



# TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION



## FENG SHUI FOR HEALTH SERIES

Feng Shui for Peace & Wisdom with Dr. Mao

November 5, 2017, 9 a.m. - 5 p.m. at Yo San University. Find details and register online at [infinichi.com](http://infinichi.com) or by calling 800.772.0222.

## ONE-DAY FACE & BODY REJUVENATION RETREAT

December 3, NEWPORT BEACH

Come and experience a multifaceted approach to obtaining and maintaining beautiful skin at this retreat at the Newport Beach office. The day will consist of rejuvenation techniques including acupuncture, microcurrent facial stimulation, a customized massage, facial mask, as well as workshops in Qi Gong, meditation and other Taoist self-care methods. Nutritious and delicious meals included. Please call for details and to register: 949.706.7770.

## QI GONG MEDITATION at St. John's Health Center

2121 Santa Monica Blvd., Santa Monica, 90404

Please join Frances Lam, L.Ac., every 2nd and 4th Monday, 6:30 - 7:30 p.m. This free Qi Gong Meditation class is designed for cancer patients and their caregivers. Participants will learn how Qi Gong can empower them to activate their own healing energies as well as achieve inner peace and better quality of life. Parking is validated. To sign up, please RSVP to Ana Rocha: [survivorshipsaintjohns@providence.org](mailto:survivorshipsaintjohns@providence.org); 310.829.8621.

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# WELLNESS NEWSLETTER



## KEEPING YOUR CHILDREN HEALTHY THROUGH THE WINTER

Sally Goluboff, L.Ac., Dipl.O.M.



**C**hinese medicine has a history of treating children for over 2,000 years with acupuncture, herbal medicine, nutritional therapy and pediatric tuina bodywork. Eastern medicine has always looked for ways to prevent the onset of disease, whereas Western medicine has usually been focused on treating disease that's already present. At Tao of Wellness we want to help your children stay strong and healthy prior to the cold and flu season so their bodies can resist any viruses they may be exposed to.

You can't really avoid having your children exposed to viruses, especially when they are in school. If their immune system is strong, then they have a better chance of not getting sick or at least of fighting off the virus and recovering faster. Remember that although colds and flus can resolve on their own, symptoms may linger for weeks and complications can develop, such as encephalitis, pneumonia, croup or seizures.

It's normal for young children to develop a cold or flu throughout the year because their immune systems are in the process of developing. As your child grows, their immune system will become stronger and there will be fewer colds and flus.

Taking an integrative approach can be very beneficial and we're always happy to work alongside your child's pediatrician. It's best to treat a child preventatively in the months

prior to winter, building their immune system with specific acupuncture points and herbs. If your child does come down with a cold or flu, recovery will be quicker if they've already had a series of treatments.

We usually recommend bringing a child in at the onset of symptoms, so we can use acupuncture to help ease the symptoms. There are therapeutic points all over the body. As with adults, every treatment is customized for a child's condition. Parents are often concerned that acupuncture may hurt or that their child may be afraid of needles. We have acupuncture tools that cause little to no sensation. There's even a "magic pen" that we can use in this situation. Children usually react very positively to acupuncture treatments.

We also use Chinese herbal medicine to treat cold and flu symptoms. We customize each herbal formula to address a child's specific symptoms. We may use astragalus or reishi mushrooms to strengthen the immune system. To relieve cold and flu symptoms, we may include honeysuckle, forsythia, schizonepetae, kudzu and peppermint. Our herbal formulas can be prepared as drops, pills or powders.

Now is the time for everyone to get ready for cold and flu season. Please call to make an appointment for a consult for your child and others in your family. We'll be happy to answer any questions you may have as part of developing a customized treatment plan. ■



## INFINICHI NOVEMBER FIVE ELEMENTS HOROSCOPE

Time just keeps ticking, ticking into the future. November's calm Water influence is constructive. You're learning and sharpening your skills. Enjoy creative and positive movement that will open many possibilities for long-term success. Trust change. Get ahead of the curve and welcome new energy to enter your life. Approach relationships with the same openness. Listen more than you talk. Make an effort to understand before you act. Acknowledge that others play a pivotal role in your fulfillment. 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



### NAVIGATE YOUR GLOBE-TROTTING NATURALLY with November Travel Kit Savings

Perfect for traveling and gifts, our natural kit offers the ideal way to enjoy Infinichi's must-have products. Balance energy levels, alleviate stress, renew emotional well-being and ease into a deep slumber. Includes Immunity formula, Jet Leg formula, Digest formula, CALM Rollerball and SLEEP Rollerball plus a Bonus Gift flash drive of CALM Meditation and SLEEP Meditation. Travel Kit benefits include optimizing physical health, boosting immunological functions, relieving fatigue, indigestion and/or bloating, as well as reducing stress and lack of sleep. \$120

#### TAKE 15% OFF THIS TRAVEL KIT

Use code NOVTRAVELKIT

Maximum Purchase: 5 Travel Kits  
Offer expires November 30, 2017

**Purchase at:** [www.infinichi.com](http://www.infinichi.com),  
by calling 800.772.0222 or at  
Tao of Wellness clinics in Santa Monica,  
Newport Beach and Pasadena



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J. Matthew Brand, L.Ac., Certified Clinical Nutritionist



**W**hen we show our face, we are exposing a part of our innermost selves to the world. While the outermost layer of skin is composed entirely of dead cells, the condition of the epidermis is the result of not only what happens on its surface, but also what is happening inside the body.

Our skin provides protection from the external environment, being our first line of defense against bacteria, viruses and other microorganisms. It also makes us waterproof (and, in turn, helps keep moisture inside), helps regulate temperature through sweating, and produces vitamin D when exposed to the sunlight. Skin turnover time is, on average, between 30 and 40 days, meaning that whatever steps you take to make positive changes to your skin will take at least this long to become evident. The most effective way to improve your skin is to first make changes from the inside out, including managing your emotions, monthly cycles, sleep, diet and digestion.

In Traditional Chinese Medicine, we view the body's internal organs as playing an important role in determining how healthy our skin is, and lungs have a special relationship with our skin. The skin is like an outer lung and the pores are seen as the "doors of Qi" because the skin also breathes and exchanges substances with the outer environment. When the lungs are

particularly weak during the dry autumn months due to the change in weather, the skin becomes more fragile and less able to maintain both a balance of moisture and the ability to fend off colds and flus, which may compromise skin health and attractiveness.

So, what steps can you take to nourish your skin? In Chinese medicine, the large intestine is the companion organ to the lungs. The foods that can help us maintain regular and healthy bowel movements, can also moisten the lungs, supporting more supple skin. These foods include mung beans, cabbage, Brussels sprouts, tofu, green beans, turnips, cucumbers, apricots, loquats and pearl barley. Foods that are dark green or orange are rich in vitamin A, which is of particular value to the skin as well, so think about incorporating persimmons, carrots, winter squash and kale into your skin-healthy diet.

A classic autumnal Chinese recipe is based on the moisturizing quality of the Asian pear, which is harvested in late August and available in grocery stores now. For this easy dessert of steamed Asian pears, you need 2 Asian pears, 2 teaspoons of brown sugar, and 10 grams of the herb Chuan Bei Mu, crushed (available at your local Tao of Wellness). Core the pears and stuff 3 to 5 grams of the herb and 1 teaspoon of brown sugar into each, then steam for 20 minutes or until soft. Serve warm, one pear per serving, and enjoy! ■



### MIND-BODY CHI CLASSES IN SANTA MONICA

**Meditation** with Frances Lam, L.Ac., 1st and 3rd 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.