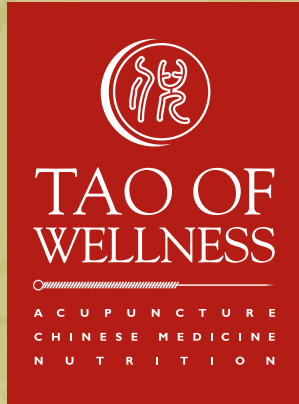


WELLNESS NEWSLETTER



ANNOUNCEMENTS

IT'S A GIRL!



CONGRATULATIONS TO JING CHEN AND BRADLEY GEILFUSS, new parents to **MAISIE CHEN GEILFUSS**, born on January 16th, 2016. She measured 18 inches long, and weighed 6 pounds 12 ounces. Congratulations to the proud parents!

IT'S A BOY!



CONGRATULATIONS TO MELISSA AND ALBERT VACA new parents to **AIDEN VACA** born on January 28th. Aiden measured 21 inches long, and weighed 8 pounds 1 ounce.

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WHAT DO YOU WANT?

By Jason Moskovitz, L.Ac., Dipl.O.M.



The main character in the movie *Shawshank Redemption* says, "Get busy living or get busy dying." Every single day of your life you make a choice to move toward your passion or to wander further away from it. We are quick to place blame on our boss, our parents, and our culture on why we have a hard time recognizing and working toward achieving our dreams. Instead, switch your focus to what drives you from within instead of whatever external cause that may have squelched your fire.

What's passed is behind you. Now is the time to take

"GET BUSY LIVING OR GET BUSY DYING."

responsibility for yourself, get busy living, decide what that passion is, and move towards it.

I'm often asked by patients about how to get something they want. Many times it becomes clear that their focus is less on how to get there and more on some tangible thing outside themselves: an ideal salary, an ideal body, an ideal marriage. I typically reflect this question back to my friends and pose it simpler, "What do you want?" Most are surprised with this for two reasons. First, I didn't answer their question for them. In cases like this, it's not really my place to do that. Second, and more importantly, is the subject of my question, that many people have little idea what it is they want from themselves or for their life. I will often ask my patients to return with a list of 5 things they want from life.

One cannot rightly demand the serenity of an island vacation without doing the work to get it: schedule the trip, buy the tickets and pack the right things. Go inside, find what drives you, then make it happen, one small change at a time.

At this point, that skeptical voice may chime in, "But that's not realistic because..." After we discover your life's passion we must determine what is holding you back from achieving it. Again, we may be quick to postpone our dreams because of many conscious reasons like an unfulfilling job, an overbearing family, or the many

more unconscious reasons like addiction to food, low self-worth or, again, the lack of a vision. Find and accentuate your gifts, cleanse and remove your obstacles, then move forward with confidence.

How? One, ask for help. Two, change. Both of these tasks may seem daunting but the most successful people on the planet do these regularly. The doctors at Tao of Wellness are certified life coaches in the Chinese medical tradition, what we call InfiniChi Coaching. Allow us to help you shine a light on those hidden fires within you, bringing you ever nearer to passion and greatness in all aspects of your life: mind, body, relationships, career and finances. Contact our clinics to schedule your first 30-minute consultation or visit infinichi.com to learn more. ■

SANTA MONICA

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ALTERNATIVE CARE FOR CHILDREN

By Stephanie Yong, L.Ac.



According to a study published in the February issue of the *Journal of the American Medical Association*, the rate of chronic health conditions among children in the United States increased from 12.8% in 1994 to 26.6% in 2006, particularly for asthma, obesity and behavior and learning problems. These statistics are an alarming trend considering that this may indicate an increase in long term prescription drug use in children which can have long term health impacts. Also, childhood illnesses often set the stage for adult health problems.

More parents today are seeking out alternative care for their children than ever before. Safety is always the first concern for parents when choosing medical care. Traditional Chinese Medicine (TCM) has been seen as a safe and viable alternative for parents and their children. In 2011, a review paper published in *Pediatrics* found that acupuncture is safe for children under 18 when performed by appropriately trained practitioners.

Pediatrics is one of the oldest specialties within Chinese medicine with some of the original texts written over 1,500 years ago. TCM offers valuable tools to support the physical, psychological and spiritual health of children at all developmental stages from newborn to adulthood. TCM takes into account the child's constitution, developmental phase, strength of digestion and immunity, their current condition and any lingering pathogens from previous illnesses.

TCM is great for both preventive and remedial treatment of illness by helping the child's body heal itself. Pediatric acupuncturists are trained in a variety of modalities to allow easy customization of treatments for every condition and child's temperament. There are four primary methods for treating children: Nutrition, Herbal medicine, Pediatric massage/Tuina and Acupuncture. TCM can treat a variety of childhood ailments such as colic, constipation, eczema, ear infections, colds, asthma, developmental delays, behavior and learning problems, anxiety, sleep issues and pain. ■



NUTRITION CORNER WITH DR. CHEN: BETTER EATING BETTER BREATHING



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

In the past few months I have treated many patients with either allergies or sinus infections. Many had asked me what to avoid during this time of discomfort. It is important to make sure to avoid food that can trigger a histamine reaction and also foods that can further cause inflammation to your sinuses.

Here are top 5 foods to avoid:

- Dairy
- Wheat
- Processed sugar
- Spicy Foods
- Foods Containing pesticides

Get plenty of rest and using a warm compress on the face can be helpful as well. Avoid taking antibiotics cycle after cycle by getting regular acupuncture treatments and drinking Chinese herbal remedies. ■