



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

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Healthy Eating UNDER THE SUN



JESSICA CHEN

The beach, sun bathing, surfing, pool parties, vacations and sun, sun, sun - summer has finally arrived! Thankfully, being a resident of Los Angeles, we are blessed with warm weather almost every season. Unfortunately, this blessing is also a curse. That means we Angelinos need to take extra precautions to protect ourselves all year round, especially during the radiant summer season. Summer may be a time for fun and games; however, it also holds risks such as heat exhaustion, heat stroke, skin cancer, food poisoning and even tetanus. Early signs of heat exhaustion can creep up on us if we do not stay well hydrated.

Some symptoms of heat exhaustion may include: Light headedness, dizziness, fatigue, weakness, headache, nausea, sometimes vomiting, cool and clammy, pale skin.

While it is extremely important to drink plenty of fluids, to stay in the shade, and reapply sunscreen throughout the day, these measures alone are not enough. The intake of proper nutrients can aid in optimizing your health during these hot summer days. However, how do you know what foods are beneficial in the summer time?

It is well noted in Traditional Chinese Medicine (TCM) that one should eat in accordance with the seasons. This theory, derived from the ancient healers in China who followed the Laws of Nature by observing the patterns of the season, led them to eat and live accordingly.

Summer is perceived as the time when energy is abundant and the mood is high. This season is about expansion, growth, activity and creativity. Succulent fruits and brightly colored, leafy vegetables that are grown during this time reflect this principle, and so should our daily consumption of foods. Foods that are in season are usually displayed at the local farmer's market. Organic fruits and vegetables that are on sale at the supermarket is also a good gauge as to what is currently in season.

Another guideline to follow this season is to eat foods according to their energetic qualities. Chinese Nutrition offers different dimensions in food analysis than Western Nutrition. Chinese Nutrition does not focus on counting calories, carbohydrates, fats, proteins and other biochemical

natures of food. Rather, it classifies food according to its energetic temperature, taste, ability to moisten and strengthen, calm the mind and reduce accumulations. There are five temperatures of food to consider - hot, warm, neutral, cool and cold. The hot and warm temperatures dispel cold and warm the body. It includes foods such as ginger, garlic, chicken and lamb. The cool and cold properties clear heat, reduce toxins and generate body fluids. Cooling foods include a wide variety of vegetables, fresh fruits and juices. As you can perceive, the

types of foods that should be incorporated more into the summer diets are cooling foods. For those salad lovers out there, this is a good time to enjoy a light refreshing summer vegetable or fruit salad. Have you ever noticed during those hot summer days, all you crave is a light and cooling meal? Your body is trying to tell you something!

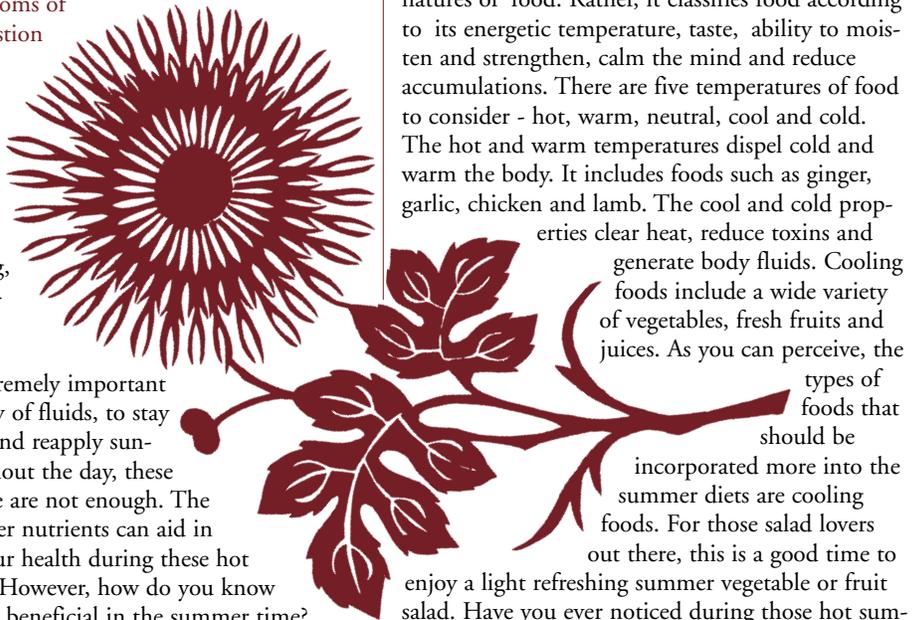
The following is a list of foods that can help prevent dehydration and alleviate thirst:

- watermelon ■ apricot ■ cantaloupe ■ grapefruit
- lemon ■ orange ■ tomato ■ asparagus ■ sprouts (alfalfa, mung bean) ■ bamboo ■ beets ■ bok choy
- broccoli ■ chinese cabbage ■ corn ■ cucumber
- white mushroom ■ snow pea ■ spinach
- summer squash, zucchini ■ turnip ■ watercress
- millet ■ pearl barley ■ mung bean ■ lentil

Other helpful tips for the summer season:

- Keep a pitcher of water with slices of lemon and/or cucumber around the house for you and your family to enjoy.
- Blend some watermelon with water to make a delicious watermelon juice drink.

Continued on page 4.





BAN B. WONG

Different Strokes in *the EAST and the WEST*

There are people who are seldom sick most of their lives, but then one stroke can leave them devastated both physically and mentally. The problem is that most people do not know the signs of an imminent stroke, especially when they are young and healthy.

Unfortunately, strokes are an insidious disease. In the United States, more than 700,000 people suffer from a stroke each year. Of the two-thirds who survive, stroke survivors have to deal with varying levels of disabilities in speech, vision and movement (usually one-sided). Sometimes, stroke sufferers fall into comas because of the resulting brain damage.

In China, many people also suffer from strokes, however studies prove that they tend to regain mobility and normal neural function quicker. You may wonder how this is possible. In addition to a combination of physical, speech and occupational therapies, the standard protocol for Chinese stroke patients is to have immediate acupuncture and Chinese herbs as complementary treatments. As we now know, the longer you wait, the less likely that the impaired part of the brain will recover and regenerate.

Before we talk about the traditional treatments for stroke in China, let us familiarize ourselves with the types of strokes known to this date. One type of stroke is caused by a blood clot in the brain, which usually affects the side of the body opposite from the side of the brain where the clot occurred. When the blood clot occurs in the brain, it is called an embolus. A clot that occurs in another part of our body and later moves to the brain is called a thrombus. The clot blocks circulation to that part of the brain and it is referred to as an “ischemic” stroke. 80% of strokes fall into this category. Symptoms include:

- Loss of balance or coordination: trouble walking and dizziness
- Numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body
- Vision problems: trouble seeing in one or both eyes (including dimness, blurring, double vision or loss of sight)

- Mental confusion, trouble speaking or understanding
- Severe headaches: Cause unknown

Another type of stroke is caused by the rupture and subsequent leakage of an artery (usually due to a head injury or aneurysm in the brain artery). More deaths result from this type of stroke. There is internal bleeding and it is known as a “hemorrhagic” stroke. The symptoms include:

- Nausea and vomiting
- Neck stiffness
- Dizziness
- Possible seizure
- Changes in mental state: irritability and confusion
- Possible unconsciousness
- Severe headache: sometimes in a specific region

If we follow an ischemic stroke patient in China, we would see that the patient might first receive anti-platelets and/or anti-coagulants from doctors trained in Western medicine when he/she first arrives at the hospital. In addition to Western modalities, doctors trained in Traditional Chinese Medicine (TCM), would perform head acupuncture above the affected side of the patient’s brain and sometimes, acupuncture is also applied to the paralyzed side of the body. After the patient becomes stabilized, the TCM doctors collaborate with physical therapists to discuss stroke rehabilitation. Studies in China have shown that acupuncture coupled with physical therapy and herbal treatments greatly enhance the efficacy in stroke recovery rates than just physical therapy alone. Electro-acupuncture is also a common and effective means of treatment in stroke rehabilitation.

Acupuncture works to enhance Qi and blood circulation in the brain and on the affected side of the body. It helps to rebuild the brain’s ability to communicate with the body. Strokes also debilitate patients emotionally in addition to the physical trauma. Acupuncture can also help calm the patient and help them deal with depression.

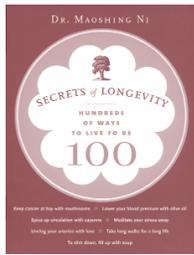
At the Tao of Wellness, we treat numerous stroke patients. We strongly advise patients to seek treatment as soon as possible after a stroke because the results are much better. However, most stroke patients coming to the Tao of Wellness have not received immediate acupuncture treatments right after the onset of their strokes. Depending on the age and extent of the stroke damage, it may take several sessions of acupuncture treatments in combination with Western physical therapy to

“Studies in China have shown that acupuncture coupled with physical therapy and herbal treatments greatly enhance the efficacy in stroke recovery rates than just physical therapy alone.”

see noticeable results. Therefore, it is important to know that time is of the essence, especially for senior citizens, to receive treatments at an early stage. To decrease the chances of a stroke, please be aware of the following risk factors recommended by the American Stroke Association:

- High blood pressure
- Tobacco use
- Diabetes mellitus
- Heart disease, carotid and other artery disease, peripheral artery disease, a trial fibrillation
- Certain blood disorders: sickle cell disease, high blood cholesterol
- Physical inactivity and obesity
- Excessive alcohol and some illegal drugs
- Transient Ischemic Attacks (TIAs), symptoms include: problem with vision, speech, behavior and thought processes; possible loss of consciousness, seizure, dizziness (vertigo)
- Weakness or numbness on one side of the body
- Increasing age
- Sex (gender), pregnancy, birth control pills
- Heredity (family history) and race
- Prior stroke or heart attack

SECRETS *of* LONGEVITY REVEALED



Looking and feeling young for decades is not just the province of the wealthy and surgically enhanced. Living to be 100 is simpler than most people imagine. In his new book, *Secrets of Longevity*, Dr. Maoshing Ni shares the secrets

gleaned from generations of medical knowledge in his family, and a 20-year study of centenarians in China. Living to be 100 is not the product of an expensive supplement, brutal daily regimen, plastic surgery or anything out of the average person's reach. A few simple changes in the most basic areas of our lives: diet, environment, activity and relationships, can help us reap great rewards. Below are excerpts from the book.

■ WHAT YOU EAT: DIET AND NUTRITION

Sweet Potatoes and Yams: Not Just for the Holidays

These powerhouse foods contain higher amounts of beta-carotene and vitamin C than carrots, more protein than wheat and rice, and more fiber than oat bran. Sweet potatoes and yams also happen to be a rich source of DHEA. This is a precursor hormone—a substance that remains latent until it converts into a hormone that the body needs. DHEA can become estrogen, progesterone, or testosterone, all essential for your body's anti-aging defenses to work. As one ages, however, the body's levels of precursor hormones like DHEA drop precipitously. Eat these vegetables year-round and celebrate a long life!

■ HOW YOU HEAL: HERBS, REMEDIES, AND ELIXIRS

Anti-Aging Herb with a 5,000-Year Track Record

In China, ginseng is more valuable than gold due to its seemingly miraculous properties of restoring health. Scientists in the West have confirmed ginseng's efficacy in various traditional uses. Ginseng enhances body functions and the immune system to help people adapt to the negative effects of physical and environmental stress. It boosts energy gently, rather than stimulating the central nervous system, as coffee does. There is also strong evidence that ginseng can help the body fight off infection, protect liver and heart health, normalize cholesterol and blood sugar levels, regulate the function of hormones, and improve memory and cognitive functions.

■ WHERE YOU ARE: ENVIRONMENT, ECOLOGY AND COMMUNITY

The Energy Points of the Compass

The principle of feng shui is based on the

ancient Taoist concept of energetic polarity. The terms yin and yang describe the opposite yet complementary energy states in the universe. A balance between the two polarities can help you stay in beneficial energy alignment and lead a healthy life. The two yin directions are north (the negative pole) and west, the sunset direction. Yang is associated with south (the positive pole) and east, where the sun rises.

Activities in our lives can also be categorized as yin or yang. Sleeping, relaxation, reading, and bathing are yin activities, while exercise, cooking, engaging in hobbies, and studying are yang. Therefore, your bedroom and bathroom are more appropriately located in the northern and western parts of your home, and your office, kitchen, living room and dining room should be in the southern and eastern locations

■ WHAT YOU DO: EXERCISE, LIFESTYLE & REJUVENATION

100 Million Tai Chi Practitioners Can't Be Wrong

The fact that more than 100 million people practice tai chi around the world is a testament to its widely acknowledged benefits. Studies have concluded that practicing tai chi for thirty minutes, three times a week for at least three months can slow bone loss in osteoporosis, lower blood pressure, lessen anxiety, improve sleep, increase functional mobility and balance, enhance circulation, and improve one's cholesterol profile. The best part is that tai chi is a gentle exercise that can be performed by anyone at any age. A majority of Chinese centenarians are practitioners.

■ WHO YOU ARE: GENETICS, RELATIONSHIPS, LOVE, SEXUALITY AND FAITH

Travel Light, Forgive and Forget

My father taught me this: "Forgiveness is the power that enlivens relationships. Forgiveness keeps life moving forward, creates love and harmony, and makes you spiritually strong." Once you forgive, you should also forget. The benefit of this letting go is that you no longer carry your unpleasant experience with you on life's journey. One unique characteristic of centenarians is that they are quick to forgive and forget. They quickly move on from negative experiences and celebrate the positive ones in their lives. By exercising your power to forgive and forget, you will deepen your relationships, enriching and prolonging your life in the process.

Secrets of Longevity is available in bookstores everywhere and on amazon.com.

10 TIPS FOR SOUND SLEEP



DR. XIAOMEI CAI

- 1 Avoid sleeping on your back. Resting your hands on your chest and abdomen can press on your heart and lungs, thereby preventing deeper breathing.
- 2 Avoid thinking too much before bedtime. 80% of insomnia is due to a "mental" imbalance. Watching violent TV shows or reading a stimulating book also cause restless sleep.
- 3 Avoid excessive talking or discussion before bedtime. This might cause too much excitation and prevent winding down for sleep.
- 4 Avoid going to bed right after a big meal. You should not consume any food three hours prior to bedtime. No major organs, including your digestive system, should be "over-working" prior to bedtime. The entire body needs to be relaxed.
- 5 Avoid sleeping with the lights on. Sleep is the process of a Yin and Yang exchange. Synchronize your body with the universe. It is optimal to go to sleep at sunset and wake up at sunrise. Again, this is optimal, although perhaps not practical!
- 6 Avoid covering your face. You need to get plenty of fresh oxygen.
- 7 Avoid sleeping toward direct wind exposure. When you are asleep, the immune system is relatively weaker and less resistant to colds and flu. Wind-Cold or Wind-Heat can attack the body easily during sleep.
- 8 Avoid sleeping with your mouth open. Air should be warmed up and filtered by the nose before entering the lungs. Otherwise, harmful bacteria may not be properly filtered and you may wake up with a dry cough or a bacterial infection.
- 9 Avoid holding in your urination or bowel movements.
- 10 Avoid an irregular sleep time. Stay on a regular sleep pattern of 7-8 hours daily.

DETOX RETREAT



Join Drs. Mao and Dao in the Redwoods of Santa Cruz mountains to Detoxify Your Body, Purify Your Mind and Enliven Your Spirit!

DETOX SPA (Space Limited)
SEPTEMBER 18-22

Experience the ultimate in detoxification in a beautiful setting of the redwood forest. Participants will feel healthier, lighter and energized from the Detox Spa program. All-inclusive Detoxification program includes:

- Daily acupuncture
(performed by Tao of Wellness practitioner)
- Daily tuina lymphatic massage
- Daily far-infrared sauna
- Daily tai chi and qigong movement instructions
- Daily healthy meals, cleansing juices and broth
- Daily Lodging in rustic cabins in the woods
- Proprietary Detox herbal formula
- InfiniChi energy healing session
- ATP spiritual healing session

For Questions please contact Donna Ahern at donna@chiencenter.com or (408)623-4837. For general information, visit our website at www.integralwaysociety.org

WEEKEND SEMINAR AND RETREAT

SEPTEMBER 22-24

Participants will learn detoxification and purification techniques including energy practices, invocations, meditations, nutrition, and lifestyle suggestions that will aid in the removal of layers of physical and emotional toxins, clear soul blockages and help restore harmony of body, mind and spirit.

Healthy Eating UNDER THE SUN

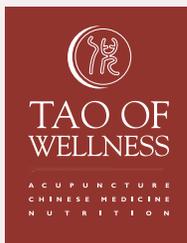
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- Make some mung bean soup, keep it in the fridge and eat it as a snack or dessert. (*1cup of mung beans with 5 cups water, high heat for 1 hour, then med-low for 2 hours. Add honey according to taste.*)
- Make iced or hot tea with chrysanthemum flowers, mint or chamomile.
- When sautéing foods, use high heat for a very short time, and steam or simmer foods as quickly as possible.
- Cook with small amounts of spicy or pungent spices to balance the cooling properties of foods.
- Eat in moderation. Over consumption of any food, especially cooling foods, can lead to food stagnation and phlegm accumulation, which leads to sluggishness and possibly diarrhea.
- Do not leave your food out for too long. The hot weather tends to increase food spoilage.
- Stay away from dairy, heavy, greasy, and fried foods.

Keep in mind that these are general summer nutrition tips for everyone. It is important to acknowledge that you are your own unique individual. Your diet should reflect this principle regardless of the season.

The strength of Chinese therapeutic nutrition focuses on the individual person. The trendy "one size fits all" diets out there do not fit all. Chinese nutrition takes into account what type of person you are and what conditions you might possess. If you tend to run warm and are thirsty all the time, you want to incorporate more cooling fruits and vegetables in your diet. If you are the type who complains about being cold all the time, it is a good idea to add some warming spices or foods like ginger in your summer food preparation. For more information on the type of foods that would best fit your constitution, please consult with your Tao of Wellness practitioner.

Enjoy your fun and healthful summer!



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