



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



TAI CHI QUAN: A LIFELONG PURSUIT

Matthew Brand, L.Ac.

UPCOMING EVENTS

HARMONY TAI CHI WITH MATTHEW BRAND, L.A.C.

Starting July 5th and continuing every Tuesday from 4:30 pm to 5:30 pm. Cost per class is \$15. Please sign up by calling the Newport Beach office at 949.706.7770 or sign up online: <http://www.meetup.com/>

Ni-Family-Harmony-Tai-Chi/. People of all levels of experience are welcome to join.

Class location: Irvine Terrace Park:
721 Evita Drive, Newport Beach, CA 92625



JULY HOROSCOPE

July is a period of soft, sweet, centered yin Earth energy. It's calm and stable, of ripeness and mellowing as we prepare for autumn and the season of harvest. Find guidance for this month and every month for your emotions, health, relationships, career and finances at Infinichi.com

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Tai Chi Quan can be translated from the Chinese as the highest form of martial arts. As with all Chinese martial arts, it developed from Shaolin boxing several hundred years ago and has the distinction of being one of the three soft-style Taoist martial art forms, alongside Baguazhang and Xingyiquan. On a purely physical level, these forms strive toward harmony of movement, utilizing the entire body in unison while helping establish good structure in the body. On a spiritual and emotional level, one strives to transition through the forms while quieting the mind in a moving meditation.

What does this translate into, in terms of concrete, daily practice? The traditional exercise of Tai Chi is perceived as something one does in their golden years, performing slow movements primarily because their ability to move has declined. Actually, the slow pace that remains one of the hallmarks of Tai Chi practice has the following goals: 1. perfecting the movements themselves (and hence reinforcing the understanding of these movements); 2. calming the mind to the point of being able to enter into a meditative state, and; 3. increasing awareness of one's own body and the world in which it is moving.

Scientific research about Tai Chi has shown that there are indeed many health benefits from regular practice. These benefits include training in proprioception (the ability to perceive one's body in space), which tends to decline with age; improvement of agility, balance, tendon and muscle strength and flexibility; improvement in mood, even with depression, and hence improved quality of life; reduction in the recurrence of

breast cancer in cancer survivors through reduced inflammation; improved sleep quality; reduced blood pressure; and improved immune response. Research studies point toward the importance of incorporating this type of regular meditative exercise into an otherwise healthy lifestyle rather than considering Tai Chi as a panacea.

Tai Chi is a complete exercise system. By this, we mean that it encompasses many different aspects of physical activity, while having a concrete concept of the body's machinations. This also includes the concept of self-care, a foundational feature of Taoist thought and Chinese medicine. In today's world of sports and exercise, there appear to be two types of physical exertion that dominate the conversation: the short, high intensity training of Crossfit-style boot camps, and the relatively static but intense stretching of yoga. Tai Chi has endured for so long precisely because it is able to bridge these two types of exercise by building strength of mind and body. If practiced under proper supervision, the propensity for injury is little to none, especially as one builds confidence in one's own body.

The concept of Tai Chi embodies the one constant embraced by Taoist thought: change. The Tai Chi practitioner regularly works on joint mobility, tendon strength and flexibility, and proper posture. Strength, agility and fluidity of movement are goals that one pursues in practice. The more that one practices, the more there is to learn. Thus Tai Chi becomes a study of one's own body, that body's relationship with gravity, and the changes that occur as one gets stronger and older. It's for this reason that it can be a long-term pursuit, an exercise for people of all ages. ■

SALLY GOLUBOFF, L.AC.,
FRANCES LAM, L.AC.,
DR. JING CHEN and MATTHEW BRAND,
L.AC., are available for **DETOX TUINA
SESSIONS**. Sally, Frances and Dr. Jing are
available at our Santa Monica office and
Matthew is available at our Newport Beach
office. This type of bodywork helps release
toxins in the connective tissues, joint spaces
and muscles when there is blockage and
allows for proper circulation.

SALLY GOLUBOFF, L.AC.,
FRANCES LAM, L.AC., DR. JING CHEN
and MATTHEW BRAND, L.AC.,
are available for **MICROCURRENT FACIAL
REJUVENATION**, which has been shown
to increase collagen production in the skin
and helps patients achieve a healthier, more
youthful appearance. Sally, Frances and
Dr. Jing are available at our Santa Monica
office and Matthew is available at our
Newport Beach office.

PRIVATE QI GONG CLASSES
continue with **Dr. Kumiko Yamamoto**.

WELLNESS SHOP



**HARMONY TAI CHI
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18 steps of the 108-step
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By Dr. Mao Shing Ni

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**MEDITATION FOR
STRESS RELEASE CD**
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For many years Dr. Ni has taught natural
spiritual and life sciences that he learned from
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WE ARE PLEASED TO ANNOUNCE OUR NEWEST FELLOW!



FRANCES LAM L.Ac., is a California State
Board licensed acupuncturist. After earning her
Bachelor of Arts in Business Administration from
California State University, Fullerton, she followed
her passion for health and wellness to study
at Yo San University in Los Angeles, where she
received her Master's of Acupuncture and Traditional
Chinese Medicine, graduating with Honors.

Completing a clinical internship at Children's
Hospital Los Angeles, and Venice Family Clinic,
her specialty training included musculoskeletal/
orthopedics, rheumatology, oncology, complex
regional pain syndrome and neurological
conditions.

With a background in swimming and surfing,
Frances learned firsthand how important
nutrition, daily activity and rest are for maintaining
optimal health. She also holds certification as a
fitness specialist from Irvine Valley College and
as an orthopedic exercise and fitness nutrition
specialist from the American Council on
Exercise (ACE).

Since she became a licensed acupuncturist in
2009, Frances had been working in corporate
wellness, investigating ways to help people
understand the various components that can
contribute to a healthy lifestyle and how to
prevent the onset of chronic disease. Her
practice also includes women's health,
internal medicine and anti-aging. ■

NUTRITION CORNER WITH DR. CHEN:



ARE YOU DRINKING ENOUGH WATER?



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

Recently I have noticed that
many of my patients' tongues
look dehydrated. Children and
adolescents are especially
under-hydrated. A recent study
by Harvard University found that
inadequate intake of fluids can lead
to impaired cognitive and emotional
function. Imagine that simply by
drinking more water, your child may have fewer
tantrums and be able to focus better in school.

Drinking enough water is also essential for
circulation, metabolism, temperature regulation
and eliminating waste. Even mild dehydration
can cause headaches, irritability, fatigue and
mental foginess.

How much water do you need to drink daily to
meet your body's needs? There are many different
opinions on how much water to drink daily but

the common recommendation is eight 8-ounce
glasses (about 2 liters or a half gallon) daily. With
that said, people's needs vary. Use 8 x 8 (eight
8-ounce glasses) daily as your guide, but the
amount of water that's right for you depends on
your own body's needs. If you exercise or engage
in an activity that makes you sweat, you should
drink one or two more glasses of water. If you
have a smaller frame, you can drink one glass less.
If you are in an environment where you are
sweating more, then drink more. If you are
pregnant, you should drink an extra glass or
two daily and if you are breastfeeding, it's best
to increase your water intake by about two to
three more glasses.

Next time you are feeling a little more irritable
or fatigued or have a headache, do a quick
check-in with yourself to see if you have been
drinking enough water. ■