



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



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.



OTHER SERVICES

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.

Detox Tuina, Detox Protocol and Facial Rejuvenation are available with most of our doctors. Fertility Tuina bodywork is available with Sally Goluboff, L.Ac., at our Santa Monica office.

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WHAT IS MERCURY AND WHY IS IT SO HARMFUL TO YOUR UNBORN CHILD?

An excerpt from Dr. Daoshing Ni's book, *The Tao of Fertility*



Mercury is a naturally occurring metal that has several forms. It is increasingly found in our food sources and in our environment. Combined with other elements such as chlorine, sulfur, and oxygen, it forms inorganic mercury compounds or "salts," which are usually white powders or crystals. It also combines with carbon to make organic mercury compounds. The most common one, methylmercury, is produced mainly by microscopic organisms in the water or soil. This methylmercury, which may be formed in water, builds up in the tissues of fish. Larger and older fish tend to have the highest levels of mercury.

When you eat fish or shellfish contaminated with methylmercury, the mercury in your body passes to the fetus and may accumulate there. It can also pass to a nursing infant

through breast milk. Mercury's harmful effects that may be passed from the mother to the fetus include brain damage, mental retardation, incoordination, blindness, seizures, and inability to speak. Children poisoned by mercury may develop problems in their nervous and digestive systems, and kidney damage.

Learn about wildlife and fish advisories in your area from your public health or natural resources department. It's a small price to pay for a healthy child.

Here are a couple of resources for California:

California Department of Fish and Wildlife health advisory: www.wildlife.ca.gov/Fishing/Ocean/Health-Advisories

Safe eating guidelines from California's Office of Environmental Health Hazard Assessment: <https://oehha.ca.gov/fish/advisories> ■



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.



INFINICHI OCTOBER FIVE ELEMENTS HOROSCOPE

Ready, Set, Go! It's time to spread your wings and fly. This month is peaking for career, personal expansion and good fortune. Polish your skills, go slower, approach spending with care to stockpile for the future, have a longer end game and partner up with people who will create firm foundations to create far-ranging, win-win scenarios. Romance and health are power players too, so don't let this energetic pull spiral you in the wrong direction. 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

OPTIMIZE YOUR HEALTH FOR OCTOBER



FIVE ELEMENTS OF HEALTH FORMULA
Our Five Elements of Health Formula is your element equivalent to a Chinese herbal daily vitamin. A little of everything to keep all of the elements in

your body balanced and provide a powerful whole body tune-up. Can be combined with the Core Element formulas. Caffeine- and gluten-free. No GMOs. No animal products, antibiotics or growth hormones.

Five Elements of Health Formula:

- Optimizes physical health
- Boosts immunological functions
- Enhances focus, energy and vitality
- Relieves fatigue, indigestion and bloating
- Promotes healthy circulation
- Nurtures stress management and a positive mindset

**TAKE 15% OFF
FIVE ELEMENTS OF HEALTH FORMULA**
Use code **OCT5ELEMENTS**

Maximum Purchase:

5 bottles of Five Elements Formula
Offer expires October 31, 2017

Purchase at: www.infinichi.com,
by calling 800.772.0222 or at
Tao of Wellness clinics in Santa Monica,
Newport Beach and Pasadena



QUICK TIPS TO STAY HEALTHY THIS FALL

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



GET ORGANIZED AND "LET GO"

In Traditional Chinese Medicine (TCM), autumn is associated with the Metal element and the Lung organ.

Metal corresponds to order, organization and setting boundaries. Fall is a good time to finish up spring and summer projects and begin to get organized for the coming winter months. Lungs support the energy of "letting go," so it's important to let go of unneeded items that are cluttering the home and the mind, in order make room for new ones.

STAY ACTIVE

Even though the days are getting shorter, don't let that be an excuse to stop exercising and moving your body. Take advantage of the cooler weather to take brisk walks or hikes. Nourish the lungs' energy by breathing deeply, expanding the chest and getting fresh air. Try to start your day by being active,

especially if you want to spend the evening cozying up indoors with a warm beverage.

BOOST YOUR IMMUNE SYSTEM

In the cooler days of autumn, you may be more vulnerable to colds and respiratory allergies. In TCM, the lungs govern the protective Qi, which defends the body from viruses and other external pathogens. Support the lungs and immune system with Qi Gong, herbs, acupuncture and foods like onion, radish and pear. Eat more warming foods such as soups, and less cold foods, such as salads.

WEAR A SCARF

As the days get more cold and windy, protect yourself by wearing a scarf. In TCM, the wind is said to be the cause of 100 diseases, and an exposed neck is a vulnerable area where the wind can "attack" the body. ■

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



AVOCADO OIL



Most likely you are familiar with the beloved avocado as one of nature's healthiest foods, but have you ever tried avocado oil or did you even know it existed?

Like olive oil, avocado oil is one of the few oils extracted directly from the fruit rather than chemically extracted from seeds.

Avocado oil is high in oleic acid, mono-unsaturated fats and vitamins A, E and D, making it a beneficial choice not only for strengthening the heart, but also for

preventing diabetes, high cholesterol, high triglyceride levels and obesity. Moreover, in France, Avocado Soybean Unsaponifiables (ASU) is an extract made from a combination of avocado and soybean oil extracts that has received prescription drug status as a treatment for knee and hip osteoarthritis.

Avocado oil tastes more neutral than olive oil, especially when heated. It can be used in salad dressing or dips, like olive oil, but it's also recommended for cooking because of its high smoke point of 520 degrees. ■

