



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### FREE PUBLIC LECTURE

#### MEDITATION FOR FERTILITY ENHANCEMENT

Wednesday, October 15, 2008  
at Tao of Wellness / 6:30 - 7:30 p.m.

Our team practitioner, **James Evans**, will discuss meditation and chi gong practices that help to enhance fertility. He will teach a simple guided meditation that you can practice daily which will help you relax and sleep at night while improving your fertility potential.



### ANNOUNCEMENTS

#### CLEANSING DETOX RETREATS

with Dr. Jessica Chen

October 10, 11 & 12 and  
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. Enjoy acupuncture, massage, saunas, organic food, lectures, and chi gong!

#### INDIVIDUAL FERTILITY ENHANCEMENT RETREAT

You can schedule a customized Individual Fertility Enhancement Retreat that includes a consultation with Dr. Daoshing Ni, acupuncture, herbs, massage and meditation by calling Adriana Rivera, 310-917-2200, ext. 239; email: arivera@taoofwellness.com.

#### TAO OF WELLNESS

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# WELLNESS NEWSLETTER



## STAYING HEALTHY During the Flu Season

by Dr. Daoshing Ni, D.O.M., L.Ac., Ph.D.

**I**nfluenza or the "flu" is a viral infection of the upper respiratory tract. Viral infections weaken a person's immune system and frequently give rise to secondary infections such as bronchitis or pneumonia. If an afflicted person, especially the elderly and infirm, has a compromised immune system, the flu can be life threatening. People at highest risk are the elderly, those with illness of the heart, lung or kidney, and those with asthma, diabetes or weakened immunity.

The duration of the flu would be shorter if we were able to rest for three days. However, due to our overtaxed lifestyles, people can undergo the sore throats, body aches and endless coughing at night for over a month.

But there is good news. According to Traditional Chinese Medicine, flu is often preventable. Chinese medical history traces the use of vaccination, acupuncture and herbs against epidemics to the 2nd Century, A.D. In modern times, you can get a flu shot. However, the shot has to be for the right strain to be effective, and people often have adverse reactions such as developing flu-like symptoms. There is an alternative to the flu shot.

In Traditional Chinese Medicine, the flu is caused by a strong pathogenic force that comes about when the environment goes through a seasonal change. Usually it occurs in the transition from a hot to a cold season. During the transition, the sun's rays are weakened and bacteria and viruses become more active. Influenza might also occur when environmental events such as storms, hurricanes or wars cause abrupt changes in the environment.

Traditional Chinese Medicine can effectively help prevent or speed up one's recovery from the flu using acupuncture, herbs and/or cupping. However, a strong immune system and good lifestyle habits are essential for preventing the flu. There are ten important measures one may undertake to minimize the chance of catching the flu:

- Good personal hygiene; take showers regularly and wash hands frequently
- Proper lifestyle habits
- Healthy nutrition including dark leafy vegetables
- Consider vaccination, preferably in October or November
- Chi gong to reduce stress and strengthen the immune system
- Chinese herbal therapies such as Traditions of Tao Cold/Flu or Perpetual Shield capsules
- Synchronize with the sun by going to sleep earlier and getting plenty of rest
- Take care of your health issues such as back pain, allergies or infections and anything that may affect your immune system adversely
- Create mental happiness by reading spiritual books or helping others
- Respond to symptoms immediately! Don't delay preventive measures

For questions, call Tao of Wellness at 310-917-2200. Stay healthy during the flu season!



Eating guacamole and mini-tacos, the Tao of Wellness staff took time off and enjoyed schmoozing together under sunny blue skies on September 7. Dr. Dao and Dr. Mao and their wives, Sum Yee and Emm, acted as gracious hosts. After lunch, everyone formed into teams on the lawn to play hilarious games such as tossing skittles. A few people delighted in lobbing water balloons, but getting wet dampened no one's high spirits.



## THE TAO SHOP



### COLD/FLU FORMULA

At the hint of cold/flu symptoms such as a scratchy throat or congestion, take this herbal cold/flu formula from the Ni family tradition.

You might be amazed at how quickly the symptoms go away. \$17.95, capsules.



### COUGH

Traditional Chinese herbal formula to quell cough. \$19.95, capsules



### HEAD CONGESTION

Traditional Chinese formula for irritated watery eyes, head congestion and sinus headache. \$19.95, capsules.

Related Traditions of Tao herbal formulas include: Immunity, Lingering Cough, and Phlegm. Perpetual Shield available soon.

### TO ORDER

these products or for more information:

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

call 800-772-0222; or visit Tao of Wellness or Yo San Books, 13315 W. Washington Blvd., Los Angeles, CA 90066

# Detox Attendee's Testimonial Reveals Path of Integration

In July of this year, an attendee at the Cleansing-Detox weekend came from a life in crisis and carried away not only renewed health and happiness but tools she could use to enhance the rest of her life. Here is her testimonial:

"I've studied Taoism, been treated with acupuncture, meditated, and practiced tai chi for almost half of my life, but these were independent efforts without integration. The sudden deaths within a week of each other of my twin sister and father caused internal and external crises I couldn't overcome. By summer 2008, I was falling apart after two years of trying to keep things together.

My husband handed me a copy of one of Master Ni's articles from a tai chi magazine on an early July Sunday morning, two weeks before a Cleansing-Detox weekend at the Tao of Wellness. As I read the article, things clicked into place in my mind. It was the clearest, most concise and complete explanation of integrated Taoism I'd ever read. I'd searched years for this!

I went straight to the internet to find a listing of Master Ni's books and information on Yo San University. Instead, I ended up at the Tao of Wellness website where, in the middle of the page, I found information on the upcoming Detox weekend.

I already had airline tickets for a nine-day meditation retreat in Southern California. The dates fit. The Detox weekend occurred at the end of the retreat, the two events were eight miles apart, and there was an opening! The synchronicities were too much to ignore! I faxed my information, was accepted, and flew from the mountains of Colorado to California.



It's been five weeks and I've lost fourteen pounds. I'm still on the diet and herbs. The Detox was rough; everything must come out before one can heal. It hurts! But I'm feeling clear, clean, and happier than I've been in a long time.

I don't know where this will take me, but the path I found at Tao of Wellness is a culmination of years of searching. The integration of philosophy, practice, nutrition, energy, and spirit is unique. In deepest gratitude, thank you!"

For more information about our upcoming Intensive Cleansing-Detox retreats, read the Announcements on the reverse side or contact Adriana Rivera at 310 -917-2200, ext. 239, [arivera@taoofwellness.com](mailto:arivera@taoofwellness.com).

## COLD AND FLU from a Chinese Medical Perspective

by Marka Meyer

Traditional Chinese Medicine (TCM) considers cold and flu viruses to be attackers, while acupuncture, herbs, and cupping are defenders that repel and expel disease-causing pathogens. In TCM, the Metal element, which includes the lungs and skin, defends our bodies from attack so the Metal Element needs to be strengthened and fortified.

If we have a chronic illness, low energy or a weak immune system and are subject to frequent colds and flu, we are said to have a chi or energy deficiency. Immune system boosting herbs are prescribed in addition to herbs that alleviate symptoms of cold or flu. Because



it is the Lung system that is under attack, the Lung acupuncture points are usually chosen. Acupuncture, herbs and chi gong exercises are proven to have strong immune system stimulating functions. Ask your practitioner at the Tao of Wellness

to prescribe an immune-enhancing herbal tea formula to protect you and to help strengthen your immune system.