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The Year of the Red Fire Rooster

The Chinese New Year 2017, or the "Spring Festival" as it is known in China, begins on January 28, 2017 and is the **Year of the Red Fire Rooster**. In some circles the Red Fire Rooster is known as the Phoenix, and it brings a wake-up year and a year for new beginnings. The symbol of the Phoenix is used because it is a more spiritual translation with the potential for personal evolution.



Given that, the Rooster is the king of the barnyard and often thought of as the Don Quixote of the Chinese Zodiac, attempting to take on challenges that may be above its weight class. Rooster is a king with its own crown, and displays dominion over its subjects. Rooster often displays independence, capability, warm-heartedness, self-respect, and a quick mind. It can also fall to impatience, criticism, eccentricity, narrow-mindedness, and selfishness. The Rooster is wise to seek collaboration and inclusion rather than flaps causing feathers to fly.

Last year (the Year of the Monkey) was quite a dramatic year, full of unexpected surprises and events. 2016 could be summarized as a divisive year on many levels--politically, socially, economically and religiously. Many of us are happy to say goodbye to the unpredictable Monkey and hope for a 2017 that may still be challenging but allow some of the awakened clarity that the Year of the Rooster may afford. Roosters wake up early in the morning to rouse everyone into action with their enthusiasm. Not just one creature or person but everyone, so the call to action is for a group effort. Collaboration is the key in 2017, as well as precision and clarity of purpose, which are fundamental characteristics of a rooster year.

Group and business collaboration and business contracts could flourish this year, as long as there is clear communication. Family and love should also trend in 2017, as it is a year to (perhaps) find the love of your life, and to clear up any misunderstandings and renew family relationships.

Science will flourish in 2017 and medical advances are likely, as old drugs and medicines will be rejected in favor of improved alternatives. Alternative medicine, herbs, vitamins, spiritual practice and consuming healthy foods will grow in popularity throughout the year. People, planet, and profit should be our focus, and in that order. The ecology and weather might dominate the news. If humanity gets its priorities and values right, 2017 could be a transformational year.

Knowing what you want to have happen in this year is essential for a successful year. Write down a brand new list of your values for 2017. One of the best things you can do for yourself is to clarify what you want to manifest in 2017. Write down a list of the five topmost important values for you, in order of importance, plus another five that are important as well. According to Chinese astrology, it will be a year of facing up to all aspects of life on this planet.

An emphasis on good sleep patterns so you wake fully alert, full of energy, and with a zest for life is also going to be important. To be certain you sleep well make sure you

1. Clear your bedroom of any electrical devices; TVs, cellphones, notebooks, computers, routers, etc.
2. Sleep in total darkness. Even one photon of light can interrupt melatonin production so you cannot go into deep sleep.
3. Keep your head cool and your feet warm.

Some classical feng shui tips for 2017 suggest placing a small metal wind chime in the south part of the house to deflect negative energies coming from that direction.

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.

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Celebrating the Chinese New Year

BEFORE JANUARY 28th:

- 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 JANUARY 28TH:

- 1. Red envelopes**

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

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:

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.

Improve Your 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, soothing 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.

Qi Mail - News You Can Use To Feel Better Now!

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 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 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.