



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION



## TAO OF WELLNESS FERTILITY QI GONG SERIES



Tao of Wellness is pleased to announce the Tao of Wellness Fertility Qi Gong workshop.

In this 5-week Meditation 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. Drs. Daoshing Ni, Kumiko Yamamoto, Tom Boldt, Jing Chen and Alison Doherty will guide you with the gentle, easy-to-learn meditative 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

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## FERTILITY PREPARATION FOR THE MODERN WOMAN

Dr. Kumiko Yamamoto DAOM., L.Ac. Dipl. O.M.



In April, we honor the National Infertility Awareness Week from 4/19-4/25. From conception, pregnancy and birth, to parenthood, the fertility journey is one of the most sacred and extraordinary chapters of our lives. The journey is unique and different for everyone, and can often be challenging and stressful.

Infertility affects 1 in 8 couples in the United States. With this statistic, it is likely that everyone has at least one friend or family member struggling with infertility. Often times, infertility is not talked about openly because of its intimate nature and complexity. For this reason, couples facing this challenge often face isolation going through the process. With increased awareness and understanding about infertility, we can expand our support for women and couples going through fertility challenges.

Out of many different causes of infertility, one increasing factor today is delayed childbearing age. According to the American Society of Reproductive Medicine (ASRM), approximately 1 in 5 women in the United States has her first child after age 35. Several factors have contributed to this trend, including improved contraception, opportunities for further education, and women focusing on career or other experiences before committing to parenting. This is truly a blessing that most women in past generations did not have. However, our reproductive physiology has its own natural life span and limits. A woman is born with a certain number of eggs for her life-time. For this reason, fertility peaks in most women in the 20's and begins to rapidly decline after age 35. For women in their 30's, 1 in 6 will experience the challenges of infertility, while at age 40 to 44, 1 in 3 women

experience this challenge. This does not mean that pregnancy is impossible, but it could mean that the journey may take longer or that you may need extra support and/or medical intervention.

So, what can we do if we are NOT ready to get pregnant now? Even though we cannot turn our biological clocks back, there are many areas we can improve to support our fertility potential. Let's take a look at the following questionnaire and see where your body needs support.

- Do you have irregular periods?
- Is your period getting lighter or much heavier than before?
- Do you experience hot flashes or night sweats?
- Do you often feel tired?
- Do you suffer from insomnia, or do you regularly sleep less than 5-6 hours?
- Do you suffer from digestive discomfort or irregularities?
- Are you overweight or underweight?
- Are you a smoker or do you drink alcohol more than 1-2 times per week.
- Do you often feel overwhelmed by stress?
- Do you exercise very rigorously (more than 2 hours a day everyday) or not enough?

If your answer is yes to any of the questions above, your fertility and hormonal system may not be at an optimal state, or certain lifestyles may be affecting your fertility potential. Talk to your practitioner. The good news is that you can change and improve these areas in your life and increase your fertility potential. A healthy fertility system requires more than just ovaries and a uterus. Fertility also depends on other healthy functioning systems including the nervous system, endocrine system,

(Continued on next page.)

# DELICIOUS RECIPES FOR A FERTILE BODY AND SOUL

with Dr. Kumiko Yamamoto, DAOM, L.Ac.

Saturday, April 25th, 2:30 - 4:00 pm



Let's welcome spring with a fun, educational, and delicious tasting and cooking demonstration class. Dr. Kumiko will show you how to prepare easy and healthy recipes that will nourish and enhance your fertility. Recipes are based on Chinese medical nutrition for their healing and therapeutic properties. All meals are made with organic, gluten-free, and refined sugar-free ingredients. This class will feature an appetizer, snack, main dish and dessert. Please bring your friends and partner and enjoy a unique educational experience!

## UPCOMING COOKING DEMOS:

- **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

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*.

## WELLNESS SHOP



### TAO OF FERTILITY QI GONG MEDITATION DVD

Join Drs. Dao and Kumiko as they demonstrate Fertility Qi Gong practices to enhance your fertility and restore your inner balance of mind, body, and spirit.

based on the ancient Taoist tradition along with many years of clinical experience.  
DVD \$24.95



### TAO OF FERTILITY MEDITATION CD

Featuring Drs. Dao and Kumiko, whom will guide you in creating a sacred inner space to nourish

your inner fertile essence. Based on the ancient practice of Chinese Medicine and Taoist tradition, this meditation will guide you to deep relaxation, inner harmony, and revitalization of your fertile energy. CD \$12.95

## 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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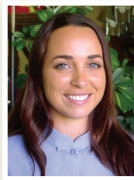
## FERTILITY PREPARATION FOR THE MODERN WOMAN *continued*

digestive system and more. At Tao of Wellness, our doctors specialize in supporting and optimizing your fertility potential using natural therapies like acupuncture, herbal therapy, and nutrition. Our comprehensive fertility program also includes fertility qi gong and meditation,

as well as fertility tuina massage and more. In this month of April, we are offering a special Fertility Qi Gong workshop and a Fertility Enhancing Cooking Class to jump start your healthy preparation! Let's get ready and start supporting your optimal health! ■

## HOW TRADITIONAL CHINESE MEDICINE CAN HELP ENDOMETRIOSIS

Alison Doherty, MATCM, L.Ac.



Endometriosis is a common gynecological condition affecting approximately 2-10 percent of women of childbearing age, and is a prominent factor in infertility. According to the American Society for

Reproductive Medicine (ASRM), endometriosis can be found in 24 to 50 percent of women who experience infertility. Endometriosis comes from the name "endometrium" which means the lining of the uterus. In a regular menstrual cycle, this uterine lining builds up, and then sheds if the woman is not pregnant that cycle. However, in endometriosis, uterine tissue builds up outside of the uterus, usually on or around other reproductive organs or within the abdominal cavity. In some cases, the tissue can be found in other locations throughout the body as well.

Endometriosis can be debilitating for some women as symptoms can be extreme in some cases. The most common symptoms are excessive pain during menstruation that can sometimes extend to the low back, painful intercourse, pain while urinating or having a bowel

movement during the time of menstrual flow, heavy or abnormal bleeding during menstruation, infertility, and other gastrointestinal complaints. However, Chinese medicine can help women with Endometriosis with great success. A 2014 study presents clinical research on the effects of Traditional Chinese Medicine and how it can effectively and safely decrease the recurrence of endometriosis after laparoscopic surgery. In this study, 120 cases of endometriosis were randomized into 4 groups of 30 cases; the acupuncture and moxibustion therapy group, a Western medication group, a Chinese herbal therapy group, and a combined acupuncture, moxibustion, and herbal therapy group. Moxibustion is the burning of a particular Chinese herb, called Ai Ye, over acupuncture points to create warmth. Its benefits include promoting circulation, relieving pain, and resolving menstrual issues. In follow-up at 6 months, there was a 0% recurrence rate in the combined therapy group, which was lower than 13.3% in the Western medication group[1]. ■

[1]. Zhang XY, Zhang CY. Efficacy observation on the combination of acupuncture and Chinese medication in prevention of the recurrence of endometriosis after laparoscopic surgery. Zhongguo Zhen Jiu; 2014 Feb;34(2):139-144



## 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 infanichi. 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