

HAPPY CHINESE NEW YEAR



Year of the Ox

Chinese months are measured by the lunar calendar, January 26, 2009 marks the New Year!

The year of the Ox offers the opportunity to achieve prosperity and stability through the traits of the ox: patience, perseverance, fortitude, and hard work.

Accomplishing things this new year will depend on a fearless resolution, while maintaining a sense of peace and quiet. Working in a steady manner without complaint or gripe can create the environment of stability and tranquility necessary in this upcoming year. This is the time to be slow and steady. Achieve through action, focusing on long-term achievements instead of quick outcomes. There is a sense of accomplishment and self-sufficiency that will feed the spirit. The ox is patient, strong and self-reliant. Trust yourself and your abilities. A sweet patience mixed with confidence and strength of will is the supportive mentality.

Winter is related to the Water phase of which the Kidney and Urinary Bladder meridian systems preside. Black, salty, cold, storage, ears, knees, low back, bones, fear, groaning or gravelly voice, and essence are some of the components of this phase. Nourish the depths. This is a great time of year to support the deepest internal structures within us: the bones, essence or jing of reproduction, knees or back. Keep your lower back warm and protected from the chill. This is the time to come in for us to assess your needs, if you have concerns in these areas.

During wintertime, nurture the quiet reflections of what one will want to accomplish and create in the year to come. It is also the ability to find stillness within and enjoy that quiet reflection. Winter is the passage of time, seeing what has withered within from lack of want or care. The continuum of letting go of that which is un-necessary or un-fruitful to salvage the seed of that which is to be nourished and cultivated.

Winter holds a warm solace within its quietude. Encouraging one to respond slowly, no need for haste, this is a time of building reserves and strengthening our will. Now is the time to reflect and become clear with one's intentions. This way, one is able to move forward into action and manifest the dream with charisma and clarity. For now, dream and dream big...nourish the seeds and tend the soils.

While in the depths of winter, springtime is beginning to peep around the corner. Continue to use this time for building and consolidating reserves, cultivating the roots and seeds of dreams and ideas that will begin to grow in the spring.

I am here to support your resolution for a healthier new year! Chinese medicine and massage are great ways to maintain and build a healthy lifestyle. Preventing illness and injuries, while promoting vitality, are the inherent properties of healing for both.
It is time to feel sublime in '09!

Please accept **20% off your next visit** in support of your pursuit of health and happiness! Share this newsletter with anyone else you feel may be interested too!
~ just mention this newsletter~

♥ **Valentine's Day is coming soon!**

Gift certificates are available to share with those you love! ♥

Please contact me, if I may assist you in cultivating a healthy mind, body & spirit.
Have a wonderful day!

Kristin Query

Lic. Acupuncturist, Lic. Massage therapist, Certified Herbalist
828.712.7789

Bone Broth

This broth is healing and nutritious. It is extremely beneficial for boosting the immune system in this flu & cold season, replenishing yin to combat dry skin, and as a building block for strengthening bones.

Take bones from whole chicken or 6 legs (if you don't eat this much at once, or can't make broth right away, just store them in the freezer) ~ can also use other types of bones: lamb or beef ~ even fish bones.

Spread them on a cookie sheet and roast in oven on about 175° for several hours, or until they smell "roasty"

Let cool then crack the bones ~ use poultry shears or hammer

Put in soup pot and cover with water

Add 1-2 Tbl apple cider vinegar ~ to help pull minerals from the bones

Optional additions:

Seasonings: onions, garlic, celery, carrots, herbs (whatever you would like!)

fresh or dried shitake mushrooms

brown sea vegetable (wakame, kelp, arame, kombu)

one or two astragalus root slices

burdock root ~ cut into chunks

Bring to a boil, then turn down to the lowest heat and simmer at least one hour...or longer... add water as needed....the idea is to make a rich stock.

Strain and allow to cool. Pour into ice cube trays & freeze – once frozen pop out and store in freezer – this way you have small portions to add to your cooking – ie. rice, stir-fry, soups, pasta, steamed vegetables, etc.

Apple Pudding

This recipe is just plain yummy and kids of all ages love it! It nourishes yin too. Coconut milk provides many of the most nutritious essentials necessary for your health.

- 2 Apples (golden, red delicious or granny smith ~ depending on preference)
- 1/4 c rolled oats
- 1/2 c apple juice
- 1/3 c coconut milk
- 1/2 c cooked white basmati or sweet rice
- 1/2 tsp cinnamon
- 1 T maple syrup
- dash allspice

Peel, core & slice apples. Combine all ingredients in saucepan/pot & bring to a boil. Cover & turn heat to low & simmer 20 minutes. Blend until smooth (blender makes it smoother than a food processor). Serve plain or with roasted pecans (put in fridge to help thicken, if necessary)

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