



## TAO OF WELLNESS

ACUPUNCTURE  
CHINESE MEDICINE  
NUTRITION

# WELLNESS NEWSLETTER

## UPCOMING EVENTS

**CANCER SURVIVORS DAY** at Providence Saint John's Health Center, Santa Monica Celebrating Life, Sunday, June 3, 1-4 p.m. Dr. Mao and Frances Lam, L.Ac. will lead a free Chi Gong class at this event. To register, contact Kim Krupinski: 310.829.8084.

**FREE 5-DAY WELLNESS WORKSHOP, FACEBOOK LIVE SERIES WITH DR. MAO** *Your Lifestyle is Elemental*, June 18-22, 5-6 p.m. Dr. Mao will share his modern take on this ancient concept to connect your mind, body and spirit for a healthy and abundant life. Go to [infinichi.com](http://infinichi.com) and sign up for the Infinichi newsletter by June 3 for an invitation to the private Facebook workshop group and email updates.

**FIVE HEALTHS FENG SHUI INTENSIVE** in Geneva, Switzerland with Dr. Mao, August 30 - September 2

Learn with an expert and connect with your surrounding space for optimum health and success. Early bird registration deadline: June 21. Find details online at [chirivers.com/site/pages/classes/fengshuiseminar.html](http://chirivers.com/site/pages/classes/fengshuiseminar.html)

## ANNOUNCEMENT

We are excited to announce that Dr. Daoshing Ni was recognized with a Lifetime Achievement Award for being a pioneer in the field of integrative reproductive medicine at the 2018 Integrative Fertility Symposium in Vancouver, B.C., April 26 - 28.

## CLASS

**ONGOING MIND-BODY CHI CLASS:** Tuesdays at Tao of Wellness Santa Monica *Harmony Tai Chi I*, 5:30-6:30 p.m., Cost: \$60 per month, or drop-in single class, \$18, space permitting. Sign up at 310.917.2200 or [frontdesk@taoofwellness.com](mailto:frontdesk@taoofwellness.com).



## PROTECT YOURSELF AGAINST LYME DISEASE, DENGUE FEVER AND ZIKA

Dr. Mao Shing Ni



The beginning of summer means the start of vacation season and exciting outdoor adventures for many people. However, we all need to be aware that bites from some insects can turn a dream vacation into a nightmare. Recently, the CDC reported that illness from tick, mosquito and flea bites has more than tripled in the U.S. over the last decade.

Diseases transmitted through the bites of blood-feeding insects are called vector-borne diseases (VBDs). They include Lyme disease, Dengue Fever, West Nile virus, Zika virus and Plague, to name a few, and are rapidly becoming a growing public health problem in the U.S., according to the CDC report.

VBDs account for more than 17 percent of all infectious diseases, resulting in more than 700,000 deaths each year globally, according to the World Health Organization. Symptoms of VBDs may include chills, fever, skin rash, headache, fatigue and flu-like symptoms.

Even after the initial symptoms from the infection abate, it can take up to three months or more to feel normal again. For instance, people with Lyme disease can develop severe arthritic pain, fatigue and/or other symptoms such as cognitive decline that can last for years if left untreated.

Of all the VBDs, tick-borne infections such as Lyme accounted for 75 percent of reported

cases between 2004 and 2016, according to CDC statistics.

Researchers speculate that the increase in VBDs may be due to climate warming extending both the length of seasons and geographic area—or in other words, when and where insects are active—as well as the rapid movement of goods and people around the world, distributing the eggs of infected mosquitoes far and wide.

How then can you protect yourself and your loved ones against VBDs? What do you do if you or someone you know contracts Lyme disease or another VBD? What are the integrative treatment options that employ Eastern and Western medicine? Here are some prevention and treatment suggestions:

1. Research any area you're traveling to on the CDC website to assess the risk of VBD outbreaks.
2. Use DEET-free bug repellents containing geranium, lavender and citronella when spending time in nature or visiting hot and humid places known for mosquito infestation.
3. Take B vitamins and garlic capsules, starting at least one week before you leave home and continue taking them while traveling.

To read the complete article, visit [www.taoofwellness.com/blog/vbds](http://www.taoofwellness.com/blog/vbds)

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Find more infection prevention support at

## DEAR DR. MAO

FREE MONTHLY LIVE Q&A CHAT WITH DR. MAO  
Monday, June 11, 2018, 5 p.m. Pacific Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android:

<https://zoom.us/j/144662371>



## FIVE ELEMENTS HOROSCOPE:

It's time to get your summer groove on! This month opens the door wide to collaboration and social bonding. Disengage from draining relationships and choose to link up with people that complement your personality. Focus on bringing balance to your life. Communications may at times be tricky so don't be rash or fall into the trap of passive-aggressive behavior. Focus on how to bring out the best in others and the final outcome that you desire. Feed your spirit and meditate on using the month's energy to bring you closer to your future dream. Learn how your personal element can take you to 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

### GET SUMMER TRAVEL READY IN JUNE



#### TWO GREAT PRODUCTS

##### ■ TRAVEL KIT ■

(Immunity formula, Jet Lag formula, Digest formula, Sanctuary CALM Rollerball, Sanctuary SLEEP Rollerball, a convenient flash drive of Sanctuary CALM Meditation and Sanctuary SLEEP Meditation)

##### ■ TENSION ROLLERBALL ■

### 15% OFF TRAVEL KIT TENSION ROLLERBALL

#### BENEFITS:

Natural aid for jet-lag • Boosts support of your immune system • Aids in bug sting relief • Releases fatigue and muscle tightness • Travel friendly

Use code **JUNEBUG**

Purchase at [infinichi.com](http://infinichi.com), by calling 800.772.0222 or at Tao of Wellness clinics

Maximum Purchase: 5 Travel Kits and/or Tension Rollerballs. Expires: 6.30.18  
*Infinichi Consultants not eligible for promotion.*

# FOOD POISONING and Other Digestive Troubles

Frances Lam, L.Ac., TCM Clinical Nutritionalist



Culinary adventures, whether domestic or overseas, are one thing that many of us look forward to when travelling. We want to sample the pho in Vietnam, paella in Spain, the regional specialties around the U.S.

Your digestive tract is probably not familiar with many cuisines that you might eat while traveling abroad, especially various seafood. My advice: Sample unfamiliar cuisines with caution. People rarely get sick when eating food they are accustomed to because their bodies are used to the bacteria. Currently, a Danish-led study is comparing the characteristics of Indian intestinal bacteria with those of Danish subjects in the study. "A Dane's intestinal bacteria differ greatly from those of an Asian person. This may be due to the difference in diet, or it may be because of differences in our hereditary material," says project leader Oluf Borbye Pedersen, scientific director of a research center at Copenhagen University.

But even when travelling domestically, gastrointestinal disturbances can occur.

Over a decade ago, along the coast of Maine, shortly after I finished my seafood stew in a restaurant where Martha Stewart had eaten the night before, my stomach ballooned to the size of a bowling ball. Taut and round, this swelling is one of the first signs of food poisoning. Other symptoms include nausea, vomiting, diarrhea, abdominal pain and cramps, and fever; which may begin within a few hours after eating or can start days or weeks later. Food poisoning can be caused by a bacteria, virus or parasite. Raw and ready-to-eat foods are more susceptible to being contaminated because harmful organisms are not destroyed by the heat of cooking. Some well-known harmful organisms include E. coli, hepatitis A, salmonella, norovirus, shigella, and staphylococcus aureus. All of these organisms can lead to serious health complications if not treated.

Outbreaks of any of these food-borne illnesses are closely monitored by the CDC and the World Health Organization. Before you make travel plans, you might want to check the websites of either organization for food poisoning outbreaks.

On a diving trip to Costa Rica in the '90s I was able to head off a digestive problem just in time. Anticipating a dive into 80 feet of water to observe white-tip reef sharks, I realized that I had not had a bowel movement in three days. The brain and gut have an intimate relationship and our digestive system is often influenced by our emotions. A high-fiber diet of local mangos and black beans saved me from constipation for the rest of my trip.

Finding fiber-rich foods when you travel can sometimes be difficult. Foods rich in insoluble fiber can help prevent constipation by speeding up transit time and adding bulk to stools for easier passage. Consider making your own emergency snack kit that includes some of these fiber-rich foods:

**Fruit:** Choose fruit with skin you can peel off —bananas, orange, mango, papaya, avocado, cantaloupe, grapefruit, pineapple, coconut.

**Grains:** Oatmeal, brown rice, oat bran, barley, wheat bran, quinoa, rice bran.

**Beans:** lentils, black beans, chickpeas, lima beans, split peas.

**Nuts and seeds:** Almonds, walnuts, pistachios, flax seeds, chia seeds.

**Dried fruit:** Be aware of the sugar content!

With your next travel destination in mind, one of your best defenses against a gastrointestinal problem is the right choice of Chinese herbs—strong enough to stop diarrhea and combat food poisoning, yet gentle enough to ease constipation. Packing a first aid kit with specific herbs could save you a trip to the local hospital. Ask your practitioner at the Tao of Wellness for advice. ■

## HERBAL REMEDIES FOR TRAVEL

Sally Goluboff, L.Ac.



As you prepare for hikes or vacations, have you packed a first aid travel kit for yourself or your family? Several herbal formulas can be very helpful to have in your suitcase or backpack for three common travel challenges: 1) gastrointestinal conditions such as indigestion, nausea, dysentery, diarrhea or constipation; 2) energy and sleep

problems caused by a change in time zone or altitude; 3) cold and flu symptoms, when you need to boost your immune system. Consult with your practitioner about what you might need, or consider the Infinich Travel Kit with beneficial herbs such as forsythia fruit for digestion, burdock root to boost immunity, and ginseng for immunity and jet lag. Be prepared! ■

