



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

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Why you need to SPRING CLEAN YOUR BODY!



DR. MAOSHING NI

Human cultures through the ages have instinctively cleansed themselves and their living environment upon the arrival of spring each year. The reasons are well founded from two perspectives. First, there is a natural need to cast off the winter blues and feel renewed. Second, according to Chinese medicine, the liver is most active in the detoxification process during spring, which has been confirmed by the science of Chronobiology.

Toxins from the environment are the biggest cause of cancer, degenerative disease, birth defects and genetic changes. It is important for you to be proactive in minimizing your exposure, especially since we are learning more and more in the media about new exposures to cancer-causing substances in our environment and food supply, like the recent confirmation of the health dangers of perfluorooctanoic acid (PFOA), which is found in all non-stick pans.

However, getting rid of your dangerous pots and pans will not make you immune to toxins because other toxins are still prevalent elsewhere in your life. PCBs from plastic containers, pesticides and herbicides from produce, dioxins from bleached paper products, and formaldehyde from carpets to eyeliner are all absorbed into your body and cause imbalance and harm to your health.

Typical symptoms and signs of toxic overload include:

- fatigue
- memory decline
- difficulty focusing
- allergies & infections
- irritability, anxiety and depression
- difficulty losing or gaining weight
- muscle and joint pain and weakness
- skin rashes, eruptions and outbreaks
- recurrent yeast and fungal infections
- constipation, diarrhea
- abdominal bloating, gas and indigestion.

The necessity to rid your body of toxins on a regular basis is obvious. It is particularly useful for people trying to quit smoking, wean off drugs and lose weight. Many people have reported vast improvement in their symptoms and condition after going through a detoxification program. How then, do you begin an at-home Detox program or start a clinical Detox protocol? Below, I outline both.

At-Home Detox Program

(start with a one-day program and increase to one week or more)

DETOX DIET: Eat mostly beans, brown rice, oat bran, vegetables, fruits, organic chicken or turkey

VEGETABLE JUICE: 24 oz. juice made from cabbage, cucumber, carrot/greens, celery, turnip, asparagus, beet/greens, parsley, apple, aloe vera. Split up into 3 portions and drink

VEGETABLE BROTH: 24 oz. broth made from as many of the following items: collards, swiss chard, kale, mustard greens, cabbage, dandelion, Brussel sprouts, daikon radish, watercress, seaweed, shitake mushroom, cilantro, garlic, leek, fennel, anise, ginger, turmeric. Divide into 3 portions to consume.

One lemon squeezed in 12 oz. hot water.
Take upon waking first thing in the morning.

Supplement with 1 tablespoon either flax seed oil or deep-sea fish oil.

HERBAL SOAK: 20-minute bath daily during intensive and weekly during Maintenance with infusions of eucalyptus, wintergreen, peppermint, fennel, cinnamon and epsom salt to help draw out toxins.

Clinical Detox Protocol

Early Chinese physicians have recognized that toxins are processed and neutralized by ones' liver and gall bladder and are expelled from the body through the spleen-lymphatic system, skin, bladder and bowels. Detoxification and purification protocols were developed in response to naturally encountered toxins in food, the environment and microbial infections. At Tao of Wellness, we have worked with toxicologists and studied these and other clinical detoxification protocols to distill the best information into an innovative and comprehensive method that employs only natural modalities. We offer a One-Week Intensive and follow-up Maintenance Programs.

We invite you to discuss your detoxification needs with your practitioners. Spring may be the best time to cleanse your body and environment but you don't have to wait until spring to start because detoxification and cleansing is for all seasons. ■

TAO OF WELLNESS DETOX PROGRAM

MODALITY	ONE WEEK INTENSIVE			MAINTENANCE	
	DAILY	2 x WEEK	3 x WEEK	DAILY	1x MONTH
DETOX DIET	•				•
ACUPUNCTURE			•		•
TUINA-LYMPHATIC MASSAGE		•			•
FAR-INFRARED SAUNA			•		•
CUPPING		•			•
HERBAL FORMULA	•			•	
SUPPLEMENTS	•			•	
HERBAL PATCHES	•				•
QIGONG BREATH WORK	•			•	

CONTROLLING CROHN'S DISEASE and COLITIS with TCM



BAN B. WONG

Inflammatory Bowel Disease (IBD) is often believed to be an

autoimmune disorder that causes inflammation and/or ulceration of the digestive tract. Genetics, race, diet and the immune system can all play a role in IBD, but the exact cause is still unknown.

There are two major types of IBD: Crohn's disease and ulcerative colitis. Crohn's disease affects deeper layers of the intestinal wall, often forming ulcers in the lowest part of the small intestine and the large intestine, while ulcerative colitis affects the inner lining of the large intestine, usually the left side of the colon and the rectum.

Crohn's disease begins slowly with abdominal pain, loss of appetite, weight loss and anemia. Sometimes there may also be episodes of bloody diarrhea. An acute condition of the disease can cause fever and severe abdominal pain with intestinal obstruction. In comparison to Crohn's disease, ulcerative colitis has symptoms of constipation or the urge to defecate with little stools or passage of blood or mucus in the stools. These symptoms may last a few to several months before lower abdominal pain develops with diarrhea. Like Crohn's disease, the patient can also develop symptoms of fatigue, weight loss, loss of appetite, and fever. Long-term dependence on powerful Western drugs to treat IBD can leave the patient with debilitating side effects and surgical removal of the colon can make bowel movement even more difficult. Traditional Chinese Medicine (TCM) can offer less invasive methods to control IBD.

TCM APPROACHES TO MANAGING IBD

In TCM, the goal of helping IBD is to balance the immune system and harmonize the intestinal energy. Acupuncture, Qi-gong and Chinese herbs can help strengthen the immune system by balancing the flow of energy within the abdomen. Moreover, TCM can help relieve the stress that can exacerbate the flare-ups of IBD. Some IBD research done in China has found that herbs like ginkgo biloba, licorice, aloe vera, cinnamon and angelica appear to have anti-inflammatory and soothing effects on the intestinal walls. Furthermore, from our experience in working with IBD patients at the Tao of Wellness, we found that customizing Chinese herbs for patients could better help relieve spasm, ulceration, and inflammation since the symptoms of IBD vary according to the extent and duration of the disease.

If you already have IBD, be cautious of following factors that can cause flare-ups:

- Infections
- Medications like antibiotics
- Hormonal changes
- Stressful lifestyles
- Smoking

We also recommend the following for our IBD patients:

- Eat a diet high in protein and vitamins, but low in fat and fiber
- Take vitamin supplements, especially the B vitamins
- Keep hydrated with warm drinks, soups, fresh vegetable and fruit juices
- Eat small portions of well-cooked food throughout the day
- Avoid sweets like cakes, candies and ice cream
- Avoid alcohol, coffee and cold drinks

ASTHMA AND CHINESE MEDICINE



DR. QINENG TAN

On August 8, 1995, China's most popular singing star Den Lijun passed away in Thailand.

She was only 42 years old at the time. It shocked everybody in China. How could such a beautiful and healthy looking star pass away so suddenly? Even more surprising was the cause - asthma!

In the United States, asthma is the most common chronic condition among children, affecting more than one child in twenty. An estimated 20 million Americans suffer from asthma. Every day, 5000 patients visit the emergency room and 14 people die due to complications of asthma in the U.S.

Asthma is a chronic lung disease where the walls of the airways, the bronchial tubes, become inflamed. The swelling of the bronchial tubes and/or the excessive mucus secreted from the walls cause the tubes to narrow, which partially blocks the airway. Allergies, chronic bronchiole infection and hyperirritability of the airway tubes are the most common causes of asthma.

Traditional Chinese Medicine (TCM) has been treating asthma for thousands of years. In 1979, the World Health Organization listed forty diseases that can benefit from acupuncture. Respiratory tract diseases, including asthma and bronchitis, were included on that list. There are many studies relating to the success of acupuncture and Chinese herbs for the treatment of asthma in last twenty years. For example, in 1993, the Department of Anesthesia and Intensive Care at the University Hospital of Vienna, Austria, reported a study that concluded that after ten weeks of acupuncture treatments, over 70% of long-standing asthma patients achieved significant improvement.

Acupuncture and Chinese herbs may help:

- improve and balance the immune system
- reduce allergic reaction
- reduce bronchial inflammation
- adjust the sympathetic and parasympathetic nervous system in order to expand the walls of the airways
- reduce and withdraw mucus and phlegm
- increase lung capacity

In most of the cases, acupuncture and Chinese herbs are very effective. After a series of treatments, asthmatic symptoms such as wheezing, coughing, chest tightness and shortness of breath are reduced. The frequency of an asthmatic episode can also be minimized. In fact, many people can usually resume to an active lifestyle.

The symptoms of asthma can vary. Some people may experience only slight chest tightness or coughing and wheezing, while some may experience serious symptoms such as, shortness of breath and other breathing difficulties. It can be life threatening during a serious attack! The airways can become so constricted preventing oxygen from reaching your vital organs. Therefore, you should always keep a quick-relief inhaler with you at all times, even if your symptoms are under control. Please remember that asthma is about long-term management. Get check ups and treatments regularly. Contact your acupuncturist about an asthma treatment plan. You should always try to keep your environment under control to prevent asthmatic triggers, such as household dust mites, pets, smoke, mold, pollens and high humidity. Prevent and treat common colds and respiratory viral infections in their early stages. Lastly, watch your diet and try to avoid dairy and sugar and manage your stress levels. Take action now! You could control asthma. Do not let asthma control you. ■

Enhance **BONE HEALTH** and Prevent **OSTEOPOROSIS**



DR. DAOSHING NI

Today, the increasing aging population in the United States has brought the issue of bone loss into greater focus. As we grow older, the loss of bone density is a natural aging occurrence. The issue becomes a problem only when a person loses too much bone density or has an accelerated bone loss that can potentially increase the odds of fractures and shorten one's life span. Therefore, it is important to understand the risk factors and the healthy measures you can take to enhance bone health throughout your life. In the United States, 10 million people already have osteoporosis and 80% of them are women. Millions more have low bone mass, or osteopenia, which places them at an increased risk of having osteoporosis.

Osteopenia is a term describing a person's bone density as somewhat lower than normal. By definition, approximately one out of six of young white women has osteopenia. Most of these young adults have no symptoms and appear normal in their lives.

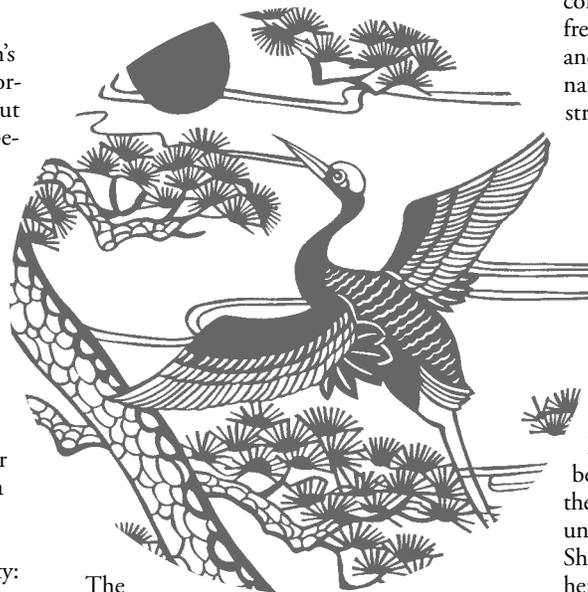
By age 65, about half of the women in the United States will have either osteopenia or osteoporosis.

By age 80, almost all women in the world have had some bone loss and their bone density will show either osteopenia or osteoporosis. A World Health Organization committee has defined four diagnostic categories of bone density: Normal, Osteopenia, Osteoporosis, and Established Osteoporosis. Bone density naturally declines with age. Doctors can measure bone density by using an X-ray test called densitometry. This test utilizes X-ray sources of different energies passing through bone and soft tissue in an area of interest - usually the hip, wrist and spine. It is important to remember that the risk of getting a fracture (broken bone) is more important than the measurement of bone density. Fractures are a major problem for the elderly due to the complications, weakening and the cascades of other health issues that may arise with the onset of fracture and can lead to early death.

Fracture risk depends on many other factors, especially age. At the same time the risk of fracture doubles every ten years. Other risks include poor general health, unsteady balance, presence of a fracture and low weight.

The following list points out the potential risk groups for osteoporosis:

- Petite build
- Scoliosis history
- Family scoliosis history
- Family history of osteoporosis
- Frequent or long term use of Lupron
- Frequent or long term use of corticosteroids and heparin
- Hyperparathyroidism
- Diabetes
- Sedentary lifestyle
- Endocrine disorders - Cushing's syndrome, hyrototoxicosis



The Chinese culture puts a great emphasis on the role of good nutrition and daily exercise as the two fundamental requirements for good bone health and prevention of bone loss. In a typical Chinese diet, most Chinese eat a greater variety of vegetables than most Americans. If you ever have a chance to visit a local Chinese supermarket, you will notice an additional 10 to 20 different types of vegetables that are not carried in regular supermarkets. The emphasis of eating fresh and regular meals also contributes to good absorption of nutrients such as calcium, zinc, vitamins D and K

and others that are vital to the maintenance of good bone health. It is best to get your daily amounts of calcium and other nutrients from food whenever possible. It is possible if you eat a balanced diet of fruits, vegetables - especially leafy green ones - grains, protein and low-fat dairy products. And with so many calcium-fortified products on the market, it's getting easier to get all the calcium you need from food. Considering most Chinese are non-dairy consumers, they actually suffer less bone loss problems and fractures compared to Americans. The other contributing factor to better bone health is the high activity level of most Chinese. They incorporate plenty of walking even though their use of automobiles have increased. Many of the exercises inherent to Chinese culture, such as Qi Gong, martial arts and Tai Chi, are all wonderful exercises that incorporate flexibility, power, concentration and strengthening. The frequent poses of bending one's knees and squatting enhance the weight bearing nature of the exercise, which in return strengthens the bones.

The use of herbal medicine also contributes to better bone health. At Tao of Wellness, we have achieved sustainable success in reversing osteopenia if our patients follow their herbal regimens. For example, Karen, a 43 year old woman came to our office for treatment of osteopenia and osteoporosis of her lumbar spine and hip. At the time of her initial visit, Karen's bone loss was progressing rapidly and she had been prescribed Fosomax. Unfortunately, the side effects were strong and she was unable to continue taking the medication. She came to our office and began to take herbs to help reverse her condition. We came up with a customized herbal formula which she took consistently for one year. After a year of taking this formula, her densitometry showed a reversal of her osteopenia to normal and osteoporosis became osteopenia. Her commitment to a better lifestyle with exercise also helped to reverse these conditions.

Again, a healthy lifestyle rich with activities, good nutrition, regular exercises and good attitude all contribute to better bone health at any age. ■

DIETARY GUIDE FOR Rheumatoid Arthritis



DR. XIAOMEI CAI

Rheumatoid arthritis (RA) is a chronic disease, mainly characterized by the inflammation of the lining, also referred to as synovium of the joints. RA can lead to long-term joint damage, resulting in chronic pain, loss of function and disability.

RA progresses in three stages. The first stage is swelling of the synovial lining, causing pain, warmth, stiffness, redness and joint swelling. The second stage is the rapid division and growth of cells, which causes the synovium to thicken. In the third stage, the inflamed cells release enzymes that may erode bone and cartilage, often causing the involved joint to lose its shape and alignment, eliciting more pain and loss of movement. Because of its chronic nature, RA continues indefinitely and may not go away. Frequent flare ups can occur.

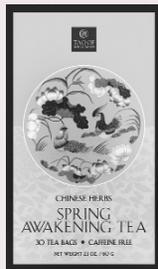
RA affects people in different ways. For some people, it lasts only a few months, a year or two and then goes away without causing any noticeable damage. Others may experience mild or moderate forms of the disease, with periods of flare ups and periods when they feel better, called remissions. Still, others may have a severe form of the disease that is active most of the time, lasting for many years to a lifetime. This form of RA can lead to serious joint damage and disability.

The cause of RA is unknown. According to Traditional Chinese Medicine, this condition is called *Bi Zheng*, which is typically divided into four types: Wind-Cold Bi, Cold-Bi, Dampness-Bi and Heat-Bi. With a thorough examination and consultation, including an assessment of the pulse and tongue, a diagnosis can be made. Specific acupuncture points and herbs are prescribed and an appropriate diet is designed for the patient to follow. For Wind-Bi, adding green onions and ginger to your diet will

help expel the Wind. For Cold-Bi, choose black pepper and dry ginger. Soy bean sprouts and pearl barley are beneficial for Dampness-Bi. Lastly, for Heat-Bi it is advised that you consume mung bean sprouts and winter melon.

Generally, your daily diet should include enough fresh vegetables and foods rich in omega 3s and 6, such as flax seeds, sunflower seeds and walnuts. Inclusive supplement 100% of your calcium. During flare ups, eat more bitter melon and dandelion greens to reduce heat. Also, add some pearl barley, tofu, celery and Chinese yam to help alleviate swollen joints. During periods of remission, eat more mushrooms such as black wood ear to help strengthen your immune system. People suffering from RA should avoid oily and greasy food, dairy, shellfish, seaweed, egg, sugar, alcohol and excessive salt. Depending on your specific conditions, consult with a TCM practitioner for an appropriate diet regimen.

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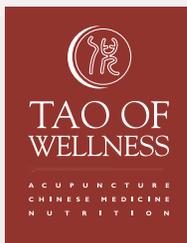


ALLERGY SEASON is Back!

We at the Tao of Wellness would like to remind you that we sell Traditions of Tao's allergy Tamer Elixir and Spring Tea to help battle those allergy blues!

Farewell to JENNIFER

Our front desk receptionist will be leaving the Tao of Wellness to assist her husband in the opening of their restaurant. We will miss her!



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