

WELLNESS NEWSLETTER



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

ANNOUNCEMENTS



PLEASE JOIN US IN WELCOMING EDESEL TAN, the newest member of our healing team. Edsel Tan received the Tao of Wellness Fellowship for his pain management specialty and his outstanding interdis-

ciplinary approach to health care. Edsel Tan holds a Master's degree in Acupuncture and Traditional Chinese Medicine from Yo San University. His interest in pain medicine led him to pursue advanced training in various body-work therapy modalities and complete a special internship in Integrative Pain Management at the Venice Family Pain Clinic. Edsel Tan learned about integrating healing modalities through his work with biomedicine, chiropractic and physical therapy. At Tao of Wellness, Edsel Tan will work closely with Drs. Dao and Mao and other associates to continue developing an integrative healthcare model for women's health, pain management and other health conditions.

NUTRITION FOR CANCER PREVENTION

with **Drs. Maoshing Ni & Jessica Chen**

Thursday, November 20, 2008

at Tao of Wellness | 6:30 – 7:30 p.m.

Research shows a link between diet and cancer.

Chinese medicine recognizes this and has developed a system of preventive nutrition.

This lecture presents nutritional principles and well-researched advice for lowering cancer risk.

TAO OF FERTILITY CHI GONG EXERCISE PROGRAM (Level I)

with **Dr. Daoshing Ni**, assisted by **Barbara Wolff**

The meditations will be based on Dr. Dao's

book, *The Tao of Fertility*, November 2, 2008

at Tao of Wellness | 2:00 – 5:30 p.m.

Tuition: \$100 | To register: (310) 917-2200 x221

CLEANSING DETOX RETREAT

with **Dr. Andrea Thorpe**

November 14, 15 & 16 at Tao of Wellness

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

TAO OF WELLNESS

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TREATING CHILDREN with Acupuncture

Children sometimes worry a bit about Acupuncture needles. However, at the Tao of Wellness we use specific techniques when treating children in order to gain a hesitant child's confidence. We begin by massaging a few acupuncture points rather than needling them. During this time, the acupuncturist shows the parents the location of the points and demonstrates the massage strokes so that the parents can continue doing treatments at home.

Once a child is relaxed, we try one needle with a guide tube, inserted in a fleshy part of the body such as the forearm, where a child can see it. The child is allowed to remove the needle, which gives them a sense of purpose. They usually feel very proud to be allowed to do so. Parents are in the room with their child at all times during the treatment.

Usually after this casual beginning experience with acupuncture, the child is comfortable with



Sabrina Yadidi enjoys being needled by Dr. Mao.

the needles and will accept acupuncture during the course of following treatments.

If children are under the age of five, the needles are simply inserted and removed a second later. Older children usually have the needles in place for about 15 minutes. ■



Dr. Daoshing Ni and staff members Adriana Rivera and Analilian Martin pose by the Tao of Wellness booth at the Resolve Symposium.

Successful Resolve Symposium Features Dr. Dao's Talk on "Aging and Reproduction"

Is it possible to slow down aging, especially reproductive aging? Dr. Dao addressed this question as it applies to women and men during his talk, "Aging and Reproduction," at Resolve's Fall Symposium on October 18, at California State University, Long Beach. He described how Traditional Chinese Medicine can slow down and temporarily reverse the aging process and thus enhance the chance of having a healthy baby. Dr. Dao also discussed diet, rest, exercise,

meditation, and reducing stress as factors that affect the fertility hormones.

During the symposium, the Tao of Wellness booth was a magnet that attracted many visitors. Dr. Dao gave up to eighteen free health assessments and many people who had seen his May appearance on the *Today Show* said they went out and bought his book right away. Free tea and informational materials were given away. ■



WELCOME TO ANALILIAN MARTIN, our new Office Manager! Analilian takes over the position from **Sonia Salazar** who will pursue teaching credentials. Sonia will continue to assist the front desk and to give her full support to our new Office Manager. Please stop by Analilian's office and introduce yourself, or just say "Hello!" Analilian is also supported by Assistant Manager, **Esther Villota**.

Beijing Hosts Congress on Traditional Medicine

Traditional medicine receives a boost as the World Health Organization (WHO) convenes a Congress on Traditional Medicine in Beijing, China, November 7-9. Not only is this a celebration of WHO's 60th anniversary, but it is also the 30th anniversary of the Alma-Ata Declaration. Calling on countries and governments to promote and strengthen traditional medicine, the declaration recognizes traditional medical practitioners as part of the primary health care team.

WELLNESS SHOP

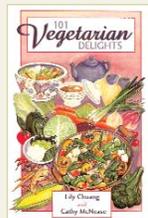


HIGH PERFORMANCE
High Performance is a perfect nourishing food for children. Our whole grain brown rice herbal powder can be sprinkled on cereal, baked into muffins, or stirred into water or juice. Active children can keep a handful of chewable High Performance tablets in their pocket for a quick energy boost. \$45, powder or tablets



TONIC OIL
Just what the doctor ordered for parents who have learned how to do gua-sha or Chinese tuina massage for their children. Tonic oil is

also a soothing topical for childhood bumps and bruises, and a few drops can be rubbed below the nostrils to help clear a stuffy nose. \$12.95 (2 oz.) and \$39.95 (8 oz.)



101 VEGETARIAN DELIGHTS

From exotic flavorful feast to nutritious everyday meal, enjoy preparing these easy-to-make recipes. Based on the ancient Chinese tradition of balance and harmony, these dishes are truly delightful... and healthy as well. \$15.95, paperback

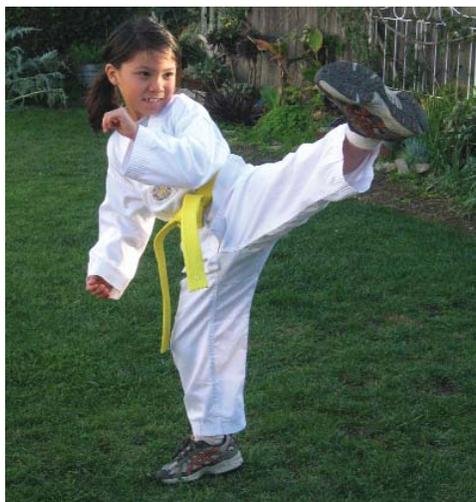
TO ORDER

these products or for more information:
www.taoofofwellness.com;
call 800-772-0222; or visit **Tao of Wellness**
or **Yo San Books**, 13315 W. Washington Blvd.,
Los Angeles, CA 90066

ACUPUNCTURE Helps Jake *Breathe Easily*

Jake Nuesca is an active third grader who plays in a garage band, bikes, runs, plays ball, does yoga and studies tae kwon do. As a representative for kids, he has kindly volunteered to talk about his experience with acupuncture.

When he was an infant, Jake had severe breathing problems, was hospitalized and diagnosed with respiratory syncytial virus (RSV). He was started on an Albuterol inhaler,



Jake Nuesca studies tae kwon do with Keith Jones at Marina Tae Kwon Do.

but even with thrice-daily treatment, Jake's breathing kept getting worse. By the time he was five, Jake was put on anti-inflammatory steroids. Jake's mother, Leslie, was worried about the side-effects of inhalers and steroids, so she took him to an osteopath who placed Jake on a wheat-, dairy-, soy- and corn-free diet. Still, Jake continued to need medications to help him breathe easily.

In April 2007, Leslie brought Jake for treatment with Andrea Thorpe, L.Ac. at the Tao of Wellness. Jake was not able to tolerate herbs, so Andrea treated him with acupuncture, cupping and gua-sha (a Chinese medical treatment where parts of the body are lubricated, pressured and scraped with a rounded object.) Andrea also taught Leslie how to do simple gua-sha treatments on Jake, using eucalyptus oil and the edge of a spoon. Leslie says, "We were able to keep cutting back on medication, and now he hasn't needed it for two years." Today, Leslie brings Jake in for "tune-up" treatments, especially during times of respiratory challenge like proximity to a furry pet. ■



Listening intently, students and staff from Yo San University of Traditional Chinese Medicine learn about the Fellowship Program at the Tao of Wellness Open House on September 19. Drs. Daoshing & Maoshing Ni and former Fellows explained the wonderful opportunities this program has to offer for future members of the Wellness team.

THE DELIGHTS of Healthy Food and Writing

Our expectation of food writing is that it will be about food, but the ancient Chinese wrote about food in terms of medicine, agriculture and ecology, rarely as food to eat. Greeks and Romans wrote about food but also wrote in terms of medicine and agriculture.

Medieval cookbooks were rolled parchments, and the recipes were only a few sentences long. Taillevent's recipe from the 1300s reads, "Peacocks should be blown into and inflated like swans and roasted and glazed in the same way."

In the late 1800s, a young woman named Fannie Farmer relentlessly tested recipes, listed ingredients, specified measurements and provided cooking times. Her Boston cookbook sold 4 million copies and is still in print.

Which brings us to our newest reprint, Lily Chuang and Cathy McNease's *101 Vegetarian Delights* (see "Wellness Shop"). This classic was first printed in 1992, and is brought back with its

creative spelling and cheery drawings. Lily Chuang is Drs. Dao and Mao's mother who happens to be a fabulous cook. Cathy McNease is a masterful herbologist and nutritional counselor.

MISO SOUP FOR WINTER

- 1- 2 lbs. kabocha squash, cut into bite-size cubes
- 1- 2 cups skinless peanuts, soaked in 7 - 10 cups water overnight or in hot water a few hours
- 1/8 cup - 1/4 cup miso (any kind), dissolved in a little water
- 1- 2 T. ginger, finely grated
- Cilantro for garnish
- 1 sheet nori seaweed, torn into small pieces
- 1/2 lb. plain tofu, cut into bite-size cubes (optional)

In a soup pot, bring peanuts and soaking water to boil, then turn to low and simmer until tender (about 1 hour). Add kabocha squash, turn flame to medium and cook until squash gets tender (about 15 minutes). Add tofu, ginger and miso, and stir for 1 minute. Turn heat off, garnish with pieces of nori and cilantro. Serve hot. ■