



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

UPCOMING EVENTS

SUNDAY, APRIL 9

Dr. Mao presents the Ultimate Mind Health Workshop, at the IHM Retreat Center in Santa Fe, New Mexico.

FRIDAY, APRIL 21

Dr. Mao and Frances present on "Chinese Medicine and Qi Gong for Cancer" at the Cancer Support Community in West Los Angeles.

SUNDAY, APRIL 30

Dr. Mao presents Ultimate Physical Health Workshop at the Pacific College of Oriental Medicine in Chicago, Illinois.

NOW SCHEDULING

Schedule a **NUTRITION CONSULT** based on Traditional Chinese Medicine with J. Matthew Brand, L.Ac., at our Newport Beach office, or with Dr. Jessica Chen, D.A.O.M., Dipl.O.M., L.Ac., or Soeon Park, L.Ac., at our Santa Monica office.

ANNOUNCEMENT

We are proud to announce that **DRS. DAO** and **MAO** will be honored with a **LEADERSHIP IN CARING AWARD** at Wise & Healthy Aging's Celebration of Caring event in Los Angeles on May 20 at 11 a.m. To purchase tickets or learn more about this social service organization, please visit www.wiseandhealthyaging.org/special-event

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FERTILITY SUPPORT WITH CHINESE MEDICINE

Dr. Kumiko Yamamoto, D.A.O.M., L.Ac., Dipl.O.M.



Fertility support is one of the main specialties we practice at Tao of Wellness. We provide support for patients who are trying to conceive in their later reproductive years, from their late 30s into their 40s.

Many women today delay having children while they pursue advanced education and career opportunities, and many are also getting married later in life. With delayed childbearing, it's not surprising that more women are facing some challenges when it comes to fertility. It's important for women to learn what they can about their reproductive physiology and what they can do to support their fertility potential even before they are ready to conceive.

Naturally, there is a decline in reproductive potential as women age, but there is also an increased incidence of miscarriage in later reproductive years due to a decline in egg quality. A healthy conception and pregnancy

depend on healthy hormonal function as well as a healthy reproductive environment.

Chinese medicine is beneficial for improving fertility for women in later reproductive years. According to research, acupuncture and Chinese herbal medicine have been shown to improve both the ovarian environment and hormonal function. Chinese herbal medicine also has been shown to reduce incidence of pregnancy loss in specific cases. When combined with Western medical fertility technologies such as IVF, acupuncture and Chinese herbal medicine have been shown to improve the success rate of IVF as well.

According to the American Pregnancy Association, the average time for older couples to conceive is one to two years. Often, this waiting period is very stressful for patients who are trying to conceive. I often tell my patients that the fertility journey is a bit like gardening. There is a waiting period during which we cultivate the soil and take

Continued on back page.



WOMEN'S FERTILITY RETREAT

AT TAO OF WELLNESS SANTA MONICA, JULY 22 & 23, 2017

Nourish your mind, body and spirit at the Tao of Wellness Fertility Retreat. The retreat is specifically designed to provide comprehensive support for your reproductive system as well as mind-body relaxation and rejuvenation. The retreat program includes fertility-enhancing treatments using acupuncture, fertility massage, infrared therapy, herbal therapy, fertility Qi Gong and meditation sessions, as well as an interactive workshop. Nutritious meals provided during the retreat are designed to nourish your fertile essence.

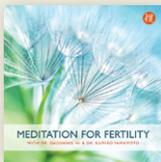
Please call for details and to sign up: 310.917.2200.



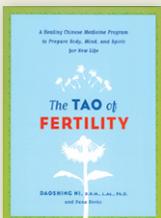
INFINICHI APRIL FIVE ELEMENTS HOROSCOPE

April invites you to jump into Spring full force and welcome the vibrations of change. Career will be in the spotlight for many this month — it's time for opportunities, transformation and collaboration. Fill up your daily planner pronto. Flexibility and social skills will come in handy too, as you diligently kick off new ventures and reach your desired goals. Money can also be made by helping others to prosper. Just remember, all work and no play leads to imbalance. Carve out time to revitalize your closest relationships and toss in some weekly power days for healthy exercise and self-care. Learn how your personal element can help you take the next step toward happiness and fulfillment this month and every month for your emotions, health, relationships, career and finances at Infnichi.com.

WELLNESS SHOP



MEDITATIONS FOR FERTILITY CD
Let Drs. Daoshing Ni and Kumiko Yamamoto guide you in creating a sacred inner space to nourish your inner fertile essence. This CD is a powerful tool to revitalize your fertility and is based on their many years of clinical experience as well as ancient Taoist tradition. CD, \$12.95



THE TAO OF FERTILITY
Dr. Daoshing Ni offers a healing program based on Traditional Chinese Medicine to help women prepare their body, mind and spirit for new life.

A practical plan to enhance fertility through TCM along with empowering Taoist principles, it's designed to support the journey from conception through pregnancy, childbirth and beyond. Fascinating reading for laypersons and healthcare providers alike. *Book, \$15.95*

Purchase these products at:
www.taostar.com ■ 800.772.0222
or Tao of Wellness clinics in Santa Monica, Newport Beach and Pasadena



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FERTILITY SUPPORT WITH CHINESE MEDICINE *continued*

care of the garden as we wait for the seeds to sprout and grow. Even though we are facing the unknown when anticipating pregnancy, there is a lot we can do to nurture the body every day.

VERONICA'S STORY *(as told to Dr. Kumiko)*

"After about 10 months of acupuncture treatments and no results, my husband and I were losing hope. I was now 46. I stopped running to the drug store for a home pregnancy test every time my period was late. Hope had been replaced by cynicism. We had tried an IUI treatment to no avail and couldn't afford IVF. We were getting ready to turn to adoption and abandon my acupuncture treatments, when Dr. Kumiko informed me that for a woman my age it takes about a year to a year and a half of treatments in order to get results. So I decided to continue with treatments. One night, after about 14 months, I had a dream about a beautiful little girl. I woke up and felt blessed to have had such an amazing dream! I stepped away from my cynicism for a moment and took a home pregnancy test. The test was positive! With the help of acupuncture, my husband and I had conceived naturally!



"Although both of us were over the moon, we didn't want to get our hopes up too much in case the worst should happen again—another miscarriage. During the entire pregnancy, I continued to receive acupuncture treatments and diligently drank my Chinese herbal tea. Finally, shortly after I turned 47, my husband and I welcomed a beautiful, healthy baby girl! We felt and still feel infinitely grateful and blessed! Now, when we sit on our couch to read one of her favorite books, I'm the one beaming love at our amazing daughter, who I consider to be 'our little (acupuncture) miracle!'"

At Tao of Wellness we have been honored to be a part of Veronica's fertility journey and the similar journey of other patients. If you and your partner are going through your own fertility journey, I encourage you to support your body with Chinese medicine. If you are in your late 30s or in your 40s and not yet ready to get pregnant, I highly recommend that you consider preconception support through Chinese medicine now. Start cultivating your garden for the future sprouting of your seeds! ■



FERTILITY TUINA MASSAGE

Fertility Tuina massage sessions are designed to optimize fertility by stimulating acupoints and meridians that correspond to the reproductive system, promoting deep relaxation and improving circulation. Make your appointment today with any of our practitioners specializing in fertility.



NUTRITION CORNER WITH DR. CHEN OPTIMIZING YOUR FERTILITY

The last week of April is National Infertility Awareness Week. Here are some nutrition suggestions for increasing fertility.

- Avoid cold breakfasts such as smoothies, cold cereal and yogurt. Instead, eat a healthy, warm breakfast such as eggs (a great option because they are so nutrient dense) or a cooked cereal like steel-cut oats. Consider a cup of bone broth or miso soup, too.
- Avoid skipping meals.
- Try to eat mostly fresh and organically grown food—pesticide-treated foods have been linked to a decrease in male fertility.

- Drink plenty of water, the amount appropriate for your size and weight. An average of eight glasses a day is good.
- For women, focus more on warm, cooked foods instead of salads and cold desserts like ice cream.
- Limit your caffeine, alcohol and sugar intake.
- For variety, rotate between all your veggies and proteins.
- Support your nutrition by getting plenty of sunshine!