

# HEALTHY HEALING

## JANUARY 2009 Newsletter

<http://www.healthyhealingli.com>

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### THE YEAR OF THE OX – 2009

It is time to renew our goals and revitalize the visions we have for the coming year. The Ox or the Buffalo sign symbolizes prosperity through fortitude and hard work. Those born under the influence of the Ox or Buffalo are fortunate to be stable and persevering.

Ox years are second in sequence and reoccur every twelve years. The Chinese New Year does not fall on a specific date, so it is essential to check the calendar to find the exact date on which each Ox year actually begins. This year the Chinese New Year will be celebrated on January 26 and is also considered the Lunar New Year. If you were born in the following years you are an ox: **1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997 & 2009.**

People born under the sign of the Ox usually have strong codes and work ethics. This can lead to a tendency to be a workaholic, and they should make an effort to relax more. Many Oxen work in relatively stationary occupations, and would benefit from squeezing a little exercise into their routines. They are prone to bone and joint problems - especially the knees - and must pay special attention to these areas. However, Ox people are usually strong and robust, and, according to ancient wisdom, should be blessed with long lives.<sup>1</sup>

We can continue to look inward as we create our outward strategies for this year. Much of the nation's effort will be towards bolstering the economy and dealing with wars in other parts of the world. Let us each do our part for global economic stability and peace among all people.

Famous Ox People: Barack Obama, Catherine Freeman, Heather Locklear, Jane Fonda, Jack Nicholson, Juliette Lewis, Margaret Thatcher, Meg Ryan, Meryl Streep, Princess Diana, Vivien Leigh and George Clooney.

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<sup>1</sup> Information from various internet sites such as Wikipedia, c-c-c.org and usbridalguide.com

## EVENTS & ANNOUNCEMENTS!

### CELEBRATE THE CHINESE NEW YEAR and OPEN HOUSE

When: January 24, 2009 (Saturday) from 2-5pm

Where: Healthy Healing, 309 Madison Street, Suite 7, Westbury, NY

Light refreshments will be served!

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### LONG ISLAND WOMEN'S AGENDA (LIWA)

#### **“Stress Management for Savvy Women” Seminar**

When: Tuesday, March 3, 2009

5:30-8:30 pm

Where: Four Points Sheraton

Plainview, Long Island

Light buffet and non-alcoholic drinks will be served. Go to [www.liwa.org](http://www.liwa.org) for registration

I will be part of a panel presenting various therapies including Chinese Medicine, Biofeedback, Psychotherapy and Life Coaching with tips to help alleviate stress. Please contact me if you are interested in a sponsorship for this event. Sponsorships begin at \$50 with a range up to \$2,000.

- **Give the Gift of Health with a Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
- **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
- **10% off an Acupuncture Treatment - When it's your Birthday!**

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### ***RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS***

**Tzu The** – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

**Chinese Quote of the Day:** By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. - Confucius