

VOL. 2, ISSUE 2
TAO OF WELLNESS HEALING CENTER

HOTSIE
TOTSIE
SPICES

CINNAMON, SPICE &
EVERYTHING NICE

FLU
SEASON

IMMUNITY-BOOSTING
STRATEGIES

CHINESE
ASTROLOGY

YOUR PERSONAL
BIRTH NUMBER

TAO OF WELLNESS

MAGAZINE

TAO OF WELLNESS

MAGAZINE

features

4 **WATER, THE EXLIXIR OF LIFE**
Go with the flow

5 **CHINESE NUTRITION**
The red, the green & cinnamon twigs

6 **ASK DR. MAO**
Boosting immunity to flight flu

8 **CHINESE ASTROLOGY**
Your personal birth number

9 **FENG SHUI REMEDIES**
Harmony in the home

12 **THE WELLNESS STORE**
Natural health and healing

14 **YO SAN UNIVERSITY**
Philanthropy, the highest form
of community service

16 **HOTSIE TOTSIE SPICES**
Warming herbs to fuel the fire

17 **CHINESE FIVE SPICE**
Dr. Lau's famous duck confit



Jiuzhaigou, China

departments

10 **MIND / BODY ARTS - CHI GONG**
23 **BOOK EXCERPT - SITTING MOON**

20 **TAO OF WELLNESS BOOKS**
24 **TAO OF WELLNESS HERBS**

18 **CHINESE MEDICINE STUDIES**
29 **UPCOMING RETREATS**

EDITOR IN CHIEF Marka Meyer
DESIGN DIRECTOR Justina Krakowski
EDITORIAL CONTRIBUTORS Marka Meyer, Dr. Mao Shing Ni,
Lawrence Lau, Jin June
PUBLISHER Tao of Wellness Press
13315 Washington Boulevard, Suite 200
Los Angeles, California 90066
taostar@taostar.com
2010 © Tao of Wellness

ON THE COVER: Natalie Jiaravanont
COVER PHOTO: Dorothy Low, www.dorothylow.com

DISCLAIMER: The contents of this magazine are meant to educate and should not be used as a substitute for professional medical advice. Neither the publisher nor the authors are engaged in rendering professional advice or services to the individual reader. The remedies, practices and suggestions contained in this magazine are not intended as a substitute for consulting with your physician. The reader should consult with his or her physician or clinician for specific information regarding health matters and/or medical conditions.



TAO OF WELLNESS

MAGAZINE

Letter from the Editor

O h gosh, happiness is so important to us. We wish for happy friends, happy marriages, happy children, happy pets, happy trails and most importantly...for our own happiness.

Our best-selling Tao of Wellness herbal formula is Anxiety / Sleep, so I suspect that some of us are not exactly happy campers.

Much of Hua-Ching Ni's advice for living a happy life is simple and practical. He recommends that we limit our exposure to television news, particularly at dinner and bedtime. He reminds us to be grateful for what we have, and to reach out to others. His book, *Foundation of a Happy Life*, is a helpful resource.

I am a very happy person and I do what is necessary to grow my own joy. My life is insanely busy, so keeping our house clean and tidy calms me and makes me happy. I organize a weekly urban hike because mini-adventures are important to me. My husband and I keep in touch with our Swiss and Seattle granddaughters on Skype, and I love my job. Rather than contributing to an impersonal charity, I contribute anonymously to Yo San University in many small ways that I know are helpful.

Now that I'm getting older, I really do understand that meaning of the saying, "life is not a dress rehearsal." I am very motivated to do what makes me happy, and to do my best to share my happiness with others. Happiness is communicable, which is one of the nicest things about being a happy person.

Life is good.

— LOVE, MARKA

I can't wait to hear what makes you happy: taostar@taostar.com





WATER

the elixir of life



ENDURING YOUTH HERBAL FORMULA

*From the 38-generation
Ni Family pharmacopeia*

Strengthens the Water
Element, including kidneys,
bladder, endocrine system

and skeletal structure. Enduring Youth
tonifies the body to reduce the effects
of a stressful lifestyle. It enhances the
root force of life, hormone system
reserve, water metabolism, stamina
and reproductive health.

SIGNS OF WATER IMBALANCE: prone to
urinary/genital and reproductive problems
affecting the kidneys, bladder, urinary tract,
ovaries, testes, hormonal system, lower
back, impotence, infertility and aging.

ENDURING YOUTH INGREDIENTS:
*Chinese Yam Rhizome, Altai Anenome
Rhizome, Fennel Seed, Schisandra Fruit,
Rehmannia Root Tuber, Achryanthes Root,
Broussonetia Fruit, Lycium Fruit, Asiatic
Dogwood Fruit, Sichuan Teasel Root,
Polygala Root, Poria Sclerotium.*

EYCAP - 90 capsules - \$19.95
Pure concentrated extracts

AVAILABLE AT

the Tao of Wellness Healing Center,
at www.taoofofwellness.com, at
The Wellness Store and at the
Yo San University bookstore
800.578.9526.

In Chinese Medicine, the Water Element is associated with kidney/bladder function and hormones supporting reproductive health. In the Asian Feng Shui tradition, water features and water fountains have an important place in landscape and home décor...water elements are a reminder of balance and a positive flow of energy.

Water is good for our skin and bodies; it is absolutely necessary for cell function. Let's talk about clean water, water for cleaning, and learning to go with the flow.

- Consider investing in a high-performance carbon-based filter for your tap water. We installed a compact Aquasana whole-house Blue Rhino water filtration system in our Wellness Store, and the water tastes wonderful. You can call the store for more information at 310.260.0013.
- Last year we Americans spent an astounding \$9 billion on bottled water. On the go? Fill your reusable stainless steel, PBA-free or glass bottle with filtered water from your home.
- Enhance the flavor of water with a refreshing infusion of mint leaves or a squeeze of lemon, and drink your water at room temperature in the tradition of Chinese healing.
- Is there anything more wonderful than a refreshing shower or bath? Filter chlorine and other harsh chemicals out of your tap water with a shower filter. Your hair and skin will glow.
- Learn about ion-charged tap water cleaning systems to kill germs and clean hard surfaces. We are so convinced of the superiority of the technology that we carry Activeion Ionators in our Wellness Store as a safe, chemical-free way to clean.
- Develop a flexible, dynamic 'water' personality...allow yourself to let go, and go with the flow.

May you live long and well - DR. MAO



Chinese NUTRITION

BY JIN JUN, L.AC.



Chinese Nutrition is based on natural principles that correspond to Five Elements theory. For example, tomatoes are red, the color associated with the Heart Element. Tomatoes, rich in lipoprotein, are purported to be good for the heart and coincidentally, when sliced open, tomatoes resemble a heart.

In TCM, the color green corresponds with the Liver Element. Dark green leafy vegetables, such as kale, are good for the liver. Their energetic functions include moving Liver Chi energy, and nourishing Liver Blood.



In Chinese medicine, gui zhi or cinnamon twig is used in the treatment of arthritis. Twigs and branches, the extremities of a tree, are used to treat fingers and joints which also happen to be the extremities in humans. Cinnamon twig is warming, so cinnamon is particularly useful for the treatment of cold-damp types of arthritis.

Excerpts from Jin Jun's essay, *The Art and Relevance of Traditional Chinese Medicine*. Jin is currently the Chief Eating Officer of SeaSnax, and a licensed acupuncturist with a focus on healthy families; she is a 2009 graduate of Yo San University. ■



Hates dirt. Loves people.

Say hello to the ionator HOM™: a new cleaning appliance that converts tap water into ionized water — an effective dirt-lifting agent.

It's an on demand, on-the-go way to clean kitchens and bathrooms, bedrooms and playrooms. And it works as well as, or better than, traditional cleaners — but without the chemical-related health warning label.

With the ionator HOM, you have a virtually endless supply of cleaner — with little to no ongoing costs. When used as directed, the ionator HOM kills 99.9% of harmful germs.



NOW AVAILABLE AT:
The Wellness Store
1412 14th Street, Santa Monica, CA 90404
Tel: 310-260-0013





ask dr. mao: flu season

Q. Dear Dr. Mao, how can minimize my chance of getting the flu this season?

A. We are at the beginning of the flu and cold season. In Chinese medicine, prevention is the best cure; therefore it is of utmost importance that you give your immune system a boost.

Strategies for Stronger Immunity

- Maintain a positive mental attitude
- Eat lots of warming herbs like garlic, ginger, cilantro and oregano
- Get sufficient sleep; eight hours a night is ideal
- Control stress with meditation, tai chi or yoga

Turn on your Immune System

Treatment to stimulate immunity was first mentioned in *The Yellow Emperor's Classic of Medicine*, the oldest medical book in the world. It involved warming an acupoint on the leg with smoldering mugwort herb. You can achieve the same result by applying firm, steady finger pressure on the immunity point. The point is found on both legs, about four finger-widths below the outside indentation of the knee next to the shin bone.

I hope you will be able to integrate these strategies into your preventative maintenance. May you live long, strong, and happy!

— Dr. Mao

Immunity-Boosting Cream of Mushroom & Cauliflower Soup

The wonderfully intense flavors of shiitake and Portobello mushrooms are combined with a collection of herbs that work to boost immunity and act as natural antibiotics to help fight infection. The soup base is dairy-free and utilizes the creamy texture of cauliflower, an important cancer-fighting vegetable.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 1 small cauliflower, cut into bite-size pieces
- 5 cups chicken stock
- 4 oz. each of shiitake, Portobello and white button mushrooms, cleaned and coarsely chopped
- ½ cup white wine

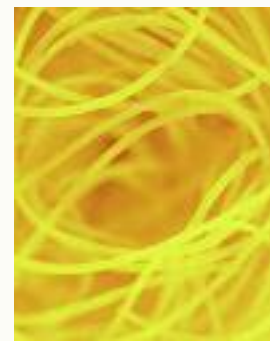
- One small bunch of fresh cilantro, chopped
 - Salt and freshly ground pepper
 - Oregano sprigs, for garnish
- (SERVES: 4 - 6)

DIRECTIONS:

- Heat oil in a large pot over moderate heat. Stir in onion, garlic and cauliflower. Reduce heat to low, cover and cook until onion and cauliflower are softened, about 5 to 10 minutes. Add stock, mushrooms, wine and three-quarters of the cilantro. Bring to a simmer and cook over moderate heat until mushrooms are softened, about 15 minutes. Remove from heat and cool.
- In small batches, pour soup into a food processor and pulse until smooth. Return to pot and bring to a simmer; salt and pepper to taste.



- To serve, ladle into serving bowls and sprinkle with remaining cilantro. Garnish with oregano sprigs, if desired.



CHINESE NUTRITION COURSE

Apply the classic concepts and power of Traditional Chinese Medicine to the selection of daily foods. A 45-hour Certificate distance learning and continuing education course of Yo San University.

Instructed by Mao Shing Ni, Ph.D., O.M.D., L.Ac. & Cathy McNease, B.S., M.H.

- Chinese Nutrition Certification course
- Five Elements theory of health & nutrition
- Zang-Fu Syndromes and treatment
- Diagnosis and nutrition counseling
- Food choices for specific illnesses
- Patient education materials & forms
- Sample diets and recipes
- Four illustrated manuals
- Ten hours of video presentation
- Self-study exercises

UNIT ONE

- Basic concepts of Chinese nutrition and medicine
- Foundation Concepts Manual - Yin and Yang, the Five Elements and Tastes and the Eight Differentiations, remedial diets for common conditions, vegetarian recipes and video study guide
- The Energetic Properties Manual - Energetic properties of common foods
- Video instruction by Cathy McNease
- Two manuals, four DVDs | 15 hours CEU credit
\$245.00 | \$7.50 shipping in U.S.

UNIT TWO

- A Practical Application of Nutrition Concepts
- Zang-Fu Survey Manual - Survey of Zang-Fu syndromes with appropriate food choices and remedies. Zang-Fu Treatment Manual - Treatment of Zang-Fu Syndromes, patient education materials
- Dr. Mao Shing Ni video instruction on Zang-Fu and related issues
- Cathy McNease video instruction on nutritional consultation
- Two manuals, eight DVDs | 30 hours CEU credit
\$490.00 | \$9.00 shipping in U.S.



TO ORDER

Call the Yo San University Bookstore at 800.772.0222
or visit taostar@taostar.com

25% SAVINGS

Units One & Two | Complete Nutrition coursework
Four manuals, twelve DVDs | 45 hours CEU credit
\$550.00 | \$15.00 shipping in U.S.

CERTIFICATION

For students completing the 45-hour course and desiring a certificate in Traditional Chinese Nutrition, a certification exam is available at an additional fee.

CEU

CEU credit is available for acupuncturists in California. Inquire about CEUs for your profession and state.

GUARANTEE

Return the materials in good condition within 30 days of purchase for a full refund, excluding shipping.



YOUR PERSONAL Birth Number

The Chinese magic square, called the lo shu, has been a good luck symbol for 6,000 years. Legend has it that 9 numbers were inspired by the pattern of squares found on the back of a turtle. Each birth year is assigned to a number, and each of the 9 numbers has personality traits of its own.

9	1928	1937	1946	1955	1964	1973	1982	1991	2000	2009
8	1929	1938	1947	1956	1965	1974	1983	1992	2001	2010
7	1930	1939	1948	1957	1966	1975	1984	1993	2002	2011
6	1931	1940	1949	1958	1967	1976	1985	1994	2003	2012
5	1932	1941	1950	1959	1968	1977	1986	1995	2004	2013
4	1933	1942	1951	1960	1969	1978	1987	1996	2005	2014
3	1934	1943	1952	1961	1970	1979	1988	1997	2006	2015
2	1935	1944	1953	1962	1971	1980	1989	1998	2007	2016
1	1936	1945	1954	1963	1972	1981	1990	1999	2008	2017

If your birthday is before February 4, use the birth number from the previous year.

1

Adaptable, adventurous and good in a crisis but keeps feelings hidden.

2

Modest, tactful, gentle and quiet; a peaceful, shy natural diplomat.

3

A go-getter and problem solver, full of vitality and optimism. Sometimes reckless.

4

Innovator and communicator; likely to be prosperous, gentle and sensitive.

5

Status and power lover who commands others and likes to be the center of attention.

6

A clear-sighted, brave, proud leader with high ideals. Strong willed and opinionated.

7

Passionate, competent, stylish and loves spending money; a late developer.

8

A playful, outgoing quick thinker who can be a stubborn traditionalist.

9

Changeable emotions, capable when motivated...potential for fame and wealth.



Feng Shui Remedies

HARMONY IN THE HOME

Chinese astrology influences harmony within the home. If the flow of chi energy is interrupted, or it runs too swiftly, you can apply simple corrections to minimize negativity.

The entrance to your home is very important in feng shui. If a road or path leads directly to the front door, trouble can come right in. Plant shrubs or meander the pathway in order to soften the impact of a straight line to the door.

The entry hall should be spacious and bright so that chi can flow easily. If your hallway is small or dark, use bright lighting and decorations, and install mirrors to reflect as much light as possible. The entry ceiling should be light; dark ceilings signify a stormy sky.

Clutter tangles the flow of chi energy and creates a stagnant environment. Donate unused items regularly and keep rooms neat and tidy in order to encourage a fresh, healthy flow of chi and a lively, stimulating home.



Keep doorways clear to allow chi to flow in smoothly. Windows should be lightly dressed so that chi can enter freely; if you feel the windows are too open, you can place plants on the windowsill to prevent chi from leaving a room too quickly.

Plants can be used to soften sharp corners and absorb negative energy. Bushy plants with rounded leaves help slow the flow of chi; plants with pointed leaves are useful for speeding it up. Here's a surprise; avoid cut flowers because they no longer contain any chi. ■



Crane Style Chi Gong

Crane Style Chi Gong is a gentle standing form that is possible to do in small spaces. It is quite beautiful...imagine an elegant crane unfolding and stretching its wings and stretching its neck to look up to the sky.

Dr. Dao writes, "In Asia, particularly in China, Korea and Japan, the crane is a symbol of longevity and peacefulness because of its quiet, non-competitive character. Crane Style Chi Gong is likewise based on the slow, calm grace of cranes...whose movements are said to resemble the flow of water in a stream."

Crane Style is one of the most widely-practiced Chi Gong forms in China. Although it was developed in the 1980s, over 20 million people practice Crane Style today. The form is relatively easy for people of all ages to learn, and is suitable for those with physical limitations because Crane Style can be done while comfortably seated.

Crane Style focuses on breathing and internal Chi circulation, and also includes the fundamentals of standing meditation. It is an excellent form for releasing stress and increasing both lung capacity and self-healing power. Crane Style Chi Gong utilizes natural nasal breathing, so a beginner need not worry about mastering special breath techniques.

We invite you to learn Crane Style Chi Gong from Dr. Dao; we promise you that it will be a wonderful experience. ■ DCRAN 120 mins. \$24.95 | BCRAN spiral bound, 60 pages \$11.50



MIND-BODY ARTS CRANE STYLE CHI GONG



Another delightful new book...

TAI CHI FOR A HEALTHY BODY, MIND & SPIRIT: THE NI FAMILY TAI CHI TRADITION

Hua-Ching Ni and his son, Dr. Mao Shing Ni, present an updated, 28-step version of Harmony Tai Chi. The book focuses on bringing together the three aspects of Tai Chi—mind, body and spirit—in a way that differs from other Tai Chi Styles. We are introduced to Tai Chi as it was originally envisioned and practiced thousands of years ago by the Masters of Tao—as a tool for self-cultivation.

Tai Chi for a Healthy Body, Mind & Spirit presents the history of Tai Chi, its benefits for the user, and the principles at work behind each of the movements. Readers will be able to utilize the illustrations and easy-to-follow instructions to learn the entire 28-Step Form of Harmony Tai Chi.

Available in December

BT5317 - Concealed lie-flat flexible view binding

192 pages

Price TBD



TAI CHI CHUAN STYLE OF HARMONY - DVD

with Dr. Mao Shing Ni

At the request of Yo San students, we've transferred Dr. Mao's old Tai Chi Chuan

videos directly from VHS to DVD. We've got the whole form on 2 discs, with a running time of 98 minutes. Please be forewarned that these particular DVDs are not menued.
DTA1SET \$29.95

TAI CHI & CHI GONG LEARNING OPPORTUNITIES



MASTERING CHI, STRENGTH FROM MOVEMENT

By Hua-Ching Ni

Learn about the physical arts, then practice these very simple movements.

Book – BSTRE \$17.95



CRANE CHI GONG with Dr. Daoshing Ni

Instructional, standing, birdlike...one of the most graceful forms.

DVD – DCRAN \$24.95

Book – BCRAN \$11.50



TAOIST EIGHT TREASURES with Dr. Mao Shing Ni

Foundation level Ni family form to clear and unblock chi stagnation.

DVD – DEIGH \$24.95

Book – BEIGH \$19.95



DAO-IN CHINESE YOGA with Hua-Ching Ni

Instructional, a seated and lying Yoga that is surprisingly invigorating.

DVD – DDAOI \$24.95

Book – BDAOI \$16.95



SELF-HEALING QI GONG with Dr. Mao Shing Ni

Instructional mind-body meditation to balance the five organ systems.

DVD – DSHCG \$29.95



18-STEP HARMONY STYLE with Dr. Mao Shing Ni

Eighteen steps in 15 minutes; a simplified Ni Family Harmony Style form.

DVD – DSTEP \$24.95



COSMIC TOUR BA GUA with Hua-Ching Ni

Demonstrational, walking and embracing the 8 energy transformations.

DVD – DCOSM \$24.95



TAI CHI SWORD

with Dr. Mao Shing Ni

Ni Family sword form; cut away obstacles and enhance protective energy.

DVD – DSWORD \$24.95

AVAILABLE AT

the Tao of Wellness Healing Center; at www.taooofwellness.com

The Wellness Store 310.260.0013

and at the Yo San University bookstore 800.578.9526.

PUBLIC TAI CHI CLASSES AT YO SAN UNIVERSITY

Yo San University of Traditional Chinese Medicine in Los Angeles offers many wonderful tai chi and chi gong classes for the public. There are usually a few tantalizing extras as well, such as learning to interpret the *I Ching*, or healing with herbs and acupressure. The next batch of classes will begin in soon, so have a peek at www.yosan.edu or contact Tora at (310) 577-3000 for a schedule.

If you live in areas other than Los Angeles, classes are often offered at a local 'Y', by Departments of Parks and Recreation, and by private instructors. For a list of certified chi instructors, visit www.chihealth.org or do a computer search for tai chi or tai chi classes.

PRIVATE INSTRUCTION

Contact the Chi Health Institute for a certified chi instructor's list, at patricia@taostar.com or go to www.chihealth.org

A large, open-plan interior space with a high ceiling and exposed wooden beams. The floor is a mix of polished concrete and a large green artificial grass rug. In the center, there are two blue armchairs with yellow cushions, a small round wooden table, and a large potted plant. To the left, there are wooden shelves and a display case. To the right, there is a long wooden counter and a small table with chairs. The walls are a mix of grey and white, with some artwork and decorative items.

The WELLNESS Store

The Wellness Store
provides a resource for
physical and emotional
wellness in an inspirational
environment.

Chinese Herbs | Green Living
Tai Chi Studio | Tao Studies | Detox

Trendy, minimalist, artistic, spacious and light, the interior of The Wellness Store beckons you to explore, take delight and learn about healthy living. In natural green, gold and grey tones, the interior tells you immediately that you have reached the apex of a contemporary and ancient lifestyle for achieving total well-being. We invite you to visit our new Wellness Store in Santa Monica. The store fuses together the contemporary ideals of organic and natural living with the ancient values of Traditional Chinese Medicine to help you achieve a long and healthy life.

1412 Fourteenth Street, Santa Monica, California 90404
www.wellnesslivingstore.com
310.260.0013





ACTIVEION Ionator

The activated water, all purpose, non-chemical home-cleaning system.
Ionator HOM \$175.00

AQUASANA

Aquasana filters remove contaminants without disturbing natural minerals to make tap water healthy, clean and delicious.



COUNTERTOP FILTER

AQ4000 \$99.99



UNDER-COUNTER FILTER

AQ4500 \$143.98



SHOWER FILTER

AQ4100 \$67.99



WHOLE-HOUSE FILTERS

AQRhino \$799.00



VIVÈTIQUE

An environmentally-friendly, bedroom product line featuring organic cotton/wool mattresses, natural latex mattresses, fluffy mattress toppers and natural pillows. Mattresses sizes from crib to California king.

Call us for details 310.260.0013

GOLDEN PATH ALCHEMY

Organic botanicals hand-made with love by Yo San University graduates Ashley Beckman and Minka Stevens.



BEAUTIFUL BELLY OIL

Fragrant oils and flower essences for pretty pregnant tummies
GPABB \$20.00



RENEW SERUM

Lovely rose, geranium and borage seed oils for mature skin
GPRS \$29.00



CLARITY ALCHEMYST

Mist of orchid, gem elixirs, peppermint & rosemary for memory
GPACA \$22.00

PETER LAMAS

Eco-friendly, natural, healthy and organic beauty products: vegan, paraben-free, sulphate-free.



CHINESE HERBAL STIMULATING SHAMPOO

PL36C \$22.00



CHINESE HERBAL STIMULATING CONDITIONER

PL37C \$20.00



CHINESE HERB REGENERATING SCALP SERUM

For thicker, fuller hair
PL34C \$45.00



LASH MASQUE

Natural lash builder, tint and conditioner
PL300L \$20.00



PHILANTHROPY

the highest form of community service

You have invested a large part of your life in cultivating positive wellness and health attitudes and behaviors for your family and for yourself. It is never too early to begin thinking about how your personal legacy will be communicated to future generations. Drs. Daoshing Ni and Dr. Mao Shing Ni founded Yo San University specifically to assure the transmission of their unique family legacy to future generations. A gift to Yo San University assures that your personal values will be carried into future generations.

A gift to Yo San University assures your personal legacy!

Your gift to Yo San University is fully tax-deductible within current IRS rules. As a primarily tuition-driven institution, Yo San University has many needs. Both our academic programs and clinical services depend on the generosity of thoughtful health-conscious individuals like you to provide the resources needed to bring our programs and services to the next levels of excellence. Your personal philanthropy, whether expressed in a one-time gift or through estate planning, will have a

positive and enduring impact when directed toward Yo San University. Some of the ways that you can simultaneously assure your personal legacy and benefit Yo San University are listed below:

■ **NAMING OPPORTUNITIES** for major gifts with designation specific to the pivotal spaces on the Yo San University campus:



- **The Yo San University Library**—our beautiful library was recently relocated and upgraded with electronic access to numerous full-text journals and other resources. Your gift of \$100,000 will provide your name or a name that you designate on the YSU Library for the next ten years.
- **Herbal Dispensary**
- **Clinic Treatment Rooms**
- **Qi Studio**
- **Upgrading** one classroom for instructional technology (ceiling-mounted LCD projector, SmartBoard, and electronic “plug-in” podium, wiring and faculty training—approximately \$15,000—including naming opportunity for the electronic equipment upgrade for five years.

■ **NAMED ENDOWED, OR ONE-TIME SCHOLARSHIP OPPORTUNITIES.**

You can designate a one-time scholarship of any amount at any time, and it can have an immediate impact for a deserving student. For endowed scholarships, typically a gift of \$40,000 will be sufficient to initiate an endowed scholarship fund, with the interest revenue generated benefiting a current student about one year after the gift has been made. You can grow the scholarship as you see fit, and you can even specify the criteria for the scholarship award.

■ **CASH GIFTS:** Gifts of money can be unspecified or designated to benefit a particular program or clinical service of the University. Any gift of cash, large or small, is greatly appreciated.

■ **MATCHING GIFTS:** Many employers offer to match gifts made by their employees to designated charities. If your employer has such a plan, Yo San University will be happy to cooperate.

■ **GIFTS OF STOCKS OR SECURITIES:** Consult with your financial advisor regarding the tax advantages of donating stocks or securities.

■ **GIFTS OF REAL PROPERTY, VEHICLES OR BOATS:** We work with reputable appraisal and liquidation firms who will assure that your tax deduction and the yield to YSU are promptly processed.

■ **THE YO SAN UNIVERSITY ALUMNI ENDOWED SCHOLARSHIP**—whether you are a graduate of Yo San University or not, we welcome your contribution, large or small, to this fund that will benefit a current YSU student.

■ **BECOME A MEMBER OF THE YO SAN UNIVERSITY BOARD OF LUMINARIES** (\$10,000 per year). The YSU Luminaries are a group of distinguished friends and supporters of the University that have made a special commitment to provide cash gifts on an annual basis. Luminaries are also instrumental in providing guidance regarding fundraising directions and activities. Your membership provides a special relationship to the University.

■ **PLANNED GIVING: PLANNED GIVING AND ESTATE PLANNING**

- Bequests through your will
- Trusts and Life Income Plans
- Life Insurance Policies
- Savings Accounts and Certificates of Deposits

Take this opportunity to assure that your legacy persists. Make a contribution to Yo San University!

All donations and planned giving inquiries should be addressed to:

Lawrence J. Ryan, Ph.D., President
YO SAN UNIVERSITY
13315 West Washington Boulevard
Los Angeles, CA 90066
lryan@yosan.edu
310 577-3000 x 11.
www.yosan.edu



Becoming a Practitioner of Traditional Chinese Medicine

Your first year at Yo San University of Traditional Chinese Medicine is one of discovery and challenge.

In your second year at Yo San, you begin to apply many of your new skills.

Year three is an exciting time of hands-on practice.

In your last year you will begin treating your own patients in a supervised internship at the Yo San Community Clinic.

We welcome you to visit Yo San University to learn about a career in acupuncture and TCM.



YO SAN UNIVERSITY OF
TRADITIONAL CHINESE MEDICINE
13315 West Washington Boulevard
Los Angeles, California 90066
Tel 310.577.3000 Fax 310.577.3033
www.yosan.edu - info@yosan.edu

DAOUIA AMRIR
Director of Admissions
admissions@yosan.edu



Hotsie Totsie

CHINESE SPICES

BY MARKA MEYER



GOJI BERRIES

Also known as wolfberries, lycium barbarum fruit, and gou qi zi. One pound of plump little gojis to sprinkle on your hot cereal, brew up into tea, add to trail mix or eat out of hand.
GOJI \$24.00

AVAILABLE AT
the Tao of Wellness Healing Center,
The Wellness Store 310.260.0013,
at www.taooofwellness.com and at
the Yo San University bookstore
800.578.9526

Spices that are good for fueling our fire also happen to be very good for our brains. From the perspective of Traditional Chinese Medicine, it makes sense...foods that tonify the Fire Element increase circulation to the brain and to other delightful parts of our bodies.

Cooking with warming herbs is a natural component of many Chinese dishes. Recipes featuring ginger, garlic, pepper, cinnamon and cloves are all traditional Chinese herbs that can spice up your fire and add spice to your life.

GARLIC AND PEPPERCORNS

Garlic and pepper is a favorite addition to many world-wide cuisines...how about a brain and heart-healthy marinara sauce made with fresh garlic, tomatoes and basil, and embellished with freshly-ground pepper.

GINGER

Brew up some ginger tea by thinly slicing a ½ inch piece of fresh ginger root. Place the ginger in a mug and add boiling water. Steep for 10 minutes, then add honey and lemon if desired. Perfect for settling a queasy stomach.

CINNAMON

Sprinkle a teaspoon on cinnamon on breakfast cereal. Did you know that cinnamon is an important ingredient in traditional Chinese five-spice powder? This traditional spice also includes star anise, fennel seeds, cloves and Szechuan peppercorns.

CLOVES

It is no accident that in the fall we turn to the warming, circulation-boosting spices in pumpkin pie, gingersnaps and spice cookies, so bake up something spicy and delicious to enjoy with a nice warming cup of ginger tea. ■

Chinese FIVE Spice



In addition to being the Dean of Academic and Clinical Affairs at Yo San University of Traditional Chinese Medicine, Lawrence Lau is also an inspired and accomplished cook. Here is his fabulous recipe for duck confit featuring classic Chinese Five-Spice flavors.

FIVE-SPICE DUCK CONFIT

From Lawrence Lau, M.D. (Singapore), L.Ac.

2 tablespoons coarse sea salt
4 tablespoons Five Spice Seasoning
2 cloves garlic, unpeeled, tops sliced off
2 cloves garlic, unpeeled, smashed
6 (whole) bay leaves
1 shallot, peeled and sliced
4 duck legs with thighs (about 2 lbs), excessive fat trimmed, leave skin on
4 cups rendered duck fat or corn oil

DIRECTIONS

- Lay the duck leg/thighs on a platter, skin side down.
- Gently and evenly rub in the salt and five-spice seasoning mix.
- Transfer the duck into a glass or plastic container.
- Top the duck with the bay leaves and crushed garlic.
- Cover and refrigerate for 12-48 hours.

- Remove the duck from the refrigerator.
- Remove the garlic and bay leaves; wipe off some of the salt and five-spice seasoning with a moist paper towel. Reserve the bay leaves.
- Arrange duck in a braising pot, skin side up. Completely immerse with rendered duck fat or corn oil.
- Add bay leaves and unpeeled garlic cloves with tops sliced off to perfume the oil.
- Cover and simmer at low temperature (200-225 degrees F) for about two hours, or until the meat is tender but remains intact on the bone.
- Remove the duck from the fat; strain the fat and reserve.
- Place the duck in a stoneware container; cover the duck with the strained fat.
- Allow the duck confit to cool at room temperature before placing it in the refrigerator; the duck confit can be stored in the refrigerator for up to one month.

To serve, remove the duck from the oil. Place duck on a heated searing pan, skin down. Alternatively, place duck skin-side up in a toaster oven to crisp the skin and thoroughly warm the duck.

Serve with salad or your choice of accompaniment. I recommend a frisée and endive salad drizzled with a light vinaigrette dressing, together with Chinese plum or Japanese ume sauce for the meat. ■

FIVE SPICE SEASONING

There are many different variations of 'Five Spice'. The most common variant comprises:

- 2 parts Star Anise
- 1 part Cloves
- 2 parts Cinnamon
- 1 part Sichuan Pepper
- 1 part Fennel seeds

Mix and crush ingredients into a coarse mixture. If you are uncertain how to make your own 'Five Spice' seasoning, use pre-mixed Five-Spice from a grocery store.

Now that you will learn what Chinese Five Spice is, you might be inspired to try other recipes that feature these delightfully warming herbs.



RECIPES FOR SELF HEALING

By Daverick Leggett
Finally, a cookbook that includes food energetics
BR4020 (300 pages)
\$15.00



HEALING WITH WHOLE FOODS

By Paul Pitchford
Asian tradition meets modern nutrition
BH4303 (700 pages)
\$35.00

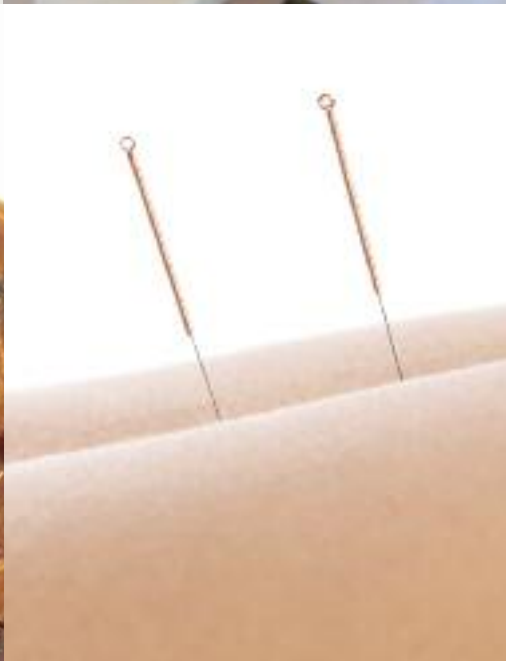


THE BOOK OF JOOK

By Bob Flaws
Chinese medicinal porridges, a healthy breakfast alternative
BB5606 (186 pages)
\$19.95

AVAILABLE AT

The Wellness Store, 310.260.0013
www.wellnesslivingstore.com and
the Yo San University Bookstore
800.578.9526



EXPLORE HEALTH AND healing IN THE COMFORT OF YOUR OWN HOME

Many people benefit from acupuncture and herbs without knowing Chinese medicine. Here's an opportunity to listen to actual university classes on topics such as herbology, basic theory, and the power of natural healing. The College of Tao provides you with a CD of recorded classes as well as class handouts and often a required textbook. Enjoy learning this fascinating medicine in the comfort of your own home. Classes in different aspects of Western medicine are also available.

CHINESE HERBOLOGY MADE EASY
Alexa Hulsey, BA, MATCM, Dip. OM, L.Ac.
An exceptional teacher who makes learning herbs interesting, and even fun. There's so much to learn: history, nomenclature, TCM theory and herbology, tastes and temperatures, channels, combination theories, safety, processing, preparation, weights, dosage, then study categories of herbs that release the exterior, clear heat, drain downward, drain dampness, expel wind-damp, transform phlegm and stop cough, and many more.

COURSE INCLUDES:

- Textbook: *Chinese Herbology Made Easy*
 - Fifteen hours of audio lecture on CD, including two hours final audio herb studies reports.
- Audio CDs are for PC and Mac.
- 45 pages classroom notes
 - Actual raw herb samples
 - Herb sample list
 - Resources for further study

CD (HERBOLOGY) \$175

HERBOLOGY PHOTO CD

A beautifully photographed collection of 360 traditional Chinese herbs, plus cross-referenced index for pin yin, common name, Chinese characters and Latin binomials

CD (PHOTO) \$50

TRADITIONAL CHINESE MEDICINE SERIES

David Cohen, B.A., M.F.A., L.Ac.

An incredibly rich discussion of TCM theory with a beloved professor of Traditional Chinese Medicine. Resources for further study included. Audio CDs are for PC and Macintosh.

TCM I: INTRODUCTION

39 audio hours and classroom notes. Fundamental theories: Yin/Yang, Five Elements, vital substances, Zang Fu, channels and collaterals, etiology of disease, principles and tools of diagnostic investigation. CD (TCM I) \$250

TCM II: INTERMEDIATE

39 audio hours and classroom notes. Tongue diagnosis, pulse diagnosis, pattern differentiation, pathogenic factors, six stages and four levels of disease, treatment principles. CD (TCM II) \$250

TCM III: ADVANCED

Prerequisites TCM I and II. 39 audio hours and classroom notes. Survey of differential diagnosis according to Zang Fu organ patterns: Lungs, Large Intestine, Heart, Spleen, Stomach, Liver, Kidney, Urinary Bladder; complex and interrelated syndromes. CD (TCM III) \$150

TCM I, II, III

CD (TCM Set) \$650



CHINESE ACUPUNCTURE POINTS

Alexa Hulsey, BA, MATCM, Dip. OM, L.Ac.

Everything you ever wanted to know about acupuncture points and meridians: Introduction, history, channel categories and functions; point categories; series of lectures on the various eight channels, plus the extra meridians.

- Laminated acupuncture points chart
- 82 pages of illustrated lecture notes
- 24 hours of audio instruction on CD. Audio CDs are for PC and Mac.
- Resources for further study

CD (POINTS) \$185

BECOMING A TCM HEALER

Daoshing Ni, Ph.D., O.M.D., L.Ac.

TCM healing as a spiritual path. Explore your goals and dreams; organization and problem solving; time management; setting up a practice; communication; compassion and empathy; teamwork, relationships and managing others; information management; finances; pain; detoxification and renewal.

- Textbook: *Complete Works of Lao Tzu*
- Writing journal
- 14 hours of audio lecture on CD. Audio CDs are for PC and Mac.
- Reading and journal assignments
- Resources for further study

CD (HEAL) \$125 - 14 CEU CREDITS

POWER OF NATURAL HEALING

Daoshing Ni, Ph.D., O.M.D., L.Ac.

Natural healing and the Tao: limitations of medicine, natural healing through acupuncture, herbs and meditation, the five cultivations, breathing, nutrition and wellness, pain, purification of negative energy, the five failings of physicians, Taoist spiritual practices.

- Three required textbooks included: *Power of Natural Healing, The Yellow Emperor's Classic of Medicine, Workbook for Spiritual Development*
- Writing journal
- 14 hours of audio lecture on CD. Audio CDs are for PC and Mac.
- Reading and journal assignments
- Resources for further study

CD (NATURAL) \$150 - 14 CEU CREDITS

ESSENCE OF FIVE ELEMENTS

Daoshing Ni, Ph.D., O.M.D., L.Ac.

How Yin-Yang and Five Element principles affect us in our daily lives as well as the practice of Chinese medicine. We look at how these principles are reflected in the universe and surrounding environments

and study the main five elemental acupuncture points.

CD (ESSENCE) \$150 - 7 CEU CREDITS
(Audio CDs are for PC & Mac)

BRINGING THE SPIRIT TO YOUR HEALING WORK

Mao Shing Ni, Ph.D., O.M.D., L.Ac.

Learn the keys to clinical success and accurate diagnosis. Learn to communicate understanding, compassion, connectedness, empowerment and skillfulness.

CD (SPIRIT) \$175 (Audio CDs are for PC & Mac)

TRADITIONAL CHINESE MEDICINE AS WELLNESS MEDICINE

Mao Shing Ni, Ph.D., O.M.D., L.Ac.

This course presents the Path of Healers by honoring traditions from the *Yellow Emperor* to the current date. Topics include the roles of physician/teacher, 7 key concepts of Wellness Medicine and integration of Eastern and Western medicine.

CD (WELLNESS) \$175 (Audio CDs are for PC & Mac)

INTRODUCTION TO CHINESE NUTRITION & DIETARY THERAPY

Cathy McNease, B.S., Dipl. C.H.

An introduction to the study of the TCM properties of foods and their practical applications in dietary adjustment for various diseases and disharmonies. Instruction includes application of Chinese nutrition and the use of Chinese herbs in food applications for specific Zang-Fu disharmonies.

CD (NUTRITION) \$195 (Audio CDs are for PC & Mac)

PUBLIC HEALTH IN AMERICA: A STUDY OF THE U.S. HEALTHCARE SYSTEM

Margo De Leaver, MD, MATCM

Public Health is concerned with community, and focuses on prevention of death and disability by assessing the health of a population, diagnosis problems, looking for causes of problems and devising strategies to cure or prevent them. CD (PUB) \$195

(Audio CDs are for PC & Mac)

PHYSIOLOGY OF DISEASE SERIES

Margo De Leaver, M.D., MATCM

PHYS I: GLOBAL DISEASE PROCESS

An exploration of the fundamentals of disease from the Western biomedical perspective, touching on topics such as inflammation/tissue repair, environmental diseases and pollution, and infectious diseases. Includes case studies.

CD (PHYS I) \$250 (Audio CDs are for PC & Mac)

PHYS II: ORGAN DISEASE PROCESS

Reviews the pathological changes at the cellular level and the mechanisms by which pathology develops in the different organ systems such as the heart, liver, gall bladder, pancreas, and the endocrine system.

CD (PHYS II) \$250 (Audio CDs are for PC & Mac)

CD (PHYS SET) \$400: Includes CD (PHYS I & II)

ABOUT THE LECTURERS



DAOSHING NI, Ph.D., O.M.D., L.Ac., is an author, lecturer and co-founder of Yo San University of Traditional Chinese Medicine. He earned his Doctorate in Oriental Medicine in Los Angeles and then continued

with advanced studies in both Beijing and Nanjing Colleges in China. 'Dr. Dao' has been in private practice at Tao of Wellness Healing Center in Santa Monica, CA since 1984.



MAO SHING NI, Ph.D., O.M.D., L.Ac., co-founder of Yo San University along with his brother Daoshing, was likewise born into 38 generations of traditional Chinese healers. 'Dr. Mao' lectures internationally and is a celebrated doctor, author and teacher.

Dr. Mao practices acupuncture and Chinese medicine along with Dr. Dao and a team of associates at Tao of Wellness in Santa Monica.



DAVID COHEN, B.A., M.F.A., L.Ac., has taught Principles and Theories of Traditional Chinese Medicine at Yo San University of TCM for over 20 years.

David is a compassionate and passionate instructor who grounds Taoism and TCM in a thoroughly approachable way. David Cohen specializes in internal medicine, problems of aging, inflammatory and immune-compromised disorders.



ALEXA HULSEY, B.A., MATCM, Dip. OM, L.Ac., has an uncanny ability to organize and break TCM studies down into digestible chunks of material. As Assistant Academic Dean at Yo San

University of Traditional Chinese Medicine in Los Angeles, Alexa mentored, tutored and taught. She currently practices at East Nashville Community Acupuncture Center in Nashville, TN.



MARGO DE LEAVER, M.D., FAAP, MA, Sp. Psych., and Fellow in the American Academy of Pediatricians earned her MD degree from the School of Medicine at the State University of New

York at Buffalo. Dr. De Leaver is an integrative medical practitioner who sees patients at several Los Angeles hospitals, including Childrens. Dr. De Leaver is on the Board of Directors of Yo San University.



CATHY MCNEASE, B.S., Dipl. C.H., holds a Diploma in Chinese Herbology from the National Certification Commission for Acupuncture and Oriental Medicine. She has co-authored two books

and a distance learning course, Traditional Chinese Nutrition. She is an adjunct faculty member of Yo San University and maintains a Chinese herb business, Best Blends Herbs.

ORDERING INFORMATION: College of Tao and Integral Health
800.578.9526 ■ taostar@taostar.com ■ www.collegeoftao.org

TAO OF WELLNESS Book Shop

NEW!

NEW RELEASE



**SITTING MOON:
A GUIDE TO NATURAL
REJUVENATION AFTER
PREGNANCY**
By Dr. Dao & Jessica Chen L.Ac.
BSIT \$19.95

BY HUA-CHING NI & MAO SHING NI



**LOVE OF
MOTHER UNIVERSE**
Becoming more human by
living in harmony with the
Mother Universe
BLOVE \$19.95



**THE PATH OF
CONSTRUCTIVE LIFE**
A 'how-to' book for living
a constructive, healthy,
and balanced life
BHEART \$19.95



**POWER OF
THE FEMININE**
Applying feminine yin
attributes to balance
masculine strength
BFEM \$16.95

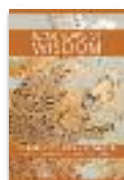


**NEW UNIVERSAL
MORALITY**
Becoming a spiritual
coach, serving ourselves
and our communities
BMOR \$16.95

BY HUA-CHING NI



**8000 YEARS OF WISDOM I:
DIETARY GUIDANCE**
Question & answer discussions
between Hua-Ching Ni and
his students
BWIS1 \$18.50



**8000 YEARS OF WISDOM II:
SEX & PREGNANCY**
More student questions
and answers from
Hua-Ching Ni
BWIS2 \$18.50



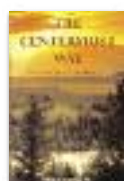
**AGELESS COUNSEL
FOR MODERN LIFE**
Natural wisdom through
stories, poems and warm
personal experiences
BAGE \$15.95



**ATTAINING
UNLIMITED LIFE**
Chuang Tzu's
teachings
\$19.95



**ATTUNE YOUR BODY
WITH DAO-IN**
The practice of 49
Chinese Yoga postures in
book form; also on DVD
BDAOI \$16.95



CENTERMOST WAY
An inspiring account
of human spiritual
development
BCENT \$17.95

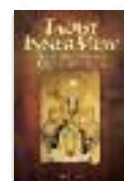
THE SHRINE SET



**COMPLETE WORKS
OF LAO TZU**
A remarkable elucidation of
Lao Tzu's classic, including the
orally transmitted Hua Hu Ching
BCOMP \$13.95



**TAO, THE SUBTLE
UNIVERSAL LAW**
The invisible net of
universal energy responds
to thoughts and behavior
BTAOS \$16.95



**THE TAOIST
INNER VIEW OF
THE UNIVERSE**
A glimpse at the inner
world and immortal realm
BTAOI \$16.95



**CONCOURSE OF
ALL SPIRITUAL PATHS**
Benefit from the
great 'oneness' all
religions share
BCONC \$15.95



ENTERING THE TAO
A beginner's guide to
Taoism gathered from
Hua-Ching's many books
BENT \$15.95



**ENRICH YOUR
LIFE WITH VIRTUE**
A broad study of
human nature and
centuries-old tradition



BENR \$15.95

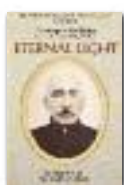
ESSENCE OF UNIVERSAL SPIRITUALITY

An examination and discussion of all levels of religion
BESSE \$19.95



ESOTERIC TAO TEH CHING

Advanced spiritual studies of Lao Tzu's classic work
BESOT \$13.95



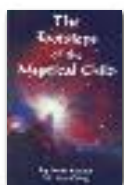
ETERNAL LIGHT: TEACHINGS OF MY FATHER

The inspiring life story of Grandmaster Yo San Ni
BETER \$14.95



MYSTICAL UNIVERSAL MOTHER

A loving and intimate glimpse of Hua-Ching Ni's mother
BMYST \$14.95



FOOTSTEPS OF THE MYSTICAL CHILD

Profound questions and thoughtful answers to open up our understanding
BFOOT \$9.50



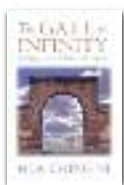
FOUNDATION OF A HAPPY LIFE

A well-planted personality brings healthy growth; advice for families
BFOUN \$15.95



FROM DIVERSITY TO UNITY

Transcend cultural and religious diversity to achieve spiritual unity
BDIV \$15.95



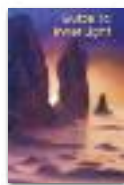
GATE TO INFINITY

Getting started on safely and surely reaching spiritual development
BGATE \$13.95



GENTLE PATH OF SPIRITUAL PROGRESS

Hua-Ching Ni's public classes and lectures in book form
BGENT \$15.95



GUIDE TO INNER LIGHT

Using your internal light to shine upon difficult matters
BGUID \$12.95



HARMONY: THE ART OF LIFE

Frank talk about sexuality, yin & yang, fire & water, history and government
BHAR \$16.95



HEAVENLY WAY

A tiny booklet filled with a distillation of gems from Hua-Ching Ni
BHEAV \$2.50



I CHING, THE BOOK OF CHANGES

A fascinating predictive tool and one of our best sellers
BBOOK \$35.00

Casting Seeds \$2.00



INTERNAL ALCHEMY

Metamorphosis and internal energy transformation
BALCH \$17.95



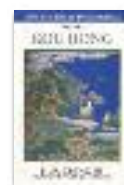
INTERNAL GROWTH THROUGH TAO

Becoming a sage for yourself and a sage for others
BINTe \$13.95



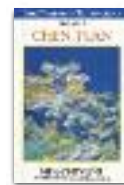
KEY TO GOOD FORTUNE

Newly reprinted with a previously unpublished chapter
BKEY \$17.95



LIFE & TEACHING OF TWO IMMORTALS - I

All about Kou Hong, 283 A.D. and a bridge to the immortal life
BLIF1 \$12.95



LIFE AND TEACHINGS OF TWO IMMORTALS - II

The fascinating story of Chen Tuan 871 A.D.
BLIF 2 \$12.95



MAJESTIC DOMAIN OF THE UNIVERSAL HEART

The power of universal love and wisdom drawn from Lao Tzu and Chen Tuan
BMAJ \$17.95



MOONLIGHT IN THE DARK NIGHT

Emotions, love and relationships and healing a broken heart
BMOON \$12.95



MYSTICISM

The 68 mystical diagrams of Lau Tzu's tower, and much more!
BMYSM \$13.95



NURTURE YOUR SPIRITS

Channeling, UFOs, past lives, soul parties, spirits and ghosts
BNURT \$12.95



POWER OF NATURAL HEALING

Prevention, healing and revitalization; a favorite at the Tao of Wellness
BHEAL \$14.95

HUA-CHING NI ON KINDLE

Many of Hua-Ching Ni's classic Taoist books are available at Amazon.com to download onto your PC or Kindle reader. You can search for digital books under their hard copy titles. \$9.95



QUEST OF SOUL
Nurturing and saving the soul, and freeing the soul after death
BQUES \$11.95



SPIRITUAL MESSAGES FROM A BUFFALO RIDER
Arts, achievement, fairies, chi, freedom, death, desire and dozens more topics
BSPIR \$12.95



SPRING THUNDER
Follow the powerful teachings of Yen Shi as he travels west
BTHUN \$12.95



STEPPING STONES FOR SPIRITUAL SUCCESS
A wonderful collection of short quotes...perfect for giving speeches
BSTEP \$12.95



STORY OF TWO KINGDOMS
The struggle between the Kingdoms of Light and Darkness.
BSTOR \$15.95



STRENGTH FROM MOVEMENT - MASTERING CHI
Learn to feel healthy, youthful and joyful by with the physical arts.
BSTRE \$17.95



TAO TEH CHING IN SPANISH
Lao Tzu's beautiful words melodically translated into the Spanish language
BTEHS \$8.95



TIME IS NOW FOR A BETTER LIFE
Improve the quality of life for humanity with personal spiritual development
BTIME \$19.95



UNCHARTED VOYAGE TOWARD THE SUBTLE LIGHT
A historical voyage of discovery toward a fresh new light
BVOY \$19.95



WAY OF INTEGRAL LIFE
Guidelines for living a balanced, rich and fulfilled life
BWAYH Hardcover \$20.00
BWAYS Softcover \$14.00



WAY, THE TRUTH AND THE LIGHT
Three eastern wise men travel to the West to locate the special child.
BLIGP Softcover \$14.95
BLIGH Hardcover **Sale** \$14.95



WORKBOOK FOR SPIRITUAL DEVELOPMENT
Ancient invocations, meditation postures, sleep cultivation and much more
BWORK \$16.95



BY DR. DAO

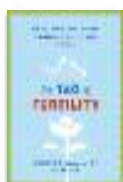
SITTING MOON: A GUIDE TO NATURAL REJUVENATION AFTER PREGNANCY
By Dr. Daoshing Ni & Jessica Chen
BSIT \$19.95



CRANE-STYLE CHI GONG
60-page booklet of diagrams and specific instructions
BCRAN \$11.50



SURVEY OF TCM CLASSICS & DOCTRINES
150-page booklet of slide show presentation for TCM Classics course
BSURV \$14.50



TAO OF FERTILITY
Fabulous information; preparing the body, mind and spirit for new life; by Dr. Daoshing Ni & Dana Herko
BFERT \$15.95



BY DR. DAO & DR. MAO

GOLDEN MESSAGE
A summation of the teachings of their father by Drs. Dao and Mao

BGOLD \$11.95



BY DR. MAO

EIGHT TREASURES: ENERGY ENHANCEMENT EXERCISE
The 32 movements of a Ni family chi gong practice in book form
BEIGH \$17.95



AGELESS: NATURAL GUIDE TO MENOPAUSE
Booklet: Dr. Mao's practical tips for sailing through menopause
BMENO **Sale** \$5.00



SECRETS OF LONGEVITY
One hundred interesting and do-able tips for living a long and healthy life
BLON \$14.95



SECRETS OF SELF HEALING
A mini-course in TCM concepts; then applying them to heal yourself
BSHEAL \$16.95

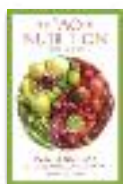


SECOND SPRING: A GUIDE TO PRE-MENOPAUSE AND MENOPAUSE
Helpful tips from Dr. Mao
BSPR \$17.99



YELLOW EMPEROR'S CLASSIC OF MEDICINE
Translation and commentary of the ancient Neijing, a TCM classic

BYELL \$24.95



**DR. MAO & CATHY
MCNEASE**

**THE TAO OF
NUTRITION**

*Newly refreshed and reprinted
with dozens of entries...one*

of our long-time best sellers

BTAON \$19.95



BY OTHER AUTHORS

101 VEGETARIAN DELIGHTS

*From exotic feasts to
nutritious everyday meals;
includes herb and flowers*

B101 \$15.95



A GATHERING OF CRANES

By Solala Towler

*Interviews with nine who
have brought Taoism from
China to the West*

BGATH \$12.95



**GINSENG AND
ROSE PETALS**

By Sarah Sachs-Kohberg

*Behind the scenes in a Chinese
doctor's medical practice*

BROSE \$14.95



**HEALING POWER
OF ACUPUNCTURE
& ACUPRESSURE**

By Matthew Bauer, L.Ac.

*Explores the roots of Oriental
Medicine and teaches self-care*

BACU \$14.95



**REVEALING THE
TAO TEH CHING**

By Hu Huezhi

*The spiritual process of internal
alchemy as described by Lao Tzu*

BREV \$19.95



**CHINESE
VEGETARIAN
DELIGHTS**

By Lily Chuang

*Dao and Mao's mother presents
beautiful vegetarian dishes*

BVEG \$7.50

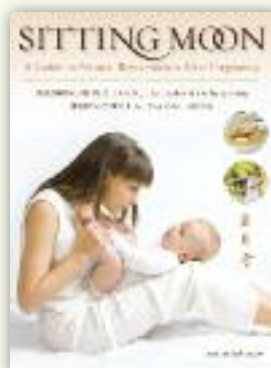
FEATURED BOOK

SITTING MOON

A GUIDE TO NATURAL REJUVENATION AFTER PREGNANCY

BY DR. DAOSHING NI, D.O.M., L.AC., PH.D.

AND JESSICA CHEN, L.AC., DIPL. O.M.



What readers are saying...

I thought one could only dream about a
book like this...and here it is! Thank you!

— *Maria*

Oh my. The book is utterly perfect and for
some reason, it makes me want to cry. Bless.

— *Leonie*

What a gift to be able to give and receive this
kind of loving support during those early weeks. Thank you so much for
sharing. xoxo. — *Kirsten*

I think there is nothing like gathering around a woman who has just given
birth. But we do need a little coaching on just how to do that, don't we? Not
a time to be needy ourselves, but rather to sit quietly, at ease with ourselves,
letting our skin be soft and the tea warm. — *Rebecca*

Oh how I wish I had had a Zuo Yue Zi after the birth of each of my children.
I hope to provide this to them when they have little ones of their own.

— *Molly*

This will be a lovely bit to share with my dear friend who will soon hold
the title: Mother. — *Jessica*

The vulnerable woman that is a new mama...too many just have no idea.
Thanks for sharing this resource. — *Jennifer*

All mamas need this! Sometimes, I still wish for this kind of support,
and my "baby" is 2! — *Jenni*

As an Ob/Gyn, I love hearing ways to encourage women to slow down and
be gentle with themselves during the transition to motherhood. — *Anna*

What a needed book. As a student of midwifery, the more I learn, the
more I realize the post partum period is where my work lies. Thank you!!!!

— *Marybeth*



TAO OF WELLNESS HERBS - A COMPLETE LIST

Our Strongest Longevity Formula



THE COMBINED FIVE ELEMENTS OF HEALTH

Our most powerful herbs, a concentrated whole-body tune up. Available in either capsules or powder.
(FE180) 180 capsules \$49.95
(FEPOW) 8.2 oz. powder \$49.95

The Individual Five Elements

INTERNAL CLEANSE - Wood Element

Detox formula for the Liver & Gall Bladder.
(ICCAP) 90 capsules \$19.95

SUPER CLARITY - Fire Element

Brain power and circulation formula for the Heart & Small Intestine.
(SCCAP) 90 capsules \$19.95

ABUNDANT ENERGY - Earth Element

Digestive formula for the Stomach & Spleen.
(AECAP) 90 capsules \$19.95

PERPETUAL SHIELD - Metal Element

Immunity formula for the Lungs & Large Intestine.
(PSCAP) 90 capsules \$19.95

ENDURING YOUTH - Water Element

Hormone balance for the Kidney & Bladder.
(EYCAP) 90 capsules \$19.95



HIGH PERFORMANCE

The vitality formula, formulated to work in perfect synergy with the Combined Five Elements of Health. Supporting herbs and whole grains to cultivate high energy.
(HP700) 700 tablets \$45.95
(HPPOW) 22 oz. powder \$45.95



Time-honored Herbal Remedies

Dosage: 2-3 capsules 3 times per day

ACID STOMACH

For acid reflux and gastric symptoms.
(TAST) 65 capsules \$19.95

ACNE / BLEMISH

Drain heat from red, irritated skin.
(TAB) 65 capsules \$19.95

ANXIETY / SLEEPLESS

Diminish insomnia, anxiety and
mental exhaustion.
(TAS) 65 capsules \$19.95

BLOOD BUILDER

Nourish the Blood and tonify
the Chi life-force energy.
(TBB) 65 capsules \$19.95

BREATHE EASE

Classic herbs for coughing
and wheezing.
(TBE) 65 capsules \$19.95

BLOAT

Dispel Dampness and encourage
release of excess water.
(TBL) 65 capsules \$19.95

CANCER SUPPORT

Important herbal support during
chemotherapy and radiation.
(TCS) 65 capsules \$19.95

CHEST CONGESTION

Herbal formula for congestion,
from the common cold, and flu.
(TCHE) 65 capsules \$19.95

CHRONIC FATIGUE

Modulate inflammation, modulate
the immune system; calm pain.
(TCF) 65 capsules \$19.95

COLON CLEAR

Herbal formula for lower
intestinal tract.
(TCOL) 65 capsules \$19.95

EYES

Herbal nourishment for dry,
red, tired and blurry eyes.
(TEY) 65 capsules \$19.95

FATIGUE

Herbs to nourish Spleen and Stomach;
for fatigue and poor digestion.
(TFA) 65 capsules \$19.95



HANGOVER

Indigestion, nausea, loose stools,
fatigue, headache.
(THO) 65 capsules \$19.95

HEART

Traditional Chinese herbs for heart function.
(THT) 65 capsules \$19.95

HERP-EASE

Clear the heat of canker sores,
cold sores and genital lesions.
(THP) 65 capsules \$19.95

HOT FLASHES

Nourish Kidney Yin, clear heat
and subdue hot flashes.
(THF) 65 capsules \$19.95

IMMUNITY

Consolidate defense against colds,
flu and respiratory infection.
(TIM) 65 capsules \$19.95

INDIGESTION

Harmonize the Stomach and promote
movement of stagnant food.
(TIND) 65 capsules \$19.95

LUNG CONGESTION

Calms inflammation, mucous and swelling.
(TLC) 65 capsules \$19.95

MENOPAUSE

Calm anxiety, emotional irritability
and insomnia of menopause.
(TMP) 65 capsules \$19.95

MENSTRUATION

Dispel blood stagnation to help
ease abdominal discomfort.
(TMST) 65 capsules \$19.95

MOOD ELEVATION

Herbs to help relieve sadness and
depression, and induce calm.
(TME) 65 capsules \$19.95

MUSCLE STRENGTH

Strengthen life-force Chi and
promote Blood circulation.
(TMS) 65 capsules \$19.95

PAIN

Harmonize the Stomach, soothe pain
and relax muscles.
(TPA) 65 capsules \$19.95

PMS

Harmonize Liver Chi, nourish
Blood; for PMS and mood.
(TPMS) 65 capsules \$19.95

SINUS

Release wind/heat for nasal
and sinus congestion.
(TSI) 65 capsules \$19.95

SLEEP

Calm insomnia, restlessness, anxiety,
dreams, and stress.
(TSL) 65 capsules \$19.95

WOMAN'S WELLNESS

Tonify the Kidney and support
Yin sexual wellness.
(TWW) 65 capsules \$19.95

YANG EXHAUSTION

Replenish Yang energy from long-term
illness; impotence.
(TYANG) 65 capsules \$19.95

YIN EXHAUSTION

Build energy reserves; useful for chemo,
radiation, and long-term AIDS.
(TYIN) 65 capsules \$19.95

Product statements have not been evaluated by the FDA;
these products are not intended to diagnose, treat or
prevent disease. Consult with your healthcare provider
before beginning this, or any other, nutritional program.

Yin / Yang Tonics

FEMININE DESIRE

Warming herbs to enhance and kindle the fire.
(FDCAP) 90 capsules \$24.95

DRAGON MALE

Boost the Yang and stimulate masculine Chi.
(DMCAP) 90 capsules \$24.95
(DMLX) 1 oz. tincture \$19.95



The Nourishers

Dosage: 3-6 capsules per day

ALLERGY

Relief from bothersome allergy symptoms.
(ALLCAP) 90 capsules \$19.95

ARTHRITIS / JOINT

Relief from painful arthritis symptoms.
(AJCAP) 60 capsules \$19.95

CALM-FORT SLEEPING

Calms the spirit; provides rest for the weary.
(CSCAP) 90 capsules \$19.95



COLD / FLU

Supports immunity, promotes recovery.
(CRCAP) 90 capsules \$19.95

DURABONE

Vital bone-strengthening vitamins and minerals.
(DBCAP) 90 capsules \$19.95

EXQUISITE SKIN

Our strongest internal detox for glowing skin.
(ESCAP) 90 capsules \$19.95

PASSAGES PLUS

Wonderful for PMS and menopausal discomfort.
(PPCAP) 90 capsules \$19.95



LIQUID WHOLE FOOD VITAMINS

Highly bio-absorbable liquid whole food vitamin formula made with organic ingredients and personally endorsed by Dr. Mao Shing Ni. A veggie, fruit, vitamin, amino acid, antioxidant and mineral blend containing organic noni juice and organic aloe vera.
(LIQVIT) 32 Fl. Oz. \$39.50

Skin & Beauty



B-SLIM

Reduce appetite, eliminate bloating, control weight safely.
(BSLIM) 180 capsules \$29.95



REGENERATING CREAM

One of our best sellers; a rich emollient plus herbs to support a glowing complexion.
(RC) 2 oz. \$22.95

EXQUISITE SKIN

Detox, cleanse and nourish the skin from within.
(ESCAP) 90 capsules \$19.95



TONIC OIL

Tones the skin and massages away aches and pains; smells great!
(TOLG) - 2 oz. \$12.95
(TOXL) - 8 oz. \$39.95

The Seasonal Teas

All natural non-caffeinated herbal teas

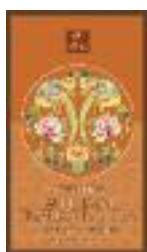


SPRING AWAKENING WOOD ELEMENT

Drink in the springtime or early morning to revive yourself. Useful for fatigue,

indigestion, early morning grogginess, and poor concentration.

SPRTEA (30 tea bags) \$6.95



AUTUMN TONIFYING METAL ELEMENT

Drink in the fall or in the afternoon as a tonifying tea. Strengthens the lungs, soothes

bronchials, relieves coughs. Useful for insomnia, cough, nasal/chest congestion, dry nose and throat, respiratory conditions.

AUTTEA (30 tea bags) \$6.95



SUMMER COOLING FIRE ELEMENT

Drink in the summertime or in the late morning to replenish energy.

Useful for replenishing energy and fluid drained by summer heat.

SUMTEA (30 tea bags) \$6.95



WINTER WARMING WATER ELEMENT

Drink in the winter or in the evening as a warming tea. Expels cold while warming and tonifying the kidneys. Useful for 'chills',

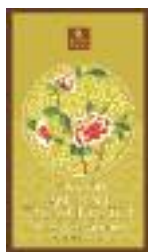
fatigue, soreness or weakness of the lower back, incontinence, weakened sexual and urinary function.

WINTEA (30 tea bags) \$6.95



Teas of the Tao

30 plump little tea bags in each beautiful tea box



ANCIENT TREASURES OUR BEST-SELLER

A fragrant blend of all the herbs in Internal Cleanse, Emotional Tranquility and

Creative Balance teas. The perfect all-around formula to tonify the Chi, nourish the Jing and calm the Shen. ATTEA (30 tea bags) \$6.95



INTERNAL CLEANSE CHI FORMULA

Helps rid the body of harmful chemicals and toxins. Useful for headaches,

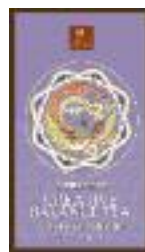
irritability, easing the emotions, abdominal bloating and cramping. ICTEA (30 tea bags) \$6.95



EMOTIONAL TRANQUILITY SHEN FORMULA

Calms the emotions and settles the mind. Excellent for insomnia or

highly-stressed individuals. Does not cause drowsiness. ETTEA (30 tea bags) \$6.95



CREATIVE BALANCE JING FORMULA

Nourishes the body while activating circulation and relieving stagnation. Effective for

general complaints of the reproduction system. Balances the cycles, nourishes the Yin, invigorates blood circulation in males and females. FBTEA (30 tea bags) \$6.95

TAO OF WELLNESS

Healing Center

1131 Wilshire Boulevard, 3rd Floor
Santa Monica, CA 90401
www.taofwellness.com
contact@taofwellness.com
310.917.2200

THE WELLNESS STORE

Resources for Healthy Living

1412 Fourteenth Street
Santa Monica, CA 90404
www.wellnesslivingstore.com
order@taostar.com
310.260.0013

TAO OF WELLNESS PRESS

Books, DVDs, CDs

taostar@taostar.com
800.578.9526

TRADITIONS OF TAO

Herbal Supplements

13315 Washington Boulevard, Suite 200
Los Angeles, CA 90066
www.taofwellness.com
taostar@taostar.com
800.772.0222

INTEGRAL WAY SOCIETY

Taoist Studies

PO Box 2035
Santa Monica, CA 90406
www.integralway.org
info@integralway.org

ACUPUNCTURE.COM

Information on Acupuncture & TCM

www.acupuncture.com
info@acupuncture.com

YO SAN UNIVERSITY OF TCM

Mater's & Doctoral Acupuncture Degrees

13315 Washington Boulevard, 2nd Floor
Los Angeles, CA 90066
www.yosan.edu
admissions@yosan.edu
877.967.2648

YO SAN BOOKSTORE

Books, Herbs, Acupuncture Supplies

13315 Washington Boulevard
Los Angeles, CA 90066
taostar@taostar.com
800.578.9526

CHI HEALTH INSTITUTE

Tai Chi & Chi Gong Instruction,

Teacher Certification

www.chihealth.org
patricia@taostar.com
voicemail 310.577.3031

COLLEGE OF TAO

TCM Distance Learning Courses

Life Coach Training & Certification

www.collegeoftao.org
jenny@taostar.com
800.772.0222



The Path of Constructive Life WORKSHOPS

Facilitated by Dr. Mao Shing Ni and Phillip Christman



Transform Your Life and the Lives of Others

We invite you to attend one of our Path of Constructive Life workshops. In the workshops you will learn about the Five Healths and will test your balance in each of these important life arenas: physical, mental, spiritual, moral and financial. The Five Healths paradigm is based on Hua-Ching Ni and Mao Shing Ni's Integral Way teachings and on their book, *The Path of Constructive Life*.

During the workshops, assessment tools are utilized to determine areas in which you are overly accomplished or under achieving; you will work closely with others in the workshop to seek and find personal balance. You will learn to avoid negative habits and attitudes, you will prepare yourself for the opportunity to provide service to others; you will nurture constructive relationships, live within your financial means and will consider sharing abundance with others.

The results of PCL workshops have been very heartening and in some instances, breakthroughs have been astonishing. Participants have experienced exciting positive personal growth; many have found joy and have been able to set forth on a path toward accomplishing life-long goals. Once empowered, some Path of Constructive Life participants go on to become life coaches and are able to use their personal experience to help others gain clarity and reach their full human potential.

For schedule, registration, pricing, and program details, please contact the College of Tao.

www.collegeoftao.org | e-mail: jenny@taostar.com

800 772 0222



CLEANSING detox retreats

CLEANSING CREATES WELL-BEING

Our body is automatically programmed to cleanse itself daily. However, with our fast-paced modern lifestyle and exposure to an increasing number of harmful and toxic substances, our body's natural cleansing ability has become overworked and compromised.

Many signs and symptoms attributed to stress are now being linked to early signs of exposure to harmful substances such as PCBs, pesticides, herbicides, antibiotics, growth hormones, and mercury in food and liquids as well as dioxins and formaldehyde in the air.

These substances most notably affect the healthy functioning of the liver and immune system. Common symptoms of dysfunction in these systems include:

- Fatigue, anxiety and depression
- Allergies and frequent infections
- Unexplained weight gain and difficulty losing or gaining weight
- Joint pain and muscle weakness
- Difficulty focusing and memory loss
- Indigestion, constipation, diarrhea, gas and/or abdominal bloating
- Skin rashes, skin eruptions and/or acne
- Recurrent yeast/fungal infections
- Rapid aging

Harmful and toxic substances from our chemically-laden food and polluted environment have also become implicated as a leading cause of many serious illnesses such as:

- Cancer
- Degenerative diseases
- Infertility, birth defects and genetic changes

To counter this growing situation, the doctors at Tao of Wellness have developed a Cleansing and Detoxification Program that is unique and highly useful in ridding the body of many harmful and toxic substances.

*"An amazing experience...
I am looking forward to experiencing
the lasting effects over the coming
weeks and months."*

In designing the detox program, the doctors have drawn upon the centuries-old Traditional Chinese Medicine (TCM) principles to solve a modern problem. The detox program combines selected TCM techniques that work together synergistically such as: acupuncture, cupping, herbal medicine, dietary therapy, far-infrared sauna, tuina bodywork and chi gong.

*"The treatments were wonderful.
Each day I felt very refreshed. Definitely
lost some weight and inches..."*

HOW DOES IT WORK?

The Cleansing and Detoxification Program is a three-day retreat at the Tao of Wellness or as a week-long program. The procedures used are designed to stimulate the release of harmful substances stored in the tissues and liver. Once the toxins are released into the circulatory system, it is important to remove them as soon as possible. This is why the chosen treatment modalities are so important.

ACUPUNCTURE

Acupuncture stimulates neurological, immunological, and endocrine responses beneficial to tissue cleansing and cell rejuvenation. It also stimulates the release of endorphins that reduce the pain and discomfort sometimes experienced when detoxifying and withdrawing from addictive substances such as alcohol, caffeine, drugs, nicotine and sugar.

*"I feel an overall openness.
My mental clarity is better and
the foginess has lifted."*

CHINESE HERBAL THERAPY

The proprietary herbal formulations focus on drawing the toxins directly out of the body through increased sweating, urination, and bowel movements. Some of the herbs directly support the filtering function of the liver and assist it in cleansing and promoting cell repair and cell regeneration.



DETOX DIET PROTOCOL

Dietary therapy plays a distinct and essential role in the detox program. The prescribed meal plan includes selected foods that cleanse the liver and intestinal tract and provide key nutrients such as all the vitamins and minerals necessary for optimal health.

FAR-INFRARED SAUNA

The heat and deeper vibratory action of the sauna's far-infrared energy also promotes the release of toxins through increased circulation and through sweating.

The far-infrared sauna differs from the conventional sauna in its ability to penetrate deeply beneath the superficial layers of the skin. Studies show that the infrared light waves help to rid the body of toxins that are stored beyond the superficial layers of the skin. The excreted toxins include: cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. The unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise or a regular sauna.

"I feel refreshed, optimistic, and my knowledge of my body is improved. Though I'm lighter and calmer, I'm more energetic!"

CUPPING

Toxins often accumulate in the connective tissues creating blockages and impeding blood and fluid circulation. The strong suction action of the cupping stimulates blood and lymphatic fluid to flow near the skin's surface and to key areas of the body for easy and direct release of toxins.

"Such a great weekend. The staff were so wonderful, and everything was so well organized. I felt at home here. Thank you for all the great attention."

WHO SHOULD PARTICIPATE?

The Cleansing and Detoxification Retreat is helpful for those wishing to change their habits and adopt a healthier lifestyle. It is effective for people who feel constantly fatigued and for people who are trying to stop smoking, wean off drugs, lose weight, slow aging, prepare for pregnancy or reduce inflammatory conditions.

Many participants have reported significant improvement in their symptoms and conditions after attending a three-day detoxification retreat. *All quotations are testimonials from participants in a Tao of Wellness Cleansing and Detoxification Retreat.*

DAY AND TIME

- Friday — 9:00 am to 6:00 pm
- Saturday — 9:30 am to 6:00 pm
- Sunday — 8:00 am to 2:00 pm

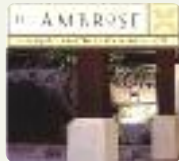
YOUR RETREAT PACKAGE INCLUDES (DAILY):

- Acupuncture—special detox protocol
- Cupping and dry brushing
- Lymphatic tuina bodywork
- Far infrared sauna
- Vegetable juice blend
- Special cleansing vegetable broth
- Catered organic breakfast and lunch
- Take home dinners for Friday, Saturday and Sunday
- Detox herbs and nutritional supplements
- Lectures on diet, nutrition and environmental health
- Tai chi, chi gong and movement classes
- (Once) InfiniChi® healing session

REGISTRATION:

Weekend package: \$1150, Tao of Wellness patients \$1050. Total number of participants limited. *If you are unable to attend, please contact Adriana Rivera at least two weeks prior to the Retreat to avoid a cancellation fee.*

LOCATION: Tao of Wellness, Santa Monica, California



We recommend the calm, beautiful Asian-inspired Ambrose Hotel for your stay in Santa Monica.

AMBROSE HOTEL
1255 20th Street
Santa Monica, CA 90404
310.315.1555
1.877.AMBROSE
www.ambrosehotel.com

CONTACT & INQUIRIES: Adriana Rivera, 310-917-2200, ext. 239 | arivera@taoofwellness.com

REGISTRATION

Please fill out this form and send with your payment to Tao of Wellness or fax to 310-917-2204.
1131 Wilshire Boulevard, Suite 300, Santa Monica, CA 90401

NAME OF PARTICIPANT _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____

PAYMENT: ☐ CHECK Make checks out to TAO OF WELLNESS ☐ CREDIT CARD # _____ EXP. DATE _____ CVV2 CODE _____

ARE YOU A TAO OF WELLNESS PATIENT?

SIGNATURE ☐ YES ☐ NO

Treat yourself to a FACE & BODY REJUVENATION RETREATS

at the TAO OF WELLNESS

Aging may be inevitable but poor health is not. Treating yourself to natural rejuvenation care as well as consistent self-care, you can reap the benefits of a youthful vitality that is ageless. When your life's essence becomes depleted by an unhealthy lifestyle, lack of sleep, environmental factors, stress, and improper nutrition, the first place it shows up is on your face. Tao of Wellness is at the forefront of integrative anti-aging medicine and has developed a unique program that will help bring that healthy glow back to your face and body, from within and without.



COMMON SYMPTOMS OF DEPLETED LIFE ESSENCE INCLUDE:

- Dull, lifeless skin and hair
- Premature skin aging and cellulite
- Low energy and vitality
- Weight gain especially around the waist and hips
- Muscle weakness and bone loss
- Decreased libido and performance, memory loss and poor concentration

WHAT WILL THE FACE AND BODY REJUVENATION RETREAT DO FOR ME?

Beauty starts from within. Spend two days at Tao of Wellness refreshing your spirit and rejuvenating your body and skin. Learn restorative movements and anti-aging nutrition. Experience special revitalizing treatments that will enhance your youthful energy from the inside out. This program is aimed at bringing life back to your appearance!

- Restore confidence and joy
- Support healthy collagen production
- Return moisture and hydration to your skin
- Decrease fine lines and wrinkles
- Reduce puffiness
- Revitalize your whole body inside and out

YOUR FACE & BODY REJUVENATION RETREAT PACKAGE INCLUDES:

- Acupuncture
- Micro-current facial stimulation
- Facial acupressure
- Herbal nutrient mask
- Cupping
- Dry brushing
- Far-infrared sauna
- Special super-mineral vegetable broth
- Three catered organic meals each day
- Workshops on: Anti-aging diet and nutrition; Transforming stress into vitality; and Chi gong and facial self-massage
- A rejuvenating herbal formula and nutritional supplements

DAYS AND TIMES:

Saturday – 9:00 a.m. to 5:30 p.m.
Sunday – 9:30 a.m. to 6:00 p.m.

COST: \$850

REGISTRATION & INFORMATION including additional retreats and accommodations: Adriana Rivera, 310-917-2200. Limited space available, so please sign up early!

1131 Wilshire Boulevard, Suite 300 | Santa Monica, CA | 90401 | contact@taoofwellness.com | 310-917-2200 | www.taoofwellness.com

REGISTRATION FORM

Please fill out form with credit card information, or enclose check, and mail to Tao of Wellness at the address above.
The form with credit card information can be faxed to 310-917-2204.

NAME OF PARTICIPANT _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____

PAYMENT: ☐ CHECK Make checks out to
TAO OF WELLNESS ☐ CREDIT CARD # _____ EXPIRATION DATE _____

SIGNATURE _____ ARE YOU A TAO OF WELLNESS PATIENT? ☐ YES ☐ NO

To addressee or current resident

FABULOUS LIQUID VITAMINS



LIQVIT 32 FL. OZ. \$39.95

TO ORDER: www.taostar.com
order@taostar.com
800-772-0222

An easily-absorbed liquid nutrient, personally selected by Dr. Mao. Tastes great; perfect for kids and adults.

■ **HIGH BIOAVAILABILITY**

We begin with liquid so there is nothing to break down.

■ **LIGHT FRUIT FLAVOR**

Neither too green nor too sweet with a light fruity taste of organic raspberry and cranberry, plus certified organic agave nectar and organic stevia. There is no sugar or added fructose.

■ **WHOLE-FOOD ANTIOXIDANTS**

LIQUID WHOLE FOODS VITAMINS include a veggie antioxidant blend of broccoli, broccoli sprouts, tomatoes, carrots, spinach, kale, onions and Brussels sprouts. It also contains a fruit and berry antioxidant blend with organic noni, açai, goji, mangosteen, organic pomegranate, aronia berry, grape, grapeseed, wild blueberry, raspberry, raspberry seed, cranberry, prune, tart cherry, wild bilberry and strawberry.

■ **CHROMIUM PICOLINATE**

essential for a healthy metabolism.

■ **ORGANIC ALOE VERA**

top-of-the-line aloe vera guaranteed to retain biological activity.

■ **ESSENTIAL VITAMINS**

important vitamins including A, B vitamins, C, D and E.

■ **TRACE MINERAL COMPLEX**

ionically charged trace minerals in a low-sodium formulation.

■ **AMINO ACIDS**

a natural amino acids blend, the "building blocks" of the body.

■ **MSM**

a naturally occurring sulfur compound that supports healthy, active lifestyles.

■ **SELENIUM**

a high-powered antioxidant to help neutralize 'free radicals'.