

WELLNESS NEWSLETTER



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

TAO OF WELLNESS
COOKING DEMO SERIES 2015

UPDATED SCHEDULE!

Join us for our upcoming series of cooking demonstrations from the TOW practitioners to teach you healthy and delicious recipes throughout the year! Please note that our class schedule has been modified and classes will now be held on Saturdays! We look forward to seeing you and your friends there!

- **Saturday, April 25:** *Enhance Fertility* with Dr. Kumiko Yamamoto
- **Saturday, May 16 at Pasadena Office:** *Weight Loss* with Albert Vaca, L.Ac.
- **Saturday, June 27:** *Nutrition for New Mamas – Postpartum* with Dr. Jessica Chen
- **Saturday, August 1:** *Skin & Beauty* with Stephanie Yong, L.Ac.
- **Saturday, September 19:** *Boost Immunity* with Alison Doherty, L.Ac.
- **Saturday, October 3:** *Anti-Aging & Longevity* with Dr. Mao Shing Ni

2:30 - 4:00 pm. Limited space. \$40 per class.
Please RSVP to 310.917.2200

SIGN UP FOR 3 OR MORE CLASSES
and receive the *Tao of Nutrition* book or
the *Secrets of Longevity Cookbook*.

TAO OF WELLNESS NEWPORT
BEACH MEDITATION CLASS
with Jason Moskovitz, L.Ac., Dipl.O.M.

First Thursday of each month 6:00 - 7:00 pm
Presenting a safe space to bring your mind and body. Tao of Wellness offers opportunities for both guided-visualization and silent meditation. The aim of meditation is simple: to release stress and cultivate your natural self so you can live your best life. Bring your own cushion for floor sitting, but we will also have chairs available. Limited Space.
RSVP to 949.706.7770

TAO OF WELLNESS SANTA MONICA

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HELLO SPRING! TIME FOR RENEWAL AND NEW GROWTH

By Dr. Kumiko Yamamoto DAOM, L.Ac.



The blooming flowers, tender greens, and fresh air nourish and invigorate our soul in the spring time. Spring is the time for new growth, new creation, and awakening, both physically and emotionally, as well as spiritually.

In the beginning of the year, many of us made goals and intentions for 2015. Let's support this path for a healthy and happy YOU!

One of the key elements for success in health, during spring time, is "spring cleaning." The liver and gallbladder energy systems are the most active during the spring, creating a greater opportunity for cleansing and rejuvenation of the body and soul. Read the following questionnaire and notice if you have problems in any of the listed areas. If you do, this could indicate that your liver and gallbladder system may be imbalanced or blocked.

Self-Check Questionnaire for a Healthy Spring:

- How is my energy? Do I feel like my winter fatigue is still lingering?
- How is my immune system? Allergies? Frequent colds?
- How is my digestion? Any chronic acid reflux or bowel irregularities?
- How is my metabolism? Am I working toward or maintaining a healthy weight?
- Do I have chronic pain issues such as migraines, headaches, and muscle tension?
- How is my sleep?
- How am I managing stress and anger?

Talk to your practitioner about your challenges with any of the issues listed above. Spring is a great opportunity to support your healing in these areas.

A healthy spring will further support you to have a healthy summer, autumn, and winter.

Key Foods and Healthy Guidelines for Spring Renewal and Wellness:

The liver and gallbladder systems are perhaps the most congested of all organs in modern people. Excess unhealthy fat, protein, sugars, chemicals, intoxicants, and denatured highly processed foods all disrupt the intricate biochemical processes of the liver. Avoid these foods, especially, during spring time. Incorporate the following "power foods" and lifestyle suggestions instead, to help cleanse and rejuvenate the liver/gallbladder system and to keep your body thriving. These foods are rich in antioxidants, phytonutrients, and essential vitamins and minerals that help cleanse and renew the liver system, boost immunity, increase metabolic rate, and decrease inflammation.

- Eat plenty of the following fruits and vegetables: lemons, limes, blueberries, strawberries, raspberries, blackberries, dandelion greens, basil, celery, parsley, spinach, chard, collard greens, asparagus, artichoke, fennel, radishes, bamboo shoots, beets, carrots, and mushrooms.
- Make sure to hydrate by drinking plenty of water.
- Get 7- 8 hours of sleep. Be in bed by 11pm.
- Exercise regularly. Exercise is one of the best ways to move stagnant liver qi on a daily basis.

At Tao of Wellness, we have exciting programs coming up this spring to support your path for health and wellness, including our upcoming detox retreat, cooking demos, and qi gong classes. Check with the front desk for details. We wish you a wonderful spring! ■

TAO OF WELLNESS
**FERTILITY
 QI GONG CLASS**

5-WEEK MEDITATION WORKSHOP

Nourish and Restore your Fertile Body
 and Spirit with Dr. Daoshing Ni and
 Tao of Wellness Doctors



In honor of April, Fertility Awareness month, Tao of Wellness is pleased to announce a special workshop. In this workshop, we intend to create a sacred, nurturing, and rejuvenating space for your body, mind, and spirit. The journey to conception can be stressful and taxing, both physically and emotionally. In these moments, it is easy to stray from our connection to our innate procreative essence and from the healthy balance of mind, body, and spirit. We will guide you with gentle, easy-to-learn movements of Fertility Qi Gong that are designed to support fertile energy and restore inner balance. We look forward to sharing this tradition and practicing this knowledge with you!

Wednesday evenings, 6:30 - 7:30 pm

April 1st, 8th, 15th, 22nd, and 29th

TAO OF WELLNESS SANTA MONICA
 2825 Santa Monica Blvd., Ste., 300, Santa Monica

Cost of workshop: \$150
 (Price includes Tao of Fertility Qi Gong DVD)

Space is very limited.
 Sign up today at 310.917.2200

WELLNESS SHOP



**QI GONG FOR
 WEIGHT-LOSS**

Join Dr. Mao and Dr. Jing as they demonstrate qi gong exercises specifically for losing weight. This is a wonderful, fun, and convenient way to shed pounds! DVD \$27.32

PURCHASE THESE FINE PRODUCTS AT:
 wellnesslivingstore.com ■ 310-260-0013
 or Tao of Wellness Clinics in Santa Monica,
 Newport Beach and Pasadena



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SPRING DETOX RETREAT

May 1st - 3rd | Tao of Wellness Santa Monica

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 infinichi. 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.

"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"

Please see front desk or call 310-917-2200, x221. Limited Space

**HOW TOXIC ARE YOUR HOUSEHOLD
 CLEANING SUPPLIES?**



By Stephanie Yong, Dipl. O.M., L.Ac.



When choosing cleaning products, most consumers purchase products based on how well they clean. Although these cleansers are effective, they may also have a negative impact. In fact, some household cleansers are the most toxic products found in the home. Some cleaning ingredients can cause acute reactions, while others are associated with chronic or long term effects such as cancer, learning disabilities, birth defects and other reproductive problems.

According to the National Resource Defense Counsel (NRDC), more than 80,000 chemicals in the United States have never been fully tested for their toxic effects on human health and the environment. This includes chemicals known to cause cancer or other serious health effects. Unfortunately, under the Toxic Substances Control Act (TSCA), it is nearly impossible for the Environment Protection Agency (EPA) to take regulatory action against these dangerous chemicals. This leaves consumers, like you, wondering which products are the safest. You may start by reading all the confusing ingredients on the product label, but even this can be misleading because companies are not required, by law, to disclose the ingredients in entirety. An example of this would be

the use of the general term "fragrance." Since chemical formulas of fragrances are considered trade secrets, companies are not required to list specific ingredients. According to the National Institute of Occupational Safety and Health, one-third of the substances used in the fragrance industry are toxic.

A natural and safe solution is to make your own cleansers. Thankfully, most household cleaning needs can be met with a few safe and simple ingredients like liquid castile soap, water, vinegar, baking soda and lemon juice, along with a little "elbow grease." According to a study published in the online journal *mBio*, the active ingredient in vinegar (acetic acid), can effectively kill mycobacteria, including a highly drug-resistant form of tuberculosis. It is no wonder that vinegar has been used for thousands of years as a disinfectant. Here is a vinegar based DIY all-purpose cleanser that is gentler on you and the environment:

- ½ cup distilled white vinegar (marked "grain alcohol" or "neutral grain spirits")
- ½ cup water
- 20 drops of lemon essential oil

Put the mixture in an amber glass spray bottle. Shake well before use, and store in a cool dark place. For tough cleaning jobs like excessive mold and mildew, use a 2:1 vinegar ratio. ■