



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

### ACUPRESSURE FOR BABIES WORKSHOP with Jason Moskovitz, L.Ac., Dipl.O.M.

Thursday, July 9th, 10:30 am  
Granola Babies, 3315 Hyland Avenue,  
Costa Mesa, CA 92626

Did you know many common childhood health concerns can quickly be erased, if not avoided altogether, all by yourself? In this workshop, you'll learn simple and quick protocols to keep your newborn or infant healthy and strong. You'll receive bodywork and acupressure techniques that are easy to apply. Acupressure can be used for prevention and wellness, as well as various issues including restlessness, fever, constipation, diarrhea, cold/flu, and more. Bring your baby to class for easy practice. Learn from Jason Moskovitz, L.Ac., acupuncturist and primary care physician at Tao of Wellness Newport Beach.

To register, please do so at  
[www.granolababies.com](http://www.granolababies.com) or call 714.445.4948

### PRIVATE LESSONS IN QI GONG FOR WEIGHT LOSS

Dr. Jing Chen and Alison Doherty, L.Ac. are now available for private lessons in qi gong for weight loss at Tao of Wellness Santa Monica, 2825 Santa Monica Blvd., Ste. 300, Santa Monica. For information: [contact@taoofwellness.com](mailto:contact@taoofwellness.com) or call 3109172200

### 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  
Upcoming class dates: June 4th and July 2.

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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## STUDIES SHOW ACUPUNCTURE EFFECTIVE FOR HEADACHE RELIEF

Thomas Boldt, L.Ac., Dipl.O.M.



Headaches are a major problem for millions of Americans. Studies have reported that almost four in every ten people in the US suffers from regular tension headaches, and more than one in ten suffers from regular migraines. Relief options generally involve medications, which have unwanted side-effects and limited effectiveness.

Two review studies offer hope of another effective treatment. They show that acupuncture is effective in treating both tension headaches and migraines.

Review studies take a substantial group of studies on a topic and perform a "meta-analysis" on them to see if there is a trend in one direction or another among a body of research. Both of these reviews were performed by researchers at the Centre for Complementary Medicine Research in Munich, Germany.

In the first meta-analysis on tension headaches, they looked at a collection of eleven studies with a total of 2,317 participants. In the second review studying migraines, they reviewed twenty-two studies that included 4,419 people. In the end, each review concluded that acupuncture is an effective treatment for both tension headaches and migraines.

Of course, Traditional Chinese Medicine (TCM) is effective for more than just these two types of headaches, and eventually the research will catch up. In TCM, pain is generally due to stagnation of blood and/or chi. In order to ease the pain, TCM seeks to restore the flow of these precious substances, and most headaches respond very quickly, noticeably reducing in strength if not disappearing during the acupuncture session.

Tension headaches are due to tightness in the muscles of the neck, jaw and upper trapezoid

muscles which restricts blood flow to and from the head, thus causing pain. To relieve this type of headache, we must first relieve the tension. Tight muscles respond very well to acupuncture, tuina bodywork, and herbs—taken internally and even applied externally. Simply relieving this tension will ease the headache for the moment, but to create lasting relief, the source of the tension must also be addressed. So, during a treatment practitioners will select other points on the body to ease overall tension and anxiety. Herbal therapy is again a key to this treatment's success. Practitioners often prescribe meditation and chi gong—ancient tools designed to help prevent external life stress from becoming internal health problems.

The causes of migraine headaches are generally less obvious and even in modern science, are not well understood. In TCM, though the mechanism of the headache—lack of flow to and from the head remains the same, the causes of migraines are quite varied. For some, it is hormonal. Indeed, three times as many women suffer from migraines as men—often related to their menstrual cycle. For other people, triggers include changes in the weather, diet, odors, lights, medications, too much or not enough sleep, physical activity, sex, and stress. Migraines tend to respond best to acupuncture and internal herbal therapy, and can often be greatly reduced or even resolved with early intervention. Treatments may include other modalities depending on the trigger.

Sinus headaches on the other hand are generally due to a build-up of phlegm and mucus in the sinuses, resulting in pressure. They must be resolved by both moving the mucus out of the sinuses and eliminating the cause of its over-abundance. Again, acupuncture, herbs and diet are integral in treatment. ■

# NUTRITION FOR NEW MAMAS

RECIPES FOR POSTPARTUM CARE

with Dr. Jessica Chen

Saturday, June 27th, 2:30 - 4:00 pm  
at Tao of Wellness Santa Monica



Besides rest, nutrition is one of the most important ways to restore the body during the postpartum period. Replenishing and rebalancing the body are essential for a quick recovery so that both mother and baby can flourish in this unique and special time. Join Dr. Jessica Chen in her upcoming cooking demonstration class as she shows you nutritious and simple dishes to help a new mom recover quickly. This class is not just for moms or moms to be; it is for anyone interested or devoted to helping mothers heal postpartum.

■ **Saturday, August 1:** *Skin & Beauty* with Stephanie Yong, L.Ac., 2:30-4:00 pm

■ **Saturday, September 19th:** *Immune Boosting Meals* with Alison Doherty, L.Ac.

Sign up for 3 classes and receive the *Tao of Nutrition* book or the *Secrets of Longevity Cookbook*.

Limited space. \$40 per class.  
Please RSVP to 310.917.2200

## SUMMER DETOX RETREAT

July 24th - 26th, 2015

Give yourself the gift of true rejuvenation during this summer's Tao of Wellness detox retreat. You will experience 3 days of detoxification techniques including acupuncture, cupping, tuina, infrared sauna, qi gong and infinichi. In addition, our detox retreats are educational experiences where you will attend lectures and meditation exercises to enhance your physical, mental, and emotional well being. Nutritional detox meals are provided as well. Please see front desk for more information or call 310.917.2200. Space is very limited.

## WELLNESS SHOP



**DON'T WEIGHT!**  
Leap into action on this year with **B-Slim** to help with satiety, **High Performance** for a healthy burst of energy and **Internal Cleanse Tea**

to help with detoxing. This set includes (1) bottle B-Slim capsules, (1) bottle High Performance tablets and a FREE Internal Cleanse tea. \$74.90

**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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## WHAT IS MERCURY AND WHY IS IT SO HARMFUL TO YOUR UNBORN CHILD?

An excerpt from Dr. Daoshing Ni's book, *The Tao of Fertility*.



**M**ercury is a naturally occurring metal that has several forms. It is increasingly found in our food sources and in our environment. Combined with other elements such as chlorine, sulfur, and oxygen, it forms inorganic mercury compounds or "salts," which are usually white powders or crystals. It also combines with carbon to make organic mercury compounds. The most common one, methylmercury, is produced mainly by microscopic organisms in the water or soil. This methylmercury, which may be formed in water, builds up in the tissues of fish. Larger and older fish tend to have the highest levels of mercury.

When you eat fish or shellfish contaminated with methylmercury, the mercury in your body passes to the fetus and may accumulate there. It can

also pass to a nursing infant through breast milk. Mercury's harmful effects that may be passed from the mother to the fetus include brain damage, mental retardation, incoordination, blindness, seizures, and inability to speak. Children poisoned by mercury may develop problems in their nervous and digestive systems, and kidney damage.

Learn about wildlife and fish advisories in your area from your public health or natural resources department. It's a small price to pay for a healthy child.

Here are a couple resources for California: California Department of Fish and Wildlife health advisory:

<http://www.dfg.ca.gov/marine/healthadvisory.asp>

Safe eating guidelines from California's Office of Environmental Health Hazard Assessment:

[http://www.oehha.ca.gov/fish/so\\_cal/index.html](http://www.oehha.ca.gov/fish/so_cal/index.html) ■



## NUTRITION CORNER WITH DR. CHEN



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

**W**elcome to nutrition corner! This is a new section of the newsletter where I will give you tidbits of information on what foods to focus on each month to keep your body full and your mind satisfied.

### DO I HAVE TO EAT EVERYTHING ORGANIC?

This month we will focus on EWG's (environmental working group) "Dirty Dozen and Clean 15". Each year, EWG sends a list of fruits that have been tested for levels of pesticides and allows the consumers to have knowledge on which foods contain the most pesticide residue. Of course, it would be ideal to eat everything organic or pesticide free. But sometimes that is

not an easy task due to extra cost or lack of availability. With the EWG's list, we can now make better choices on which foods are most important to eat organic and which foods are okay to eat conventional.

**"DIRTY DOZEN"**- Apples, Peaches, Nectarines, Strawberries, Grapes, Celery, Spinach, Sweet bell peppers, Cucumbers, Cherry tomatoes, Snap peas (imported), Potatoes, Hot Peppers, Kale, Collard Greens

**"CLEAN FIFTEEN"**- Avocados, Sweet Corn, Pineapples, Cabbage, Sweet peas (frozen), Onions, Asparagus, Mangoes, Papayas, Kiwi, Eggplant, Grapefruit, Cauliflower, Sweet Potatoes, Cantaloupe

For more information please visit [www.ewg.org/foodnews](http://www.ewg.org/foodnews). Until next time!