



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



UPCOMING EVENTS

SPRING DETOX RETREAT

Santa Monica | May 20 & 21

Spring is the perfect season for a detox program. In TCM, spring is the season of the liver, a powerful organ responsible for many of the body's detoxification processes.

Renew and refresh your body in May during our detox weekend that includes lectures,

Qi Gong, and daily treatments such as acupuncture, tuina, infrared sauna and infanichi. Detox meals are provided as well as a weeklong diet plan and herbal detox formula. This detox program is especially valuable for people trying to lose weight, detox from drug addiction, prepare for pregnancy, or people managing chronic fatigue syndrome or pain conditions. It's also suitable for anyone who wants to maintain a healthy lifestyle. Space is limited.

Please call the Santa Monica office for questions or to sign up.

WOMEN'S FERTILITY RETREAT

Santa Monica | July 22 & 23

Nourish your mind, body and spirit at our Women's Fertility Retreat. The retreat 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 are designed to nourish your fertile essence. For questions or to sign up, please call the Santa Monica office.

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TOP 10 LONGEVITY HABITS FOR GOOD DIGESTION AND HEALTH

Soeon Park, L.Ac.



Did you know that your body was designed to live 100 years or more? If we aim to live a healthy, long life, what we eat is very important because of the relationship between diet and the immune system. At least 70

percent of immunity dwells in the digestive tract. Here are the top 10 longevity (Centenarian) habits for good digestion and good health, excerpted from *Dr. Mao's Secrets of Longevity Cookbook*.

1. Eat less to live longer; try to control the amount of food you eat at each meal by stopping when your stomach is three-quarters full. When you overeat, you stress your digestive and other organ systems, consuming precious energy by overworking your system, and producing more waste products and toxins.
2. Eat five smaller meals a day; eating five small meals a day delivers a steady stream of nutrients, blood sugar, and energy to your body throughout the day and is much less taxing on the digestive and metabolic systems.
3. Your body functions best when fed at regular intervals. As a general rule, I suggest eating your meals during these times: breakfast between 6 and 9 a.m.; mid-morning snack between 10:30 and 11 a.m.; lunch between 12 and 1:30 p.m.;

mid-afternoon snack between 3 and 4 p.m.; dinner between 6 and 7:30 p.m.

4. Eat slowly and enjoy your food; the digestive process begins in the mouth, where enzymes are produced to help break down and absorb nutrients.
5. Take your meals sitting down; focus on the flavor and texture of the food, sit down at the table, and interact with others during your meals.
6. Eat for your body, not your taste buds; you will feel healthier and more energetic if you eat for nutrition instead of immediate pleasure.
7. Eat for the right reasons; we sometimes eat out of habit at a certain time of day without realizing that we are not even hungry.
8. Bring awareness to mealtime; eating in a relaxed frame of mind is essential to proper digestion and assimilation of nutrients.
9. Eat food at the proper temperature to support your digestive fire. Cooking food thoroughly helps break its nutrients down so it's easier for your body to digest them without your stomach having to do the heavy labor.
10. Everything in moderation; keep in mind that you can eat for longevity without completely sacrificing your favorite treats. ■

DR. MAO AND DR. DAO NEWS

DR. MAO recently taught Qi Gong and the Ultimate Mind Health Workshop at the IHM Retreat center in Santa Fe, New Mexico. Future workshops are planned for 2017. Visit infinichi.com for more information.

DR. DAO recently taught a two-day seminar for the Michigan Association of Acupuncture and Oriental Medicine in Plymouth, Michigan, on treating psychological and mental health conditions with Chinese Medicine.



INFINICHI MAY FIVE ELEMENTS HOROSCOPE

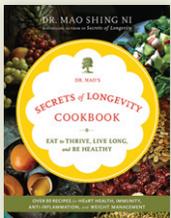
The ripening energy of May is an energizer. Prepare for interesting, emerging possibilities to come your way. This is a period that motivates aligning to your values. Think about taking on a “quality rather than quantity” approach to life this month as you dive deep into your true essence. Prioritize and trim down what’s no longer necessary. Then embrace the urge to merge with intriguing new ideas, people and experiences that are ready to present themselves simultaneously. Professionally and financially, keep your eyes open for a profitable month — knowing what roots your goals is your key to success. Socially, now is the time to magnetize what you desire. Just remember, sometimes just asking isn’t enough. Be willing to take action when opportunity knocks at your door. Learn how your personal element can help you take the next step toward happiness and fulfillment at Infinichi.com.

WELLNESS SHOP



TAI CHI FOR A HEALTHY BODY, MIND & SPIRIT
By Hua-Ching Ni & Mao Shing Ni, with Joseph Miller, Ph.D.

This book presents Tai Chi as a powerful tool for cultivating the spirit, as well as the mind and body, introducing Tai Chi as it was originally envisioned and practiced thousands of years ago by the Masters of Tao as a tool for self-cultivation and integration of mind, body and spirit. *Book, \$19.95*



DR. MAO'S SECRETS OF LONGEVITY COOKBOOK

By Dr. Mao Shing Ni
The book includes over 80 longevity recipes, Centenarians' Top Ten Habits for Good Health,

a list of kitchen essentials and guide to cookware for longevity, weekly menus for longevity and health, and spice and herb blends for 10 common health conditions. *Book, \$24.99*

Purchase these products at:

www.taostar.com ■ 800.772.0222

or Tao of Wellness clinics in Santa Monica, Newport Beach and Pasadena

INTRODUCING FOUR NEW MIND-BODY CHI CLASSES IN SANTA MONICA

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



Do you practice Tai Chi or Qi Gong? Do you have a meditation practice? It's never too late to get started. Four new ongoing classes will begin at the Santa Monica office

starting the week of June 5.

These classes are suitable for people of any age, whether they are new to Tai Chi, Qi Gong or meditation, or experienced. Students need not be TOW patients. Tai Chi and Qi Gong practice have been passed down for many generations in the Ni family and have a history of over 2,500 years. The movements are gentle and graceful, yet strength building, too. Tai Chi and Qi Gong also incorporate mindfulness and deep breathing and are considered “meditation in motion.”

Studies show numerous health benefits from practicing Tai Chi and Qi Gong several times a week. They can:

- Reduce high blood pressure and improve cardiovascular health
- Improve symptoms associated with

- arthritis and help alleviate pain
- Improve metabolic function by reducing HbA1c among people with type 2 diabetes
- Improve BMI and reduce waist circumference for people with metabolic syndrome who are overweight
- Improve quality of sleep and alleviate insomnia
- Improve balance, coordination and flexibility
- Improve moods, reduce depression and anxiety
- Improve energy level
- Improve immune function
- Improve respiratory function
- Improve and alleviate symptoms associated with MS, fibromyalgia, chronic fatigue syndrome and cancer

Tai Chi and Qi Gong also have a unique deeper aspect. The harmonious movements represent energy vibrations found in nature. The practices are designed to help people align with the everlasting life force and ultimate harmony of the universe. This is why Tai Chi and Qi Gong have been treasured as longevity and self-cultivation practices for many centuries.

SELF-HEALING QI GONG with Dr. Soeon Park, L.Ac., Tuesdays, 5:30 - 6:30 p.m.

MEDITATION with Dr. 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 - 5 p.m.

EIGHT TREASURES QI GONG with Dr. Mao Shing Ni, Thursdays, 5 - 6 p.m.

COST: Drop-in single class, \$15; \$50 for 4 classes per month; \$60 for 6 classes per month; \$75 for 8 classes per month. For questions or to sign up, please call the Santa Monica office, 310.917.2200.



NUTRITION CORNER WITH SOEON PARK, L.AC. SEAWEED MISO SOUP

From Dr. Mao's Secrets of Longevity Cookbook

If you want to live a long, healthy life, enjoy Seaweed Miso Soup often.

A main ingredient, miso is made from fermented soybeans, which are high in protein and fiber, with the added benefit of antioxidants. Seaweed (there are actually many types) is a valuable source of a wide array of trace minerals, including iodine, calcium, magnesium and potassium. Seaweed has long been known for its nutritional properties in Asia, used for tumor reduction, inhibiting cancer cell proliferation, free radical scavenging, and antioxidant activity. The rich broth is easy to digest and can be paired with brown rice for a quick and light breakfast. Recipe serves 4.

- 4 cups filtered water
- ½ pound firm tofu, cut into bite-sized cubes
- ¼ cup frozen peas, thawed
- 1 small tomato, chopped
- 2 to 3 tablespoons low-sodium miso, dissolved in 2 tablespoons water
- 1 sheet nori seaweed, torn into small pieces
- 1 tablespoon minced scallions
- 1 teaspoon toasted sesame oil

Bring the 4 cups of water to a boil in a deep saucepan over medium-high heat. Add the tofu and cook for 2 minutes; stir in the peas, tomato, and dissolved miso paste and cook for 1 minute. Turn off the heat, add the seaweed and scallions, and stir well. Drizzle the sesame oil over the soup and serve immediately.

