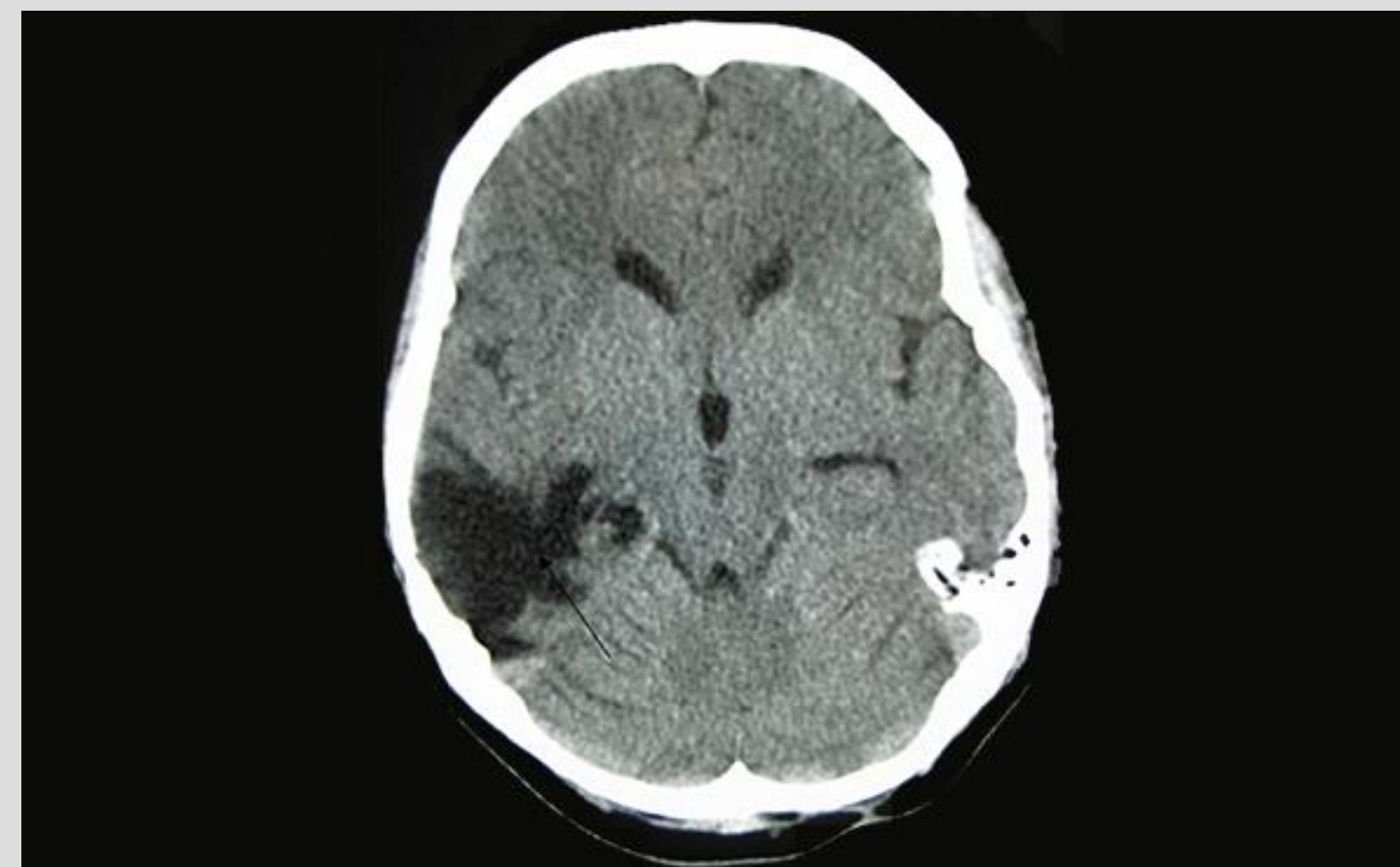


Chinese Medicine for Mind and Body Wellness



Yo San University
of Traditional Chinese Medicine

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From Wheelchair



to Martial Arts



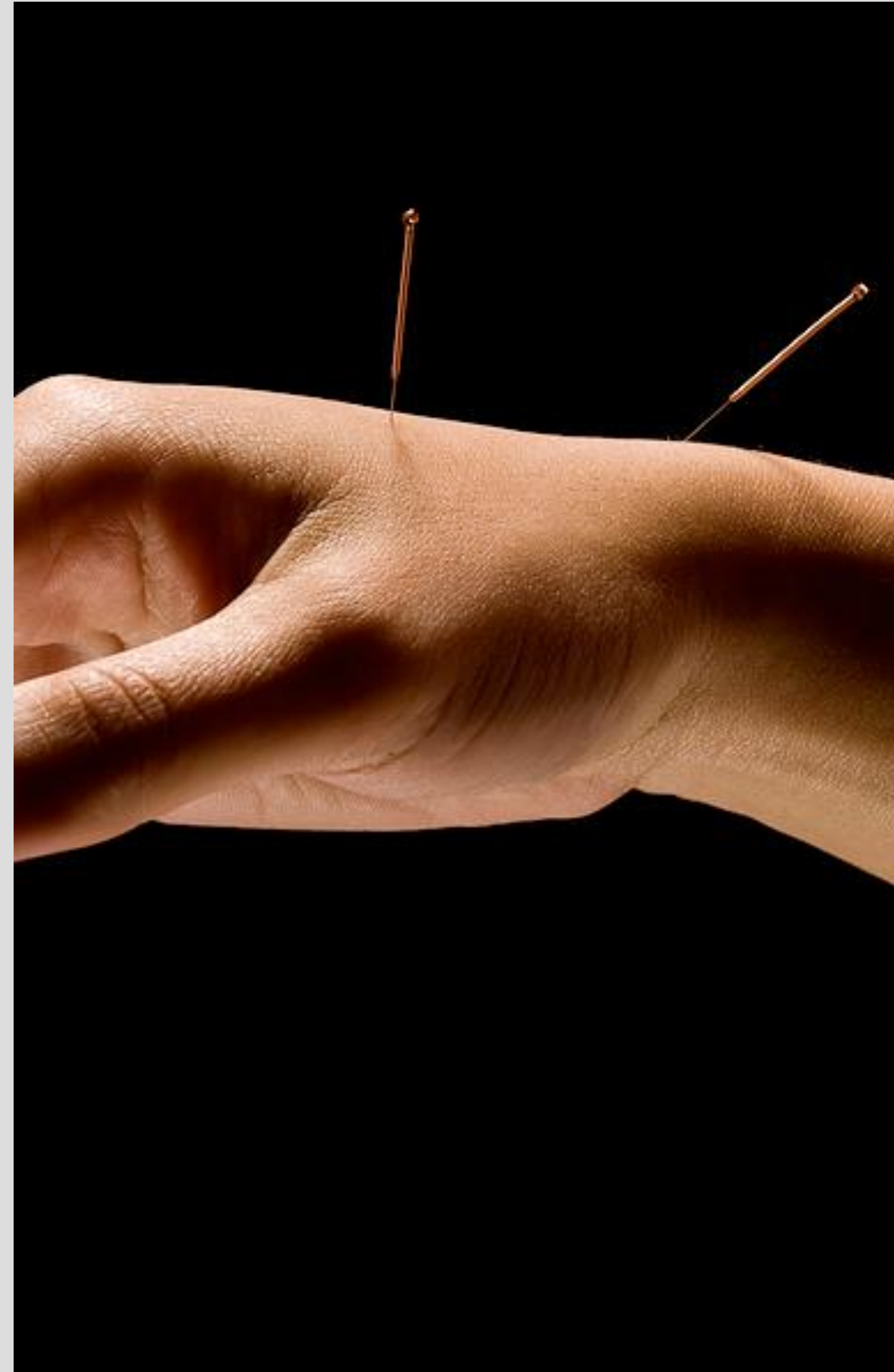
From Traumatic Brain Damage



To Medical School

My Personal Journey Back to Health

Acupuncture





Chinese Medicine

氣

Tai Chi | Qi Gong | Meditation

功



Chinese Nutrition— Food as Medicine

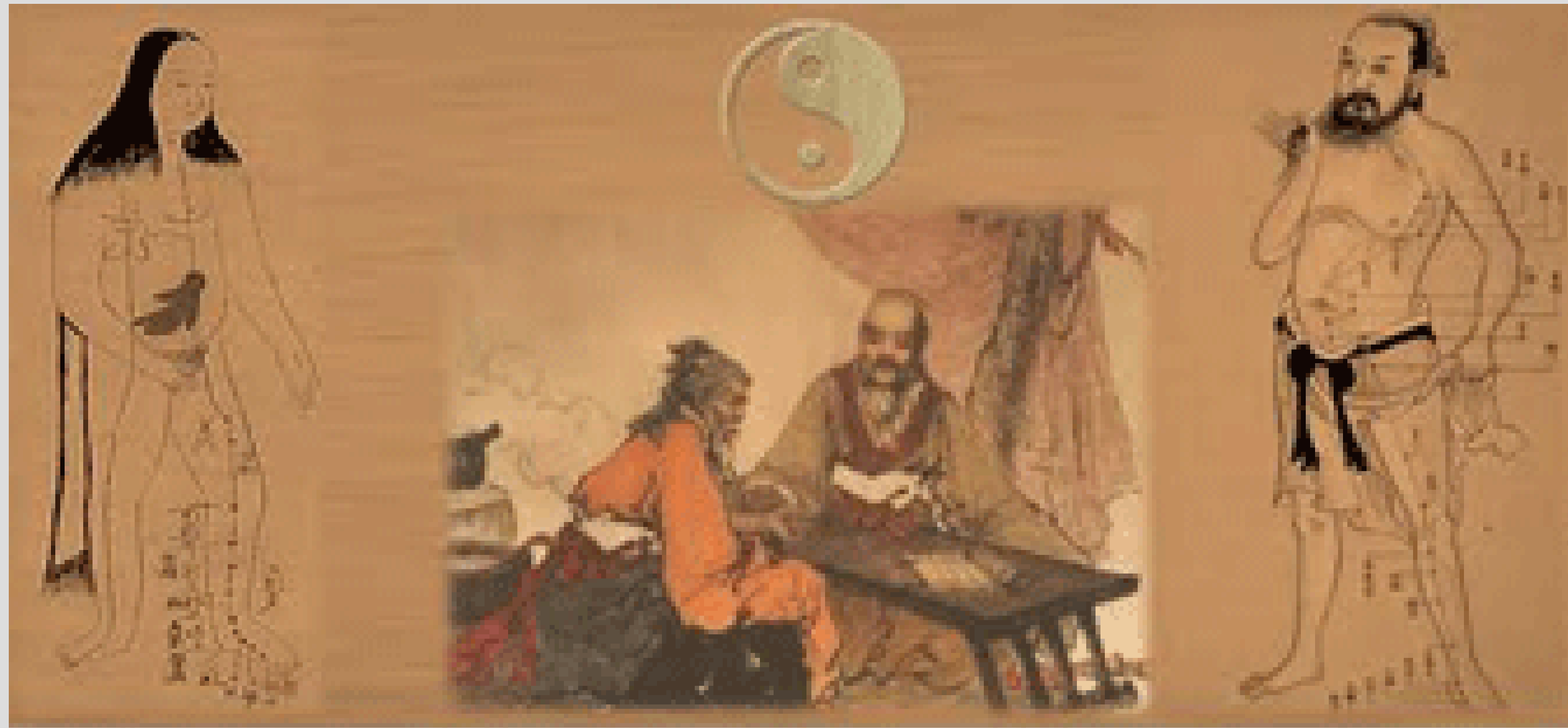


The Problems with Current Healthcare

- Mind & Body Viewed & Treated Separately

Intervention & Side Effect Prone

Lack of Patient Education & Empowerment



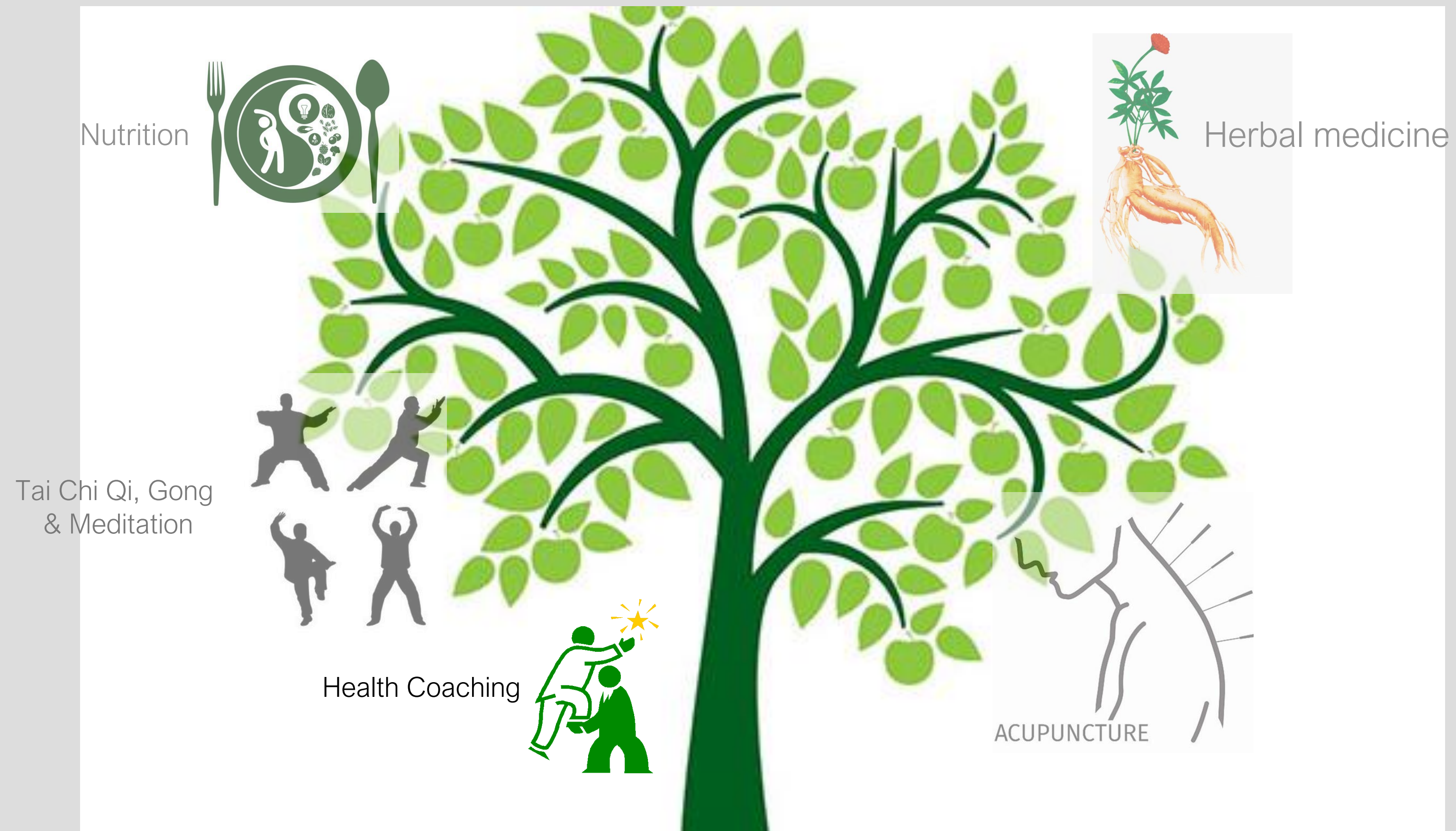
Chinese Medicine

Documented 3,000 Years of Continuous Use

- Mind & Body are Inseparable and Must be Treated Together

Restore Balance & Assist Healing
Capability with Natural Modalities

Educate & Empower Patient in Diet,
Exercise, Lifestyle & Wellness



Five Branches of Chinese Medicine

Nutrition | Herbal Medicine | Acupuncture
Health Coaching | Tai Chi, Qi Gong & Meditation

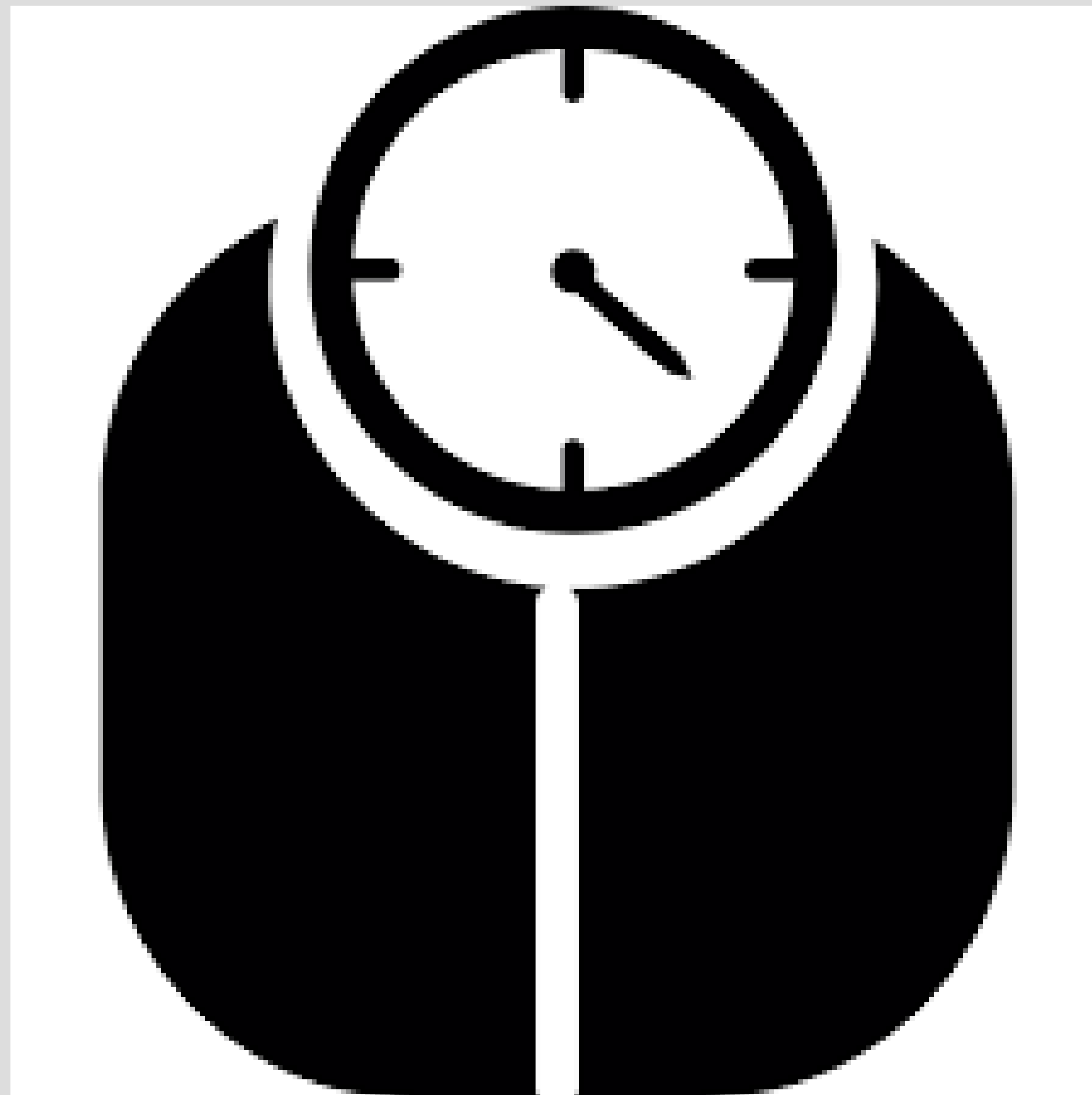
Chinese Medicine Looks at the Whole Person When it Comes to Healthcare

Health Challenges for Peri-Menopause & Menopause



Helene's Story









Helene came to see me—
She was visibly distraught
and angry...

- I knew she was in crisis...
- Like the 67 million women in the U.S. alone who have gone through Menopause by 2017
- One million more each year thereafter



She was ready for her *Second Spring*



Anxiety Diabetes
Menopause
Hypertension Disorder
Type Insomnia
Fibromyalgia
Osteoporosis
Depression
Hypothyroidism
Hypercholesterolemia
Obesity

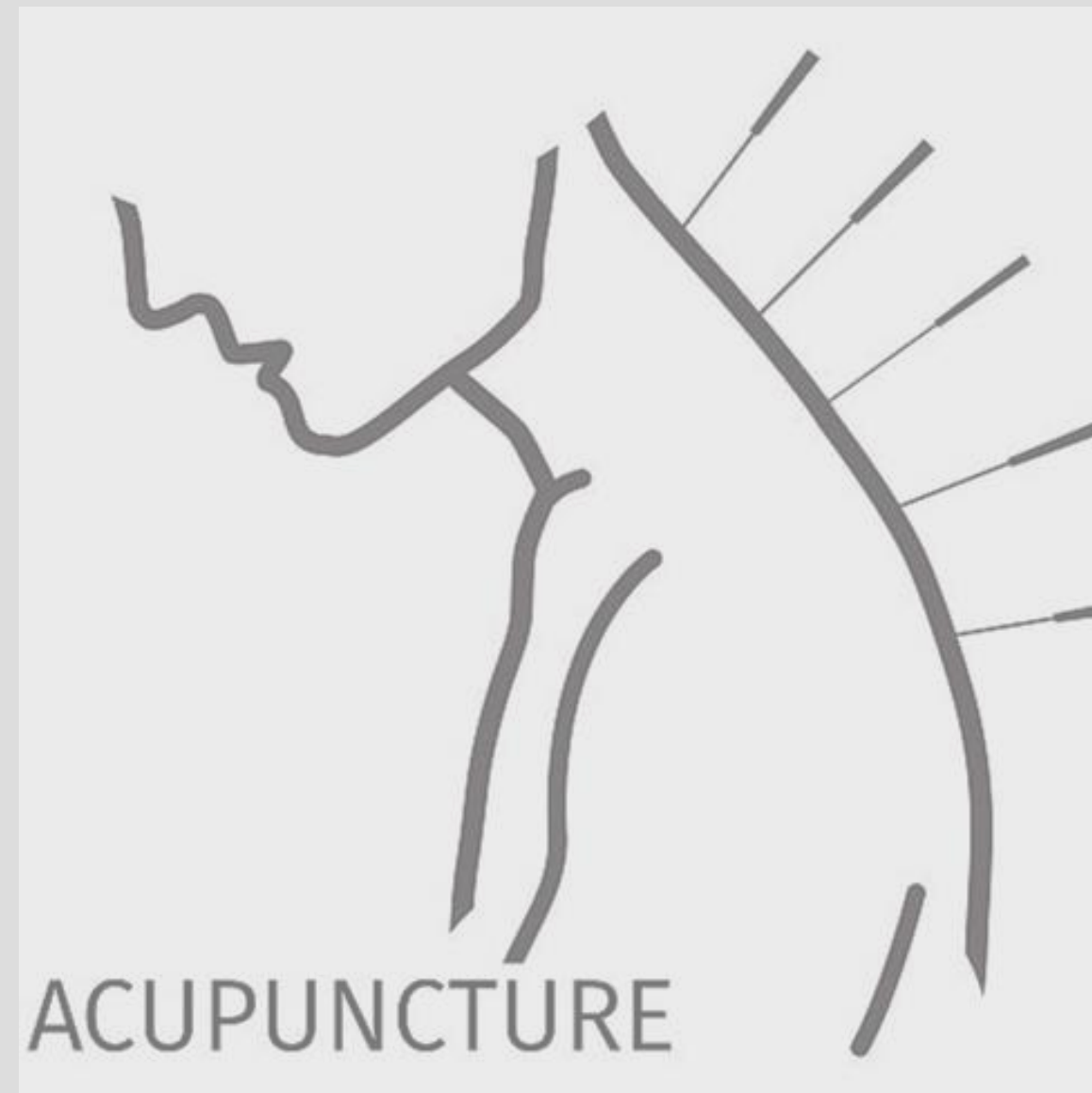
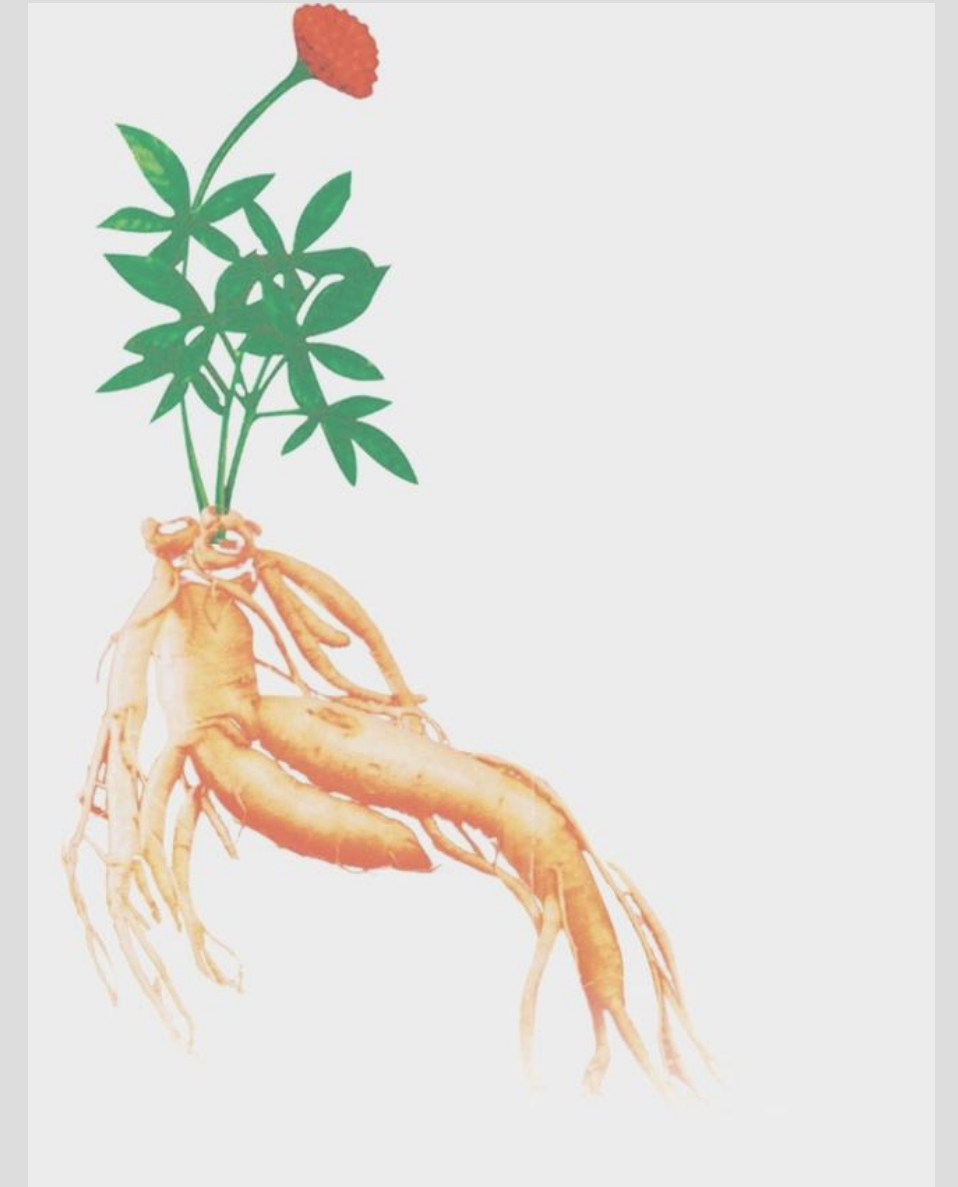
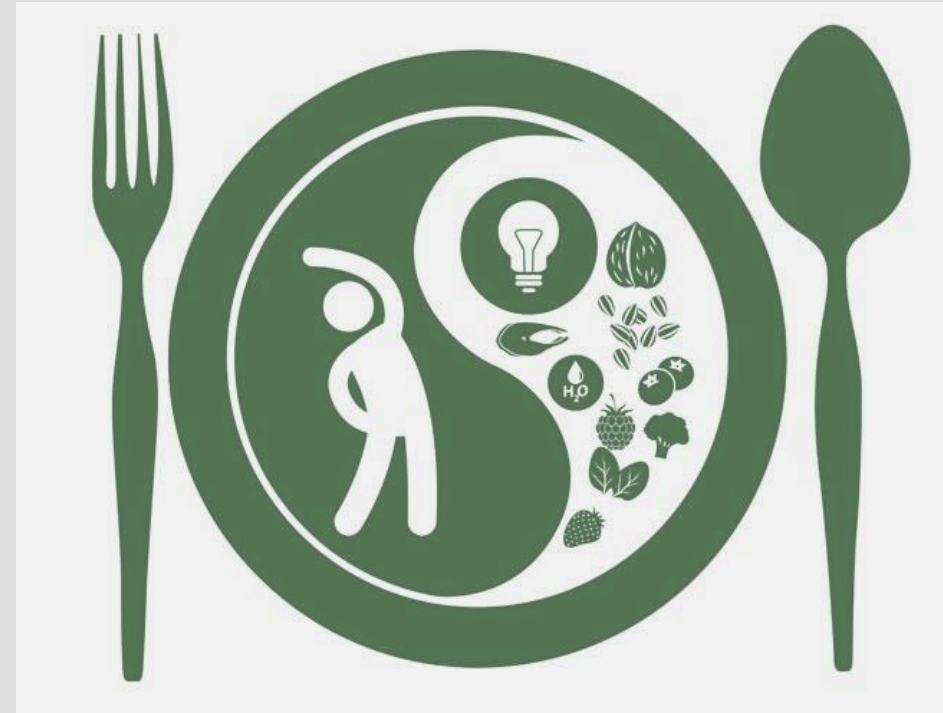
Alendronate
Metformin
Neurontin Synthroid
Atorvastatin
Duloxetine
Phentermine
Clonidine

Rx

Treatment Objectives for Helene

- Restore Balance
- Assist Healing
- Empower & Educate

Treatment Plan



Studies Show Acupuncture

- Reduces cortisol and increases production of endorphin, serotonin and dopamine
- Restores healthy functions of endocrine glands
- Blocks inflammatory proteins, relieves pain, promotes antioxidant activities
- Increases osteoblast activities
- Increases collagen production

Helene's Diet





Chromium Support(Thyroid
Sugar glandular
Papain kelp Red Sleep
Melatonin
Support
extract Metabolism Thymus
Pancreatic Inflammation
Cholesterol Hawthorn Yeast
Rice
Bromelain etc

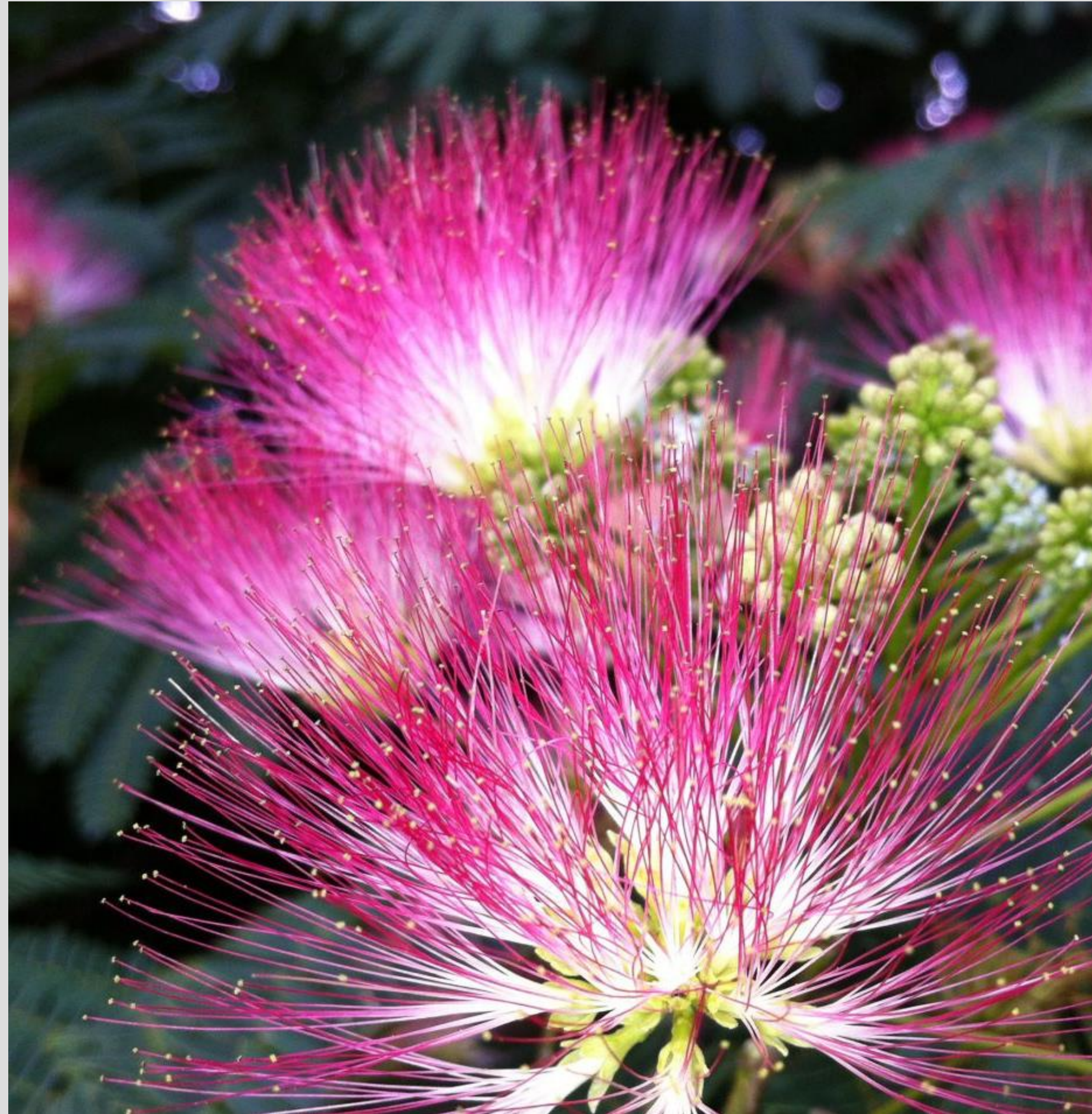
WordItOut

Chinese Herbal Therapy



**For Calming
Anxiety &
Sleep**

**Albizia or Pink
Siris (He Huan Pi)**



For Sugar & Metabolic Wellness

Cinnamon (Rou Gui)



For Hormonal
Balance

Dioscorea or
Chinese Wild Yam
(Shan Yao)



The Value of Coaching



Health & Life Coaching

- Target
- Harness
- Create
- Learn
- Unleash





Published August 8, 2018

Findings

Those that felt better after 1 month of exercise

Tai Chi/Yoga: 22.9%

Team sports: 22.3%

Cycling: 21.6%

Aerobic or gym exercise*: 20.1%

Running or jogging: 19%...

—43% improvement in mental health for those who exercised

After 6 months

- Helene lost 60 lbs
- Cholesterol went from 350 to 210
- A1C went from 6.8 to 5.9
- Blood pressure went from 140s/90s to 120s/80s
- She went off most medications

I regained my sense of self, and most importantly started to appreciate myself for who I am at this stage of my life.

*Aging becomes a gift, not a curse.
I never thought I would feel this good
about getting older, NEVER.*



**Helene: I never got the memo that I
turned 70!**



Chinese Medicine is
Mind-Body Wellness

Contact

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