

Practical Preventable Medicine



2017 Year of the Fire Rooster

Welcome 2017! How did that Monkey year of 2016 go for you? For many it seems, the twists and turns of the Monkey as it leapt from tree to tree was a little too much, leaving many bidding last year good riddance. For adrenalin junkies and lovers of challenges and change the Monkey was an exciting year, though not without its moments of course.

As we go to press the Lunar New Year is nearly upon us and on January 28th, so begins the **Year of the Fire Rooster**. The Rooster is a magnificent bird; he is proud and watchful, protective and loyal to his brood. Anyone with chickens knows he never rests until his chickens are all safe on the roost for the night and he will be the first to attack a fox and perish in defence of his chickens. He is also benevolent and shares his special food finds with cluck cluck cluck....but he is not subtle about it, he struts his stuff and is quite boastful and un-ashameably crows to the world of how fabulous he is...just look at my fine feathers and my magnificent tail!

So how does that colour our year? Well it won't be a restful one that is certain. In Chinese Astrology the Rooster also represents buckling down and working hard. Gains are not easy this year, but for all those who don't give in, those who get up and greet each day with a positive approach ... they will find that the year will bring rewards, especially the second half of the year. Those who are inclined to laziness, sleeping in and expecting others to pick up the slack will feel the sharp talons of the Rooster as he brings them into line.

The Fire element is likely to usher in a passionate year that can be both positive and negative. Internationally there will be considerable muscle flexing, disputes over borders will fire up and a fair bit of one-up-man ship will be evident. American foreign policy will see division and have many countries re-assessing their loyalties. This year will not be a quiet one. Roosters expect people to listen to them and get quite irritated if they don't, which can test tempers and we will see this locally as well. Suffering in silence is not the Rooster way. In a very 'look at me' fashion the last Rooster year was 2005 and saw the birth of You Tube which is so very Rooster. First impressions count and so it's a good time to get that haircut, buy some new clothes and clean up your home and affairs both privately and financially in readiness for the year ahead. It's a great year to let yourself shine and strut your stuff but remember it is the cocks crow that announces the sun is up ready to get to work. So, be alert and maintain a healthy routine as this year rewards effort and commitment, and above all, have a safe and joyous year.

Written by: Dr Angela Palmer - Kinglake Chinese Medicine
Chinese Medicine CMRBV REG AH/1347
Member AACMA 2154

Practical Preventable Medicine

Until next time, stay well.

Dr Angela Palmer.

Kinglake Chinese Medicine.

Written by: Dr Angela Palmer - Kinglake Chinese Medicine
Chinese Medicine CMRBV REG AH/1347
Member AACMA 2154