



# TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

WINTER ISSUE 2006

## 1

HAPPY CHINESE NEW YEAR

## 2

JESSICA CHEN,  
L.A.C., DIPL OM  
NEW TAO OF WELLNESS  
FELLOW & ASSOCIATE

GOODBYE TO SMOKING

## 3

HOW MUCH DO  
YOU KNOW ABOUT  
YOUR PULSE?

ACUPUNCTURE  
EFFECTIVE IN TURNING  
BREECH BABIES

## 4

YEAR OF THE DOG  
NEW YEAR CELEBRATION

TAO OF WELLNESS

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# HAPPY CHINESE NEW YEAR

FROM DR. MAOSHING NI



DEAR  
FRIENDS,

**January  
29, 2006  
begins the  
Chinese  
New Year  
of the  
Dog.**

It is Year 4,704 of the Yellow Emperor's reign. With 2005 Rooster year leaving us, let us do a retrospective on my predictions at the beginning of last year. Economically, I forecasted that the industries sure to benefit from the year of the rooster included real estate, commodities, energy, transportation, travel and health-care. By most accounts, with the exception of several high profile airline bankruptcies, all the other industries I listed had posted good growth and returns.

I also mentioned many potential conflicts and arguments arising from the "cocky" nature of the rooster. We saw political conflicts in the U.S., the Middle East, South America and Asia ranging from nuclear threats to unfriendly socialist regimes to ever-widening trade deficits. I also cautioned to be on the lookout for spinal problems, neurological diseases, liver and gall bladder diseases, and the year saw an upsurge in Parkinson's disease, neuropathy and hepatitis C.

Now, you might ask what is going to happen in the Year of the Red Dog 2006. First, I must add a disclaimer that despite my predictions, how you handle opportunities and crisis can change the outcome of circumstances in your life. So, do not despair from any negative predictions or get too excited by any positive forecasts.

Everything in life is relative to the context of the situation.

The new year of the dog is "red" to represent the color corresponding to the year's energetic element of Fire. It also possesses the Earth elemental energy in a supportive role. Fire, symbolized by the sun, gives forth light, warmth and openness. The earth, with its contained quality causes introspection and the yearning for spiritual meaning. Therefore, the year 2006 shall bring more open dialogue among nations and between people, as well as a collective drive for spiritual meaning.

In nature, potentially disruptive fire and earth events, such as volcanic eruptions and earthquakes may be more prevalent in 2006. The weather pattern in North America, smarting from a record number of hurricanes in 2005 may exhibit more scorching, dry weather punctuated with dramatic lightening storms and landslides.

On the economic front, the first half of the year will be marked by optimism, but the latter half may experience substantial set backs. The sectors that should do well are finance, entertainment, energy, utilities, publishing and transportation. The M&A activities will continue to outpace the last few years.

In health, people will be more prone to diseases relating to the fire and earth elements including cardiovascular diseases, digestive problems, muscle inflammation (especially shoulder pain), kidney disease, diabetes and cancers. Here is my advice for your health in the upcoming year:

Prevent illness by balancing your fire and earth elements through appropriate dietary

choices and lifestyle changes. A diet rich in whole grains, fresh vegetables and fruits, beans and legumes, poultry and fish should form the foundation of your eating program. Make sure to have plenty of specific foods for heart and digestive health, such as the bran from rice, oats and wheat, ginger, garlic, turmeric, squash, pumpkin, yam/sweet potato, cherry, grape, garbanzo/ chickpea and adzuki beans. Lower your intake of fats and sweets.

Stress is a big cause of heart disease and digestive disorders. Therefore, work on reducing your stress through meditation, exercise, tai chi, journaling and artistic expressions. I strongly recommend the Emotional Tranquility Tea or Calmfort formula to keep you tranquil and serene. Naturally, seek treatment at the earliest opportunity if you suspect any of the conditions above in order to take care of problem while it's still small.

In summary, the year of the Red Dog should bring more spiritual awareness and prompt communities to come together for common causes. Be on the lookout for cardiovascular conditions as well as digestive disorders. Work on your diet, exercise and stress reduction programs, smile a lot and move forward in your endeavors with optimism. Also, remember that the qualities of a dog - loyalty, fidelity and commitment - will win you friends and influence people at the end of the day and bring harmony to all. Don't forget to stay flexible and adapt to all changes. You will find that health, happiness and success are within your grasp.

**WE WISH YOU A HAPPY,  
HEALTHY AND PEACEFUL  
NEW YEAR!**



## JESSICA CHEN L.Ac., Dipl OM

NEW TAO OF WELLNESS  
FELLOW & ASSOCIATE

Please join us in welcoming Ms. Jessica Chen to the Tao of Wellness. After 4 rounds of grueling interviews and tests, Ms. Chen was selected out of 12 candidates as the finalist for the Tao of Wellness Fellowship. The Fellowship is designed as a postgraduate residency whereby Ms. Chen will be practicing under the direction of Drs. Daoshing and Maoshing Ni in her first year. After successfully completing her residency, she will become a full associate at Tao of Wellness. Ms. Jessica Chen graduated with a Master's degree in Acupuncture and Traditional Chinese Medicine from Yo San University with highest honors. She received her Bachelor of Arts in Psychology from Boston University.

Ms. Jessica Chen is a Board Licensed Acupuncturist in California and is also a Nationally Certified Diplomat of Oriental Medicine. She is a member of the California State Oriental Medical Association and holds a Certification for Cosmetic Acupuncture from the Mei Zen Institute. ■



We are pleased to announce the arrival of Adriana and Ted Amondson's baby girl,

### Samantha Nichole Amondson

Born November 28, 2005  
Weighing 8 lbs. 6 ounces  
Height 20 inches

# GOODBYE *to* SMOKING



DR. QINENG TAN

*As you all know by now, tobacco is a big killer. More than 50 million Americans smoke. According to the Center for Disease Control, it kills more than 440,000 people every year in the U.S. If you are a current smoker, quitting is the biggest favor you can do for yourself. You might have already tried to do so and failed several times before. Please realize that your past failures do not mean you are unable to quit smoking this time. Instead, view them as part of the process of successfully quitting for good.*

You have many reasons to quit smoking - for your health, your loved ones, your sex drive, and even for the money in your pocket. The earlier you quit the better your body will recover.

Once you plan to quit smoking, arm yourself with these four tools - be ready, get support, learn new skills and behaviors and be prepared for relapse.

#### ■ BE READY

Smoking is a powerful addiction. You have to realize that you are fighting a strong addiction, not just a habit. It is not going to be easy. In my many years of experience in helping people withdraw from addiction, I would say that the number one key to success is to be ready. Without your cooperation, nobody can really help you. So, sincerely ask yourself if you are ready to do this NOW. If you are ready, congratulations. It is now time to set a quit date and stick to it. Try to avoid high stress days and holidays. You should choose a three-week period that is clear of any known deadlines or other stressors so that you can better deal with the strong nicotine desire and other withdrawal symptoms.

#### ■ GET SUPPORT

See your health provider for support and help. Acupuncture and Chinese herbs may help you detox, reduce nicotine cravings and withdrawal symptoms, such as anxiety, headache, poor concentration, dizziness, fatigue, insomnia, irritability and weight gain.

Tell your coworkers, friends and family members that you are quitting smoking. Ask for their tolerance because you might be edgy or grumpy for a little while. Ask people to not

smoke in front of you. Try attending Nicotine anonymous meetings.

#### ■ LEARN NEW SKILLS AND BEHAVIORS

Learn a deep breathing technique. Practice it and repeat it any time you have a craving. Drink a lot of water or tea in the first week. Bring a big bottle of water with you at all times. It will help flush out the nicotine and other toxins from your body.

**Increase exercise.** Go to a gym, sit in the steam, take a long walk or ride your bike daily. Chi-Gong, Tai Chi and Yoga are excellent for you and can increase a sense of calmness and well-being.

**Stay away from alcohol, sugar and coffee,** as these tend to stimulate the desire for a cigarette. Avoid fatty foods and cheese. Eat many fresh vegetables, especially living greens. Eat enough protein.

**Change your eating habits.** Try to eat small amounts of food at each meal every 2-3 hours. Eat slowly, one bit by one bit. Chew gum or suck on cinnamon sticks.

**Deep breathing.** During deep breathing, repeat to yourself the affirmation "I am a non-smoker." Do this several times a day. Remember that most of the urges to smoke will pass after 5 minutes.

**Avoid going to places where you will be tempted to smoke,** such as bars and parties with smokers during the first few weeks of quitting.

#### ■ PREPARE FOR RELAPSE

Once you reach the third week goal without smoking, give yourself a big applause. You are on your way! Be careful - nicotine is a powerful drug. From time to time, the urges to smoke still occur and may increase during the holiday season, with peer pressure and high stress levels. These kinds of urges may occur in the next 6-12 months, sometimes even 1-2 years. However, the craving intensity usually only lasts twenty seconds to five minutes. Use the same techniques (i.e. deep breathing) that you used when you were first quitting to overcome the desire.

You have my best wishes for your success. Call us at Tao of Wellness—we stand ready to help. If you can stop smoking, you have proved that you have the power to make anything possible. ■

# How *much* do you know about YOUR PULSE?

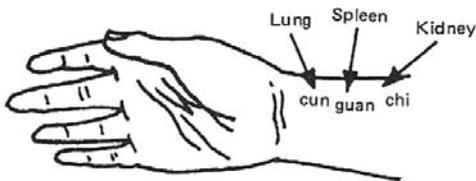


DR. XIAOMEI CAI

Most people already know that the pulse reflects heart rate, which is normally between 60-90 beats per minute. Whether it is too slow, too fast or irregular,

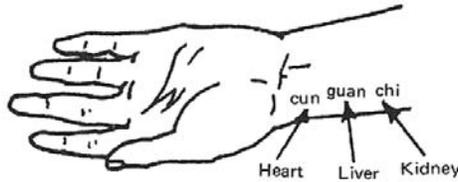
it can indicate a possible heart problem. However, according to Traditional Chinese Medicine, the pulse reveals more than just heart rate. Chinese pulse diagnosis is an extremely complex subject and an important diagnostic tool. This is why we take pulse readings much longer than you normally experience at a western medical office. The following will introduce some brief concepts of Chinese Medical pulse diagnosis.

**Pulse diagnosis is important for two reasons - it can give very detailed information on the state of the internal organs and it reflects the whole complex of Qi, Blood Yin, Yang and frankly, every part of the body.** It gives the doctor an indication of the overall constitution of a person. Just as the tongue can reflect these phenomena, so does the pulse. Pulse diagnosis is a very subtle skill. We take the pulse on the radial artery, dividing it into three sections on the wrist and detecting it at three different levels. The three wrist sections of the pulse on the radial



## RIGHT WRIST

FRONT: LUNGS / LARGE INTESTINE  
MIDDLE: SPLEEN / STOMACH  
REAR: GATE OF VITALITY FIRE



## LEFT WRIST

FRONT: HEART / SMALL INTESTINE  
MIDDLE: LIVER / GALL BLADDER  
REAR: KIDNEY / BLADDER

artery are the front, middle and rear, respectively. The three levels are superficial (pressing lightly), middle (pressing a little deeper) and deep (pressing even deeper). The three levels at each of the three sections on the wrist are referred to as the "Nine Regions."

Each pulse position can reflect different phenomena in different situations. For example, in a state of health, the left middle pulse (Liver) will be relatively soft and smooth, neither superficial nor deep. Therefore, we can say the liver and gall bladder energies are balanced or that the Yin and Yang within the Liver/Gall Bladder sphere are balanced. If a patient is experiencing migraine headaches and her pulse feels wiry (harder or tighter than normal) and more superficial and pounding, then we may diagnose this as Excessive Liver Fire (Yang) Rising (up the Gall Bladder channel to the head). The pulse reflects the rising energy.

Again, the pulse is assessed at three different depths: a superficial, middle and deep level. These three levels of the pulse give an immediate idea of the level of Qi in the pulse and, therefore, the kind of pathological condition that might be present. In particular, the superficial level reflects the state of Qi (and the yang organ); the middle level reflects the state of Blood; the deep level reflects the state of Yin (and yin organs). Thus, by examining the strength and quality of the pulse at these three levels, we get a better idea of the pathology of Qi, Blood and Yin, and of the relative state of Yin and Yang. ■

# Acupuncture Effective in TURNING BREECH BABIES



When labor begins, close to 97% of babies born assume the head-down position. The rest are mostly breech babies. There are many ways to encourage a breech baby to turn. Acupuncture, especially using moxibustion, which is the application of heat from burning the herb, Mugwort, is a non-invasive and safe method to help turn the breech baby. The success rate in studies from China is 80% and if treated before 32 weeks of pregnancy, it can be even higher.

Acupuncture and moxibustion is applied to only one point on the body to help turn a breech baby – Bladder 67, the last point on the Bladder channel. Bladder 67 point is on outside corner of the little toe on both feet, right next to the nail bed.

Moxibustion can be administered by the patient or a family member at home. Using a moxa stick, apply heat to the Bladder 67 point daily for 15-20 minutes for seven days. Take a two-day break. If the baby has not turned yet, continue with the moxa for another seven days. It is even more effective if the patient does the "knee to chest" position in conjunction with acupuncture/moxa treatment.

To do the "knee to chest" position, get on your knees with your forearms in front of you on the floor so that your bottom sticks up in the air. Do not lie on your belly. Maintain this position for 15 minutes, twice a day. By positioning the body so that the head is lower, gravity encourages the baby's head to "float" toward the fundus of the uterus, flex her chin onto her chest and start to turn under. Acupuncture treatments should be performed every other day for up to 2 weeks to assist with the process of turning the baby to the right position. ■



# YEAR OF THE DOG NEW YEAR CELEBRATION

Drs. Maoshing & Daoshing Ni  
invite you and guests  
to celebrate the Year of the Dog  
with a Traditional Renewal Ceremony,  
Lion Dance Entertainment  
and a Potluck Lunch.

SUNDAY, JANUARY 29TH, 2006, 9:45 AM

SHRINE OF THE ETERNAL BREATH OF TAO  
YO SAN UNIVERSITY, 3RD FLOOR  
13315 WEST WASHINGTON BLVD. (@REDWOOD)  
LOS ANGELES, CA 90066

Please arrive before 9:45 am for the New Year Observance. We recommend that you bring a seating cushion. For the Potluck Lunch, please bring your favorite festive healthy dish, beverages, or accompaniment to share. We look forward to ushering in the New Year with you!

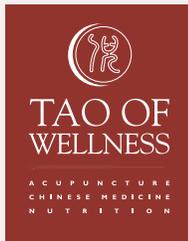
## EVENT SCHEDULE

- Renewal Ceremony & Lion Dance  
9:45 am—12 noon
- Potluck Lunch & Entertainment  
12:00 noon—1:00 pm
- Yo San University Open House and Demonstrations  
1:00—3:00 pm

## MOVEMENT WORKSHOPS DURING NEW YEAR'S WEEKEND:

- Cosmic Tour Bagua Workshop, part 4, with Dr. Maoshing Ni
- Eight Little Treasures: Easy Movements For Health
- Dao-In: A Guided Tour of Taoist Yoga
- 18 Step Harmony Tai Chi Learning/Refinement Intensive
- Eight Treasures: Instructor Training Intensive

For more information or to sign up, please go to [www.chihealth.org](http://www.chihealth.org) or call 310-577-3031.



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