



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION



TOXIC CHEMICAL EXPOSURE AND OUR HEALTH

By Dr. Daoshing Ni



Everyday, everywhere, everyone is exposed to a variety of environmental pollutants by way of our air, water and food. These chemicals can directly impact our health and, as a whole, create potential illnesses that can be detrimental to our society. We have seen an increase in cancer rates, thyroid disorders, miscarriages, ADHD, autism, infant deformities, changes in sperm count and other illnesses associated with environmental exposure to toxins in well documented investigations and published scientific research. This is alarming and we need to question not only how we are treating these diseases, but also how we can reduce exposure to chemicals and pollution. We commonly assume that all chemicals released into the environment or produced for consumer use have been carefully tested for human safety, but this is not always the case. As a child grows, he or she can be exposed to various chemicals that can potentially change the course of their development, or cause fertility problems down the line. These kind of changes can impact not just this generation, but also subsequent generations of our offspring. This problem can no longer be ignored. We can now detect industrial chemicals in our body with current technological advances and are able to discover a myriad of different chemicals appearing in our bodies.

In reality, there is no proper oversight in the United States that requires chemical companies to properly test chemicals for human safety

before they are released to the general public or the environment. Most countries in the world are in the same situation and we are exposing our children and ourselves to some of these chemicals that potentially can be harmful. The impact can be great even with minimal exposure.

There are currently six main toxic chemicals that exists in our environment which have shown to be associated with reduced I.Q., intellectual impairment, childhood cancer, difficulty focusing, hyperactivity, ADHD, impaired fetal growth, breast cancer, poor semen quality, testicular cancer, and miscarriage. These chemicals consist of the following:

- **AIR POLLUTANTS** – industrial and automobiles emissions, cooking stoves, fires, and cigarette smoke.
- **PESTICIDES** – contaminating our food supply.
- **SOLVENTS** – widely used and may be found in paints, glues and cleaning agents.
- **PCBs** – man-made chemicals widely found in electrical equipment.
- **PHTHALATES** – plastic additives
- **LEAD** – used in a wide variety of products found in and around our homes.

HERE IS WHAT WE CAN DO TO HELP:

- We can actively participate in creating policies that prevent exposure to toxic chemicals in our communities.

Continued on back page.



SPRING DETOX RETREAT

SANTA MONICA | May 21st & 22nd

Spring is the perfect time of year to jump start a detox program. In TCM, the spring is the time of the liver, a powerful organ responsible for many of the body's detoxification processes. Renew and refresh your life this spring during our 3 day detox weekend that includes lectures, qi gong, nutrition and daily treatments such as acupuncture, tuina, infra-red sauna, and infnichii. Detox meals are provided as well as a week long diet plan and herbal detox formula. This detox weekend is a valuable experience for those trying to lose weight, detox from drug addiction, prepare for pregnancy, have chronic fatigue or pain conditions, as well as for those who want to stay on top of their health and maintain a healthy lifestyle. Please see front desk or call 310.917.2200, x221. Limited Space.

PASADENA ONE DAY DETOX

Sunday, May 1st | 9 - 5 pm | \$350

PASADENA QI GONG FOR WEIGHT WELLNESS

Thursday, April 21st | 6:30 - 7:30 pm

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INFINICHI MONTHLY HOROSCOPE

What does the *I Ching* have in store for you this month, five elements friends? April's theme is about finding harmony without compromising ourselves as we awaken to the Chen energy of this month. There's momentum at play as we learn to harness the nurturing influence of this period in order to make the most of our body-mind wellbeing, relationships, career and financial decisions. Dive deeper into your personal element's forecast at: infinichi.com/monthly-elemental-five-healths-horoscope.

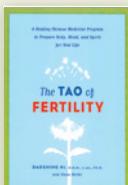
PRIVATE QI GONG CLASSES

continue with **DR. KUMIKO YAMAMOTO**. For information: contact@taoofwellness.com or call 310.917.2200

SALLY GOLUBOFF, L.Ac. & MATTHEW BRAND, L.Ac. are available for **DETOX TUINA** sessions. This type of bodywork helps release toxins in the connective tissues, joint spaces and muscles when there is blockage and to allow for proper circulation.

SALLY GOLUBOFF, L.Ac. & MATTHEW BRAND, L.Ac. are available for **MICROCURRENT FACIAL REJUVENATION** which has shown to increase collagen production in the skin, helping patients achieve a healthier and more youthful appearance. For information: contact@taoofwellness.com or call 310.917.2200

WELLNESS SHOP



TAO OF FERTILITY

By Dr. Daoshing Ni
A healing Chinese Medicine program to prepare the body, mind and spirit for new life. A practical plan for conception, using TCM with empowering Taoist principles that carry you through pregnancy, childbirth and beyond. Structured according to a woman's journey to conception; fascinating reading for layman and practitioner alike. \$15.95



QI GONG FOR FERTILITY

Join Drs. Dao and Kumiko as they demonstrate qi gong practices to enhance your fertility and restore your inner body/mind/spirit balance. This powerful tool to revitalize

fertility is suitable for both men and women, and is based on ancient Taoist tradition along with Dao and Kumiko's many years of clinical experience. DVD, \$24.95

PURCHASE THESE FINE PRODUCTS AT:

www.wellnesslivingstore.com ■ 310.260.0013
or Tao of Wellness Clinics in Santa Monica, Newport Beach and Pasadena



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TOXIC CHEMICAL EXPOSURE AND OUR HEALTH *continued*

- We can work together to ensure a healthy food system by buying and demanding healthier agricultural practices that minimize the use of pesticides and chemicals.
- Make environmental health part of your family's conversation. Engaging in such conversations regularly creates awareness that allows better education and understanding.
- Be smart in using different types of plastics. Three plastics have been shown to leach out toxic chemicals when heated, worn or put under pressure: polycarbonate, which leaches bisphenol A; polystyrene, which leaches styrene; and PVC, or polyvinyl chloride, which break down into vinyl chloride and sometimes contains phthalates that can leach out.
- When using cleaning products and paints for your home, wear proper protective gear including a mask.
- Even though most of our tap water supply is safe, it would not be a bad idea to install a water filter especially for drinking water.
- Evaluate air pollution where you live. It might be a good idea not to live around a busy intersection or where there are a lot of automobile and industrial air pollutants.

Since we live in a "chemical soup," it is unavoidable to not be exposed to some form of toxins. Living a healthy lifestyle with reduced stress, regular exercise, and sufficient amounts of sleep is always a good basic starting point in helping our bodies to get rid of toxins. In ancient times, Taoists in China who have been known to live a long life, practiced regular seasonal detoxification. This required that they spend a few days reducing their food intake, increased water intake, and practiced meditation. At Tao of Wellness we have always encouraged our patients to try our detoxification protocol which includes acupuncture, detox herbs, detox tuina, infra-red sauna and a detox diet. Doing this during seasonal changes can help our bodies get rid of toxins that have accumulated during the previous season and allows for a fresh start feeling healthy and rejuvenated. ■



5 REASONS HOW ACUPUNCTURE ASSISTS IN FERTILITY

By Albert Vaca, L.Ac



Infertility is defined as the inability to conceive naturally within a 12 month period. For many, this can be a challenging time, not knowing where to turn to get the help that they need. Fortunately, Acupuncture and Chinese Medicine has been used to treat infertility and women's health issues in China for thousands of years. More recent studies have shown that it is an effective therapy for improving conditions for a healthy pregnancy and, when working in conjunction with Western IVF therapies, can increase odds of conception and live births by 40-60%.

Here's how Chinese Medicine can help:

- Naturally balancing your hormones. This means regulating menstrual cycles, normalizing ovulation, improving objective levels such as FSH and Estrogen, and enhance thickness of endometrial lining.
- Reduction of stress hormones and a calmer nervous system. The saying goes that "infertility causes infertility" due to the hormones secreted while under constant stress, which can lead to lower pregnancy rates.
- Improved blood supply to the ovaries which improves the stimulation of follicles to produce a higher quality of eggs.

- Improving odds of IVF success: a complementary therapy to increase blood flow to the uterus, which can result in improved thickness of the endometrium and more successful implantation.
- For men, acupuncture and Chinese medicine also improves sperm quality and quantity.

We have had the benefit and honor of treating patients in our practice with the challenge of infertility and at the Tao of Wellness we have been working with fertility patients for decades. Dr. Dao has been a pioneer of fertility research and is the author of *The Tao of Fertility*. Yo San University, founded by Dr.'s. Dao and Mao, has the only Doctoral program in the nation specializing in Women's Health and Reproductive Medicine, being continuously at the forefront of research and education.

The doctors at the Tao of Wellness have developed specialized fertility enhancement treatment protocols. Among these are Fertility qigong and meditative practices, Fertility tuina massage, and specific nutritional therapies to stack the odds in your favor. Add to these our Detoxification retreats, which can help the body rid themselves of harmful chemical buildup over time, and these treatments can enhance your body's ability to build a solid foundation on your path to pregnancy. ■