



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

CLASSES

FENG SHUI FOR CAREER AND SUCCESS led by Dr. Mao.

Dr. Mao shares his modern take on this ancient concept. Learn easy steps for connecting your mind, body, spirit, and space for a healthy and abundant life.

Sunday, March 17, 9 am - 5 pm.

Five Element Acupuncture of Michigan
31174 Haggerty Road, Farmington Hills,
MI 48331. Register Before March 9, 2019,
and Save \$25.00 - Use Promo Code
EARLYBIRDMI

CHI GONG MEDITATION FOR CANCER SUPPORT CLASS

2121 Santa Monica Blvd., Santa Monica,
90404. Join cancer patients and their caregivers for this free class every Monday from 6:30 to 7:30 pm at St. John's Health

Center in Santa Monica. Parking is validated. RSVP to Ana Rocha: survivorship saintjohns@providence.org; 310.829.8621.

ONGOING MIND-BODY CHI CLASSES

at Tao of Wellness Santa Monica
Thursdays, 5:30-6:30 pm

Eight Treasures Chi Gong for Energy
Cost: \$60 per month, or drop-in single class \$18, space permitting. Sign up early to secure your space at 310.917.2200 or frontdesk@taoofwellness.com.

OTHER SERVICES

Detox Tuina is available with all of our doctors in all three locations and **Fertility Tuina** is available with all doctors at our Santa Monica office.

TAO OF WELLNESS SANTA MONICA

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WELLNESS NEWSLETTER



COULD IT BE ENDOMETRIOSIS?

Albert Vaca, L.Ac.



Are your menstrual cramps so debilitating that you need to miss work or school? Do you have heavy or irregular bleeding during periods combined with severe pain? Is intercourse uncomfortable, even painful? Are you having painful bowel movements? These are some of the signs that you may be suffering from endometriosis.

March is Endometriosis Awareness month, a condition which more than one in ten women suffer from. Endometriosis occurs when the lining of the uterus grows outside the uterus, attaching itself to other organs. This can lead to adhesions and scarring, as well as the painful symptoms mentioned earlier. It is frequently reported that pain can increase over time. Many women wait up to seven years for a proper diagnosis. This is lost time, lost money, and countless hours of stress and pain.

Acupuncture can be helpful in treating the painful symptoms that accompany endometriosis. There is a saying in Chinese medicine that goes, "Where there is lack of flow, there is pain. Where there is free flow, there is no pain." The Traditional Chinese Medicine treatment for endometriosis attempts to increase circulation, regulate blood flow, and remove any blockages in the body. Acupuncture and Chinese medicine helps to regulate the phases of the menstrual cycle and bring hormonal balance in a natural way.

Chronic pain and discomfort, not to mention the chronic stress associated with endometriosis, can create a cascade of emotional, psychological, and physical pain. By using Chinese Herbal medicine, it can help curb these negative effects.

I'd like to leave you with five suggestions to keep you more at ease.

1. Keep warm, especially during menstruation. Heat moves the blood and cold can stagnate tissue. Hot water bottles and extra layers of clothing can be helpful.
2. Have a well-balanced diet rich in antioxidants, avoid cold and processed foods, and lean toward an anti-inflammatory diet.
3. Avoid intercourse and gynecological exams during menstruation. Uterine and vaginal contractions may cause a reverse flow of blood and increase pooling of blood outside the uterus.
4. Calm the mind through meditation and light exercise. Tai chi/chi gong can facilitate a mind-body connection that is important for keeping stress levels down while gently increasing blood flow.
5. Know that you're not alone. If you are feeling disheartened, discouraged, or depressed, please reach out to someone in your community. Compassion for yourself goes a long way. ■

MARCH 2019

FIVE ELEMENTS HOROSCOPE

This month asks the question, what do you stand for...and why? It's a month in which you align with the lifestyle you wish to attain. Some beliefs might have gone stale while other cherished ideals are still worth defending. Motivation is at a premium so use this period to make improvements. Decide whether you wish to achieve your goals with the help of the people around or if you first need to master self-perception. Happiness is paramount to the foundation of your being. Remember to enjoy sparkly moments with your boo too. With the spring equinox comes sweeping change. Ready, set, go! Learn more about your February horoscope and receive a free personality profile based on your element at taostar.com

WELLNESS SHOP

A HOME SANCTUARY FOR MARCH



20% OFF ALL SANCTUARY: SLEEP & CALM PRODUCTS

USE CODE: MARRELAX

We understand how important it is to relax our bodies to stay strong; this desire is the inspiration for the Infinichi SANCTUARY line. As part of your daily routine, it creates an environment that calms your being, so you can enjoy the life you want to live!

Clear your mind and relax into a deeper sleep
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Reduces stress and ongoing panic
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Purchase at clinic or online at taostar.com by entering the applicable code at checkout.

TRADITIONAL CHINESE MEDICINE EXPLAINS Why You Wake Up Around the Same Time Every Night

Soeon Park, L.Ac.



Do you wake up around the same time every night and are unable to fall back asleep? I have seen this type of insomnia often in the clinic and it is surprisingly common. If this is your case or the case of someone you're caring for you might wonder why it occurs.

Similar to the idea of circadian rhythms, Traditional Chinese Medicine (TCM) explains the rhythm of our bodies based on the 24-hour TCM clock. The TCM organ clock is divided into two-hour sections. Each two-hour section corresponds to a certain organ that is at its strongest and rules over the functions of the body during this time period. During this time, blood and qi (energy) enter certain organs by circulating through the 12 meridians. The body, mind, and emotions are inseparable in TCM. When they are in balance, each meridian flows freely to nourish organs, resulting in optimal health. But if there is disharmony in your body, it is tied to your emotional state and vice versa.

Therefore, waking up at certain times of the night has different meanings and is your body's way of trying to tell you about your physical and emotional conditions. Check out the guide below for insight into why you might be waking up at a certain hour.

If you're waking up between 11 pm and 1 am it means you need to take care of the gallbladder. Try reducing fat intake or consuming healthier fats since the gallbladder is responsible for breaking them down. On an emotional level, this signifies that you're holding onto heavy feelings of bitterness and resentment. It will be beneficial to reflect on your relationships and release any negativity blocking energy in your system.

If you wake up between 1 am and 3 am it means your liver was overloaded. The liver is responsible for detoxifying our bodies and processing emotions each night. You may be suffering from an unhealthy diet, excess alcohol consumption, and/or unresolved anger or high levels of stress. Think back to a night when you had too much alcohol or intense frustration at work. Make sure to drink alcohol in moderation

and find ways to deal with your stress in a healthy way. If you need professional help for detoxification, ask practitioners at Tao of Wellness about detox treatments.



If you wake up between 3 am and 5 am it could be due to an imbalance in your lungs, specifically breathing. Therefore, any disruption to your sleep during this time means that there is something blocking your ability to take deep, proper breaths. It is also

linked to emotional factors, such as grief as a result of dealing with loss. Try to practice abdominal deep breathing exercises, chi gong, meditation, or yoga to improve your lung health and grief release.

If you wake up between 5 am and 7 am then your large intestine is trying to tell you something. You need to pay attention to getting proper hydration and fiber since the large intestine is responsible for releasing digestive waste from your system. Emotionally, you're likely to be feeling "stuck" in a certain circumstance, relationship, job, etc. Try to release the lingering negative emotions that overwhelm you and move forward, both physically and emotionally.

Acupuncture is a great way to balance the qi within your body. This will help improve sleep and energy, as well as balance emotions. Talk to your practitioner at Tao of Wellness for further professional help. ■

FREE WELLNESS WEEKLY VIDEO SERIES



DEAR DR. MAO
Dr. Mao Shing Ni

The Path to Better Sleep: A Guided Video Series

Videos Release
Monday, March 4
5 pm PST



WOMEN'S WELLNESS & FERTILITY
Dr. Daoshing Ni

Things Every Woman Should Know About Menopause

Thursday, March 14
5:15 - 6:15 pm PST



TAO OF LIFE TELE-STUDY GROUP
Dr. Daoshing Ni

Topic: TBA

Thursday, March 21
5:30 - 6:30 pm PST



THE HEALING HOUR
Albert Vacca, L.Ac.
& Soeon Park, L.Ac.

Counting Sheep -
How to Get a
Solid Night's Sleep

Tuesday, March 26
5 - 6 pm PST