



# TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

WINTER ISSUE 2004

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TAO OF WELLNESS

1131 WILSHIRE BOULEVARD, SUITE 300  
SANTA MONICA, CALIFORNIA 90401  
PHONE 310-917-2200 • FAX 310-917-2204  
WWW.TAOOFWELLNESS.COM

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# HAPPY CHINESE NEW YEAR!

DEAR FRIENDS,

February 9, 2005 will usher in the year of the Green Rooster. It is Year 4,703 since the beginning of the Yellow Emperor's reign. The year of the Rooster follows on the heel of the Monkey year. Let's take a moment and reflect back on my last year's forecast and see how we did for 2004. I predicted that the Monkey year, because of the metal and wood energetic conflicts, would be filled with clashes, constant changes and unpredictability. We saw continued clashes both abroad in Iraq and at home with the presidential election. I predicted that the economy would see an up tick. The Economy grew by an estimated 39% and both the stock and real estate markets finished strong at year-end. I cautioned to watch out for diseases of the nervous and cardiovascular systems and gave advice on taking preventive care of these systems. Many patients have voiced their thanks throughout the year because they have had to contend with these very problems.

So what is in store for the Year of the Green Rooster in 2005? Firstly, it's "green" to represent the color corresponding to the year's energetic element of Wood. Generally, the "cocky" nature of the rooster arouses us from the suspicious and pessimistic Monkey year and brings a great sense of confident optimism and cheerfulness. Similar to last year, the elements of wood and metal are again present, except that the conflicts are more show and less substance, therefore, the hope for compromise and resolution is increased. However, the rooster can't help himself in being argumentative and provocative still. The year will bring more order and organization, and the emphasis will be on appearance and presentation. Entertainment, fashion and glamour will be hot. Be on the look out for more "Apprentice" style, strong-personality reality show crowding the airwaves.

On the business front, this will be a year of deal making as corporations go on a merger and acquisition binge, emboldened by the cash-hordes built up over the last several years and the improving economy. Speculative fervor will return, influenced by the optimistic rooster, though it will not be as indulgent as the late 90's. Industries that will benefit from the year of the rooster include: real estate, commodities, energy, transportation, travel and health care.

On the personal health front, people are more prone to developing problems of the spine such as neck and back pain as well as neurological diseases such as MS, Parkinson's and neuropathy. Furthermore, look out for liver, gall bladder and respiratory diseases.

It would be very appropriate to follow my advice from last year as both 2004 and 2005 share similar elemental energies of metal and wood.

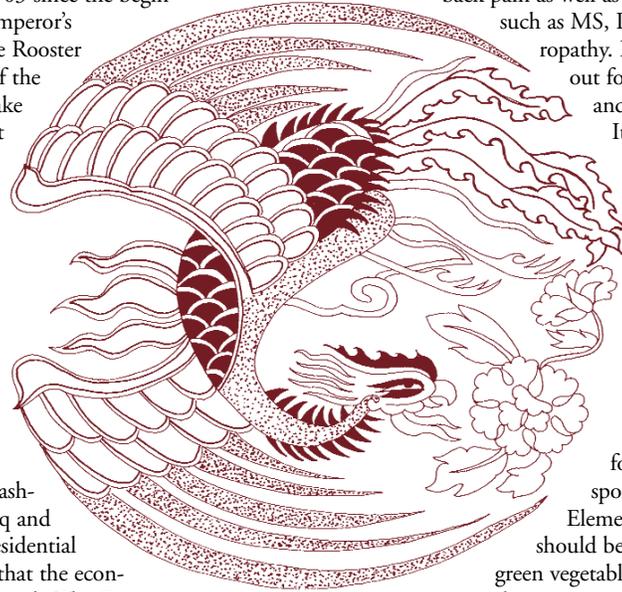
Diet should consist of "green" color foods as this corresponds to the Wood Elemental Energy. Diet should be abundant in leafy green vegetables like parsley, kale, mustard greens, spinach, collards, chard,

beets and beet greens, supplements containing rich chlorophyll such as Spirulina, Chlorella and Blue-Green algae, and herbs including dandelion, milk thistle, peppermint and chrysanthemum should be consumed to help the liver. Additionally, including daikon radish, seaweed, persimmon, dill, oregano, cilantro, rosemary, sage, bay leaf, cinnamon, ginger, mustard seed, and garlic will benefit the respiratory system, I strongly recommend our Internal Cleanse Tea to support your healthy liver function and Perpetual Shield to strengthen your lungs.

You should also undertake a regular exercise program that includes stretching and strengthening of the spine such as Dao-In, Eight Treasures or Yoga. A daily relaxation and stress management practice is also important to support your nervous system such as practicing Stress Release Meditation or Five Clouds Meditation. Seek treatment at the earliest opportunity when confronted with any of the conditions mentioned above to prevent unnecessary exacerbation and magnifying your illness.

Finally, the best way to benefit and avoid the pitfalls in the Year of the Green Rooster is to avoid speculation, temper your ego, do the homework and get to the truth beneath all the glamour and show, minimize confrontations, keep good posture, stay calm, eat well, cleanse your liver, boost your immune and respiratory systems, smile a lot and move forward with your endeavors with confidence and poise. Don't forget to stay flexible and adapt to all changes. You will find that success is within your grasp.

*We wish you a Happy, Healthy and Peaceful New Year!*  
— Dr. Maoshing Ni



# The power of CRANE CHI GONG

By Dr. Daoshing Ni



PHOTO: JUSTINA KRAKOWSKI

扶正祛邪

The room was small but the energy in the room was overflowing. This eager old man along with his entourage of family was very excited to show me something he had been working on for the past three months. Life has not been the same since the stroke, he has lost most of the mobility in his left arm and leg. You can always blame this on several years of cooking with lard and consuming too many sweets and pork. Then again, that is the national diet of Chinese people; he did not know any better. In this small cramped clinic of the hospital, I was busy caring for mostly stroke patients, (my first assignment as a visiting resident in this understaffed hospital).

It seems to me there are many people, mostly men who are annoyed by the suffering and have lost their lust for living. But this man was different, you can tell by his eyes. He had patience and he took up my advice—of asking him to learn and practice Crane Chi Gong in a regular class provided by the hospital. He practiced it as much as he could with his limited body but unlimited enthusiasm. With all his strength, he stood up in front of me from his wheel chair with assistance from his relatives. Enthusiastically, he proceeded quickly to try to lift his left arm. It jerked then moved upward as if an old compressed bed frame spring has been let loose. There were roars and cheers

*“There are roars and cheers around the room, but I did not seem to notice. I was just staring at the pearls of tears streaming down his eyes. I knew they were tears of joy.”*

around the room, but I did not seem to notice. I was just staring at the pearls of tears streaming down his eyes. I knew they were tears of joy.

In the past 20 years of my practice, I have seen the power of Crane Chi Gong in my patients. It has helped shrink fibroids, rid chronic pains, rehabilitate paralysis, and overcome infertility. These patients share something in common; they have practiced Crane Chi Gong diligently, daily, and with hawk-like focus and attention. They have put my own practice to shame. No wonder 20 million people in China have benefited so much from these Chi Gong practices. Many diseases have been cured or managed. Countless patients suffering from heart disease, cancer, diabetes and many others illnesses have all seen benefits from practicing Crane Qi Gong. These exercises are all about harvesting your own healing power and energy from Nature. Incorporating specific breathing techniques and guided movements, Crane Qi Gong is soothing, peaceful and invigorating. It is also a way for me to cleanse myself from

a hard day's work of germs, illnesses and negative energies.

I ask you to give it a try. There is nothing more important to us here at Tao of Wellness than to see you improve your health and wellness. ■



# VISIT YO SAN UNIVERSITY

Take a CLASS, Attend a LECTURE, Become a HEALER



## A LEGACY OF LEARNING

*Brothers Daoshing and Maoshing Ni, the 38th generation of healers in their family, founded Yo San University in 1989 in memory of their grandfather, Yo San Ni. Yo San was born in China in 1879 to a family that had for centuries passed down, from father to son, the ancient secrets of Traditional Chinese Medicine (TCM).*



Yo San lost his father when he was still a young boy but was determined to carry on his family tradition. As a teenager he sought out and was taught by the spiritual leaders and masters of TCM who had fled to the mountains to escape political persecution. In his thirties, Yo San left his teachers and headed for the village of Wen Zhou, where he fulfilled his dream of practicing medicine and founded the College of Tao and Traditional Chinese Healing.

In 1966, the orchestrators of the Cultural Revolution banned TCM and Yo San was forced out of medical practice and teaching. Though persecuted and prevented from publicly continuing his life's work, he continued to be an inspiration and guide to his students and all who knew him. He managed to provide a place of learning based on the guiding principles of Taoism, where students could explore their own spiritual growth as an integral part of learning the healing arts. Today, his dream and vision are carried on at Yo San University of Traditional Chinese Medicine by our students, the 39th generation.

## ANCIENT WISDOM, MODERN MEDICINE

Located in Marina del Rey, today Yo San University of Traditional Chinese Medicine is a non-profit educational institution offering a wide range of health services including public classes on TCM and *Qi* (energy) development, free lectures, a low-cost community clinic and a Master's degree program in Acupuncture and Traditional Chinese Medicine (MATCM).

Most classes begin the first weeks of January and May and the last week of August. Ongoing *qigong* classes, including practice in such forms as 8 Treasures, Crane Style *Qigong* and Harmony Style *Taiji* are offered on a drop-in basis, and



you may also purchase individual class passes. For the current class schedule, please visit [www.yosan.edu](http://www.yosan.edu).

Public lectures are offered on-site, the first Tuesday of every month and also at other local venues such as libraries and Whole Foods. Past topics include ancient Chinese healing secrets, stress relief for busy professionals and facial rejuvenation without surgery. Lectures are given by Yo San interns and faculty.

Our modern, 16 room clinic provides a professional setting for our graduate students and our dedicated licensed faculty to practice. Low-cost treatments are available with student interns who are expertly supervised by experienced, licensed acupuncturists. You may also receive a treatment with a licensed faculty member at a



slightly higher rate. Our on-site herbal laboratory is a convenient place to purchase herbal formulas or patent herbs.

We welcome you to attend classes and lectures and use or refer friends to our clinic. If you are interested in pursuing a career in acupuncture and Traditional Chinese Medicine, Yo San's master's degree program is a rigorous, four-year, full-time course of study that will prepare you to sit for the California and National Acupuncture Board exams. Yo San is fully accredited and offers students federal financial aid as well. ■

*For more information about any of the above programs, please visit us at [www.yosan.edu](http://www.yosan.edu), or contact us at:*

## YO SAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE

13315 West Washington Blvd.  
Los Angeles, CA 90066  
Tel: (310) 577-3000; Clinic: (310) 577-3006  
Fax: (310) 577-3033  
[www.yosan.edu](http://www.yosan.edu)

# ANNOUNCEMENTS events

YOU AND A GUEST  
ARE INVITED TO GATHER  
AND CELEBRATE THE  
**YEAR OF THE ROOSTER**  
WITH A NEW YEAR  
OBSERVANCE BY  
MAOSHING NI

SUNDAY, FEBRUARY 13, 2005

## SHRINE OF THE ETERNAL BREATH OF TAO

Yo San University, 3rd Floor  
13315 Washington Blvd.,  
Los Angeles, CA 90066

*Our Schedule will be:*

9:45 am

**NEW YEAR OBSERVANCE  
& ACTIVITIES**

12:00 pm

**POTLUCK LUNCH &  
ENTERTAINMENT**

1:00 pm

**QIGONG & MEDICAL DEMONSTRATIONS**

For more info call (310) 577-3000

*Other Weekend Activities  
will include:*

**COSMIC TOUR BAGUA,  
PART 2 WORKSHOP**

Friday, Feb.11th, 2:30 - 6:30 pm

**THE ART OF LIVING WELL:  
ORIENTAL MEDICINE  
FOR DAILY HEALTH**

Saturday, Feb.12th, 10:00 am - 2:00 pm

**HARMONY TAI CHI - 18 STEPS TO  
HEALTH AND VITALITY WORKSHOP**

Saturday, Feb.12th, 2:30 - 5:30 pm

**SETUP, DECORATIONS, AND FLOWER  
ARRANGING FOR SUNDAY**

Saturday, Feb.12th, 6:30 pm - ???

**YO SAN UNIVERSITY OPEN HOUSE**  
Sunday, Feb.13th, 12:00 -3:00 pm

Please call Kitty to RSVP  
(310)576-1902, extension #1, or  
complete a registration form.

## DR. BAN B. WONG

TAO OF WELLNESS WOULD LIKE TO INTRODUCE BAN B. WONG,  
A NEW ADDITION TO OUR HEALING TEAM SINCE AUGUST OF 2004

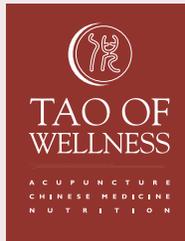


BAN B. WONG

Having graduated from Samra University of Traditional Chinese Medicine with a Masters degree several years ago, Ban comes to Tao of Wellness with experience in public health education and social causes. Ban received a B.A. in Economics from the University of California, Los Angeles before pursuing his

studies in Chinese Medicine. He was first introduced to acupuncture by his father, a practitioner of Traditional Chinese Medicine. Ban later received apprenticeship training in Feng Shi, Mien Shiang and Reflexology. Through his experience, he realized that these philosophies of medicine, in its understanding of the integration of body, mind and spirit, were his path. Ban continues his knowledge, education and experience with an excellent training in Traditional Chinese Medicine to help patients into a place of balance in their health and life. He has been actively involved in community outreach programs including

Tobacco Control for Children, HIV Education and Prevention and Healthcare Options for Disadvantage Immigrants. He has also taught classes in Natural Healing, Chinese Herbal Medicine and *Tai Chi* at Senior Centers throughout the San Gabriel Valley. Ban promotes the understanding that health is not simply the absence of disease but the result of a continuous growth and awareness of "Wellness" in everyday life. As a Licensed Acupuncturist, Ban works closely with all doctors and patients at Tao of Wellness. Please feel free to stop and say hello. ■



1131 WILSHIRE BOULEVARD SUITE 300  
SANTA MONICA, CA 90401  
www.taooftwellness.com  
(310) 917-2200

postage

*address correction requested*