

Practical Preventable Medicine



Happy New Year of the MONKEY!

Well after the team/family orientated year of the Goat, it's time for a little Monkey business!! In this year of the Red fire Monkey we can certainly do that. Anyone who has had the pleasure of watching the old Chinese series Monkey Magic! Knows well the traits of the Monkey. Humorous, cheeky, intelligent, feisty, and true hearted, Monkey can see to the heart of things, make mistakes, make amends yet as much as he needs his friends does seem to accomplish more on his own. These qualities are some things to keep in mind in this unpredictable though, if you put the effort in, a year where you can accomplish great things!

Monkey is a creative and curious energy and this year is the year of the red monkey. The colour red is attributed to the heart and we may find passions are fired, up especially in the realm of standing up for the rights of the downtrodden and vulnerable, and the challenging of old conventions that no longer work. Indeed corporations that have long taken advantage of others for profit will find their assumed privilege challenged by individuals.

Spontaneity is a feature of this year, so don't over plan as Monkey will change it anyway...and Monkey is also known for trickery so do be aware of swindlers and read the fine print before you sign the dotted line...

Movement is another a feature, so get out there and get moving, swim, yoga, walking anything to get that blood moving will serve to inspire you to embrace all the frenetic energy the Monkey embodies. Bravado and courage are also favoured, dream big and if there is a project you have long desired or a business idea you have incubated, this is a year to do it. Individual effort is rewarded this year and enjoying your friends, the last Monkey year 12 years ago was the birth year of Facebook that pioneered the social networking era, how very Monkey. A year of great possibility, approach it with humour and wit and you will be set to have a magical year.

Until next time,

Stay well.

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