



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER



NEW YEAR DETOX RETREATS



ONE-DAY DETOX RETREAT
January 19, Pasadena office

TWO-DAY DETOX RETREAT
January 25 & 26, Santa Monica Office

Start the new year off right and prepare yourself at the Tao of Wellness detox retreats in Pasadena and Santa Monica. Detoxification provides relief from pain, restores digestive health, boosts mood, and improves mental clarity. The detox retreats employ detoxification techniques such as acupuncture, cupping, tuina, infrared sauna, Chi Gong and Infinichi-energy healing plus lectures and meditation exercises to enhance physical, mental, and emotional wellbeing. Nutritious detox meals and herbal formula are provided. This detox program is particularly valuable for those who are working on weight management, preparing for pregnancy, or detoxifying from medication or an addiction. It is also suitable for beginning or maintaining a healthy lifestyle. Please call the Santa Monica office or Pasadena office for questions or to sign up. Santa Monica: 310.917.2200. Pasadena: 626.397.1000

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YEAR END REFLECTIONS

Dr. Mao Shing Ni

It is useful to look back in order to help prepare us for the new year ahead. The Elements at play during the 2019 Year of the Pig were Earth and Water. The imagery of Earth over Water appears outwardly stable, but the vision of Water running beneath and undermining Earth was a clue that natural and man-made disasters were likely to take place, and there would be an increased possibility of dangerous situations occurring around the globe.

In my 2019 prognostication, I wrote, "The Earth Element projects fairness and harmony while the Water Element represents hidden sabotage." We can see this phenomenon as it played out, ranging from the unpredictable process of Brexit to the trade wars between the U.S. and China. The Earth Element upheld a wish for fairness in immigration and trade policies, but Water's nationalism and protectionism led to contention and unfortunate consequences.

Our team at Tao of Wellness has been productive; in 2019 we broadcast 36 episodes of health-related programming that featured Dr. Dao, Albert Vaca, Angela Soeon Park, Frances Lam, and me. We covered a wide range of topics like *The Health Benefits of Gratitude*, *Five Health Issues That Men Should Not Ignore*, *Ways to Circumvent Cellulite*, and *Integrative Approaches to Cancer Care and Prevention*. They can be found at the Tao of Wellness Channel on YouTube.

During the year I lectured at conferences and events in South Africa, Puerto Rico, Scotland, Canada, and several states in the U.S. What I found striking was the universal human desire

for better living conditions, improved opportunity, and enhanced access to healthcare. As individuals, people wanted peace and stability even though their government might covet power and control, and is a source of conflict in the world.

In 2020 we must be optimistic and do our best to correct the failures of the past. As individuals we need to do our part to counteract environmental changes that threaten our planet. We also need to protect our spiritual, mental, and physical health by reducing our consumption of social media; it's time to get off our digital devices so we can spend more time with one another, and we can create inner peace by getting outside and communing with nature.

During the holidays it will be important to invite those who would be alone, to join us. We must continue to be grateful for what we have and we must be willing to give generously of ourselves in service to others. We need to tap into our own unique set of strengths in order to fulfill our life's purpose and we need to be aware of the health of our mind, body, and spirit in order to live the best life that we can.

My prognostication for 2020 will be included in the next issue of the Tao of Wellness newsletter; and I sincerely hope that it can help you adapt to the changes that the new year has in store. In the meantime, our entire team joins me in wishing you and yours a very joyful, healthy holiday season.

Live Long, Live Strong and Live Happy!

Dr. Mao



FIVE ELEMENTS HOROSCOPE

Double up on desires because December is going to launch you into action on any unfinished business. At times it might feel like a balancing act, but don't panic. It's only the reflection of your higher awareness of the cost of your achievements. Your future is more important to you than anything else in your life at this time. Plan your actions with accuracy and precision. Don't go overboard, though, or your self-care will get neglected. Embrace holiday socializing - its beneficial for enhancing your lifestyle too. December is about you knocking on the door of abundance. Relish the joy of turning that knob and get ready to step into a new year of you. Learn more about your December horoscope and receive a free personality profile based on your element at taostar.com

NOURISH YOUR SPIRIT

Albert Vaca, L.Ac.

December is supposed to be a joyous month, with an abundance of parties, presents, and seasonal music that are aimed at making our hearts sing.



However, this time of year can also bring on stress, heightened anxiety, and/or depression. Seeing family members can be a double-edged sword with buttons pushed and upsetting questions asked. Some of us have the burden of financial worries and long lists of wishes to satisfy while for others, winter's gloomy weather brings on Seasonal Affective Disorder (SAD) a type of depression that saps energy and makes them irritable and moody.

So, how can we cope if we find ourselves in one of these situations? Here are a few of my favorite ways for alleviating winter blues:

CONNECT WITH OTHERS. Get together with a friend to share laughter and a meal, or send a silly text to a pal. Connecting doesn't need to be time consuming; it just means reaching out to someone else. If you're coming from your heart, you're on the right track.

ENJOY YOUR IMPERFECTIONS.

You may not be the best cook, best dancer, or best at anything... but there is beauty in your uniqueness. Embrace everything about you. Nobody's perfect and we all have our flaws, so think of yourself as a "work in progress."

GET OUTSIDE. A few minutes in the sunshine can be healing and studies confirm that nature nourishes us. Go to a nearby park or take a stroll through the neighborhood at whatever speed suits you. The trick is to pay attention to the natural world surrounding you. ■

NUTRITION CORNER WITH FRANCES LAM L.AC., TCM CLINICAL NUTRITIONIST



CHANGE YOUR MOOD WITH FOOD

The foods you eat can have a powerful effect on your mood. Serotonin, sometimes called the happy chemical, contributes to feeling comfortable, healthy, and happy. Roughly 90% of the serotonin in our body is found in the gastrointestinal tract where it regulates digestive motility. The brain, central nervous system and blood platelets are other areas in which serotonin can be found.

Serotonin is best known as a neurotransmitter; a chemical messenger that affects mood and wellbeing; it also plays a role in digestion, appetite, cognition, learning, and memory. Many neurotransmitters are made from amino acids, the building blocks of protein. A biochemical process that combines tryptophan, an essential amino acid and tryptophan hydroxylase, a chemical reactor, creates 5-hydroxytryptamine (5-HT), or serotonin.

A 2013 study published in the *Nutrition Research Reviews* states that, "Because serotonin levels in the brain are dependent on the availability of the food-derived precursor tryptophan, foods such as chicken, soybeans, cereals, tuna, nuts, and bananas may serve as an alternative to improve mood and cognition." Since tryptophan is the precursor to serotonin, targeting foods high in this essential amino acid can help boost mood, ease digestion, and strengthen brain power.

Choose foods like salmon, turkey, chicken, meat, eggs, spinach, milk, tofu, and cheese; seeds such as pumpkin, chia, sesame, sunflower and flax; nuts like pistachios, cashews, almonds and hazelnuts, along with beans, lentils, and oats. Combine protein with carbohydrates because tryptophan needs them in order to reach the brain and build serotonin, so choose these foods for a fun, happy holiday. ■

WELLNESS SHOP

PAMPER YOUR WINTER SKIN WITH INFINITE BEAUTY TRIO



20% OFF

RENEWING CLEANSER
RADIANT DAY CREAM
REGENERATING NIGHT CREAM

Infinite Beauty Trio Benefits

Can revitalize the elasticity and texture of the skin • Aids to replenish and lock in intense moisture • Supports preventing premature skin aging and UV damage • Helps to restore healthy-looking, youthful radiance • Pearl powder helps promote natural collagen for more supple and visibly firmer skin.

Purchase at Tao of Wellness clinics
Maximum Purchase: 5 Beauty Trio Sets.
Expires December 31, 2019

FREE WELLNESS WEEKLY VIDEO SERIES



DEAR DR. MAO
with Dr. Mao Shing Ni

Healthy Holiday
Side Dish Recipes

Monday, December 2, 2019
Pre-Recorded Episode



WOMEN'S WELLNESS & FERTILITY
with Dr. Daoshing Ni

Treat Yourself to a Mood Boost
This Holiday Season

Thursday, December 12
5:15 - 6:15 pm PST



TAO OF LIFE TELE-STUDY GROUP
with Dr. Daoshing Ni

The Gentle Path of Spiritual
Progress, Pages 101 - 108

Thursday, December 19
5:30 - 6:30 pm PST



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