



HARMONY Integrative Medicine

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## YEAR OF THE RED FIRE MONKEY

Chinese New Year, also known as the Lunar New Year, is a 15-day celebration that begins on the first day of the new moon following the winter solstice. This year that date is February 8, 2016, and this will be the Year of the Red Fire Monkey.

Monkey years are typically full of fast-paced change where anything can happen as the influence of the Monkey puts everything into flux. Individual efforts will accomplish much and reap rewards, but long range plans should remain flexible and nimble just like the Monkey.

The Monkey increases communication, humor and wit. Business flourishes and risks tend to pay off. The Monkey's gift is the ability to find unconventional solutions to old problems. Daring to be different can lead to success as this is a particularly auspicious time for new inventions. But be warned, the Monkey is a trickster and one needs an agile, inventive mind and sheer guts to out-smart this cheeky animal.

Although this will be a lively, optimistic and progressive year where finances, politics, and real estate should see an upturn, there will be a decided undercurrent of insecurity. Business decisions made this year should be based on fact, not emotion; problems and chicanery abound, so nothing this year should be taken for granted, whether politically, financially, professionally, domestically or emotionally.

A lot of global economic growth can be expected in the Year of the Monkey. Expect a lot of



### Celebrating the New Year

#### BEFORE FEBRUARY 8th:

##### 1. Clean your house top to bottom.

Also means settle all your unfinished business, such as debts, quarrels, etc.

##### 2. Decorate the entrance of your home.

Use red & gold. Include messages of good luck, & maybe even add a monkey! Red symbolizes happiness and vitality of life. Gold represents wealth and prosperity.

##### 3. Prepare enough food for a few days & put away the knives!

Using knives during the first few days of the New Year cuts off the good luck for the coming year.

#### ON FEBRUARY 8TH:

##### 1. Red envelopes

Write down your aspirations for the year, put them in a

life-changing inventions to be released. The key to success this year is education of any sort that matters for your everyday life, not just for your career or status.

As you can see, this is a year of movement and there is no better time to re-think a fitness program, diet, and health. The body was designed to move and the mind invigorated so you definitely need to instigate some form of regular physical activity this year along with an inventory of your overall health. Having the help with these tasks of a capable and caring health adviser will empower you to run right alongside the lively Monkey to achieve your heart's desires.

**Call our office now to schedule your consultation and help insure the best of the year to come.**

red envelope, and place the envelope in an auspicious location in your house.

## **2. Clothes**

Wear new clothes and red underwear.

## **DURING THE 15-DAY CELEBRATION PERIOD:**

### **1. Lucky plants & foods:**

Lucky Bamboo

Cherry blossom branches

Pussy willow stalks

Mandarin oranges

Dumplings

Rice cakes

### **2. Taboos**

Avoid the following, at least for the first few days:

Breaking objects

Taking medicine

Washing hair

Sweeping (sweeps all the luck out of your house)

Crying

Lending or borrowing

Eating porridge

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## **Reflect on Your Health This New Year!**

Reflection is the process in which an image or idea comes back to us, such as looking in a mirror, rethinking an event, or reviewing an idea. We have the opportunity to take a closer view and reconsider our original thinking.



## **Stick Out Your Tongue**

Oriental medicine has used tongue diagnosis for thousands of years. An experienced practitioner can look at your tongue and begin to understand your internal problems, but you can also be

The new year is a perfect opportunity to reflect and use that knowledge as a catalyst for change.

Acupuncture and Oriental medicine can help achieve the change you seek as it assists in illness prevention, stress relief, minimizes aches and pains, improves energy, and you find yourself in better balance. This calm and clarity strengthens your resolve as you start the new year with new goals.

Reflection has other connotations in acupuncture and Oriental medicine. Outer appearances reflect inner health, so a well-trained practitioner of acupuncture and Oriental medicine will observe very different aspects of your appearance than you typically study when you look in the mirror. In acupuncture and Oriental medicine, bodily observation includes looking at the face, eyes, body type, demeanor, and tongue. Two thousand years ago, when acupuncture and Oriental medicine was in its infancy, there were no X-ray machines or the very sophisticated magnetic imaging of today. These healers and diagnosticians depended on their finely tuned observational skills in order to assess their patients. Some of those early ideas seem simplistic today, but many elements of diagnosis persist because outer appearances do provide clues to a person's health.

Seasonal acupuncture treatments serve to nurture and nourish your kidney Qi, which can greatly enhance the body's ability to thrive in times of stress and aid in healing, preventing illness, and increasing vitality.

### **Strengthen Your Resolve**

This period of reflection and renewed resolve may be challenging, but it can also be productive and rewarding. Acupuncture and Oriental medicine can help achieve the changes you seek as it assists in preventing illness, relieving stress, minimizing aches and pains, improving energy, nurturing balance, and taking the next step in achieving your goals.

**Here are a few ways that acupuncture can help you achieve your goals:**

aware of information that your tongue provides.

Look for changes in the color of your tongue, teeth marks, shape, and coating. These changes may indicate that something is amiss. A healthy tongue is naturally the same pink-red color as your lips. Note any changes in the shape of your tongue. If it's too pale, puffy or red, it may indicate an imbalance.

Healthy tongues have a thin white coating. If you see a thicker coating developing, you may be catching a cold or the flu.

**So if you see changes take precautions, rest, sleep more, keep warm and call us!**

### **Energy Renewing Ear Massage**

Ear massage is an extremely relaxing and effective therapy aimed at reducing stress, promoting wellbeing, and addressing various health issues.

Here is a great ear massage that you can do for yourself or your loved ones:

1. Rub, in small circular motions with your

**Eliminate Stress** - Stress reduction is always on the top 10 list for New Year's resolutions, and for a good reason--it is often the cause of illness and deterioration of health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety, and lowering blood pressure. In addition to acupuncture, Oriental medicine offers a whole range of tools that can be integrated into your life to keep stress in check.

**Improved Quality of Life** - If pain is keeping you from living life to the fullest, acupuncture can help and can be helpful for all types of pain, regardless of the cause or where it is located. Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medication. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

**Get in Shape** - Renewed enthusiasm to exercise in order to enhance fitness levels, train for a competition, or lose weight can come at a painful price for those who try to do too much too quickly. Recent studies show that acupuncture effectively treats sports injuries such as strains, sprains, musculoskeletal pain, swollen muscles, and shin splints.

**Lose Weight** - Losing weight is the most common New Year's resolution. Acupuncture and Oriental medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing appetite, improving metabolism, and eliminating food cravings--all of which can help energize the body, maximize absorption of nutrients, regulate elimination, control overeating, and reduce anxiety.

thumbs, inside the widest upper part of the ears, holding them from outside with the index and middle fingers.

2. Use your index finger to massage inside the smaller crevices if your thumbs don't fit and along the front of your ear where it attaches to the head.

3. Lastly, massage the earlobes by gently pulling them down and also making circles with your thumb and index finger.