

TOPIC

Yang Shen at Midlife

Just 200 years ago, the life expectancy in the USA was around 49 years, globally 30-40 years. Life expectancy has grown greatly since then, to approximately 80. At the same time, a host of chronic diseases have become commonplace e.g. diabetes, HBP, heart attacks, autoimmune disorders, plus other aging-related issues such as dementia and osteoporosis.

In TCM, we have a very accurate algorithm utilizing a 7-year cycle for women, an 8-year cycle for men. But they end at 49 and 64 years. There is a lot of literature on slowing down the aging process, *but not much systemic understanding of aging*. This lecture intends to explore **the Yang Shen science** on dealing with diseases at and after midlife.

SCHEDULE

10:00 - 11:00	The what and why of mid-life related aging diseases
11:30 - 12:00	Intro to Yang Shen principles and practice
12:00 - 1:00	Yang Shen at midlife
1:00 - 1:30	Lunch
1:30 - 3:00	Yang Shen for women, at and after midlife: menopause, weight, breast cancer, etc.
3:00 - 4:30	Yang Shen for men, at and after midlife: sexual dysfunctions, prostate issues, cancer, etc. Q & A

Dr. Daoshing Ni

LAc, OMD, PhD, MBA

Date/Time: Sunday, Sept 21st
10:00 a.m. to 4:30 p.m.

Location: R.B. Swim and Tennis Club,
@ 16955 Bernardo Oaks Drive,
SD, CA 92128-2166

ABOUT THE SPEAKER

Dr. Daoshing Ni is a recognized expert and practitioner of TCM, particularly in the field of women's health and reproductive medicine.

His key accomplishments and background:

- Co-founder (with his brother, Dr Mao) of 'Tao of Wellness' and Yo San University.
- 38th Generation practitioner, from a lineage of TCM doctors and Taoist masters, tracing back to Han dynasty
- Specialist in Reproductive & Gynecological Medicine. He has appeared on various TV shows to discuss his work
- Author -- Of "Crane-Style Chi Gong and its Therapeutic Effects"; and co-author of "The Tao of Fertility"
- Instructor at Yo San University of Traditional Chinese Medicine
- Member of organizations such as American Society of Reproductive Medicine, the Menopause Society, and the American Society for Nutrition.
- Recipient of numerous awards, including: 'Visionary Award' from American Fertility Association (2009); 'Leadership in Caring Award' from Wise and Healthy Living (2017).

SEMINAR SCHEDULE

For 2025

- FIVE SEMINARS •
- 6 CEU'S PER SEMINAR •

#4: Sept 21st, 2025

CEU Credits can only be awarded for full attendance.

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www.caam-sd.org

SEMINAR FEES:

- **One-Year Membership Fee: \$150.00**

Our Membership Fee is \$300. for the year (5, 6-hour Seminars). It is pro-rated by \$50. per each Seminar that has already taken place this year. **[Note: The Annual Membership Fee always includes a \$50. political action donation to CAOMA.]**

- **Single Seminar Fee: \$85.00**
- **Single Student Seminar Fee: \$50.00**
- **Student Membership Fee: \$150.00**

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