

WELLNESS NEWSLETTER



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION



HEALTHY AGING AND LONGEVITY

with Dr. Mao Shing Ni

Saturday, October 3, 2015, 2:30 - 4:00 pm
Tao of Wellness Santa Monica

If you desire youthful skin, abundant vitality and sharper memory, you cannot afford to miss this cooking demo where Dr. Mao will be sharing his personal age defying recipes. You will learn, taste and experience the secrets of centenarians, high-performance athletes and generations of physicians in his family.

Space extremely limited. \$40 per class.
Sign up at the front desk or call 310.917.2200.

QI GONG FOR WEIGHT WELLNESS WITH JASON MOSKOVITZ

Saturday, October 17, 2015 5:00 - 6:30 pm
Find Your Zen Yoga, 2744 East Coast Hwy.,
Corona Del Mar, CA 92625

FEE: Your \$40 includes the following:
90-minute Weight Wellness education and qi gong movement instruction, Weight Wellness eating plan, e-mail + phone access to our resident practitioner for 2 months to ask questions about your wellness journey, free DVD to practice at home outside the class these items hold a \$300 value.
Register today by calling 949.706.7770

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LIVING A LONG AND HEALTHY LIFE

An excerpt from Dr. Mao Shing Ni's book, *Secrets of Longevity*



Who among us doesn't want to live a long life? The desire to survive is built into us. As animals, we react instinctively to protect ourselves in the face of danger. As organisms, our bodies marshal natural defenses to fight off disease and heal injury. As social beings, we fondly hope to observe the new generations as they are born and grow.

We all contemplate the seemingly mysterious differences among individuals—why do some people succumb to age-related syndromes while in their sixties and others live to be well over 100? We ponder the even more mysterious events imputed to “fate,” when otherwise healthy people die from injuries or environmental affronts to the body.

The causes of aging-related ills range from genetically pre-programmed cell death to destruction by environmental toxins, to plaque and fibers that clog up the highways within our bodies. We all possess genes that are triggered as a result of how we live our life and the environment we are exposed to. Longevity is a matter of whether we express

our good or bad genetic predisposition during our lifetime.

Another important aspect of longevity is healing. At some point, due to factors beyond your control, you may become sick. How you handle the illness will have significant bearing on your longevity. Therefore, I recommend that you build a team of knowledgeable professionals dedicated to furthering

“The good news is that you can positively affect your health and longevity right now.”

your health and wellness. Seek out physicians who are willing to integrate complementary medical traditions such as acupuncture and herb remedies and who will take the time to educate you, answer your questions, and guide you in the pursuit of your longevity goals. Become more aware of your health and seek treatment at the earliest opportunity—before a serious disease strikes.

To extend your life and improve its quality, you do not need to be in good health already. In other words, do not fret about the past. What you do from this moment on is what matters. The good news is that you can positively affect your health and longevity right now. ■

PRIVATE QI GONG CLASSES
CONTINUE WITH
DR. KUMIKO YAMAMOTO.

ALISON DOHERTY, L.AC. IS NOW
AVAILABLE FOR PRIVATE LESSONS
IN QI GONG FOR WEIGHT LOSS
AS WELL AS NUTRITIONAL
CONSULTATIONS to help steer you on
the right path to accomplish your health and
wellness goals. Tao of Wellness Santa Monica,
2825 Santa Monica Blvd., Suite 300, Santa
Monica. For information: contact@
taoofwellness.com or call 310.917.2200

BABY & TODDLER
ACUPRESSURE WORKSHOP
with Jason Moskovitz, L.Ac., Dipl.O.M.
Wednesday, October 7, 2015 4:00 - 5:00 pm
Merage Jewish Community Center
of Orange County,
1 Federation Way #200, Irvine, CA 92603
\$5 JCC Members, \$10 Non-Members

Did you know many common health
concerns your kids get can quickly be erased,
if not avoided altogether, all by yourself? In
this workshop you'll learn simple and quick
protocols to keep your baby or toddler
healthy and strong. You'll receive bodywork
and acupressure techniques that are easy
to apply. Acupressure can be used for preven-
tion and wellness, as well as various issues
including restlessness, fever, constipation,
diarrhea, cold/flu, and more. Bring your baby
or toddler to class for easy practice. Children
are welcomed in our classes/events.
For walkers you may want to bring extra
toys to entertain your little one during
the class. RSVP to 949.706.7770

WELLNESS SHOP



SECRETS OF LONGEVITY COOKBOOK

By Dr. Maoshing Ni

The simple philosophy of
Dr. Mao's *Secrets of Longevity
Cookbook* is that by following
the dietary wisdom of cente-
narians, we can initiate self-healing within
ourselves, enjoy life more in the present, and
achieve longevity in the future. There are over
80 delicious recipes which have "secret healing
powers" selected from centenarians around
the world. With a focus on using fresh foods
that have specific health benefits and longevity
properties, Dr. Mao highlights signature ingredi-
ents specific to each dish and provides an
overview discussing the food's particular health
benefits. Try these recipes and you will see a
difference in your energy and health! \$16.95

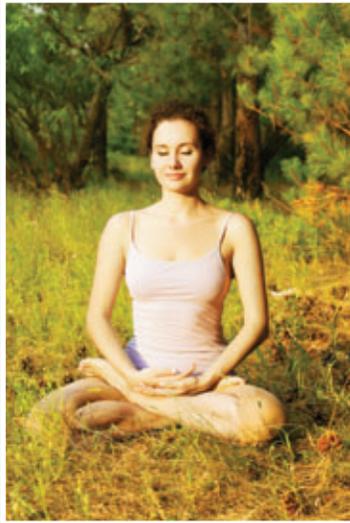
PURCHASE THESE FINE PRODUCTS AT:

wellnesslivingstore.com ■ 310-260-0013
or Tao of Wellness Clinics in Santa Monica,
Newport Beach and Pasadena



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FALL ONE-DAY DETOX RETREAT

OCTOBER 11TH, 2015

Allow yourself to detox from the summer and prepare
yourself and your immune system for the upcoming
cold and flu season at the Tao of Wellness fall detox retreat.
Detoxing provides relief from pain and restores digestive
health and function, boosts mood and clarity of mind. You
will experience 1-day of detoxification techniques such as
acupuncture, cupping, tuina, infra-red sauna and qi gong.
Our detox retreats are educational experiences where
you will attend a lecture and meditation exercises to
enhance your physical, mental, and emotional well being.
Nutritional detox meals are provided.

Please see front desk to register or call 310.917.2200.
Space is limited, so sign-up early!



NUTRITION CORNER WITH DR. CHEN: THE POWER OF MUSHROOMS



Jessica Chen, D.A.O.M.,
Dipl.O.M., L.Ac.

I love mushrooms and,
thankfully, my two year
old son loves them too.
I find that people either
love them or don't care
much for them. Mushrooms
are used in many Chinese
herbal formulas for their
anti-aging and strong cancer
fighting properties and
they make a great addition to everyday
meals. According to Dr. Mao Shing Ni's
book, *Secrets of Longevity* there are more
than 100,000 varieties of mushrooms and
about 700 of them are edible. Below are
some of my favorite mushroom varieties
used for both cooking and for their
potent medicinal qualities.



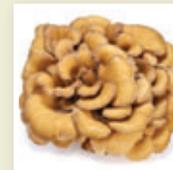
SHIITAKE

They may be dried or
fresh. Shiitakes have a
meaty flavor and are
delicious in soups or
simply in a sauté dish.
This mushroom has
anti-viral, anti-cancer
and high anti-aging
properties. Shiitake
mushrooms are also
helpful in reducing
cholesterol.



WOOD EAR

The texture is a mix
between crunchy and
chewy. You can also get
this dried or fresh. It is
used mainly in soups but
also can be used in sauce
dishes. I like to add it in chicken soup along
with leeks, garlic and ginger. Wood Ear also
has high anti-aging and healing properties.



MAITAKE

Contains anti-cancer,
antiviral, and immune-sys-
tem enhancing properties
and may help with lowering
cholesterol and balancing
blood sugar levels. You
can put it in soups or sautéed dishes.



REISHI

This is not a food
mushroom for everyday
cooking but used for
medicinal purposes.
This has high anti-cancer
properties and can improve
immune functions. It has shown to reduce inflam-
mation and great for anti-aging. You can get reishi
mushroom extract in tablet form, liquid extracts
or capsules. Consult with your health practitioner
for the proper dosage.