



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



CHINESE YEAR OF THE MONKEY

By Dr. Mao Shing Ni

PLEASE JOIN US IN WELCOMING
J. Matthew Brand, MATCM, L.Ac.
recipient of the Tao of Wellness Fellowship.



J. Matthew Brand, L.Ac. is a California Board Licensed Acupuncturist. He obtained his undergraduate degree at UC Santa Cruz before completing his Master's degree in Acupuncture and Traditional Chinese Medicine at Yo San University. A

lifelong athlete, Matthew has been steeped in martial arts for over 15 years, particularly with xing yi, ba gua and tai chi. As a result, professionally, he has been specializing in orthopedic medicine and sports injury. However, after years of volunteer work with U.S. veterans, addressing a myriad of psycho-emotional and physical issues, Matthew has come to appreciate and approach patients in the most holistic way possible. He is equally adept in gynecology, pediatrics and gastroenterology as he is with muscle sprains and strains. Prior to joining Tao of Wellness, Matthew was the Assistant Academic Dean, Clinic Herbalist and Faculty at Yo San University. Matthew hopes to bring Tao of Wellness patients the most comprehensive treatments possible, and to empower their lives with effective daily practices.

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Welcome to the Chinese New Year of the Monkey! The Chinese calendar is based on the lunar cycle that has its origins in the world's oldest oracle called the *I Ching* or the Book of Changes. The *I Ching* encoded

the laws of the universe and patterns of change in a binary language that inspired modern computers and foreshadowed the science of forecasting. Its predictive powers were of such importance throughout history to emperors, farmers, builders and physicians alike that initiating any endeavor at the "appropriate and auspicious" timing would ensure advantageous, fruitful and healthy outcomes. The *I Ching's* modeling of cosmic cycles of changes is called The Five Phases or Elements. Each year there's a dynamic interplay of two elemental forces at work which may result in upheavals and changes in the world and in one's personal life. These changes may upset ecological balance, disease progression and market stability that profoundly affects countless lives. In my yearly forecast below you'll find a general forecast of changes in the world and then how it may affect you personally based on your element personality. (If you don't know what your element is go to Infinichi.com and take the Five Elements quiz to find out.)

2016 is the year of the Monkey which has the characteristics of curiosity, playfulness and unpredictability. In general, the inventive and creative nature of the monkey may portend breakthroughs in science, technology and medicine. The playful and make-believe monkey will elevate the arts, fashion and entertainment fields

to new heights. However, beneath the abiding exterior lies the "monkey wrench" that may appear when you're not looking. To have a deeper understanding of the dynamics of the year we need to learn about the Five Elements.

The elements exerting influence in 2016 is Fire and Metal. Normally the Fire element signals optimism and excitement however when paired with the unbending and critical Metal element the enthusiasm of the Fire is curbed. The two elements are also in opposition which means that 2016 will be characterized by conflicts both interpersonally and around the world. Watch out for unexpected flare ups of strife and contention in relationships and business dealings. Global conflicts like those involving the Middle East, North Korea, China and elsewhere shall continue but luckily the hopeful outlook of Fire will bring the parties back to the table for reasonable resolutions. However, look out for industrial accidents involving explosions.

Health wise in 2016 one may be prone to conditions of the heart and cardiovascular system which corresponds to the Fire element as well as the respiratory, intestinal and the immune system—associated with the Metal element. Heart disease and stroke remain the number one killer in America and possibilities of viruses like the Zika virus can get out of hand just like it did when Ebola spread. The key to a healthy year is to take preventive measures to support your cardiovascular, respiratory, digestive and immune functions through nutrition and herbal support, mind-body practices like meditation and chi gong (qigong) and improved personal hygiene.

Continued on next page.

SANTA MONICA

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continue with

DR. KUMIKO YAMAMOTO.

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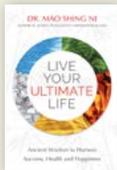
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WELLNESS SHOP



LIVE YOUR ULTIMATE LIFE By Mao Shing Ni

Do you know your life purpose; where your future is headed? Your ultimate happiness and success lies in discovering who you are and your personal life

path. By discovering your element and your innate personality traits, you can guide your life in the direction of your purpose. *Live Your Ultimate Life* starts with self-discovery. This book will guide you in cultivating health, balance and happiness in your life and coach you to actualize your dreams. *Softcover Book, \$16.95*



INVOCATIONS FOR HEALTH, LONGEVITY AND HEALING A BROKEN HEART By Mao Shing Ni

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Editor: Sally Goluboff, MATCM, L.Ac.;
Graphic Design: Justina Krakowski

YEAR OF THE MONKEY continued...

Generally the Fire element is positive for the stock market but because there is opposition with the Metal element the markets will be subdued this year and in fact, be quite conservative. Industries that will shine include arts, fashion and entertainment. The finance and communications industry should also notch positive gains. Despite a Metal element year and a corresponding optimism for a recovery in the commodities it may leave investors wishing for more. Technology and engineering may also be prepared for a small downturn. Earth element industries including construction will benefit as is Water element industries like water treatment, shipping and transportation. Wood element industries is constrained by the Metal element therefore furnishings and wood products are in for a flat year.

In summary, the Monkey Year of 2016 will bring much entertainment and laughs but also a propensity for conflicts with optimistic resolution. Watch out for problems in your heart, lungs and intestines and keep your immune system strong. Be conservative in your investments, focus on finding passion in your work and cultivate a peaceful and calm mind amid the uncertainty and expect the unexpected.

Below you'll find advice specific to each of the Five Element personality types. To find out what your element type is, visit www.infinichi.com to take a quiz.

WOOD ELEMENT

In 2016, your element will benefit from the enthusiastic and openness of the Fire but constrained by the regulated Metal.

FIRE ELEMENT

Being that this is a fire and metal year this means double fire for you. You may find your self being prone to irrational exuberance and Watch out for feelings get hurt by having your bubble pierced by the realistic Metal.

EARTH ELEMENT

This is a favorable year for you as you draw from Fire as the source of your element. Harness the excitement to help motivate you to move forward with your endeavors.

METAL ELEMENT

This is a double Metal year for you so beware of possible analysis paralysis and let the optimistic Fire move you out of your overly cautious place.

WATER ELEMENT

You will be riding higher this year as you get fueled by the Metal and lit up by the Fire therefore it's time to get organized and achieve your desires.

Personally, it's important for you to know how this year affects your elemental type specifically. To find out more and learn strategies to deal with potential changes in your physical, mental/ emotional, relationship, financial and career health, please visit www.infinichi.com ■



NUTRITION CORNER WITH DR. CHEN: I LOVE MY HEART



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

During the month of February we celebrate love. Not just the love for others but most importantly, love for ourselves. This month also happens to be the American Heart Month. So not only do we need to take better care of our emotional heart, we need to take extra care of our physical heart as well.

Eat foods that are the color red because they are packed with antioxidants such as lycopene and anthocyanin that help combat heart disease. In Chinese medicine, the color red also correlates to the element of the heart. Strawberries, cherries, tomatoes, beets, watermelon, and pomegranate are just a few to mention.

Other heart healthy foods include:

Salmon, sardines, anchovy, oats, blueberries and all berries, citrus, nuts (walnuts, almonds, pistachio, macadamia), legumes, green tea, broccoli, spinach, kale, avocado

Love yourself extra this month and eat better!

Heart disease is still the number one killer in women despite the rise in awareness. Heart disease can be prevented with proper nutrition and lifestyle. Foods that are great for the heart help decrease inflammation and have high antioxidant content.