



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



DETOX RETREATS

SAVE THE DATES:

Santa Monica Office: September 21 & 22

Pasadena Office: October 6

Detoxing provides relief from pain, restores digestive health, and boosts mood and clarity of mind. The retreat includes detoxification techniques such as acupuncture, cupping, tuina, infrared sauna, chi gong, and Infinichi-energy healing, plus lectures and meditation exercises to enhance physical, mental and emotional wellbeing. Nutritious meals and a detox herbal formula are provided. This detox program is especially valuable for people trying to lose weight, prepare for pregnancy or detox from addictions and medications. It's also suitable for anyone who wants to maintain a healthy lifestyle. Please call the Santa Monica office/ Pasadena office for questions or to sign up.

NEW BOOK



Dr. Mao and Frances Lam L.Ac.'s new book, *Live Long, Live Strong: An Integrative Approach to Cancer Care and PREVENTION* teaches you how you can take control of your own health and healing through prevention, herbal medicine, diet and nutrition, mind-body exercises and meditation. A must read for anyone going through cancer treatment, survivors, the people who care about them, and those who are interested in living a long life without cancer.

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PREVENTION OF BREAST CANCER

Daoshing Ni, L.Ac., MBA, DOM, PhD



In the United States, breast cancer is one of the most commonly seen and diagnosed cancers among women, besides skin cancer. It accounts for 26 percent of all cancers among women. The lifetime risk of developing breast cancer for women is one in eight, or 12.41 percent, while unfortunately one in 38, or 2.62 percent, die from it. Global incidents are not equal. We see the highest rate of breast cancer in the USA and Northern Europe, and the lowest rate in Asia. There has been a gradual increase in Asia though, due to the adoption of a more western lifestyle and diet. The occurrence rate is highest just before 50 years old or menopause, while it is dramatically reduced after menopause.

There are risk factors that can increase breast cancer occurrence. Some are genetic factors, which are not modifiable or hard for us to overcome. Others are modifiable or can be changed, such as stopping smoking. Risk factors that are difficult to modify or change are listed below.

GENETIC HISTORY: If you have a personal or familial history of breast cancer, including DCIS (ductal carcinoma in situ) and LCIS (lobular carcinoma in situ), you will have increased odds for breast cancer or recurrence. If you've had one first-degree female relative (sister, mother, daughter) diagnosed with breast cancer, your risk is doubled. If two first-degree relatives have been diagnosed, your risk is five times higher than average. This genetic history is not something you can change. However participating in

a healthier lifestyle can mitigate or reduce some of these odds.

GENETIC PREDISPOSITION: BRCA1 and BRCA2 gene mutations in both men and women increase the risk of breast cancer. In women, the risks associated with a BRCA2 mutation appear to be about the same as those for BRCA1 mutations – a 50 to 85 percent risk of developing the disease by the age of 70. Again, participating in a cancer prevention lifestyle can help to reduce these odds.

INCREASED LIFETIME ESTROGEN

EXPOSURE: Having more exposure to estrogen is also a risk factor. Early-onset of menstruation (before age 11), late onset of menopause (after the age of 55), older age of first childbirth (such as after the age of 30 or never having given birth), and taking estrogen and progesterone supplementations (especially after menopause) can all increase the odds of breast cancer.

DENSE BREAST TISSUE: Dense breast tissue can make one twice as likely to develop breast cancer as non-dense breasts. Having dense breast tissue can also make it harder for mammograms to detect breast cancer. There is no uniform method in determining dense breast tissue. Breast density is not based on how your breasts feel during your own self-exam or your OBGYN's exam. The only methodology currently accepted in measuring breast density is the thickness of tissue on a mammogram.

Read the entire article at taoofwellness.com/newsletters-blog/breast-cancer-prevention



FIVE ELEMENTS HOROSCOPE

Keep it cool in the thick of the fire. This month may feel at times too hot to handle. On the one hand, affairs of the heart make you feel especially connected in your making the most of your close relationships. On the other hand, you need to prepare yourself for an increase in your workload and activities. Your approach to uncertainty may be simply to prepare yourself as much as possible for the contingencies you can foresee so you have more energy to cope with those you cannot. It's all about giving equal parts attention and determination. Remember to also focus on setting aside time to enjoy activities for good health so that you continue to grow strong every day. Learn more about your August horoscope and receive a free personality profile based on your element at taostar.com

WELLNESS SHOP

August Product Spotlight

DEFEAT YOUR ALLERGIES



20% OFF ALLERGY TAMER

Allergy Tamer supports a healthy response of relief from indoor or outdoor allergies. Non-drowsy herbal formula.

CAN PROVIDE MORE NATURAL RELIEF FOR:

Sneezing • Runny nose • Itchy nose or throat • Itchy, watery eyes

Warning: This product is not intended to be used by pregnant or nursing women.

Purchase at Tao of Wellness clinics. Maximum Purchase: Five individual formulas. Expires August 31, 2019

CHINESE MEDICINE FOR NURSING BABY

Sally Goluboff, L.Ac.



For the last 30 years, there has been a huge movement in favor of breastfeeding and the importance of a mother's breast milk for

production is because there is not enough blood or qi. The other reason can be due to stagnation of qi. Both of these conditions can be treated with acupuncture and herbs.

her baby. There are many women that experience difficulty with breastfeeding. That includes delayed lactation, insufficient milk supply, and other breastfeeding problems.



It's important to see a doctor of Chinese medicine so that you are prescribed a formula that is customized to your specific condition.

Most women think that once they have their baby, breastfeeding will come naturally. The truth is that it can be a very emotional time for a new mother. It can be painful, exhausting, and have several complications. If a woman's milk supply is low, there are many reasons why a woman may find it challenging to breastfeed. This includes having had a C-section, hypothyroidism, PCOS, insufficient glandular tissue, and previous breast surgery.

Along with the use of Chinese medicine, there are books, supplements, classes, as well as lactation consultants that can come to your home and help you with all issues related to breastfeeding.

Being a new mom myself, it's important to remember to be kind and patient with yourself. We can easily become frustrated and stressed about breastfeeding our babies. Make sure to reach out to other new moms to get support.

Chinese medicine has helped women with lactation issues for thousands of years. Chinese herbs can help stimulate milk production and are safe for the baby. Acupuncture is also very effective. There are points on the body that help with milk production, as well as with issues like mastitis. From a Chinese medicine perspective, breast milk is made from blood and qi. One reason why a woman may experience low milk

Breast milk will always be the number one choice for nourishing your baby, but if needed, it is absolutely fine to supplement with formula. Just be sure to do your research ahead of time as to which formula you may want to use, if it's necessary. What is most important is that the baby is getting proper nourishment and thriving, while mama stays calm and feels supported during this precious time with her baby. ■

NUTRITION CORNER

Soeon Park, L.Ac., Certified TCM Nutritionist



Countless international and national health authorities stress that "mom's milk" is the best source of nutrition for an infant for at least the first six months.

However, surprisingly enough, many new moms suffer from delayed or insufficient breast milk production. Here is a list of nutritional foods for milk production: fenu-greek, barley, oats, alfalfa leaf, black sesame seeds, peanuts, fennel, snow peas, carrots,

carp (fish), lamb, papaya, and sweet potato.

Low milk production can be associated to low hormones, stress, postpartum hemorrhaging (severe bleeding), retained fragments of the placenta, infection, thyroid disorders, and diabetes. Do not wait to get help if you have concerns about breastfeeding. For more professional assistance, consult with a licensed acupuncturist or Chinese herbalist to obtain a time sensitive result. ■

FREE WELLNESS WEEKLY VIDEO SERIES



DEAR DR. MAO
Dr. Mao Shing Ni

Five Elements Feng Shui - Give Your Home Energy a Makeover

August 5, 2019
5 - 6 pm PST



TAO OF LIFE TELE-STUDY GROUP
Dr. Daoshing Ni

Teaching From the Sunlight by Hua Ching Ni

August 15, 2019
5:30 - 6:30 pm PST



WOMEN'S WELLNESS & FERTILITY
Dr. Daoshing Ni

Breast Cancer - How to Reduce Your Risk

August 22, 2019
5:15 - 6:15 pm PST



THE HEALING HOUR
Soeon Park L.Ac. & Sally Goluboff L.Ac.

Advice for Breastfeeding Challenges

August 27, 2019
5 - 6 pm PST



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