



TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER

SPECIAL WEIGHT WELLNESS ISSUE



**NEW!**

## WEIGHT WELLNESS RETREAT

at Tao of Wellness Santa Monica  
January 27-28

Start your new year on the right footing with a weekend retreat focused on fundamental solutions to achieving your weight wellness goals. You will learn why dieting doesn't work and instead focus on restoring optimum metabolism, body fat composition and appetite regulation through the correct way of eating, auricular (ear) acupuncture to signal your brain to control hunger, and mind-body Chi Gong exercise to pump up your metabolic fire. Included in the retreat are body fat analysis, all meals, a cooking class, Chi Gong meditation class, auricular and body acupuncture, skin brushing, lymphatic tuina bodywork, cupping and infrared sauna, plus a take-home follow-up program to ensure success.

Limited to 12 participants.  
For questions and to reserve your space, call 310.917.2200 or email [frontdesk@taoofwellness.com](mailto:frontdesk@taoofwellness.com).



## HOW TCM HELPS WITH WEIGHT WELLNESS

Albert Vaca, L.Ac.



For many people, weight loss is a top goal for the New Year. Whether it's to tackle current health problems or to look good in the mirror, millions of people embark on

this often-frustrating journey, repeatedly for some of them. Many lose some pounds only to put them back on again. Our advice is: Avoid getting caught in a vicious cycle of going from diet to diet without experiencing any real results.

At the Tao of Wellness, we successfully address weight wellness with our patients.

Looking at underlying issues, we work with each patient to develop a customized plan that may include acupuncture, Chinese herbal medicine, nutritional advice and exercise.

Underlying stress can cause hormones to fluctuate. Cortisol levels can rise and contribute to unwanted abdominal fat or can lead your body to crave sugar as well as high-fat, salty foods. The hunger-related hormones, leptin and ghrelin, which tell you when you're full or hungry (see article about taming your gremlins),

don't always communicate as well as they should, and can perpetuate an unhealthy cycle of dieting. Toxicity in your tissues also can cause inflammation that hangs on to excess pounds. This toxicity overworks the liver and kidneys, the major cleansing organs, and causes an imbalance that may lead to digestive weakness and slow metabolism.

**“Toxicity in your tissues also can cause inflammation that hangs on to excess pounds.”**

Acupuncture and Chinese herbal medicine can stimulating a nerve response to help your body function at its best. We focus on helping to clear any toxic chemicals from your body, reducing your stress, regulating your hormones and sparking your

metabolism to bring your body into a more balanced state.

Even making small modifications to your lifestyle can go a long way toward living a healthier life and avoiding excess weight. For support with your weight concerns, schedule an appointment and do consider the Tao of Wellness Weight Wellness Retreat. Give your body the support it needs to live optimally. ■

## UPCOMING EVENTS



### NEW FOR JANUARY ONLY!

Come join the **Chi Gong for Weight Wellness class** at Tao of Wellness Chi Studio in Santa Monica. Meets only in January for four Wednesdays, 5:45 - 6:45 p.m. Cost is \$60 prepaid for four classes 1/10, 1/17, 1/24, 1/31, or \$18 per class, drop-in space permitting. Sign up early to secure your space: 310.917.2200 or [frontdesk@taoofwellness.com](mailto:frontdesk@taoofwellness.com)

### 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 p.m. at St. John's Health Center in Santa Monica. Parking is validated. RSVP to Ana Rocha: [survivorshipsaintjohns@providence.org](mailto:survivorshipsaintjohns@providence.org); 310.829.8621.

### ONGOING MIND-BODY CHI CLASSES AT TAO OF WELLNESS SANTA MONICA:

Mondays, 6:30 - 7:30 p.m.,

**Chi Gong Meditation for Cancer Support** (St. John's Health Center: See details above.)

Tuesdays 5:30 - 6:30 p.m.,

**Self-Healing Chi Gong**

Wednesdays 5:30 - 6:30 p.m.,

**Chi Gong for Weight Wellness**

Thursdays 5:30 - 6:30 p.m.,

**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](mailto:frontdesk@taoofwellness.com).

### YO SAN UNIVERSITY INTEGRATIVE REPRODUCTIVE MEDICINE SYMPOSIUM

Sunday, January 28, 8 a.m. - 5 p.m.

Yo San University

13315 W. Washington Blvd. Los Angeles, 90066  
Drs. Daoshing Ni and Mao Shing Ni invite you to attend a conference on infertility at the TCM university they founded, where they will host and speak alongside Dr. Richard Marrs, Dr. Richard Buyalos and other integrative reproductive medicine specialists. *Open to the public.* Discounted registration on or before January 1, 2018. Space is limited.

For more information and to register, visit <https://yosan.edu/event/ysu-integrative-reproductive-medicine-symposium/>

# PUMP UP YOUR METABOLISM WITH CHI GONG FOR WEIGHT WELLNESS

Dr. Mao Shing Ni



Chi Gong is a mind-body form of exercise that combines meditation, breath, posture and simple movements to support specific functions of your body. Chi Gong for Weight Wellness was designed to boost metabolic fire, increase detoxification, lower stress and energize your whole being. In years past, people who practiced our Tao of Wellness Chi Gong for Weight Wellness for 10 weeks reported an average weight loss of over 10 pounds. Individual results vary, of course, depending on diet, stress and other factors.

Here is one of the exercise from this class series that you can start doing right away at home or work:

## PRAY TO GODDESS

Stand with your legs wider than your shoulders. Inhale slowly and deeply and join your palms together at the middle of your chest. Exhale slowly and deeply and squat down with your legs still wide while keeping your spine and head straight and hands joined at your chest. Straighten your legs to rise, drop your hands to your sides and repeat the exercise 10 times, increasing to 30 repetitions over time. Do not hurry, and keep your movements smooth and breath long.





# ACUPUNCTURE FOUND TO TAME GREMLINS (actually it's ghrelin)

Dr. Mao Shing Ni

There are two hormones, ghrelin and leptin, that play important roles in weight wellness. These two hormones work together to signal hunger and satiation and therefore are powerful factors involved in a behavior such as overeating that leads to weight gain.

What exactly are ghrelin and leptin? Ghrelin is made in the stomach and releases when it is empty, signaling hunger to the brain, whereas leptin is made by fat cells and tells the brain it's time to decrease appetite. The two hormones work together as yin and yang to maintain weight wellness.

When you are trying to lose weight, you want your body's level of ghrelin to go down and its leptin level to go up in order to keep your appetite in check. Factors that make the ghrelin go up instead of down and increase appetite include stress, starvation, sleep deprivation and lack of exercise.

Studies show that acupuncture, especially auricular (ear) acupuncture, can lower ghrelin and increase leptin, thereby decreasing appetite and supporting weight loss. Auricular acupuncture can be done during regular body acupuncture by taping a press tack needle onto special points of your ear and leaving there for up to one week before replacement.

Here are five suggestions to help quiet your inner gremlins (ghrelin) and increase leptin to help you achieve weight wellness:

1. Reduce stress with meditation.
2. Eat five small meals a day.
3. Get eight or more hours of sleep every night.
4. Exercise daily — consider Weight Wellness Chi Gong or Tai Chi.
5. Get acupuncture treatments regularly; keep in mind that ear acupuncture lasts one week.

## WELLNESS SHOP

**JUMP ON YOUR  
HYDRATION GOALS  
FOR JANUARY**

**TAKE 15% OFF  
AFFIRMATION WATER BOTTLES**



Inspire optimal well-being in your life with Infinichi's Affirmation Water Bottles. Our water bottles are energetically charged by Dr. Mao, utilizing hand-drawn calligraphy with the talisman associated with the intention you desire so that your water is infused to uplift and positively transform your entire being.

Purposefully designing a life with focused intention is how you can start the journey to living your ultimate life and succeeding in your goals and aspirations. We drink water every day and the human body is comprised of roughly 70 percent water. The properties of water allow it to reach every cell of our bodies to deliver information. By changing the molecular structure of water through the use of programmed energy vibration, you can have a say in any message that you desire.

**Use code JANH2O**

*Maximum Purchase:*

*5 Individual Water Bottles and/or Sets*

*Offer expires January 31, 2018*

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

## INFINICHI JANUARY 2018 FIVE ELEMENT HOROSCOPE



Welcome to the Western world's New Year on January 1. Many people consider this a fresh beginning. Turn the first page of your blank personal journal and start writing. How would you like to construct your life? Breathe new energy into your spirit. Be true to yourself and trust your inner compass. This month invites you to explore your emotions, work hard toward fulfilling your career goals, bring excitement back to your love life, and be wise when it comes to spending money. Make the most of this month's kickoff and follow your bliss! Learn how your personal element can help

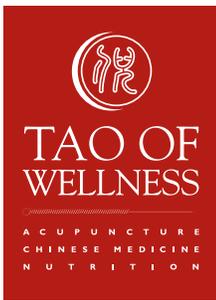
you take the next step toward happiness and fulfillment this month and every month for your emotions, health, relationships, career and finances at [Infinichi.com](http://Infinichi.com). ■



### LIVE YOUR ELEMENT

Take our online quiz to discover your element and find the best products for your well-being and lifestyle.

Find Your Element at  
[www.infinichi.com](http://www.infinichi.com)



**TAO OF WELLNESS SANTA MONICA**

2825 Santa Monica Boulevard, Suite 300  
Santa Monica, CA 90404

# OPTIMIZING YOUR BODY FAT COMPOSITION

J. Matthew Brand, L.Ac.



Most people get so focused on trying to lose weight that they overlook a more important objective—getting body fat percentage into an optimum range. Too little fat (“underfat”) is unhealthy, because fat is necessary for healthy hormonal and immune functions. On the other hand, too much fat can increase risks for heart disease, cancer, diabetes and many other health problems.

It’s useful to know how fat is made in our bodies. Fat is made from our bodies converting sugar or refined carbohydrates as well as from the fats in our food. Therefore it’s paramount to avoid sugar and refined carbohydrates like white foods (white flour, rice, potato, etc.) as well as unhealthy fats like lard, butter and fat from red meat. Even vegetable oils like safflower, corn and canola contain fats like omega 6 that may cause inflammation and thus should be avoided. Choose good fats such as those from nuts, seeds, avocado, coconut (a small amount), and wild-caught fish.

Men who are between ages 20 and 40 with under 8 percent body fat are considered “underfat”, whereas a healthy range is considered to be between 8 and 19 percent. For women in this same age group, any level under 21 percent is considered “underfat” and 21 to 33 percent is considered to be the healthy range. Yes, this is a very wide range! To the right is a chart of ideal body fat levels. Achieving weight wellness is about what is optimum and healthy for your particular body. Your body fat percentage should be as important as weight when you set your weight wellness goal. Do you know your body fat number? ■

| IDEAL BODY FAT PERCENTAGE CHART<br>(Jackson & Pollock) |            |       |
|--|------------|-------|
| AGE (Years)  | Body Fat % |       |
|  | MEN        | WOMEN |
| 20   | 8.5%       | 17.7% |
| 25   | 10.5%      | 18.4% |
| 30   | 12.7%      | 19.3% |
| 35   | 13.7%      | 21.5% |
| 40   | 15.3%      | 22.2% |
| 45   | 16.4%      | 22.9% |
| 50   | 18.9%      | 25.2% |
| 55   | 20.9%      | 26.3% |

**JANUARY COUPON**

Present at your regular, paid acupuncture visit and receive **FREE** at any Tao of Wellness office: **Body Fat Analysis, Auricular (ear) Acupuncture** and the **Eating 4 Weight Wellness Menu Plan**. Total value \$100.  
*Present coupon upon check-in with receptionist; expires 1/31/18.  
(Coupon has no cash value.)*

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