



**Jean Painter - Dipl. OM/CH/Ac., L.Ac.**

Harmony Integrative Medicine, LLC  
 1745 Rustic Timbers Lane, Suite D  
 Prescott, AZ 86303  
 (928) 776-4895

**The Year of the Brown Earth Dog**

The Chinese Year 4716, or the Lunar New Year as it is known in China, begins on February 16, 2018 and is a Year of the Dog. This year it is the Brown Earth Dog.

The year of the dog will reflect both the light and dark sides of the Dog character. The Dog is an honest and idealistic sign, known for selflessness, service and protection. Likewise, the year that bears its name may bring increased social awareness and a desire to help and protect those less fortunate.



The dark side of the Dog character includes the traits of attacking (biting), quarreling, fighting, and rebelling when feeling threatened. While the dog is generally man's best friend, it can also be quick to anger, critical of others, stubborn and won't take advice, often hypersensitive to criticism and deeply emotional.

There are twelve animals that appear in the Chinese zodiac related to the Chinese calendar, and each animal year as it recurs cycles through one of the five elements of Fire, Earth, Metal, Water, and Wood. As an interesting aside, three of our recent presidents were born in 1946, another Year of the Dog, but in this case the Year of the Fire Dog: Bill Clinton, George W. Bush and Donald Trump. Being born in the year of the Fire Dog makes them natural leaders, but as with dogs their nature can be one of service and loyalty, generosity of spirit and patience, or an unpredictable and aggressive nature with difficulty controlling his emotions and outbursts, prone to attacking anything or anyone perceived as a threat, and unwilling to share their domain.

The whims and eccentricities of last year (Year of the Red Fire Rooster) are long forgotten. Dog Years are not conducive to waste and unnecessary expenses. In 2018, success, in love as in work, depends primarily on the quality of the communication between people, and learning that being selfless and generous can bring the promise of a more generous harvest in return.

Repeated once every 60 years in the Chinese calendar, the Year of the Earth Dog is a powerful marker for humankind, offering when it occurs a new interpretation of our human condition. Strength of character, education, morality, social life, health, and caring for our elders are all fundamental issues which should be revised and improved during the coming year. Actions based solely on individual drive and demagoguery are

**In This Issue**

- Year of the Brown Earth Dog
- Reflect on Your Health
- Strengthen Your Resolve
- Celebrating the New Year
- Stick Out Your Tongue
- Energy Renewing Ear Massage

**Celebrating the Chinese New Year**

**BEFORE FEBRUARY 16TH:**

**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 16TH:**

unmasked and rejected by the majority, giving way during this period to the more universal values of empathy and social justice. Honesty and fairness are the watchwords of the period.

The year of the dog will bring prosperity to those who are involved in innovation and creation. Those with artistic, writing, and inventive talents will flourish. It is a good year to market anything that brings beauty, improved health, and quality of life to the world's peoples.

On the political front, there will be anger, disagreement, and social unrest in many countries. This will be a sensitive period, during which activists and students, but also ordinary citizens, won't hesitate to demand radical changes to their life conditions and to preserve the future of their children.

2018 is a very good year regarding the financial aspects, but a little difficult from a health point of view. In the Year of the Dog all will want to pay special attention to their health. With this Year offering the opportunities to effect wide reaching changes, improvement in personal health is advised. This is an especially good year to stop smoking, begin a healthy diet, incorporate preventative health care and enjoy renewed strength with exercise such as Qi Gong and Tai Chi.

## 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.

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:**

### 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

## 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.

**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, 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.

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

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.