



Acu News

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Food for Body, Mind, Spirit



The Gift of Sharing

As you may already know, word of mouth is the best form of advertising. My practice does not rely on advertising alone in order to grow. It relies upon something that is more important and priceless—You! Without you, and people like you, this practice would not exist. When people talk, others listen. A recommendation from You is more powerful than ANY form of advertising.

By sharing your experience with your family and friends, you are spreading the gift of health!

One great way to do this is by staying alert. How often do you hear people complain about their health when you are out in the world?

When you hear this, you can share your story with them. Mention how you have been helped through acupuncture care, and if you wish, give a brief explanation of how it works. Then you can let them know that they can contact us if they want a consultation. You can even take a few extra business cards to hand out.

Rest assured that by sharing your success with acupuncture care, you can help change the life of another in a positive and healthful way. We will certainly treat your friends and family members with the utmost respect and provide them with superior care.

As Dr. B.J. Palmer once said, “you never know how far reaching something you may say, think or do today may affect the lives of millions tomorrow.”

Thanks for sharing and offering the gift of health to others!

Ways To Ring In The Chinese New Year



Cleaning

Part of celebrating the Chinese New Year (February 19) involves cleaning. Traditionally, homes are cleaned before the New Year, but sweeping and dusting

isn't done until the third day after New Year out of fear that good fortune will be swept away. The floors can be swept, starting by brushing the dust and dirt towards the middle of the house or building. Once the debris is piled into the center, it's moved to the corners where it remains until the fifth day, at which point it can be thrown out.

Decorating

Whether you intend on hosting an extravagant New Year's Eve party with dozens of friends, or you plan on having a low-key evening with your family, you should decorate your home to reflect this ceremonial event. Some traditional decorative practices for the Chinese New Year include the use of red lanterns, couplets, door god designs, and images of the upcoming year's Chinese astrology animal (hint: 2015 is Year of The Goat).

Fireworks

We can't talk about ways to ring in the Chinese New Year without mentioning fireworks. This joyful practice is said to expunge the old year while welcoming the new one. Traditional belief is that all doors and windows should be left open on midnight New Year's Eve so the old year can go out. Just remember to close them back once the celebration is over!



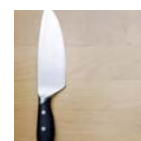
Don't Wash Your Hair

If there's one day you shouldn't wash your hair, it's on February 19. Traditional Chinese belief states that washing your hair on New Year's will wash away your good fortune. So lay off on washing your hair until the second arrives.



Wear Red

When you're choosing an outfit to wear on New Year's, look for something red. Red is symbolic of happiness and longevity, and wearing it is believed to bring a similar future to the individual. This is the reason why you see so many people dressed in red during the Chinese New Year celebrations.



Don't Use Knives

Lastly, avoid using knives on New Year's Day. You may find it difficult to prepare food, but traditional Chinese superstition states that using knives on February 19 “cuts” off a person's good fortune. Whether or not there's any truth to these superstitions is debatable. But given the fact that people have followed these traditions for centuries, it's probably a good idea to follow them.

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