



# TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



Sunday, February 10, 2019 at 10 am  
Dr. Daoshing Ni and Dr. Mao Shing Ni,  
The Yo San University Student Association  
& The College of Tao invite you to  
**CELEBRATE THE YEAR OF THE PIG**  
Please arrive by 9:45 am, and bring a  
seat cushion! For the potluck, please  
bring your favorite festive, healthy dish  
or beverage. We look forward to  
ushering in the New Year with you!  
Renewal Ceremony: 10 am - 12 pm  
Potluck Lunch: 12 pm - 1 pm  
Yo San University, Shrine Room, 3rd Floor  
13315 West Washington Boulevard  
Los Angeles, 90066. 310.577.3000

**COLLEGE OF TAO'S GATHERING  
CHI & RENEWAL RETREAT**  
at Temescal Canyon - February 7 -11, 2019  
Looking for a way to renew your energy,  
gain clarity, be with wonderful people,  
and set course for a healthy lifestyle?  
College of Tao can guide you to more  
energy, deeper peace, and better health  
through meditation, tai chi, healthy food  
from a gourmet chef, and beautiful out-  
door experiences in harmony with nature.  
Come and learn from Drs. Dao, Mao, and  
other teachers on how you can renew,  
recharge, and refresh your energies in  
harmony with the lunar new year! To regis-  
ter or for more information, visit [colleg-  
eoftao.org](http://colleg-<br/>eoftao.org) or [contact@colleg-  
eoftao.com](mailto:contact@colleg-<br/>eoftao.com)

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## 2019 PREDICTIONS AND ADVICE FOR THE YEAR OF THE EARTH PIG

Dr. Mao Shing Ni



Welcome to 2019, the  
Chinese Year of the Pig!  
The Chinese calendar is based  
on lunar cycles that have their  
origins in one of the world's

oldest texts, the *I Ching*, or *The Book of Changes*.  
The *I Ching* encoded the laws of the universe  
and patterns of change in a binary language  
that inspired modern computer language and  
foreshadowed the science of forecasting.  
Its predictive powers were so esteemed that  
emperors, farmers, builders, and physicians  
alike consulted the *I Ching* to select  
“appropriate and auspicious” dates and  
times in order to ensure advantageous,  
fruitful, and healthy outcomes.

The *I Ching's* modeling of cosmic cycles,  
or changes, is called The Five Phases or  
The Five Elements. Each year there is a  
dynamic interplay of elemental forces that  
may result in upheavals and changes in the  
world or in one's personal life. These changes  
may upset ecological balance, disease progres-  
sion, and market stability. Below you will  
find my yearly forecast, which will give you  
a general forecast of changes in the world  
and how it may affect you personally, based  
on your Elemental personality.

To have a deeper understanding of this  
year's dynamics, we need to learn about  
the Five Elements. If you don't know which  
Element is yours, take our Infinichi Quiz  
at [https://infinichi1.typeform.com/to/  
tFCul?referrer=infinichi.com](https://infinichi1.typeform.com/to/tFCul?referrer=infinichi.com) to find out.

According to Chinese philosophy, everything  
and everyone is influenced by the Five  
Elements that make up all matter: Wood, Fire,  
Earth, Metal, and Water. 2019 is a year of Yin  
Earth, and the elements at play are earth and  
water. The imagery is of earth over water,  
which gives the appearance of stability above  
while the undercurrent of water below may  
lead to hidden natural and man-made dangers  
in situations and one's health. Be on the  
lookout for mishaps involving transportation  
and flooding. The Earth element projects peace  
and harmony, while the Water element  
represents hidden sabotage. The lack of Fire  
also indicates waning optimism, negatively  
affecting political and economic outlooks.

Let's examine how 2019 might affect the  
five areas of health in our lives—physical,  
emotional, relationships, career/work, and  
finances. Once we understand the characteris-  
tics of an Earth Pig year, it will behoove us to  
adapt to the new energy cycle in order to  
achieve a harmonious balance, maximize  
positive outcomes, and avoid excess:

### I. Physical Health

Pay special attention to possible imbalances  
in Earth Element organs—stomach, pancreas,  
spleen, and intestines. Be alert for digestive  
problems like reflux disorders, ulcers, hiatal  
hernias, small intestine bacterial overgrowth,  
and colitis. Metabolic conditions like diabetes,  
obesity, and polycystic ovarian syndrome  
can occur, as well as muscle injuries, lumps,  
or bumps.

To read Dr. Mao's entire forecast, visit <https://taostar.com/chinese-horoscope-yearly-forecast-2019/>



## FIVE ELEMENTS HOROSCOPE

This month we welcome the Year of the Earth Pig. It's a year of joy, success, abundance and prosperity. February is going to pulse with progress sending positive ripples through our creative ideas, success map planning and best of all our love lives. Get ready to try out new things that will make your life feel a heightened sense of fun. Change is a part of life. Seek inner wisdom to embrace the new while also playing on your existing strengths to make the most of your future. Reboot your mindset with heartfelt meditations and think about injecting your exercise routine with heart activation too. Learn more about your February horoscope and receive a free personality profile based on your element at [taostar.com](http://taostar.com)

# KEEP YOUR HEART MARCHING TO A GOOD BEAT

J. Matthew Brand, L.Ac.



All aspects of health require a multi-pronged approach. The heart is truly at the center of it all, and in Chinese medicine it is considered to be the monarch ruling over all other internal organs. But at the end of the day, it is a muscle, and as such needs to be used and pushed to remain strong. While plant based diets remain essential to keeping the heart healthy, here are two equally important activities that can keep your internal rhythm going strong.

### HEAT THERAPY

Saunas feel great. They are relaxing, they help us sweat out toxins, and allow our muscles to relax after a rigorous workout. Recent research conducted in Finland by Dr. Tanjaniina Laukkanen has helped paint a more elaborate picture of the benefits of frequent sauna use.

Dr. Laukkanen's research was done over a 20 year period. It has shown that frequent sauna use can improve cardiovascular health significantly, in addition to reducing all cause mortality rates. These studies involved high amounts of heat for 15 minutes per session, with at least 2 sessions per week. The mechanisms involved are still being explored, but it is thought that the process is similar to moderate exercise - without putting any strain on the skeletal muscles. By making the heart work harder for about 15 minutes at a time and getting the individual to sweat, the effects are lower blood pressure, lowered incidence of arrhythmias (irregular heartbeat patterns), and improved circulation in the arms, legs, and skin. Sauna sessions also have a positive effect on our stress response and the nervous system, as well as lowering levels of norepinephrine released from the adrenal glands.

### MOVEMENT

We love exercise. We can't stop singing the praises of it with regards to both mental and physical health (which we all know is inseparable). Regardless of the type that you choose



exercise every day as if your life depends upon it—quite simply because it does.

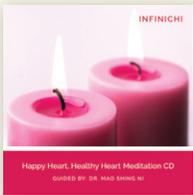
Extensive research has shown that moderate daily physical activity lasting over 2 hours has significant positive impacts on cardiovascular health, in addition to staving off other metabolic issues including type 2 diabetes. A recent piece in Scientific American, penned by professor Herman Pontzer, highlights his work with hunter-gatherers to uncover the myriad benefits of extensive exercise on the body. His findings are profound. According to the piece, endurance-type exercise can help reduce chronic inflammation, reduce cortisol, and help our bodies create energy stores for our muscles from the food that we eat, instead of making more fat.

If anything, this is a nice reminder from science that we need to move more often throughout the day. This can take many shapes in your life. Here are some suggestions:

- Get up at least once an hour from your desk to move and get the blood pumping.
- Park further away from work so that you have to walk more to get to and from the office.
- Make a habit of taking short, brisk walks after each meal of the day.
- Incorporate a low-impact exercise, like Tai Chi, into your daily exercise regimen.

## WELLNESS SHOP

### THE MEDITATION YOUR HEART LOVES FOR FEBRUARY



## 20% OFF

### HEALTHY HEART MEDITATIONS CD LED BY DR. MAO SHING NI

USE CODE: **FEBHEART**

Studies show that happier people are less likely to develop heart disease and die than those who are unhappy. *Dr. Mao's Happy Heart, Healthy Heart Meditation* will empower and activate within you the most powerful medicine of all - love and happiness.

Support a balanced, happy heart & circulation system

Utilize Tension Reduction Techniques

Revitalize your home/work environment

Treat yourself to a self-love boost

Maximum Purchase: 5 individual CDs  
Expires 2.28.19

Purchase at clinic or online at [taostar.com](http://taostar.com) by entering the applicable code at checkout.

## FREE WELLNESS WEEKLY VIDEO CHATS



**DEAR DR. MAO**  
Dr. Mao Shing Ni

*Innovations that Will Change the Treatment of Heart Disease*

Monday, February 4  
5 - 6 p.m. PST



**WOMEN'S WELLNESS & FERTILITY**  
Dr. Daoshing Ni

*Balanced Hormones: Why They're Important for Overall Health*

Thursday, February 14  
5:15 - 6:15 p.m. PST



**THE HEALING HOUR**  
J. Matthew Brand, L.Ac. & Albert Vaca, L.Ac.

*Does Gender Matter? Heart Health for Women vs. Men*

Wednesday, February 27  
5 - 6 p.m. PST



**TAO OF LIFE TELE-STUDY GROUP**  
Dr. Daoshing Ni

*Life and Teachings of Two Immortals, Volume II, by Hua-Ching Ni*

Thursday, February 28  
5:30 - 6:30 p.m. PST



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Editor: Soeon Park, L.Ac.  
Graphic Design: Justina Krakowski

JOIN TAO OF WELLNESS ON FACEBOOK FOR UPDATES.