



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



GETTING ENOUGH SLEEP?

Sally Goluboff, L.Ac.



Sleep is an essential part of our well-being that many people do not pay enough attention to. When we don't get enough sleep, we may feel fatigued, foggy headed and moody. The Mayo Clinic recommends that adults get seven to nine hours of sleep every night. The number of hours you sleep is important, but so is the quality of your sleep. If you are getting up several times during the night or have interrupted sleep, it's just as harmful as not getting enough hours of sleep. Sleep deprivation can affect your mental clarity, put you at risk as a driver, and impact most things you do.

You may think you don't have enough time to get things done and also get to bed at a reasonable time, but sleep really needs to be a priority for your physical as well as mental health. According to the Centers for Disease Control and Prevention, people who are short on sleep are more likely to suffer from hypertension, diabetes, depression and obesity, and are at greater risk of cancer, reduced quality of life and impaired performance.

Good sleep hygiene helps prepare both your body and mind for a good night's sleep. Turn off or silence all electronics at least an hour before bedtime. Wind down from the day with a bath, a few minutes of easy yoga stretching or a favorite meditation. Dim the lights to signal to your brain that it's time for bed and when you turn off the light, be sure your bedroom is as dark as possible.

Sometimes the issue is not just getting to bed at a reasonable time. Sleep disorders also can be a problem. Insomnia is a common one. People with insomnia have difficulty falling asleep, staying asleep or both. If you're sensitive to caffeine, know how much coffee, tea or chocolate you can tolerate by what time of day without it interfering with your sleep. Many pharmaceuticals can help get you through the night, but they often come with unwanted side effects and can create a dependency.

Acupuncture and Chinese herbs can be very helpful for insomnia, as can teas with chamomile and other calming herbs. Patients come to see us at Tao of Wellness for various reasons, but sometimes we may find a connection between current symptoms and a lack of sleep. We can prescribe an herbal formula to take before bedtime to help calm your mind as well as your body. Herbs can help stimulate hormone circulation and production of neurotransmitters which in turn help you sleep.

Many people find that they have difficulty losing weight when they don't sleep enough, or they feel irritable and have hormonal issues such as irregular periods. If you make the right changes to get enough hours of sleep as well as good quality sleep on a daily basis, you will feel energized and experience a sense of improved well-being, mental clarity and mood. Come and see us if you'd like some help in getting the sleep you need and deserve. ■

UPCOMING EVENTS

March 26 - Yo San University

Dr. Mao shares secrets of centenarians at the **ULTIMATE PHYSICAL HEALTH WORKSHOP**. This workshop invites you to explore living life by your element type: Optimize stress management, nutrition, lifestyle changes, sleeping patterns and exercise regimens that will set you on track for a lifetime of wellness. You will also receive effective strategies, discovery exercises, and yin-yang sessions plus Qi Gong, acupressure and stress release meditation techniques. Call 800.772.0222 to register or visit www.infinichi.com

Schedule a **NUTRITION CONSULT** based on Traditional Chinese Medicine with J. Matthew Brand, L.Ac., at our Newport Beach office, or with Dr. Jessica Chen, D.A.O.M., Dipl.O.M., L.Ac., or Soeon Park, L.Ac., at our Santa Monica office.

Detox Tuina, Detox protocol and **Facial Rejuvenation protocol** are also available a la carte with most of our doctors.

Fertility Tuina Massage is available with Sally Goluboff, L.Ac., at our Santa Monica office.

Tai Chi classes continue with Dr. Kumiko Yamamoto and **Qi Gong classes** with both Dr. Yamamoto and Soeon Park, L.Ac., in our Santa Monica office. These classes are available with J. Matthew Brand in our Newport Beach office. Please call to sign up for a class.

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ANNOUNCEMENT

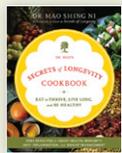
March 11 - Dr. Mao will speak on Chinese herbal medicine at the UCLA Medical School's annual student conference for integrative medicine.



INFINICHI FIVE ELEMENTS HOROSCOPE

March madness starts out with one foot on the pedal and the other foot on the brake. Keep frustration and miscommunication at bay the first half of the month. Channel your inner Wood general to ensure strategies are in place, your support team is motivated and you are leading through example. By the time Spring Equinox arrives, the fruits of your labor will begin to blossom. Welcome this lighter season with passion, spontaneity and the manifestation of your heart's desire. Learn how your personal element can 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



SECRETS OF LONGEVITY COOKBOOK

The simple philosophy of Dr. Mao's *Secrets of Longevity Cookbook* is that by following the dietary wisdom of centenarians, we can initiate self-healing, enjoy life more in the present, and achieve longevity in the future. More than 80 delicious recipes with "secret healing powers" have been selected with a focus on using fresh foods that have specific health benefits and longevity properties. Dr. Mao highlights signature ingredients specific to each dish and provides an overview of their particular health benefits. Try these recipes and you will see a difference in your energy and health! Book, 192 pages. \$24.99



CALM/SLEEP FORMULA

The Chinese herbs in Calm/Sleep Formula have been chosen to not only help us experience more inner peace, but also fortify our body's energy and increase our ability to cope with stress. This Traditional Chinese Medicine formula is believed to calm the spirit, relieve restlessness, reduce angst, alleviate insomnia, fortify the spleen and energize the heart. 90 Capsules. \$16.95

Purchase these products at:
www.taostar.com ■ 800.772.0222
or Tao of Wellness clinics in Santa Monica,
Newport Beach and Pasadena



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TELOMERES AND LONGEVITY

J. Matthew Brand, L.Ac.



While we all strive for happiness, we equally want our cells to be happy. For the past few decades, more and more research about a part of our cells called telomeres has come to show just how much our daily life choices affect us. Telomeres are the ends of our chromosomes, protecting our DNA strands as our cells divide. The shorter they get, the more likely we are to suffer from illness and age-related decline; the longer they remain during cellular division, the longer we are likely to live free from illness and disease. As these chromosomal ends fray and shorten, the more likely the affected cells will release pro-inflammatory substances into our systems, before they eventually die altogether, causing pain and illness.

What modern science has also revealed in study of these microscopic cellular bits is precisely what Chinese medicine has proposed for thousands of years—and is also articulated in Dr. Mao's book, *Secrets of Longevity*: A combination of healthy life practices leads to longer lives. These practices include a healthy diet filled with a variety of fresh fruits and vegetables; daily exercise including Qi Gong and Tai Chi; regular mindfulness practice and meditation; touch and intimacy with someone you love, as well as reaching out to friends and family to encourage a sense of community and connection; and managing your stress with positive thinking. ■

NUTRITION CORNER WITH SOEON PARK, L.AC.



ANTI-INFLAMMATORY FOODS



If you have pain that keeps you from doing your daily activities, have you considered an anti-inflammatory diet? Such a diet, now the focus of many cookbooks, can help combat

inflammation that may be at the root of pain experienced in the joints, ligaments, tendons and muscles. Fortunately, there are some foods that are anti-inflammatory in nature.

SWEET POTATOES — Benefits include high amounts of beta carotene, plus powerful antioxidants and anti-inflammatory properties that may help prevent chronic disease and cataracts. They can also help balance the glycemic index, which makes them an excellent food for diabetes or obesity.

WINTER SQUASHES — Buttercup, butternut and others are excellent for fiber and beta carotene as well anti-inflammatory properties, and also are rich in B vitamins and vitamins A and C.

MUNG BEANS — These beans are a nutrition powerhouse as well as a major detoxifier and

are known to induce urination, clear heat and promote circulation.

ADZUKI BEANS — Nutrient-dense adzuki beans counteract toxins, are helpful for managing diabetes and regulate water metabolism to prevent edema.

CHESTNUTS — Low in calories and fat, unlike other nuts, chestnuts are a good source of vitamin C, folate and essential fatty acids.

TURMERIC — This herbal root (see photo) looks like ginger in the produce aisle, but is more commonly sold powdered in the spices aisle. It's known for its anti-inflammatory, antioxidant and anti-tumor properties. This is especially true of the active component curcumin, which interferes with the chemicals that cause inflammation. Look for turmeric-based teas at natural food stores or make your own. Look online for golden milk or golden tea recipes using turmeric.

For more information about anti-inflammatory foods and recipes, please refer to Dr. Mao's *Secrets of Longevity Cookbook*. ■