

tao of wellness santa monica

The Tao of Wellness Santa Monica: Finding Your Inner Peace in the City of Angels

Are you feeling overwhelmed by the hustle and bustle of Santa Monica? Longing for a sanctuary where you can reconnect with yourself and find your inner peace? Then you've come to the right place. This comprehensive guide delves into the vibrant wellness scene in Santa Monica, exploring what makes the "Tao of Wellness" so unique in this sunny coastal city. We'll uncover hidden gems, explore diverse practices, and ultimately, help you discover your own path to well-being amidst the California sunshine. Get ready to embark on a journey of self-discovery and relaxation – your Santa Monica wellness adventure starts now!

Understanding the Tao of Wellness in a Modern Context

The Tao, a fundamental concept in Taoism, emphasizes living in harmony with the natural world and finding balance within oneself. Applying this philosophy to wellness means seeking a holistic approach, incorporating mental, physical, and spiritual well-being. In Santa Monica, this translates into a diverse range of practices, from ancient traditions to cutting-edge therapies. It's about finding what resonates with you and integrating it into your daily life, whether that's through mindful movement, nourishing food, or deep meditation. Forget the quick fixes; the Tao of Wellness in Santa Monica is about sustainable, long-term well-being.

Top Santa Monica Destinations for Holistic Wellness

Santa Monica isn't just about beaches and sunsets; it's a hub for innovative wellness experiences. Let's explore some of the best places to discover your own Tao:

Yoga Studios:

Santa Monica boasts a plethora of yoga studios, each with its own unique style and approach. From hot yoga to restorative yoga, vinyasa flow to yin, you'll find a studio catering to all levels and preferences. Look for studios emphasizing mindful movement and connection to breath, truly embodying the Taoist principle of harmony. Research studios that offer workshops on meditation or breathwork to deepen your practice.

Meditation Centers and Retreats:

Finding quiet moments for reflection is crucial in today's fast-paced world. Several meditation centers in Santa Monica offer guided meditations, mindfulness classes, and even retreats for deeper immersion. Look for centers that offer a variety of meditation techniques, from traditional Buddhist practices to modern mindfulness approaches, allowing you to discover what resonates best with your personal journey.

Acupuncture and Traditional Chinese Medicine (TCM):

TCM practices, deeply rooted in Taoist philosophy, offer a holistic approach to health and wellness. Many practitioners in Santa Monica integrate acupuncture, herbal remedies, and other TCM techniques to address imbalances and promote overall well-being. These therapies aim to restore the flow of Qi (vital energy) throughout the body, aligning with the Tao's emphasis on balance.

Healthy Eating Establishments:

Fueling your body with nourishing, wholesome food is fundamental to the Tao of Wellness. Santa Monica offers a wealth of restaurants and cafes dedicated to organic, plant-based, and locally sourced cuisine. Explore the vibrant farmers' markets for fresh, seasonal produce and support businesses committed to sustainable and ethical food practices.

Nature and Outdoor Activities:

Santa Monica's stunning natural environment offers unparalleled opportunities for connecting with nature. A walk along the beach, a hike in the Santa Monica Mountains, or simply relaxing in Palisades Park can be incredibly restorative. Engage your senses, breathe in the fresh ocean air, and allow the natural world to soothe your soul.

Integrating the Tao of Wellness into Your Daily Life

The Tao of Wellness isn't just about occasional visits to a spa or yoga class; it's about integrating these principles into your everyday life. Here are some practical tips to help you cultivate a more balanced and harmonious existence:

Mindful Eating: Pay attention to your food, savor each bite, and appreciate the nourishment it provides.

Deep Breathing Exercises: Incorporate regular deep breathing into your day to calm your nervous system and reduce stress.

Movement and Exercise: Find an activity you enjoy and move your body regularly.

Nature Connection: Spend time in nature, appreciating its beauty and restorative power.

Mindfulness Practices: Incorporate mindfulness into daily activities, such as washing dishes or walking.

Setting Boundaries: Learn to say no to commitments that drain your energy.

Prioritizing Sleep: Aim for 7-8 hours of quality sleep each night.

Finding Your Personal Path to Wellness in Santa Monica

The beauty of the Tao of Wellness lies in its personalized approach. What works for one person might not work for another. Explore the diverse offerings in Santa Monica, experiment with different practices, and listen to your body's wisdom. Be patient and compassionate with yourself, and celebrate every step you take on your journey towards a more balanced and fulfilling life. The path to wellness is unique to each individual; your journey in Santa Monica is your own to discover. Embrace the process and enjoy the ride!

Conclusion

The Tao of Wellness in Santa Monica offers a unique opportunity to connect with yourself and the world around you. By embracing the principles of balance, harmony, and mindful living, you can cultivate a deeper sense of well-being amidst the vibrant energy of this coastal city. Start your journey today – your path to inner peace awaits.

FAQs:

1. What is the best time of year to visit Santa Monica for wellness retreats? Spring and fall offer pleasant temperatures, making them ideal for outdoor activities and enjoying the coastal scenery.
1. Are there affordable wellness options in Santa Monica? Yes, many yoga studios and meditation centers offer drop-in classes at various price points. Exploring free activities like hiking and beach walks also provides a budget-friendly way to connect with nature.
1. How can I find a qualified wellness practitioner in Santa Monica? Research online reviews, check professional certifications, and consider seeking recommendations from friends or your doctor.
1. What if I have limited time in Santa Monica? Even a short visit can be beneficial. Focus on one or two activities that resonate most with you, such as a yoga class or a meditation session, to experience the essence of the Tao of Wellness.
1. Is the Tao of Wellness only for experienced practitioners? Absolutely not! The Tao of Wellness is for everyone. Regardless of your experience level, you can benefit from incorporating mindful practices and focusing on your overall well-being.

tao of wellness santa monica: Secrets of Longevity Maoshing Ni, 2006-05-04 Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he's known to his patients) knows the answers—and they're surprisingly simple and powerful. It's amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke

and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you'd like to address. Marrying wisdom from the East with the latest scientific advances from the West, *Secrets of Longevity* puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

tao of wellness santa monica: Second Spring Maoshing Ni, 2009-04-07 "Dr. Mao's brilliant book *Second Spring* shows women how to restore their power by revitalizing their health with his amazing natural secrets and age-old wisdom." —Arianna Huffington Bestselling author of *The Secrets of Longevity*, Chinese medicine expert Dr. Mao completely reenvisioned the mind-body changes of perimenopause and menopause for women age thirty-five and up, using completely natural treatments. The Chinese refer to a woman's midlife transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health—and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao—Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity*—offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. *Second Spring*, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

tao of wellness santa monica: Dr. Mao's Secrets of Longevity Cookbook Maoshing Ni, 2013-01-01 The international bestselling author of *Secrets of Longevity* shares seventy-five simple and delicious recipes for living a healthier, happier, and longer life. A thirty-eighth generation practitioner of Chinese medicine, Dr. Mao has helped countless patients and readers bolster their health and increase their longevity. Now he builds on the advice shared in his previous books with this collection of kitchen-friendly, palate-pleasing recipes designed to enhance wellness in a variety of ways. Each recipe specifies its healthful benefits, whether it increases metabolism or reduces inflammation, fights high cholesterol or aids detoxification. Recipes include Honey-Glazed Masala Chicken with Apricots, Immune Boost Borscht with Porcini Mushrooms, and Spicy Tri-color Pepper Beef with Himalayan Gojiberry. Dr. Mao also shares his signature Anti-Aging Brain Mix and Brain Tonic. A simple list of life-extending foods is also included, along with a list of in-season bounty and a handy health glossary.

tao of wellness santa monica: *The Tao of Nutrition* Maoshing Ni, Cathy McNease, 2009 The *Tao of Nutrition* provides information on making every meal therapeutic, teaching you how to make appropriate food choices for your ailments, your constitution, and the season of the year. This ancient knowledge from China provides guidance for the seasoned practitioner, as well as the new student of healthy living. By balancing your energies, the body heals itself. Balance is the key to health.

tao of wellness santa monica: Dr. Mao's Harmony Tai Chi Dr. Maoshing Ni, 2006-09-21 Following the success of *Secrets of Longevity* Dr. Maoshing Ni brings us *Harmony Tai Chi*. In this easy-to-navigate book, Dr. Mao draws on his years of experience as a tai chi master to present an exercise program that is a celebration of life itself. More than a standard guidebook, Dr. Mao's *Harmony Tai Chi* focuses on awakening the spirit while strengthening the body. Ideal for both beginners and those looking to deepen their tai chi practice, Dr. Mao's *Harmony Tai Chi* fully outlines the 18 foundation exercises. Illustrations show how to execute the forms, and the concealed

Wire-O binding makes it easy to lay the book flat while following the movements. Dr. Mao provides pointers on correct execution and enlightening counsel on how to integrate this gentle exercise into even the most demanding schedule.

tao of wellness santa monica: The Divine Farmer's Materia Medica Shou-zhong Yang, 1998

tao of wellness santa monica: *Sitting Moon* Daoshing Ni, Jessica Chen, 2010 *Sitting Moon* provides women with information on how to prepare for a new child and how to have a healthy postpartum period. The book includes information on nutrition, especially Chinese nutrition, what physical changes a new mother might expect, common ailments and how to help heal them, qi gong, acupressure, meditation, and exercise. Also includes recipes for the first four weeks after birth and meal plans.

tao of wellness santa monica: *The Five Healths for a New Humanity* Hua-Ching Ni, Mao Shing Ni, 2013 This motivational book outlines the spiritual foundation of the five healths: physical health, mental health, spiritual health, moral health, and financial health.

tao of wellness santa monica: *The Tao of Fertility* Daoshing Ni, Dana Herko, 2009-10-13 An esteemed doctor who has helped countless women achieve their dream of having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. The Tao of Fertility is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, The Tao of Fertility includes: A questionnaire assessing fertility potential A 28-day fertility enhancement program Simple meditations and acupressure points to improve reproductive circulation and relaxation Guidelines for mapping your fertility using Chinese methods of diagnosis Information on how herbs and acupuncture can increase fertility Eating plans for pregnancy, postpartum, and while breast-feeding. and much more Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

tao of wellness santa monica: *Qi Gong for Total Wellness* Baolin Wu, Jessica Eckstein, 2006-09-05 *Qi Gong for Well-Being* is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

tao of wellness santa monica: The Yellow Emperor's Classic of Medicine Maoshing Ni, 1995-05-10 The *Neijing* is one of the most important classics of Taoism, as well as the highest authority on traditional Chinese medicine. Its authorship is attributed to the great Huang Di, the Yellow Emperor, who reigned during the third millennium BCE. This new translation consists of the eighty-one chapters of the section of the *Neijing* known as the *Suwen*, or Questions of Organic and Fundamental Nature. (The other section, called the *Lingshu*, is a technical book on acupuncture and is not included here.) Written in the form of a discourse between Huang Di and his ministers, The Yellow Emperor's Classic of Medicine contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology. All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life. The original text of the *Neijing* presents broad concepts and is often brief with details. The translator's elucidations and interpretations, incorporated into the translation, help not only to clarify the meaning of the text but also to make it a highly readable narrative for students—as well as for everyone curious about the underlying principles of Chinese medicine.

tao of wellness santa monica: Chinese Herbology Made Easy Maoshing Ni, 2003 'Chinese Herbology Made Easy' is used as a textbook at Yo San University of Traditional Chinese Medicine for its beginning herbology coursework. It not only classifies each herb by its action and effect, it also includes an overview of Oriental medicine theory, an index of herbs categorized by pharmaceutical name and pinyin, and contains a complete bibliography. In addition to over 300 black & white photographs of Chinese herbs, there is an in-depth introduction to each herbal category. 'Chinese Herbology Made Easy' is a perfect overview for beginners in the fascinating study of Chinese herbology.

tao of wellness santa monica: Secrets of Self-Healing Maoshing Ni, 2008 East meets West in this extraordinary guide to natural healing by a prominent doctor of Chinese medicine and the author of Secrets of Longevity. Dr. Mao's philosophy is simple: We all have a built-in healing ability, so why not try to activate it with natural means before we resort to drugs and invasive procedures? For the common cold, why not exploit the power of garlic, ginger, and the herb astragalus instead of taking cold medicine that simply replaces symptoms with side effects? For insomnia, why not try to find a long-term solution through acupuncture or feng shui instead of popping sleeping pills, which don't treat the source of the problem? Chinese medicine sees well-being as a result of a balanced life, not just a healthy body. In Part One of Secrets of Self-Healing, Dr. Mao explains that healing food and herbs, exercise, a positive emotional life, a suitable living environment, and spiritual growth are all essential to vitality and lasting health. Using examples of his own patients' experiences, he demonstrates: - How negative emotions can make us ill - How clutter in our homes can create imbalances in our bodies - How Eastern and Western medicine can work together to fight cancer Then, in Part Two, he reveals detailed home remedies for seventy common ailments, such as sore throat, allergies, high blood pressure, sunburn, insomnia, memory loss, and jet lag. Inspirational yet practical, Secrets of Self-Healing will put readers on the path to a balanced and healthy life.

tao of wellness santa monica: Live Your Ultimate Life Mao Shing Ni, 2016-01-26 Dr. Mao Shing Ni, doctor of acupuncture and Chinese medicine, reveals how to cultivate the qualities of your Five Element Personality through simple steps and shares empowering true-life examples to help you harness your inner strengths to manifest your ultimate life.

tao of wellness santa monica: Chris Shelton's Easy Guide to Fix Neck and Back Pain Chris Shelton, 2024-09-24 Back pain is no joke. If you've ever had a serious back injury, you know that simple things like tying your shoes, standing up straight, and even being able to take a deep breath can become major tasks. And you're not alone. Up to a hundred million Americans suffer and spend approximately \$86 billion each year trying to fix back issues. Western medicine believes that back pain comes from age, prolonged sitting, your occupation, being overweight, and even diabetes. But after working with thousands of clients, international Qigong expert Chris Shelton tells a different story. In Chris Shelton's Easy Guide To Fix Neck and Back Pain, Shelton lays out step-by-step how to get immediate relief on your own, without painful, invasive, and expensive surgeries, and provides crucial lifestyle adjustments that can help prevent your back pain from sneaking up again in the future. Grounded in the five-thousand-year-old Chinese principles of Qigong, a time-tested body-mind exercise and self-healing system, Shelton guides you through exercises, stretches, cupping, breathing, and visualization techniques to put the power back into your hands to heal acute and chronic neck and back pain. This straightforward integrative approach, with instructive photographs and illustrations, will liberate you from pain to live the life you were meant to live.

tao of wellness santa monica: Alternative Cures Bill Gottlieb, 2008-08-26 When your health is at risk, you want to consider every option. In Alternative Cures, three hundred of America's top doctors and natural healers-herbalists, nutritionists, homeopaths, and naturopaths-share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover • a nutrient that blocks the side effects of arthritis drugs • a two-nutrient combo that can help cure chronic fatigue • an herbal "cocktail" that stops common flu symptoms in twenty-four hours • an amino acid that works as well as Viagra • a group of remedies that rein in high blood pressure • a

natural hormone cream that rebuilds bones • a home remedy that stops sugar cravings immediately
Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points—along with guidance on when to seek a professional. *Alternative Cures* provides not only health advice but peace of mind. “A valuable resource of alternative and integrated medicines.”
—Elson M. Haas, M.D., author of *The False Fat Diet*

tao of wellness santa monica: *Taoism For Dummies* Jonathan Herman, 2013-05-30 The definitive guide to understanding Taoism—no matter your background or faith Lao Tzu's *Tao Te Ching* is the second most translated book in the world, and the practice of religious Taoism is on the rise in China, where adherents currently number in the hundreds of millions. Yet there remains a remarkable lack of reliable information about Taoism for curious westerners. *Taoism For Dummies* provides comprehensive coverage of Taoism's origins in China's Chou Dynasty, its underlying quietist principles, its emergence as a major religion, various interpretation of its core texts, including both Eastern and Western interpretations, key Taoist concepts, and much more. It also provides a fascinating glimpse of Taoism in contemporary China. The ideal guide for readers interested in this influential religion, as well as those taking an introductory course on Taoism or Chinese Religion A valuable source of insight for those with an interest in modern Chinese culture and beliefs

tao of wellness santa monica: *Live Long, Live Strong: An Integrative Approach to Cancer Care and PREVENTION* Dr. Mao Shing Ni, Frances Lam, 2019-11-22 A must-read book for anyone who is going through cancer treatment and the people who care about them, as well as cancer survivors and those who are interested in living a long life without cancer. It has been said that “aging is a major carcinogen!” Why is aging such a threat to you getting cancer? It’s pretty simple—the longer you live, the more errors your genes accumulate from infections and environmental carcinogens as well as a decline in your cancer-fighting immunity and frequent stress response. Over time, these mutations are duplicated repeatedly as your cells divide and it’s easy to see how it can eventually lead to cancer. If you desire to prevent cancer in your lifetime or perhaps you are currently battling cancer, you must start working on your healthy-aging program today. In *Live Long, Live Strong: An Integrative Approach to Cancer Care and Prevention*, Dr. Mao shares his 30 plus years of experience in integrative oncology—working collaboratively with oncologists and thousands of cancer patients. Now in this groundbreaking book, with his associate Frances Lam, L.Ac. at the Tao of Wellness, they provide an overview of the latest information on the causes and mechanism behind cancer, current diagnostics as well as cutting edge treatments in conventional oncology and the collaborative model of care between Eastern and Western medicine. The authors present evidence-based treatment modalities, including acupuncture and Chinese herbal medicine, diet and nutrition, mind-body practice of qi gong and meditation that have been used effectively to reduce side effects of chemotherapy and radiation, boost energy and vitality, and restore healthy functions in patients’ immune system. Equally important, the book reveals preventive steps everyone can take to lower his or her lifetime cancer risks as well as decrease recurrence rate for cancer survivors. In addition, they share stories of some of their patients’ cancer journey in the hopes of inspiring the most important healing power within—the human spirit!

tao of wellness santa monica: *Healthy, Sexy, Happy* Nancy Deville, 2011 We are living longer, but our quality of life isn't necessarily any better. With equal measure of easy-to-read physiology, wit, and practicality, this book veers away from unhealthy conventional dietary and lifestyle wisdom and shows how to unite the mind, body, and spirit for long-term vitality. Derived from her extensive research for her book *Death By Supermarket*, Nancy Deville provides a series of straightforward, no-nonsense guidelines that shows readers how to take control of their health. This comprehensive program addresses topics such as accelerated ageing and how to avoid it, how to properly care for and nourish the brain, managing insomnia, practising self-compassion, and the appropriate exercise levels for all ages. Whether a twenty-year-old who can't get out of bed without four cups of coffee and a cigarette, a depressed thirty-five-year-old with no sex drive, or someone free-falling into old age, this book shows readers how to redefine their sense of well-being in a toxic world.

tao of wellness santa monica: Brain-Gut Interactions Yvette Tache, David L. Wingate, 1991-02-22 Brain-Gut Interactions serves as a reference source and stimulus for expanded research efforts aimed at unravelling the pathophysiology of brain-gut interactions. Within the general framework of brain-gut interactions, it covers the various areas in which this growing interdisciplinary field has evolved. Topics discussed in this volume include the topography and morphology of afferent and efferent connections between the gut and the medulla and hypothalamic nuclei, the role of afferent and efferent pathways in the regulation of gastrointestinal function, the brain's regulation of gastrointestinal secretory and motor function, and the function of peripheral and central cholecystokinin in the mechanisms of satiety. The final section of this book focuses on topics such as stress, emesis, visceral pain, and brain-related disorders of the intestine based on experimental and clinical data. Students and investigators working with brain-gut interactions, gastroenterologists, psychologists, and psychiatrists will find this book to be an essential reference resource.

tao of wellness santa monica: How to Heal Hashimoto's Marc Ryan, L.Ac., 2017-06-20 Here's the simple truth about Hashimoto's: It's way more than a thyroid problem. And even though it's an autoimmune disease, it's also way more than an immune system problem. Over time, it progressively becomes a body-wide disorder. Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss, and constipation. But what many people don't seem to understand is that many Hashimoto's patients also have anxiety and depression, acid reflux, blood sugar imbalances like hypoglycemia and insulin resistance, intestinal permeability, anemia, food intolerances, and much more. This is not coincidence. It is all caused by repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body. How to Heal Hashimoto's offers a practical, easy-to-follow approach that treats the whole body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentum —thereby allowing the body to return to balance. Get ready to take charge of your health and reclaim your life!

tao of wellness santa monica: Making Babies Jill Blakeway, Sami S. David, 2009-08-12 Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying fertility types, they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

tao of wellness santa monica: Rainforest Medicine Jonathon Miller Weisberger, 2013-09-17 Chronicling the practices, legends, and wisdom of the vanishing traditions of the upper Amazon, this book reveals the area's indigenous peoples' approach to living in harmony with the natural world. Rainforest Medicine features in-depth essays on plant-based medicine and indigenous science from four distinct Amazonian societies: deep forest and urban, lowland rainforest and mountain. The book is illustrated with unique botanical and cultural drawings by Secoya elder and traditional healer Agustin Payaguaje and horticulturalist Thomas Y. Wang as well as by the author himself. Payaguaje shares his sincere imaginal view into the spiritual life of the Secoya; plates of petroglyphs from the sacred valley of Cotundo relate to an ancient language, and other illustrations show traditional Secoya ayahuasca symbols and indigenous origin myths. Two color sections showcase photos of the plants and people of the region, and include plates of previously unpublished full-color paintings by Pablo Cesar Amaringo (1938-2009), an acclaimed Peruvian artist renowned for his intricate, colorful depictions of his visions from drinking the entheogenic plant brew, ayahuasca (vine of the soul in

Quechua languages). Today the once-dense mysterious rainforest realms are under assault as the indiscriminate colonial frontier of resource extraction moves across the region; as the forest disappears, the traditional human legacy of sustainable utilization of this rich ecosystem is also being buried under modern realities. With over 20 years experience of ground-level environmental and cultural conservation, author Jonathon Miller Weisberger's commitment to preserving the fascinating, unfathomably precious relics of the indigenous legacy shines through. Chief among these treasures is the shimmering golden plant-medicine science of ayahuasca or yajé, a rainforest vine that was popularized in the 1950s by Western travelers such as William Burroughs and Alan Ginsberg. It has been sampled, reviled, and celebrated by outsiders ever since. Currently sought after by many in the industrialized West for its powerful psychotropic and life-transforming effects, this sacred brew is often imbibed by visitors to the upper Amazon and curious seekers in faraway venues, sometimes with little to no working knowledge of its principles and precepts. Perceiving that there is an evident need for in-depth information on ayahuasca if it is to be used beyond its traditional context for healing and spiritual illumination in the future, Miller Weisberger focuses on the fundamental knowledge and practices that guide the use of ayahuasca in indigenous cultures. Weaving first-person narrative with anthropological and ethnobotanical information, *Rainforest Medicine* aims to preserve both the record and ongoing reality of ayahuasca's unique tradition and, of course, the priceless forest that gave birth to these sacred vines. Featuring words from Amazonian shamans--the living torchbearers of these sophisticated spiritual practices--the book stands as testimony to this sacred plant medicine's power in shaping and healing individuals, communities, and nature alike.

tao of wellness santa monica: Chi Nei Tsang Mantak Chia, 2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

tao of wellness santa monica: The Healthy Bones Nutrition Plan and Cookbook Laura Kelly, Helen Bryman Kelly, 2016 Calcium helps build strong bones, but it's a myth that taking a daily calcium supplement will enable you to avoid potentially debilitating bone loss. Building bone requires a full complement of minerals and vitamins that too often are lacking in a woman's--or man's--diet in the quantity and combination required to prevent and treat osteoporosis. In this book, Dr. Laura Kelly and Helen Bryman Kelly provide scientifically sound guidance on how to monitor your nutrient intake and cook right for bone health to avoid deficiencies of the key players in bone metabolism--including calcium, magnesium, Vitamin D, and Vitamin K2--and, in many cases, to avoid the use of osteoporosis drugs. Follow their instructions for creating your own personal nutrition plan and enjoy delicious bone-healthy meals from a selection of more than 100 recipes ranging from sauces and small plates to soups, salads, main dishes, and more,--page [4] of cover.

tao of wellness santa monica: The Handbook of Stress and Health Cary Cooper, James

Campbell Quick, 2017-02-07 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being. Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish. Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work.

tao of wellness santa monica: Official Gazette of the United States Patent and Trademark Office, 2002

tao of wellness santa monica: Aging in America Lawrence R. Samuel, 2017-03 Aging in America traces the story of aging over the course of the last half century, demonstrating our culture's negative attitudes toward a natural and inevitable human process and offering a deep understanding of the subject's past in order to help anticipate its future.

tao of wellness santa monica: Yoga Sequencing Mark Stephens, 2012-09-18 The yoga teacher's guide to planning and sequencing yoga classes—with over 2,000 instructional photos and 67 yoga pose sequences for students of all skill levels. Also features additional resources, including yoga class planning worksheets, comprehensive glossaries, and much more! Addressing one of the most popular topics in the yoga profession, this book offers 67 model sequences of yoga poses (asanas) that cover the broad range of yoga student experience. Inside, established and aspiring yoga teachers will find:

- Over 2,000 instructional photos and guide to over 150 yoga asanas
- Multiple sequences for beginning, intermediate, and advanced students
- Yoga sequences for kids, teens, seniors, and women across their life cycle
- Yoga classes designed for relieving depression and anxiety
- Sequences for each of the major chakras and ayurvedic constitutions
- Guidance for teaching breathing (pranayama) and meditation techniques
- Glossary of terms and alphabetical asana index with thumbnail photographs
- Yoga class planning worksheets
- Representative sequences from several popular styles of hatha yoga
- And many more resources for further reading!

Drawing on ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology, *Yoga Sequencing* is the ultimate guide teachers looking to bring the transformative power of yoga into their practice and classes.

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with resilience is more than just bouncing back; it is about shifting our perceptions, changing our responses, and growing from them. Combining proven science, unique exercises, and insights from real-life experience, *21 Days to Resilience* lays the foundation for happiness and shows you how to build your strength to carry you through the rest of your life.

tao of wellness santa monica: *Promoting Human Wellness* Margaret Schneider Jamner, Daniel Stokols, 2000 This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary--not disease-driven. It synthesizes perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning, implementation, and evaluation. — Lené Levy-Storms, University of California, Los Angeles, Department of Medicine/Geriatrics [This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning. —Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics

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illuminating discussions of the basic principles of Chinese medicine, as well as food remedy recipes, diagrams, glossaries of medical terms and herbs, resource listings, and much more to help you tailor an integrative health regimen that is right for you.

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