



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FALL 2006 / WINTER 2007

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CELEBRATES ITS 30TH
YEAR IN AMERICA

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FEBRUARY 18TH
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NEW TAO OF
WELLNESS FELLOW
JAMES EVANS L.A.C.

HOLIDAY GIFT SPECIALS

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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Graphic Design: Justina Krakowski



Tao of Wellness celebrates its 30TH YEAR IN AMERICA

In 1976, Drs. Daoshing and Maoshing Ni's father, Hua-Ching Ni, was invited to the United States to teach the ancient philosophy of Tao and practice the healing art of Chinese medicine. Through his grateful patients, many of them influential politicians who were instrumental in legalizing acupuncture and Chinese medicine in California, his practice became the foundation of the Tao of Wellness today.

Tao of Wellness now celebrates its 30th year in America. Tao of Wellness continues the Ni family's mission of providing the highest standards and quality of Traditional Chinese Medicine to all its patients. This mission has been passed down for 38 generations in the Ni family.



Drs. Dao and Mao continue the Ni family's Chinese Medicine tradition with their father in the mid-1980s

THE TAO OF WELLNESS ADVANTAGE OUR DOCTORS

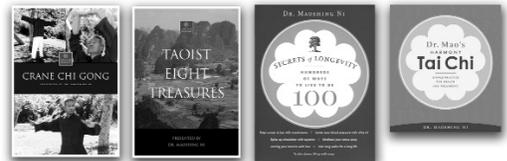
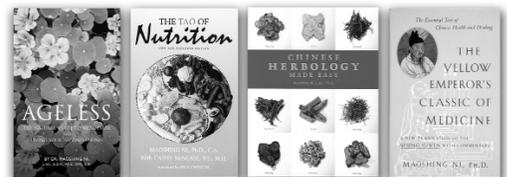
Our expanding team of doctors are highly trained and experienced in patient care and in the latest medical developments. They undergo continuing education and professional development to ensure they are well versed in the current development of Traditional Chinese Medicine. In addition, our doctors take on a team approach at the Tao of Wellness. They meet regularly to discuss ways to provide the best possible care and the most direct healing approach for their patients. They also bring into the meetings challenging cases for which each doctor would provide his or her unique insight and experience. Many patients have been treated successfully with the team approach.

Many of our doctors are internationally and nationally recognized as published authorities in the areas of longevity, infertility, nutrition, herbal health, gynecology, menopause, pain management,



Tao of Wellness doctors (from left to right) J. Chen, X. Cai, D. Ni, B. Wong, M. Ni, J. Evans, Q. Tan

stress management, adjunctive cancer therapy, pre-op and post-op recovery and internal medicine.



OUR LOCAL AND INTERNATIONAL RESOURCES

Our doctors are able to draw upon the Chinese medical knowledge from the Ni family at both the Tao of Wellness and Yo San University. Yo San University is an accredited nonprofit school of Traditional Chinese Medicine founded by Dr. Mao and Dr. Dao and named after their grandfather, Yo San Ni. It boasts some of the best professors teaching Traditional Chinese Medicine, as well as highly recognized Western Clinical instructors. Students at Yo San University go through a rigorous program of over three years before beginning their clinical training, which involves treating patients in the university's low-cost community

Continued on page two

Tao of Wellness celebrates its 30TH YEAR IN AMERICA

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Yo San University provides Master's Degrees in Acupuncture and Traditional Chinese Medicine.



Grandfather Yo San Ni

clinic as well as other associated healthcare initiatives. The Tao of Wellness recruits from Yo San University some of their best graduates.

In China, Dr. Mao and Dr. Dao have drawn together an expert panel of doctors providing direct access to the latest clinical research, proprietary treatment protocols and case consultations.



Dr. Mao with chief physicians from 12 Sichuan hospitals

OUR INTERDISCIPLINARY REFERRALS

Tao of Wellness embraces an integrative approach to medicine. Our doctors often work with other health care professionals in allopathic-conventional medicine, chiropractic, osteopathic, naturopathic and homeopathic medical fields, as well as the psychology, biofeedback and hypnotherapy disciplines. We maintain a referral database of the best healthcare practitioners in various specialties.

Our experience and close relations with many well known medical institutions has often required us to treat patients within hospitals, closely coordinating treatments with

some of Los Angeles best medical doctors and specialists. The hospitals include: UCLA Medical Center, Santa Monica Hospital, St. Johns Health Center, Cedar Sinai Hospital, Brotman Medical Center, Century City Hospital and Daniel Freeman Hospital.



OUR QUALITY HERBS

Tao of Wellness maintains its very own herbal lab, stocked with the highest quality Chinese herbs. Every year, Dr. Mao travels to China to meet with local growers, producers and wholesalers to ensure that we import only herbs of the highest quality and purity. We insist that our herbs be tested for heavy metals and pesticides, and we are also working with growers to encourage them to adopt more natural, organic practices and standards.



Dr. Mao inspecting jujube dates in Chengdu, China

OUR HERBAL SUPPLEMENTS

Besides Chinese medicinal herbs, Tao of Wellness also carries a superior line of herbal supplements and teas (marketed by Traditions of Tao), which were formulated by different generations of the Ni family.

OUR PUBLICATIONS

Drs. Dao and Mao's father, Hua-Ching Ni, is a prolific teacher and writer, and has pub-



Tao of Wellness herbal supplements

lished over 60 books by the Ni family's publishing house, SevenStar Communications. In his books, he answers the many questions posed by his students and patients about



health, life, spirituality, and the ancient wisdom of the Ni family Taoist tradition. Other publications include books and audio/visuals by Drs.

Dao and Mao on Chinese medicine, nutrition, chi exercise and Taoist philosophy.

OUR STAFF

Our staff consists of a well organized team of managerial and support personnel. They desire to make your experience from appointment scheduling, receiving a customized herbal formulation or solving problems, a pleasant and caring one.

OUR FACILITY

We have placed special attention on the design and layout of our space, utilizing the ancient principals of feng-shui. Applying these principles, we have organized and incorporated fixtures that allow for a smooth and continual flow of energy, further supporting the health and wellness of our patients and staff.

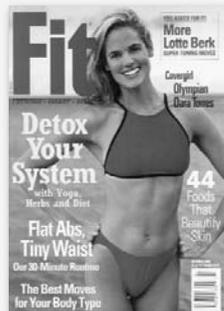
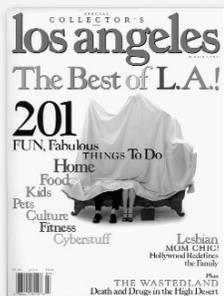


OUR COMMITMENT TO YOU

We commit to delivering to you and your family the highest quality, natural health care experience of Chinese medicine. ■

Tao of Wellness is no longer a best kept secret in Los Angeles...

Our doctors are much sought after for their unique expertise by people throughout the United States and beyond. They have been featured in numerous newspaper and magazine articles as well as national and local television programs.



The New York Times

Los Angeles Times



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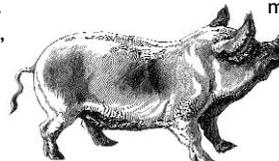
FEBRUARY 18, 2007 USHERS IN THE YEAR OF THE PIG



DR. MAOSHING NI

The Year of the Pig is symbolized by the elements of fire and water. These two energies are typically in conflict, thus making 2007 a year of continuing

conflict, tension and strife. I expect there may be further global unrest, including revolts and regional wars. Despite the destructive tendencies, the water element does give rise to new beginnings and engenders movement, so there will be more opportunity for change and travel.



On the personal health front, watch out for fire related illnesses such as anxiety, depression, panic disorders, heart disease, high blood pressure, stroke, eye problems, and sleep disorders. Watch out also for water related illnesses like kidney and bladder disease. It is important to be extra cautious when traveling as accidents are prone to occur.

I recommend hawthorn berries and apples for a healthy heart, celery juice and olive oil to maintain a normal blood pressure, and Tao of Wellness's herbal formulas such as Emotional Tranquility for peace and sleep, Perpetual Shield for a healthy immune system and Enduring Youth for a healthy kidney system. Regular tai chi prac-

tice and meditation will help you remain calm and relaxed. The exercise tones up your cardiovascular system and the herbs strengthen your immune and kidney systems. If you do not know Tai Chi, next year is an excellent time to learn.

The illusive fire energy can cause overly optimistic expectations within the world financial markets, driving up stocks in the first half of the year leading to declines in the second half due to the instability of fire. Industries expected to do well in the Year of the Pig are commercial real estate, mining, healthcare, high tech and banking.

Even with global conflicts occupying our minds and weighing heavily on our hearts, 2007 has the potential to lay the seeds for a long and lasting peace. In our new book, *The Path of Constructive Life*, my father and I provide the formula for building a healthy and meaningful life. This formula provides the foundation for peace and healthy spiritual progress for you and for humanity.

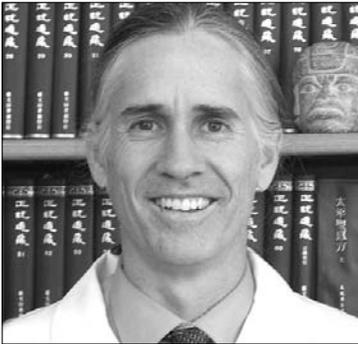
For an expanded look at the New Year of the Pig with practical tips, visit our website at www.taofwellness.com. For classes in Tai Chi and meditation, visit the Tai Chi Studio section of the Yo San University website at www.yosan.edu. ■

YOU ARE INVITED TO OUR ANNUAL Chinese New Year Celebration

AT 9:45 AM ON FEBRUARY 18 AT YO SAN UNIVERSITY.

There will be celebrations, entertainment, spiritual renewal and a pot luck lunch. It is a lot of fun and we ask participants to bring a healthy food dish to share.

NEW TAO OF WELLNESS FELLOW JAMES EVANS, L.A.C.



Please join us in welcoming James Evans, our newest Fellow and member of the Tao of Wellness healing team. The Fellowship is designed as a postgraduate residency whereby James will be practicing under the direction of Drs. Daoshing and Maoshing Ni in his first year. James is well known to us as he has been responsible for the marketing of Traditions of Tao herbal products. He graduated with a Master's Degree in Acupuncture and Traditional Chinese Medicine from Yo San University with honors and comes to us with extensive experience in business and economics.

James started on his path toward Traditional Chinese Medicine and healing after meeting Hua-Ching Ni, the father of Drs. Daoshing and Maoshing Ni, 12 years ago. Hua-Ching Ni inspired James to study at Yo San University and become a healer and teacher of health and wellness. Presently, he is a lecturer at Yo San University teaching the Fundamental of Taoism and Pre-Clinical/Board Review.

James incorporates the healing principals which help a person make an internal shift toward simplicity and balance in their life. Making such shifts can often be challenging and in his view, Traditional Chinese Medicine provides an effective catalyst and the necessary care and support for people to make healthy changes in their lives. ■

HOLIDAY GIFT SPECIALS

TOPICAL HAIR TONIC & HAIR NURTURE TINCTURE



Herbal formulae to replace hair lost before, during and after the holidays! Increase circulation to the scalp and remove built-up toxins that inhibit hair growth. *A \$35 value.*

\$26



FOUR SEASONS TEAS

A customer favorite, all four seasons to enjoy throughout the upcoming new year. Spring Awakening, Summer Cooling, Autumn Toning and Winter Warming teas. *A \$28 value.*

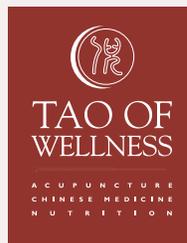
\$24



CHI TEA SET - 4 TEAS

Our best-selling Ancient Treasures Tea along with its delicious individual components: Internal Cleanse 'Chi' tea, Creative Balance 'Jing' tea and Emotional Tranquility 'Shen' tea. *A \$28 value.*

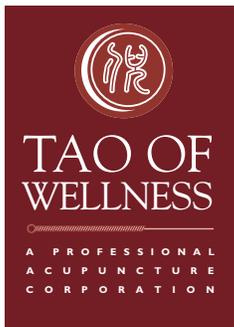
\$24



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

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address correction requested



Dear Friends,

As a Tao of Wellness patient you have experienced the healing powers of Traditional Chinese Medicine (TCM) as practiced by our family for thirty-eight generations. What you may not know is that five years after establishing our practice at the Tao of Wellness, we founded Yo San University as a nonprofit institution dedicated to developing future generations of healers. These students are supported by hands-on internships in a thriving on-site Community Clinic.

Through the financial support of people like you...

- Yo San University has provided over **70,000 low-cost treatments** in its Community Clinic in the past six years.
- Yo San University students have provided over **1,300 free treatments every year** to low-income patients through our externship programs at Venice Family Clinic and Being Alive (an HIV/AIDS member organization in West Hollywood).
- Yo San University students now provide over **400 additional free treatments** at the new Chronic Pain Clinic (at the Venice Family Clinic) since it opened in March 2006.

We need your generous help to keep these vital programs strong and comprehensively accessible to our community. We need your generous help to ensure that patients in need have access to the profound healing benefits uniquely available through Traditional Chinese Medicine. And, we need your generous help to ensure that Yo San University can continue to offer the highest quality hands-on clinical training available to our students. We can not do this without **YOU!**

Culturally, it is not easy for us to ask for money. We believe that you, our patients, understand the benefits of Traditional Chinese Medicine in a profoundly personal way. Here is your opportunity to join us in providing healing to those less fortunate and to support an educational institution that is indeed transforming lives.

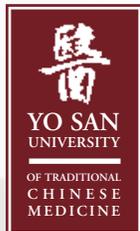
After seventeen years of commitment and hard work, Yo San University is regarded as one of the finest and most academically rigorous schools of Traditional Chinese Medicine in the country. Please join us in sustaining our family legacy of healing. Please join us in securing the future of Yo San University. *Please give what you can today!*

Wishing you peace and good health.

DR. DAOSHING NI

DR. MAOSHING NI

P.S. Please see the reverse side of this letter for further information about your tax deductible contribution.



FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____ PHONE NUMBER _____

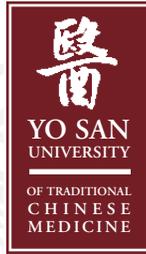
METHOD OF PAYMENT: CHECK VISA MASTER CARD AMOUNT: \$ _____
(Please make check payable to YO SAN UNIVERSITY)

CREDIT CARD # _____ SECURITY CODE (3 digits on back of card) _____

EXPIRATION DATE _____ SIGNATURE _____

PLEASE TEAR OFF BOTTOM PORTION AND MAIL TO:

YO SAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE
13315 WEST WASHINGTON BOULEVARD ■ LOS ANGELES ■ CA ■ 90066
310-577-3000 ■ www.yosan.edu ■ Tax ID# 93-0999148



YOUR TAX DEDUCTIBLE DONATION OF:

\$100 gives you the following benefits:

- Yo San cap
- Yo San's newsletter *Learning Point*

\$500 gives you the following benefits:

- Yo San cap
- *The Power of Natural Healing*, by Hua-Ching Ni, an inspirational guide to revitalizing your health with acupuncture, herbs, Taiji, and Qigong
- Yo San tote bag
- Yo San's newsletter *Learning Point*

\$1,000 gives you the following benefits:

- All benefits stated at the \$500 level
- *Taoist Eight Treasures* DVD by Maoshing Ni or *Crane Style Qi Gong* DVD by Daoshing Ni

\$2,500 gives you the following benefits*:

- All benefits stated at the \$1,000 level
- One year sponsorship (name recognition) of a treatment room in the Yo San Community Clinic

\$5,000 gives you the following benefits*:

- All benefits stated in the \$1,000 level
- One year sponsorship (name recognition) of a classroom

\$10,000 gives you the following benefits*:

- All benefits stated in the \$1,000 level
- One year sponsorship (name recognition) of the Library or Yo San University Lecture series

\$25,000 gives you the following benefits*:

- All benefits stated in the \$1,000 level
- One year sponsorship (name recognition) of the Tai Chi Studio

**Donations of \$2,500 and above will gain you a membership in Yo San Ni Founders Society and have your name recognized on the Wall of Honor at Yo San University.*

YO SAN UNIVERSITY IS A 501 (C) (3) NONPROFIT INSTITUTION REGISTERED WITH THE CALIFORNIA STATE AND FEDERAL GOVERNMENTS.

For information about this appeal, call (310) 577-3000

- THIS IS NOT AN ENDORSEMENT - FOR PUBLIC INFORMATION ONLY -

INFORMATION CARD NO. W1489

Issued Pursuant to Los Angeles Municipal Code, Chapter IV, Article 4, Philanthropy

YO SAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE

13315 West Washington Blvd., Los Angeles, CA 90066

Person in charge of appeal: **Steven Carter**

Telephone number: **(310) 577-3000**

Activity: Annual Fundraising Appeal Campaign

Solicitation Dates: November 1, 2006 through December 15, 2006

Purpose: Net proceeds to support outreach programs and community clinics including the Venice Family Clinic

Previous: 2005 activity collected a total of \$37,768, of which \$7,862 (20.8%) were expenses and \$29,906 was donated to charity.

DOOR-TO-DOOR SOLICITATION RESTRICTED TO THE HOURS OF 8 A.M. – 8 P.M.

This Information Card must be displayed or presented to all prospective donors.

Date issued: 101106

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