



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

FREE LECTURE

HAPPY HEART HAPPY LIFE

With Dr. Jessica Chen, L.Ac., DAOM

Thursday, February 20, 2014 | 6:00 - 7:00 pm

Tao of Wellness Santa Monica

125 Santa Monica Blvd., Suite 300, Santa Monica

Do you want to take control over your longevity and quality of life? If so, take care of your heart! Heart disease is the number one killer of Americans. You can prevent and manage heart disease by taking care of your emotional and physical heart. Please join Dr. Jessica Chen as she discusses strategies to ease the burden on your heart by managing stress and anxiety, as well as ways to improve heart health through nutrition and lifestyle modifications.

QI GONG TREASURES CLASSES
IN NEWPORT BEACH

with Jason Moskovitz, L.Ac., Dipl.O.M.

January 25th | 3:30 - 4:30 pm

Irvine Terrace Park, Corona Del Mar

1111 Evita Dr., corner of Seadrift Dr. & Evita Dr. Limited space. Classes are free but donations are welcome. To RSVP, please call 949-706-7770 or visit our clinic at 359 San Miguel Dr., Suite 200, Newport Beach.

ANNOUNCEMENTS

PRIVATE QI GONG CLASSES

with Thomas Boldt

or Dr. Kumiko Yamamoto

at Tao of Wellness Santa Monica

For information: contact@taoofwellness.com or call 310-917-2200

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HAPPY NEW YEAR OF THE HORSE

By Dr. Mao Shing Ni, Ph.D., D.O.M., ABAAHF, L.Ac.



The year of the Horse in 2014 symbolizes momentum, movement and action so expect lots of travel and a hectic schedule. If you have a clear purpose, the momentum of the horse year shall carry you the distance. Although you will accomplish much, you must keep your impulsiveness in check in order to avoid confrontation and challenges that will stand in your way. In other words, you must learn to ride and steer your horse lest you lose control and risk losing much.

According to the *I Ching*, 2014 is characterized by the Wood and Fire elements. Although these elements are in a creative alignment because Wood gives birth to Fire, this year is characterized by too much Fire! Therefore on the global level there will be more heated conflicts and turmoil, explosions, and natural disasters.

On the economic front, there will be positive news and optimism as economies continue to improve in the US and around the globe. The US stock market will continue its upward trend as it is directly associated with the Fire element. The industries that will benefit from this year's energy dynamics and economic growth include banking, computing, technology, engineering, transportation, shipping, automobiles, and communications.

PHYSICAL HEALTH

The Wood element is related to your liver, nervous system and head while the Fire element is related to your heart, cardiovascular system and circulation. Initiate a gentle liver cleansing and detoxification program with lemon in hot water, fresh vegetable juices and Internal Cleanse Tea. Avoid coffee, alcohol, red meat and fatty, fried foods.

For heart health, eat fish or take fish oils, exercise regularly, and keep your stress low and blood pressure down by practicing Stress Release Meditation.

EMOTIONAL HEALTH

Anger is your chief enemy this year. If explosive, it can hurt others and create health problems for your liver, nervous system and heart. Unexpressed anger can turn into depression and resentment. Learn to regularly express your emotions verbally or through journaling. Channel your anger towards productive means such as starting a new exercise regime.

SPIRITUAL HEALTH

Cultivating a spiritual understanding of life can help you develop a deeper perspective on the human condition. When you are spiritually developed, you can transform anger into compassion, anxiety into peace, and confusion into clarity. You shall find the divine purpose of your existence and transcend suffering. I suggest you begin reading a spiritual book, like *Entering the Tao*. I also recommend learning qi gong and tai chi, which are moving meditations that connect you to the universal source of all existence.

RELATIONSHIP HEALTH

Wood and Fire elemental years often exhibit tendencies for stubbornness and impulsivity. Learn to control your impulsiveness. Think through the consequences of your actions and respond deliberately. Be flexible, compromising and adaptable in order to arrive at a mutually beneficial solution. These are strategies to help you maintain healthy relationships both at work and at home.

FINANCIAL HEALTH

The Fire element fans optimism while the Wood

WELLNESS STORE CLASSES

TAOIST MEDITATIONS with James Tuggle
Tuesdays, 6:00 - 7:00 pm, Feb. 11th - Mar. 4th

HARMONY TAI CHI FAN
with Dr. Mao Shing Ni and Dr. Joseph Miller
Tuesdays, 6:00 - 7:00 pm, Jan. 9th - March 6th

18-STEP HARMONY TAI CHI STUDY GROUP with Paul Davis and Seth Leon
Tuesdays, 1:00 - 2:00 pm, Feb. 15th - Mar. 29th
(Participation is FREE)

Classes are \$18 per class, \$60 for 4 weeks or \$100 for 8 weeks. First class FREE!
1412 14th Street, Santa Monica, 90404
For information and to sign up:
info@taoofwellness.com or call 310-260-0013

Tao of Wellness Holiday Party



Doctors posing for a photo at the annual holiday party.

WELLNESS SHOP



BOOK OF CHANGES AND THE UNCHANGING TRUTH - I CHING

By Master Hua-Ching Ni

The I Ching system was created by the ancients from their careful observations of nature. The sixty-four hexagrams found in the I Ching act as a guide to enhance our lives and reconcile our spiritual and physical selves. \$35, Hardbound 667 pages



INTERNAL CLEANSE TEA

Helps rid the body of harmful chemicals and toxins that we encounter in everyday life. Ancient Taoist Masters believed the body could be totally cleansed and purified by nourishing the liver system, therefore making it strong. Caffeine free.
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THE WELLNESS LIVING STORE
1412 Fourteenth Street, Santa Monica
310-260-0013 ■ wellnesslivingstore.com
or Tao of Wellness Clinics in Santa Monica, Newport Beach and Pasadena



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HAPPY NEW YEAR OF THE HORSE *Continued*

element promotes impulsivity. This a poor combination that will lead to gambling and taking unwise financial risks. You must temper your optimism with caution, and temper your impulsivity with research and discipline. Set realistic financial goals and outline clear steps to achieve them. If you follow these steps with discipline but remain flexible to accommodate changing conditions, you will have a

good chance of increasing your financial health this year.

In summary, the year of the horse shall bring unique challenges and rewards. By learning from the insights and wisdom of the iChing, you can actualize the positive trends of the year, avoid pitfalls, and realize your personal potential. For the complete forecast, please go to taoofwellness.com. ■



Getting Back in Shape After the Holidays

By Thomas Boldt, L.Ac., Dipl.O.M.



Many of us tend to avoid checking ourselves out in the mirror after the holidays, as we know we have put on some extra pounds. Between the desserts, potatoes, and extra helpings of stuffing, no one could accuse us of not enjoying ourselves in the moment. However, a quick glance at our reflections will show that our momentary enjoyment has some lasting effects.

We all know that if we eat more calories than we burn, our bodies will store this extra energy as fat for later use. What you may not know is that certain kinds of calories trigger our bodies to store fat more quickly than others. These calories come from sugar and from starchy foods that our bodies can easily turn into sugar. These delicious starchy foods are considered "high glycemic," meaning that they more easily convert into sugar after you eat them.

It is no accident that we enjoy the taste of high-glycemic foods. We are descended from ancestors who were able to survive the famines. One of their survival traits was that they could store fat easily and then live off that fat when food was scarce. Historically, high-glycemic foods were hard to

come by, so when prehistoric humans came upon them, they ate as much as they could. Consequently, we've evolved a taste for high-glycemic foods.

This knowledge gives us an easy path to drop some of that weight from the holidays. Simply stop eating high-glycemic foods for a couple weeks and your body will be forced to use that fat for energy.

Start by eliminating sugar from your diet, cutting out candy, desserts and sugary drinks (including fruit juice). You also need to eliminate other foods that you may not realize have sugar, such as sugary salad dressings, marinades, pasta sauce and bread. Checking the ingredients list is helpful, but the rule of thumb is that anything that tastes sweet has sugar in it.

Next, cut out high-glycemic starchy foods that your body can easily turn into sugar. These include potatoes and refined grains like white bread, pasta and white rice. Whole grains are less of an issue, but generally, the starchier a food is, the more easily it will turn into sugar in your body.

If you can increase your calorie usage with some exercise, then all-the-better: the fat will come off even faster! ■



COLLEGE OF TAO INVITES YOU TO

The Year of the Horse 2014 Wellness Living Retreat

FIVE HEALTHS FOR A HAPPY, HEALTHY AND ABUNDANT LIFE

Pre-Retreat: Thursday, February 6, 2014 | 7:30 am - 5:00 pm
The Wellness Living Store

Retreat: Thursday evening, February 6 through Saturday, February 8
The Wellness Living Store & Yo San University

Chinese New Year's Celebration & Potluck
Sunday, February 9, 2014 | 10:00 am - 3:00 pm | Yo San University

To register, call 800-772-0222 or email contact@collegeoftao.com