



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER



## STAYING CALM DURING YOUR FERTILITY JOURNEY

Sally Goluboff, L.Ac.



Dealing with Infertility is stressful and stress reduces fertility. It really is a catch-22 situation. When a woman is ready to become pregnant, it's such an exciting time in her life. No one really knows how long it will take. For some women it's an easy experience, yet for many others, the waiting truly tests their patience, emotions and reasons for wanting to become a mother. When you become deeply involved in your pursuit of pregnancy, life may no longer be as fun or spontaneous. Relationships may begin to develop friction and your social life may diminish. Some women become depressed because this pursuit of having a child can become all-consuming, although it doesn't have to be.

It may not be possible to completely remove all stress associated with trying to conceive, but it's likely that you can manage it better. It's important to have a plan, especially if you are considering fertility treatments. This plan should include time for natural conception and time for the maximum number of cycles of IUI (intrauterine insemination) or IVF if you choose to incorporate them. The plan is important because it will allow you to keep moving forward and not get stuck for too long at one stage, which could delay your dream of having a child.

Many women also find it helpful to develop a support group of close friends and relatives

who they can feel comfortable talking with on a regular basis. Some seek out an infertility support group where you can be among women who are having experiences similar to yours. Another option for support is finding a therapist whose practice is dedicated to helping women and couples going through infertility. Keep in mind that your doctor is likely to be very familiar with planning for a pregnancy and can help you devise a pregnancy plan that's tailored just for you.

I recommend that you aim to have a full and productive life while you are waiting to become pregnant as long as it is not overly taxing physically or mentally. A healthy mix of activities and relaxation is smart as well as incorporating meditation to help you anchor your mind and emotions. Reducing stress is not the only thing that can help you get pregnant, but it can help increase your natural fertility potential.

The desire to have a child and to ultimately become a parent is such a natural part of the human experience. It can test your limits and your relationships, but the ultimate goal to keep in mind is to have a healthy child. That may not always look the way you imagined it would. Perhaps you have reached your limit on trying to get pregnant or you are just beginning this journey. If having a child is truly what you want and if you open yourself to all possibilities, then your dream is within reach. ■

### FENG SHUI FOR CAREER AND SUCCESS AT YO SAN UNIVERSITY

April 8, 9 a.m. - 5 p.m.

Dr. Mao shares his modern take on this ancient concept. This fun, interactive talk is part of Dr. Mao's Feng Shui series structured into five courses as well as a Feng Shui Consultant certification course. For more information, visit <https://infinichi.com/store/default/workshop.html>

### CHI GONG FOR PARKINSON'S SUPPORT GROUP

April 17, 6:00 p.m., 2121 Santa Monica Blvd., Santa Monica, 90404

Dr. Mao and Soeon Park, L.Ac., will speak on the benefits of Chi Gong and lead a class for Parkinson's Support Group participants at St. John's Health Center, 3rd floor in the Flora Thornton conference room, at 6 p.m.. Parking will be validated.

### CHI GONG MEDITATION FOR CANCER SUPPORT CLASS

2121 Santa Monica Blvd., Santa Monica, 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.

Parking will be validated. RSVP to Ana Rocha: [survivorshipsaintjohns@providence.org](mailto:survivorshipsaintjohns@providence.org); 310.829.8621.

**DR. DAO** will discuss uterine fibroids and the management of ovarian hyperstimulation syndrome (OHSS) at an Integrative Fertility Symposium for acupuncturists in Vancouver, B.C., on April 27-29.

**SALLY GOLUBOFF** was invited to speak February 9 about the benefits of Traditional Chinese Medicine and women's health at the Thrive Speaker Series, hosted by Local Mercato in Venice. For more details on the speaker series, visit [www.localmercato.com](http://www.localmercato.com)

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

Tuesday 5:30-6:30 p.m., **Harmony Tai Chi** starts May 1. **NEW**

Thursday 5:30 - 6:30 p.m., **Eight Treasures Chi Gong for Energy** (ends April 26).

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).



APRIL 2018

## FIVE ELEMENTS HOROSCOPE:

Let's bring life down a notch, shall we? March was an intense cyclone of goal activation. This month, the action slows down and most of us will be thankful for the reprieve. Don't throw caution to the wind but do use this period to focus your energy on finishing what you started recently. Your emotions will need your attention — and heart too. You may feel extra sensitive. Release those hurtful vibes. Instead, turn inward and allow your intuition to create space for you. Relationships can be very enjoyable, but watch your temper mid-month. Maintain your health by channeling excessive energy into athletic activities and also set aside weekly time for relaxation. Learn how your personal element can help you take the next step towards happiness and fulfillment this month and every month for your emotions, health, relationships, career and finances at [Infinichi.com](http://Infinichi.com).

## WELLNESS SHOP

### WISHING YOU HAPPY HORMONES



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## THE IMPORTANCE OF BODY, MIND AND SPIRIT



Albert Vaca, L.Ac.



The journey of trying to have a child can be daunting, stressful and challenging. Today there is greater usage of advanced reproductive technologies (ART) than ever before. More women are deciding to have children later in their life. If you are looking to conceive, now is the time to do everything you can to cultivate your fertility potential.

At the Tao of Wellness, we employ a comprehensive fertility enhancement program to help women prepare their body, mind and spirit for pregnancy. This goes beyond acupuncture, Chinese medicinal herbs, and nutrition. We focus on empowering women to take charge of their fertility.

Two of the services we offer are Fertility Tuina and Fertility Chi Gong.

**TUINA** (pronounced "twee-nah") is a form of massage that removes blockages along the meridians of the body and stimulates the healthy flow of chi (vital energy), lymph and blood.

**FERTILITY TUINA** sessions are designed to optimize fertility by: a) stimulating acupoints

and meridians that correspond to the reproductive system, b) promoting deep relaxation, and c) improving circulation.

The second type of fertility enhancement support we recommend is **FERTILITY CHI GONG**. Chi Gong movements help calm the nervous system, balance hormones, and relieve stress to enhance fertility. This gentle form of exercise is very beneficial for most everyone, especially for a woman trying to conceive. It increases endocrine function and stimulates endocrine glands. Since these glands are essential for secreting hormones such as progesterone and estrogen, they play a key role in reproductive functions.

Even if you are using advanced reproductive technologies such as IVF, Fertility Chi Gong movements are gentle and safe enough to strengthen your body and relax your spirit.

The energy that you bring to your goal and the intention that you bring to your journey to have a child are of utmost importance. Speak with your Tao of Wellness team members to see how you can use the relaxing techniques of Fertility Tuina and Chi Gong to boost your fertility. ■

## NUTRITION CORNER WITH J. MATTHEW BRAND, L.AC.



While goji berries have become increasingly popular in this country because of their anti-aging properties, high antioxidant content and vitamin C levels, they are also commonly used in Chinese herbal formulas for the treatment of both female and male infertility.

Chinese medicine has two primary uses for goji berries, also known as *Gou Qi Zi*, when treating female infertility. The herb's first use is to help strengthen follicular quality. Its second is to stimulate the uterus lining to thicken, which is important for embryo implantation.

As for male infertility, Chinese clinical studies have found goji berries to be effective in improving both motility and sperm count after one to two months of consistent consumption as a food (as opposed to being cooked for an herbal tea).

Goji berries are one of many food-grade herbs that are regularly used in Chinese medicine. While there is no one way to consume them to gain their benefits, incorporating goji berries into your daily routine may prove to be a positive addition to an already healthy meal plan. Try adding them to your oatmeal in the morning, or add them to a nourishing bone broth soup as it cooks. ■

