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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**GUNG HAY FAT CHOY!**

**By Victoria Elizabeth**

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--- GET OUT AND CELEBRATE "THE YEAR OF THE ROOSTER" 2005 ---

On February 9th, people all over the place will be ringing in another Asian Lunar New Year - THE YEAR OF THE ROOSTER!

It's time to dance with Dragons, bang on the drums, light those fancy firecrackers (left over from Halloween), crack open the fortune cookies, and let's have a bash - `cause the "Rooster's" back in town!

For those of you who haven't got a clue what's going on, the party animals are out in full force. This year, "Rooster" rules the roost! And, that means anyone born in 1921, 1933, 1945, 1957, 1969, 1981, 1993 and of course, the newborn "Roosters" of 2005.

Yo there Chinese astrology fans, if you recall, "Rooster" is the third from the end of the 12-year Chinese Zodiac cycle of crazy critters including first the Rat, then Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, (Rooster --- sometimes called Bird or Cock) followed by, Dog and Boar.

Actually "Roosters" are easy to spot. They're perky, plucky, punctual creatures who don't need alarm clocks or wake-up calls from the front-desk hotel clerk. These conventional critters have also been known to cut a mean tango, twist, or two-step on the dance floor at weddings, retirements and wakes.

Besides preening their feathers and admiring themselves way too long in the mirror every day, "Roosters" (as are "chicks") flashy dressers. So, keep your eyes peeled for anyone wearing spiked heels, black fishnet stockings, sparkly mini skirt and matching halter-top with maximum cleavage. And, watch out for a buns-of-steel stud with a colorful rooster tattoo on his right bicep, wearing nothing but a

## GUNG HAY FAT CHOY!

shoe-string thong or skimpy loincloth. No, it's not a figment of your vivid imagination ...it's just a "Chick" and a "Rooster" doing what comes naturally!!

For those interested in more far-flung fowl facts, take a wee peek below.

In the meantime, suffice to say that all those "lady" birds earn their keep by laying oodles of eggs for Farmer Brown. (Lord knows why these "lucky ladies" get a bad rap as "hen-peckers"; no doubt Farmer Brown had something to do with it). On the other hand, the clucking "cocks", (who spend most of their time fluffing up their feathers or sidling up to the hens offering them the best bugs and worms in the barnyard), usually end up as "roasters" --- on the supermarket shelf or in a KFC bucket!

"Roosters" tend to be a tad eccentric, self-oriented, outspoken barnyard creatures, and why not. Who

else is consumed with devising yet another bird-brained, "stroke of genius" scheme that no one else can pull off? When not doing dashing detective work, playing Doctor-Do-Little or Naughty Nurse Nellie, or rummaging around in people's heads as a high-priced success coach (psychiatrist in another life), "Roosters" often get lost in a favorite pastime --- deep-musing --- which is second only to frolicking about in bucolic settings with pretty young chicks.

When it comes to choosing lovely libertines or life-time companions, "Roosters" are a rather discerning lot. Not any creature will do thank you. Just keep those fowl-challenged folk (like the rambunctious, twitchy-nosed "Rabbit") well away from those ripsnorting Red "Roosters" --- pleeease!!

The best mates for "Roosters" are "Snakes". Just avoid talking about Adam and Eve, or the snake in the Garden of Eden apple; it spoils the Rooster's appetite. And whatever you do, make sure you don't introduce any snake oil sales associates, snake charmers, and snakes in the grass ... or there will be hell to pay! If you don't know any venomless serpents, try "Oxes". Every "Rooster" needs to find a beautiful if not brave beast of burden willing to plod along affectionately, and not to complain too loudly about having to share a load of smelly organic material from the barnyard of life.

And as a final note, in order to keep your rooster happy, just follow these three things:

1. Let them be Cock of the Walk/Wok for one day. (Heck, that's the least you can do; after all, they know how to keep time, do the runway thing, and cook stir fried meals for guests --- you don't)!
2. Listen to their cock and bull stories. (They desperately need an appreciative audience and besides, you don't really mind being entertained by a Big Bad Rooster do you!)
3. Warm the cockles of their hearts like there's no tomorrow; you'll have a fabulous feng-shui friend to play with for at least the next 365 days, or possibly a lifetime and beyond --- provided you blow sweet nothings softly in his/her ear. (And don't forget, this advice also works well on February 14th, "Valentine's Day", another occasion to try out all the really neat adult toys, chocolate candy kisses, and little red hearts.)

May the Feng-Shui Force Be With You This Year, and before I forget ...

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WISHING YOU HAPPINESS AND PROSPERITY THROUGHOUT 2005!

Victoria Elizabeth, contributes her pithy poppycock to anyone who will listen — especially her loyal, long-suffering subjects over in the Court of the Quipping Queen at [www.quippingqueen.blogspot.com](http://www.quippingqueen.blogspot.com)

## **How To Treat Hay Fever**

**By A. Pruder**

Many individuals suffer with seasonal allergies, including hay fever, that affects the nose and eyes. Commonly caused by dust, pollen and animal dander, many allergy sufferers often especially begin to feel the effects during the spring months as the trees and flowers begin to bloom. Watery, red and itchy eyes combined with a stuffy and/or runny nose are just a few of the symptoms relating to hay fever. In addition, frequent headaches, sneezing, wheezing and difficulty breathing may be warning symptoms of this seasonal nuisance.

The most simple treatment for hay fever is for sufferers to stay away from the cause of the allergies. But, if that isn't possible, a licensed physician can often prescribe medication that will aid in the relief of hay fever symptoms. The type of medication prescribed will entirely depend upon the nature of the hay fever and it's severity, along with the health of the patient. Everything from nasal sprays to pills and herbal medicine may be recommended. Many sufferers look to commercial, over the counter products in hopes of relieving their hay fever without having to pay a visit to their local doctor. Other hay fever sufferers turn to air filtration units, which purify the air inside the home and is believed to remove many airborne allergens.

Before using any over the counter hay fever treatment products, the consumer should read the instructions carefully and follow any guidelines set forth by the manufacturer. Warning labels are an important part of any medication, including those used for hay fever. Most over the counter products carry their own side effects, which may include drowsiness. It is very important that individuals not drive or operate other machinery after taking any type of medicine, including over the counter products.

The appropriate hay fever treatment is an important part of helping to cure this ailment. If left untreated, hay fever can become severe and may be very dangerous to the sufferer. If symptoms do not lessen or if they grow even more severe, it is important for the sufferer to consult his/her physician for proper treatment. Allergies, because they are so common, can be difficult to treat and equally frustrating when trying to find the cause.

The information in this article is to be used for reference purposes only. It is not intended to be used in place of, or in conjunction with, professional medical advice. Any individual who develops hay fever, or begins to notice symptoms that may indicate the same, should consult a licensed physician for proper diagnosis and treatment.

To find out more about hay fever

, please visit our website at

. It contains tons of free hay fever articles, resources and tips.



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