

WELLNESS NEWSLETTER



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WOMEN'S FERTILITY RETREAT

July 22 & 23, 2017

Nourish your mind, body and spirit at the Tao of Wellness Women's Fertility Retreat.

The weekend is designed to provide comprehensive support for your reproductive system as well as mind-body relaxation and rejuvenation. The 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. Location is the Santa Monica office. Please call for details and to sign up: 310.917.2200.

DRS. DAO AND MAO HONORED



Pictured left to right: Grace Cheng Braun, Dr. Dao, Mary Flaherty and Dr. Mao

On Saturday, May 20, Drs. Dao and Mao were honored with the Leadership in Caring Award at the annual Wise & Healthy Aging's Celebration of Caring event. It was a memorable event for a truly wonderful organization. Congratulations Dr. Dao and Dr. Mao!

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THE ART OF GUA SHA

Frances Lam, L.Ac.



A healing technique of Traditional Chinese Medicine, gua sha dates back to the Ming Dynasty (1368-1644). It commonly involves using an instrument with a smooth edge to press-stroke

or scrape lubricated skin in one direction for the purpose of increasing circulation and releasing stagnant blood and toxins. When more blood and oxygen flow to the area that is treated, the body responds more efficiently and healing can take place.

The word "gua" means to scrape or rub, and "sha" has a couple of meanings. First, it refers to the reddish speckled rash on the skin that appear after treatment. The stroking motions of gua sha—generally not painful—can cause capillaries near the skin surface to bleed, which causes red or purple streaks to appear along the stroke pattern. The streaks disappear in

a few days. As strokes are applied, fluids and toxins are drawn to the skin. Secondly, "sha" refers to stagnant blood or qi that is blocking the proper flow of energy and blood in the pathway of the channel.

Most people use gua sha as a preventative or as a first-aid treatment for common conditions such as a cold, flu, headache, asthma, bronchitis and both chronic and acute pain. It's also used to stimulate the immune system, detoxify the body and release fevers as the scraping brings excess heat and toxins to the surface of the skin.

Gua sha is a simple, safe and very effective way to treat many conditions and promote overall health and wellness. At Tao of Wellness we usually combine it with an acupuncture treatment. Some people also learn how to treat themselves. To learn more, ask your practitioner about it during your next appointment. ■



CLASSES

NEW mind-body Chi Classes start this month in Santa Monica

Self-Healing Qi Gong with Soeon Park, L.Ac.

Tuesdays, 5:30-6:30 p.m.

Meditation with Frances Lam, L.Ac.

Wednesdays, 9-10 a.m.

Harmony Tai Chi

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

Wednesdays, 4 to 5 p.m.

Eight Treasures Qi Gong with Dr. Mao Shing Ni

Thursdays, 5-6 p.m.

Cost: \$15 per class for single drop-in class or \$50 for 4 classes a month, \$75 for 8 classes a month, \$99 for 12 classes or more a month. For questions or to sign up, please call the Santa Monica office, 310.917.2200.

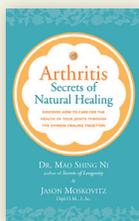


INFINICHI JUNE

FIVE ELEMENTS HOROSCOPE

The beginning of summer arrives as an extremely dynamic and bright period. The month of June is full of discoveries, new experiences, and personal breakthroughs, depending on what your goals are. However, keep in mind that this time of maximum fire energy can also burn and consume, so channel the energy wisely. June will teach you the lesson of manifestation. Connect with your inner child and truly believe that your thoughts and words hold the power to shape your reality. What you think and how you take action pave the road to your success. 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 Infinichi.com.

WELLNESS SHOP



ARTHRITIS: SECRETS OF NATURAL HEALING

By Mao Shing Ni and Jason Moskowitz, L.Ac., Dipl.O.M.

If you are one of the millions of arthritis sufferers who have exhausted the typical treatments and are interested in healing your arthritis naturally,

you may benefit from the solutions offered in this book, which are supported by a 5,000-year-old, evidence-based medical system. *Book, \$19.95*



TENSION ROLLERBALL SET

Our customized aromatherapy rollerball brings you the best that nature has to offer.

Formulated with natural plant extracts, Tension Rollerball can help you achieve a state of peace and well-being naturally. *Tension Rollerball releases muscle tightness, soothes aches and pains, clears your head and sinuses. Includes: Tension Rollerball Oil & Massage Ball. Normally \$29.00, now \$24.65. Special price through June 30, 2017.*

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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COMBAT OSTEOARTHRITIS WITH ACUPUNCTURE AND CHINESE MEDICINE

Albert Vaca, L.Ac.



Did you know that arthritis is the most common cause of disability in the United States? It affects about one in every five adults. Osteoarthritis (OA) is one of the most common forms

of arthritis, and most often affects the hips, knees and lower back. OA is more common in older adults and affects more women than men. Fortunately, acupuncture and Chinese medicine offer good options for managing it.

OA is caused by the wear and tear of joints that results in a breakdown of joint cartilage. With the loss of cartilage, bones rub against each other, which leads to pain, stiffness and loss of movement in the joint. The role of cartilage is to allow the bones to glide over each other, enabling easy transitions through a range of movement and helping in shock absorption during high-impact activities. Broken-down cartilage can create bone spurs or osteophytes at the joint, leading to inflammation and swelling.

Risk factors for OA include obesity, overuse or injury, and muscle weakness. OA can also be hereditary. Carrying excess weight adds pressure on already unstable joints. High-impact exercise, can put additional strain on the shock absorbers of your knees, for example, wearing down the cartilage, leading to pain and swelling. We see and treat knee pain frequently at Tao of Wellness. Patients complain of crackling or achy muscles and joints, difficult movement, stiffness and/or swelling, and of course, pain.

Our treatment goals for people with arthritis are to improve joint function, help them maintain a healthy body weight, reduce their

the level of pain, and get them living and eating as healthfully as possible. We try to accomplish these goals in a few ways. Acupuncture and Chinese herbs can reduce inflammation and increase blood circulation. For instance, *Achyranthes* root helps to increase blood circulation and strengthen bones and tendons. *Angelica* root helps to stop pain and is slightly warming to the joints. Nutrition consultations can help people adjust their diet to include anti-inflammatory foods and exclude other foods that may be aggravating their arthritis. *Tuina*, our targeted bodywork, can help alleviate pain and stiffness and also make corrections in muscle imbalances.

Strengthening the muscles that surround a joint capsule is essential for articulation and helps protect the integrity of the joint. Your strength will help to keep you free from injury. Low-impact exercise, such as walking and slow-cadence strength training, is a great way for most people to build strength and relieve pain and stiffness. Studies have shown that Tai Chi has been particularly effective in improving stability, increasing range of motion, and gently strengthening muscles. Ask your practitioner about our Tai Chi and Qi Gong classes and see Classes section on front page.

Note: In recognition of National Arthritis Awareness Month in May, the National Center for Complementary and integrative Health (NIH) recently discussed online the benefits of Tai Chi. It mentioned "Several research studies that have shown that people with knee osteoarthritis who do Tai Chi may have short-term improvements in pain, stiffness, and physical function. In one of these studies, Tai Chi was as helpful as physical therapy." ■



NUTRITION CORNER

with J. Matthew Brand, L.Ac., Certified Clinical Nutritionist

WHY EAT FERMENTED FOODS?

Fermented foods can be found in the gastronomic traditions of practically every culture around the world. Sauerkraut, kimchi, yogurt, kombucha and whole grain, slow-fermented breads are all delicious foods in which beneficial bacteria have been carefully nurtured for flavor and nutrition. Through the process of fermentation, bacteria have a special role to play, somewhere between cooking and a form of pre-digestion, which allows us to absorb the nutrients of fermented foods more efficiently.

Fermented foods have many benefits, including:

- Reducing the simple sugar content in food, helping us avoid unwanted spikes in blood sugar

- Providing a variety of B vitamins, vitamin C, antioxidants, as well as anticarcinogenic compounds
- Offering beneficial bacteria also found in probiotic supplements—specifically lactic acid bacteria—in addition to having prebiotic benefits in the case of fermented fibrous vegetables such as cabbage and broccoli

Regular consumption of fermented foods can lead to having a happier and healthier gut, which can reduce chronic inflammation, increase resilience against life-threatening diseases, improve mood (avoiding depression and anxiety), and strengthen your immune system to fight off allergies and infections. To learn more about fermented foods, talk with your practitioner.