & Maoshing Ni

Sunday, March 15, 2009

Loyola Marymount University

TAO OF WELLNESS

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Santa Monica, CA 90401

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www.taoofofwellness.com



FIRST AID KIT for CHILDREN

by Andrea Thorpe, L.Ac.

As a practitioner of natural medicine, I am a true believer in naturally assisting the immune system to protect and defend the body against pathogenic attack. I also believe anti-biotics and antipyretics are valuable, life-saving drugs. However, I do not believe in using them repeatedly to fight conditions that can be resolved with natural therapies first. Each time your child naturally fights off a cold, flu, or an ear infection, the foundation for a stronger, more effective, immune system is being built. Here are some useful, natural childhood remedies:

FEVER is the body's first line of defense against the attack of a pathogen. When the body's temperature rises, viruses and bacteria can be literally "cooked" and killed. Your first concern is to keep your child as comfortable as possible without jeopardizing the therapeutic effect of a fever. Use a mentholated oil, such as the Tao of Wellness **Tonic Oil** or **Olbas Oil**. Apply to the skin on the top part of the child's back, and gently scrape with a spoon until the skin becomes red. This technique is called gua-sha and is part of the TCM pediatric treatment protocol. Gua-sha helps release heat and fever and will help your child feel more comfortable. If the fever persists for more than 48 hours or rises above 103-104 degrees Fahrenheit, please consult with your child's pediatrician immediately.

EAR INFECTION - If you suspect your child has the beginning of an ear infection, try using garlic and mullein oil. Gently warm the oil in a spoon and place a few drops of it in your child's infected ear. Then seal the ear with a little cotton

wool. Also, use some **Olbas Oil** or **Tonic Oil** to massage the area behind the earlobe to open the Eustachian tubes that help the ears drain. Massage down the neck with even strokes. If this treatment does not relieve discomfort within 24 hours, you may need to resort to antibiotics.

COLDS AND FLU - Watch for the first signs of an impending cold, such as a scratchy throat or a headache. If you cannot bring your child in to see a practitioner, assist your child with some **cold and flu tincture** from the Tao of Wellness. This formula is easy to administer and should be given at the first signs of a cold to support a healthy functioning immune system. An increased dose of antioxidants such as Vitamin C, beta-carotene and zinc will further boost the immune system.

SPRAINS AND BRUISES - The **Tonic Oil**, with eucalyptus, wintergreen and fennel essential oils, has traditionally been used to stimulate and activate the flow of energy and blood. It provides relief from minor aches and pains. Rub it on for headaches, sore or stiff neck and shoulders, muscle pain, back pain or joint aches. Another excellent option is **Arnica**, a homeopathic remedy that can be administered either as a cream/gel or orally as sugar pills.

RASH / BURN / SKIN IRRITATION -

For this I recommend having calendula cream, aloe vera gel and Tao of Wellness **Regenerating Cream** in your medicine cabinet.

I hope this helps your little ones. ■



PLEASE JOIN US IN WELCOMING JASON MOSKOVITZ, L.Ac., recipient of the 2009 Tao of Wellness Fellowship. Beginning in March, he will work closely with Drs. Dao and Mao and members of our healing team. Jason is a licensed acupuncturist, certified InfiniChi Energy Healing Therapist, and an instructor in chi gong and tai chi. He graduated from Yo San University with a Master's degree in Traditional Chinese Medicine and also received a Bachelor's degree from the University of California, Los Angeles. With an interest in holistic approaches to women's health and elder care, he will offer acupuncture, herbal medicine, nutrition, meditation, and life counseling. Using his media experience, Jason looks forward to expanding the Tao of Wellness community education outreach. When not practicing medicine, Jason enjoys hiking, traditional Japanese music, and spending time with his wife, Breanna, and their new son, Bohdan. ■



THE WAYS TO COOK and How Your Food Is Affected

STEAMING preserves the vitamins and minerals in foods while oils and fats are not added. When you steam rather than charbroil foods, you also avoid the danger of consuming carcinogens that are present in blackened foods. Steaming concentrates the intrinsic flavor and juiciness of foods, making food taste better.

STIR-FRYING is considered the healthy way to fry. Food is cut into small pieces, put in a pan with a little water or oil and cooked quickly at high heat. Vitamin-rich veggies, such as broccoli and carrots, retain more nutrients, texture and color. Stir-frying does not require fat to bring out flavor.

FRYING is not the best way to cook, as prolonged heating can destroy nutrients. The butter or oil used can be absorbed by food, so you ingest more fat than you think. Oil temperature is also a factor. When oil burns, it becomes toxic, and free radicals are produced. When oil smokes, you should throw it away.

BOILING can leech out nutrients—water in which food is boiled may be better for you than the cooked food. However, some food is best boiled: mustard greens, turnip tops, collards, and similar vegetables have too strong a taste for other methods of cooking. Try boiling kale and bitter greens. Water in which food is boiled can be used for purposes such as soup stock.

Although microwave cooking is convenient, some nutrients are lost. Animal studies indicate that immunity, cholesterol, hemoglobin, and white blood cells are adversely affected. People who eat heavily microwaved food have a slightly higher incidence of stomach and intestinal cancers, digestive disorders, and lymphatic malfunctions. All of these are controversial and inconclusive, so more studies are needed. In the meantime, reduce intake of microwaved foods except for heating purposes.

Try treating your cooking as an art and be aware of the relationship between your food preparation and nutrients! ■

WELLNESS SHOP



TONIC OIL

A soothing topical for childhood bumps and bruises, earache, and fever. Also a general-purpose chi activator containing menthol, eucalyptus and wintergreen. Massage gently

to provide relief from minor aches and pains. \$12.95 (2 oz.); \$39.95 (8 oz.)



REGENERATING CREAM

One of the clinic supervisors at Yo San University of Traditional Chinese Medicine recently stated, "This is a perfect skin formula." This exquisite herbal cream balances

the subtle qualities of the skin and nurtures the skin cells. \$22.95, cream



ABUNDANT ENERGY

The Earth Element determines basic health. Abundant Energy supports Earth and stimulates digestion, which in turn improves nutrient absorption. A vibrant Earth Element

encourages physical vitality. \$19.95, capsules



Left: Dr. Mao poses with Las Virgenes Chapter Chair Steve Fazio and member Brian Rubin at the Young Presidents' Organization (YPO) event hosted by Drs. Mao and Dao at Yo San University. Right: YPO members participate in a meditation session given by Dr. Mao.



PEDIATRIC Acupuncture PROGRAM Helps Children with Chronic Pain

The Pediatric Pain Management Clinic at Childrens Hospital Los Angeles (CHLA) has announced its collaboration with Yo San University of Traditional Chinese Medicine in creating a pediatric acupuncture program to help children manage chronic pain. The collaboration was initiated by Drs. Dao and Mao with their associates at IVF Acupuncture Services, Drs. Wendy Yu and Brandon Horn, along with Dr. Jeffrey Gold, Ph.D., Director of the Pediatric Pain Management Clinic. The program, which began in January 2009, provides an opportunity for Yo San University interns to obtain clinical experience at Childrens Hospital, a teaching hospital affiliated with the University of Southern California.

"We are excited to bring acupuncture to the patients at Childrens Hospital Los Angeles," says Johnathan Heywood, Yo San University's

president. "This is an extraordinary opportunity in integrative medicine that offers our students another layer of richness and opportunity in our unique program." There are also plans to develop joint research projects and studies in integrative medicine, combining acupuncture with Western medicine in pediatric care and treatment.

A paper recently published by Dr. Jeffrey Gold and his colleagues in the journal Evidence-based Complementary and Alternative Medicine concludes, "Given the promising trends in the current acupuncture research, the relative willingness of families to engage in acupuncture and the low risk of deleterious side effects, acupuncture may serve to harmonize Traditional Western Medicine and Traditional Chinese Medicine as a means of promoting preventive care and symptom management for children." ■

TO ORDER THESE PRODUCTS

www.taoofofwellness.com

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

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