



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



UPCOMING EVENT

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. Find details online at chirivers.com/site/pages/classes/fengshuiseminar.html

ANNOUNCEMENTS

JUNE 3: Dr. Mao and Frances Lam, L.Ac., led a free Chi Gong class at the Cancer Survivors Day, "Celebrating Life," at Providence Saint John's Health Center in Santa Monica.

JUNE 7: Dr. Mao spoke about how Traditional Chinese Medicine can assist with treating addiction and help with the path to recovery on the Recovery 2.0 online conference "Life Beyond Addiction."

JUNE 7-9: Dr. Dao attended UCSF CME Antepartum and Intrapartum Management in San Francisco.

JUNE 18-22: Dr. Mao led a free 5-day online wellness workshop, a Facebook Live series on "Your Lifestyle is Elemental."

CLASSES

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.

ONLINE MEDITATION TRAINING PROGRAM

Join Drs. Mao Shing Ni and Olivia Rosewood, director of the International Taoist Meditation Institute in an eight-month Taoist Meditation Intensive that meets online every two weeks. For more information, please visit ITMI at College of Tao: collegeoftao.org/international-taoist-meditation-institute-itmi.html

TAO OF WELLNESS SANTA MONICA
Tel 310.917.2200 | santamonica@taoofwellness.com

TAO OF WELLNESS NEWPORT BEACH
Tel 949.706.7770 | newportbeach@taoofwellness.com

TAO OF WELLNESS PASADENA
Tel 626.397.1000 | pasadena@taoofwellness.com

www.taoofwellness.com

TRADITIONAL CHINESE MEDICINE MEETS MODERN HAIR LOSS

Soeon Park, L.Ac.



Chinese medicine has a long history of treating hair loss and can often be very helpful both for stopping further hair loss and for supporting regrowth.

In Chinese medicine, healthy hair relies on a good flow of chi and blood to nourish the scalp. This flow can be interrupted by either a deficiency of chi and blood or a stagnation of chi and blood, even toxic heat accumulation that can lead to insufficient nourishment reaching the scalp, especially cells of the hair follicles. Poor blood circulation and chi deficiency are often caused by either poor diet or poor assimilation of nutrients, whereas chi and blood stagnation are often caused by stress or a hormone imbalance. Furthermore, toxic heat accumulation can be caused by improper diet (processed and fatty foods, sweets, etc.), as well as alcohol, tobacco, infections, environmental pollution or medications. Toxic heat accumulation results in inflammation and increases the acidity of the blood, often clinically seen as scalp dermatitis, psoriasis, seborrheic dermatitis or eczema. No matter what is the root cause among the three primary causes of hair loss, acupuncture can improve the flow of chi and blood in the scalp by tonifying deficiency, unblocking stagnations or clearing toxic heat accumulation to help hair regrow.

Chinese herbs along with acupuncture treatment create synergies that improve blood circulation of the whole body, efficiently increasing the distribution of needed nutrients

and oxygen to the cells of the hair follicles to stimulate the growth of new hair and prevent hair from falling out. Several herbs are well known for their ability to treat hair loss. He Shou Wu (Polygonum Multiflorum or Fo-ti) is the best known blood tonic herb used in hair tonic formulas along with Dong Quai root (Dang Gui) and Rehmannia root (Sheng Di Huang). He Shou Wu also contains potent antioxidants and antioxidant-potentiating molecules so it protects the cells of the hair follicle from oxidative damage by free radicals or vasodilators. It increases blood flow, especially in the capillaries supplying papilla cells, with nutrients known to reverse hair loss and improve the anagen phase of the hair growth cycle. Chinese Arborvitae Twig & Leaf (Ce Bai Ye) and fresh ginger root (Sheng Jiang) are another Chinese herb combination commonly seen in hair tonic formulas, often in topical oil form, which is useful for stimulating hair growth by rubbing on the scalp. These herbs also promote skin health and are used to treat itchy scalp.

A daily scalp massage can help stimulate the scalp to improve blood circulation for hair regrowth. I suggest rubbing your scalp with Ce Bai Ye and/or fresh ginger and gently tapping all over the scalp with fingers or a wooden brush for five minutes morning and night.

If hair loss is an issue for you, be sure to discuss it with your practitioner at Tao of Wellness. We use both acupuncture and herbs along with nutrition and lifestyle suggestions to help our patients who are experiencing hair loss. ■



JULY 2018

FIVE ELEMENTS HOROSCOPE

Ramp up for a social month that spotlights partnerships of all kinds. July's earth influence predicts that family well-being and emotional strength will be vital this month. Career will take a backseat. You will naturally feel inclined to prioritize the interests of others rather than pushing for your own independent agenda. Home will be central to your activities. Also, improve your health with alterations to your diet and exercise program. 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.

WELLNESS SHOP

**NURTURE YOUR SKIN
AND HAIR FROM
WITHIN THIS JULY**

**15% OFF
SEVEN GREAT PRODUCTS**



Infinite Beauty Trio Set
Renewing Cleanser
Radiant Day Cream
Regenerating Night Cream
Premium Jade Roller
Exquisite Skin
Hair Nurture

Use code **JULYSKIN**

Purchase at infinichi.com, by calling
800.772.0222 or at Tao of Wellness clinics

Maximum Purchase: 5 products per customer.
Expires: 7.31.18
Infinichi Consultants not eligible for promotion.



THE BENEFITS OF JADE ROLLING

Sally Goluboff, L.Ac.



Jade rolling, a centuries-old skin-care practice, has become quite popular recently. You can read about it in blogs and watch videos on how to use the small tool yourself. Since the 12th century, jade has been considered a privileged accessory for Chinese royalty and also very valuable as a beauty tool. It was reserved for the elite in ancient China. Now it's accessible to everyone!

What can a jade roller do for you? It can help reduce facial puffiness, increase blood flow, and rid the skin of toxins through the lymphatic system. It also helps relax facial muscles. Jade is cold in nature and smooth. When you place a jade roller in the fridge for a few hours, it can help cool the skin, as well as reduce puffiness and swelling. It's great to use around the eyes for puffiness and dark circles, especially in the

morning after a late night out, or anytime if you just want to feel refreshed.

You can give yourself a mini facial massage with a jade roller at home. Remember to always roll up and out to help lift the skin. The roller will bring blood flow and oxygen to the face while boosting the texture, tone and clarity of your complexion. The rolling motion supports the elimination of toxins. It helps drain extra fluid that can collect around the eyes and cheeks.

With regular use, a jade roller can help reduce fine lines and smooth facial wrinkles. Not only is it good for your skin, it has anti-aging properties and will make you look more rested. I recommend that everyone—men and women—try using a jade roller! ■

NUTRITION CORNER

NUTRITION TIPS TO PREVENT HAIR LOSS

Soeon Park, L.Ac., TCM Clinical Nutritionist



In TCM, a poor diet often plays an important role in hair loss when hair follicle cells are unable to grow. Make sure you're eating a broad diet and are not missing out on important nutrients. Even in modern medicine, hair loss is commonly treated with supplements of essential vitamins and minerals. Here are some of the best foods to include in your diet to prevent hair loss:

- Almonds, walnuts, peanuts and other type of nuts contain minerals, including selenium, that are crucial to the health of the scalp and hair.
- Seaweeds like kelp are rich in iodine, also essential for healthy hair, as well as iron, calcium, vitamins and proteins.
- Black beans are rich in cysteine and other amino acids that are essential to hair growth and promote blood circulation to the scalp.

- Eggs contain plenty of protein and biotin, which are effective in preventing hair loss and seborrheic dermatitis.
- Fish and poultry are great sources of omega 3 fatty acids and Vitamin B12, which are particularly important for a healthy scalp. If you are a vegetarian it may be helpful to take a B12 supplement.
- Water—stay well-hydrated! Water facilitates the metabolic cycle, promotes the discharge of metabolic waste and toxins, and hydrates the scalp and hair, especially important during the hot and dry summer months.

If you're unsure about getting enough nutrients from your diet, check out Tao of Wellness supplements and/or the herbal formula "Hair Nurture," which contains most essential herbal ingredients for optimal hair health. ■



© 2018 Tao of Wellness;
a Professional Acupuncture Corp.
Editor: Soeon Park, L.Ac.
Graphic Design: Justina Krakowski