



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



SUMMER, THE SEASON OF FERTILITY

Dr. Jing Chen, DAOM, L.Ac., Dipl.O.M, FABORM



Summer is a time for warm and sunny days, for vacations and relaxation. It's also a great time to rekindle the romance in your life, especially if you and your partner are trying to get pregnant.

connect to your partner. Finding time to relax and refocus on your relationship can do wonders for your fertility potential. Even if you are trying to conceive through insemination or IVF, don't forget to nurture the intimacy in your relationship. Or if you are a woman who is trying to conceive on your own with donated sperm, it's still important to cultivate your sensual side!

Several recent studies have shown that summer is an especially fertile season. A 2015 study in Belgium found that IVF success rates were significantly impacted by the weather. In the study, live birth rates improved by one-third in cycles that followed a month of increased sunshine, higher temperatures and less rain. The weather during the month of the IVF cycle wasn't as important as the month preceding it, a time when a woman's eggs are maturing and getting selected for the following cycle. Researchers speculated that the improved success rates might be caused by increased vitamin D and melatonin levels, which are impacted by sunlight.

According to research, women who have sex frequently (not just during ovulation) are more fertile. This could be the result of increased blood flow to the reproductive organs or oxytocin released from orgasm. It could also be due to an alteration in the immune system: A 2015 study at Indiana University found preliminary evidence that sexually active women had shifts in their immune system throughout their cycle that could assist with sperm motility, fertilization and acceptance of an embryo.

Men also seem to benefit from summer weather: A 2015 Italian study showed that sperm motility (sperm's ability to swim and reach the egg) peaks in July and August.

If getting pregnant is on your mind, why not use this summer as an opportunity to de-stress, cultivate your sexuality and bond with your partner? Consider a "conception moon" getaway for relaxing, and possibly trying to conceive. If you can't get the time away, consider a couples massage or a night out dancing, both of which can get blood flowing and put you in a sensual mood.

Summer sunshine can also improve mood. Many couples who have difficulty getting pregnant feel stressed, burned out and less connected to each other. Baby-making can seem like a chore for them rather than a fun and loving way to

Whatever stage in life you're at, we hope you have a wonderful summer! ■



WOMEN'S FERTILITY RETREAT

at Tao of Wellness Santa Monica, July 22 & 23

Nourish your mind, body and spirit at the Tao of Wellness Women's Fertility Retreat. The weekend 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 during the retreat are designed to nourish your fertile essence. Please call the Santa Monica office for details and to sign up.

RETREAT/WORKSHOP IN GENEVA, SWITZERLAND, WITH DR. MAO

July 27 - 30

Enjoy the vacation of a lifetime in beautiful Switzerland while transforming your life.

Location: Château de Bossey

Ultimate Health of Body, Mind, Relationships, Finances, Career/Life Direction, is a 30-hour intensive workshop. Find details of workshop, accommodations and more at www.chirivers.com, where you can also register.

NEW MIND-BODY CHI CLASSES IN SANTA MONICA

Meditation with Frances Lam, L.Ac., Mondays, 4 - 5 p.m.

Self-Healing Qi Gong with Soeon Park, L.Ac., Tuesdays, 5:30-6:30 p.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, 5:30 - 6:30 p.m.
Cost: Drop-in single class, \$15; \$50 for 4 classes per month; \$75 for 8 classes per month; \$99 for 12 or more classes per month. For questions or to sign up for any class, please call the Santa Monica office.

MICRONUTRIENT TESTING

Tao of Wellness offers micronutrient testing for optimal health. Find out if you are deficient in any of 35 nutritional components, including vitamins, antioxidants, minerals and amino acids. Please ask your acupuncturist for details.

Schedule a **NUTRITION CONSULT** based on Traditional Chinese Medicine with J. Matthew Brand, L.Ac., at our Newport Beach office, or with Soeon Park, L.Ac., at our Santa Monica office.

TAO OF WELLNESS SANTA MONICA

2825 Santa Monica Blvd., Ste. 300
Santa Monica, CA 90404

Tel 310.917.2200 | Fax 310.917.2204

taoofwellness.com | santamonica@taoofwellness.com

TAO OF WELLNESS NEWPORT BEACH

363 San Miguel Dr., Ste. 101
Newport Beach, CA 92660

Tel 949.706.7770 | Fax 949.706.7211

taoofwellness.com | newportbeach@taoofwellness.com

TAO OF WELLNESS PASADENA

171 South Los Robles Ave., Suite A
Pasadena, CA 91101

Tel 626.397.1000 | Fax 626.397.1010

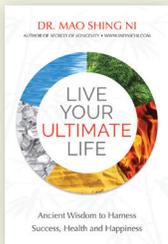
taoofwellness.com | pasadena@taoofwellness.com



INFINICHI JULY FIVE ELEMENTS HOROSCOPE

Summer is underway and the month of July looks to be very auspicious. This is a time to spread your wings. If you do not have an identified, meaningful purpose then use this period to reassess where you are going and why. Embrace that something new inside of you is priming to give birth. Wrap up old tasks to clear space. Remember to get out and socialize too because this is an excellent month for relationships and friendships. Best of all, be open to surprises — trust that the world is on your side. Learn how your personal element can help you take the next step toward happiness and fulfillment this month and every month for your emotions, health, relationships, career and finances at Infinichi.com.

WELLNESS SHOP



LIVE YOUR ULTIMATE LIFE

By Dr. Mao Shing Ni

Do you know what your life purpose is and where you are headed? Your ultimate happiness and success lies in

discovering who you are and what your personal life path is. By discovering your element and your innate personality traits, you can guide your life in the direction of your purpose. *Live Your Ultimate Life* starts with self-discovery and offers you the opportunity to:

- Understand your Five Element Personality
- Optimize your physical health
- Nourish your mind
- Thrive in your relationships
- Increase your financial fitness
- Transform your life purpose

\$16.95, softcover book

TAKE 15% OFF THIS MONTH

Use code **JULYLYUL**

Maximum purchase: 5 copies

Discount expires July 31, 2017

Purchase at:

www.infinichi.com ■ 800.772.0222

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



STAYING HYDRATED IN THE SUMMER

Sally Goluboff, L.Ac.



As we move into the summer season, it's especially important to stay hydrated in order to stay healthy. Water is the yin to summer's

yang, and temperatures can get very hot, almost unbearable, in our area. Make it a habit not to leave home without a large water bottle that you can drink from throughout the day. Many people forget to drink enough water and are unaware they are dehydrated. The mechanism of thirst becomes less effective with age, so it's especially important for older people, particularly frail elderly people, to remember to drink water and resist the temptation to cut back in order to reduce the frequency of trips to the bathroom.

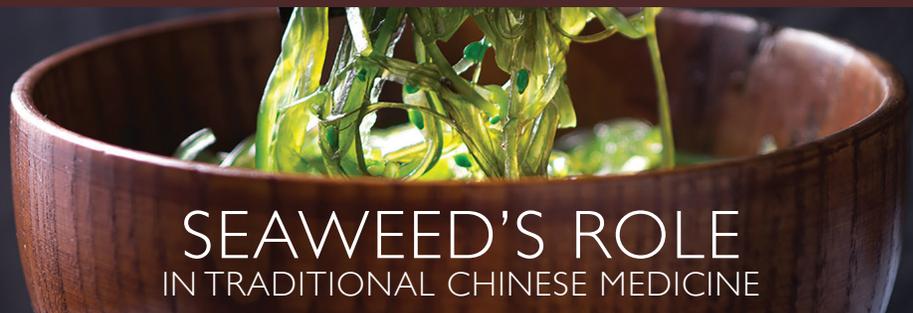
Staying hydrated will help you keep your energy at an optimum level and will help with mental focus, too. If you become dehydrated, you put yourself at risk of headaches and digestive issues like constipation. Make sure to also eat plenty of water-rich foods, commonly referred to as cooling foods in Traditional

Chinese Medicine. Such foods include vegetables and fruits like spinach, cauliflower, celery, cucumbers, lettuce, watermelon, oranges and papayas. Green and black teas are also cooling.

It can be very tempting to add ice to your water or other cool drinks and to eat ice cream in hot weather, but it's best to drink liquids at room temperature, refrain from adding lots of ice to drinks, and limit the amount of ice cream you indulge in. When you consume too many cold things, such as icy drinks and ice cream, they take more energy to digest and slow down your digestion.

Acupuncture and Chinese herbal medicine are effective for treating common symptoms that many people experience during the summer, such as headaches, excessive fatigue, or anxiety and restlessness from the heat. Chinese medicine can also help with inflammation and with balancing your body. Come and see us this summer and remember to stay hydrated! ■

NUTRITION CORNER with Soeon Park, L.Ac., Certified Clinical Nutritionist



Have you noticed that during the summer you may feel more irritable during the day and experience more insomnia at night? In Traditional Chinese

Medicine, summer is the season associated with the element of Fire and the heart organ. When the heart is balanced, the mind is calm and restful sleep follows.

In Chinese medicine, seaweed is considered to be salty and cold, and is recommended to clear heat and disperse accumulation, reducing irritability as well as insomnia.

There are many types of edible seaweed derived from marine algae, most of them regarded as a rich source of vitamins, minerals, fiber, essential amino acids and omega-3 fatty

acids. Some are used in Asian cooking, while others are used as additives in food processing. In Chinese medicine, eating seaweed is recommended to reduce inflammation, detoxify the blood, increase energy, maintain strong bones and teeth, support thyroid function and hormonal balance, and even reduce the risk of cancer.

There are many ways to eat seaweed, but I suggest you simply add a few pieces of seaweed to any savory soup, stew or pot of beans. You can find a variety of recipes using seaweed in Korean, Chinese and Japanese cookbooks. Adding some to your meals will help your body and mind stay cooler and lighter this summer! ■

