

Practical Preventable Medicine



2018 YEAR OF THE EARTH DOG

GONG XI FA CAI "May you have health and prosperity" is how the Chinese greet in the New Year, and this year the Lunar New Year is on February 16th and will be the year of the Earth Dog. So as usual, my first article of the year takes a light hearted approach to the Chinese astrological new year.

So how was the year of the Fire Rooster for you all? There was certainly a lot of crowing (well tweeting) from our World leaders, but sadly on a world scale, this 'look at me look at me' was the least attractive and useful aspect of the Rooster, and behind the scenes, most of us were hard at work making the most of the Roosters better qualities of providing for their flock, working hard from sunrise to sun set and protecting what is theirs.

It was for most a challenging year full of drama and ideas that in this coming year will help at transforming words into action.

The Dog is a faithful and loyal and less prone to the drama than the Rooster. This year imparts a more grounded, stable vibe and hopes to be less overwhelming. Sure still hard work is in order...we after all work like a dog most of the time, however we also rest, relax and must allow ourselves many 'Dogs life' moments to warm ourselves in the afternoon sun and enjoy our friends and family.

Being a pack animal, our family and community will be a focus of the year and the past greedy 'take take take' of the last few years will transform into an increase of social awareness and selflessness. The Dog has a keen sense of right and wrong and i hope this is seen in our outer world that has been full of sick phrases such as 'fake news' and so forth in this rapidly changing world.

Advice for this year then is to think about what you are building towards? Family, career and stable relationships are all things that our close to our hearts and less focus on the material aspects of life should bring are more relaxed year. Rewards for the hard work of last year can come this year, just remember the earthiness of this year, stay grounded and focus on

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what matters most and you should get a lot out of this year. Trust your instincts and have a wonderful, playful and prosperous New Year.

Until next time.

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