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**Impair Healthy Healing In People Over The Age Of 30!**

**Your Health Resolutions for a Healthy Chinese New Year**

**By Maricon Williams**

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Chinese New Year

The Chinese New Year does not fall on the same date each year, though it is always in January or February. This year, Chinese New Year will start on February 9th this is because it is a new moon day, first day of the first Chinese lunar month in the Chinese Lunar Calendar system.

How is it spent?

Brace yourself and I'm going to take you to a wonderful 15 day adventure...The first day in the Chinese New Year season is said to be "the welcoming of the gods of heavens and earth". Chinese fast from meat to ensure long and happy lives for them. On the second day, they pray to their ancestors as well as to all the gods. They are extra kind to dogs, because it is believed that the second day is the birthday of all the dogs. Third and fourth days are spent to pay respect to their parents-in-law. On Po Woo, the fifth day, people stay home to welcome the God of Wealth. No one visits families and friends because it is believed to cause bad luck. During sixth to tenth day of the season, they go visit their friends, relatives and temples to pray for good health and fortune. Farmers display their harvest on the seventh day. They also make a drink from seven types of vegetables to celebrate. This day is considered the birthday of human beings. Noodles and fish, as symbols of longevity and success, are eaten. Eighth day is spent for a family reunion dinner and at midnight, they pray to Tian Gong, the God of Heaven. Ninth day is for offerings to the Jade Emperor. On the tenth through twelfth days, friends and relatives are invited for dinner. On the thirteenth day, simple rice congee and choi sum (mustard greens) are served to cleanse the system. The fourteenth day is for preparations to celebrate the Lantern Festival. On the eve of the fifteenth day, the most exciting part of the event, anticipation creeps in. Midnight festivity makes me feisty, it makes me chant: Chinese lanterns hanging everywhere, swaying gracefully with the air, jaunty rhythm fills my brain, my heart's pounding wildly like the rain. Happy people glow with glee, my family's with me and where will you be? Dancing dragon invites you to dance, he keeps murmuring "Don't miss this chance". Fortune cookie don't lie to me, give me a note of what my future will be.. From afar raging firecrackers emits a deafening holler, it made me sigh, it made me utter -brand new year, brand new adventures for me!

## Your Health Resolutions for a Healthy Chinese New Year

### Literal and symbolical

The festivity is both literal and symbolical. The annual reunion dinner is held on the New Year's Eve. This is a vital part of the celebration. Families come together and eat together. They start the year complete and united. Ties are nurtured and bad experiences are left behind to start anew. Symbols are used to convey something. Use of fireworks is to drive away bad spirits. Cleaning of the entire house is said to take away bad luck. Nian gao, the New Year's Cake is always served. It is believed that the higher the cake rises the better the year will be. Typically red meat is not served and one is careful not to serve or eat from a chipped or cracked plate. Fish is eaten to guarantee long life and good fortune. Red dates bring the hope for prosperity, melon seeds for abundance and lotus seeds for prosperity through time. Oranges and tangerines symbolize wealth and good fortune.

### Resolutions to Keep

Every time we enter a fresh year, numbers of resolutions are forthcoming and we ponder on how to do it efficiently... The need to change for the better is inevitable and we have to overcome it successfully...Health and longevity are one of our topmost concern and we should start the ball rolling before it shun us down.

One thing about resolutions is that motivation should be present. It may mean physically, mentally and emotionally directed to your resolutions so that you will not fail or it will not fail you. Be a positivist. Sometimes we should remind ourselves how lucky we are so that we can see things in a positive perspective. Open yourself to new ideas and experiences. Eat a balanced diet. Drink tea rather than coffee. According to experts, many health problems, especially cancers, can be prevented or corrected with proper nutrition. Exercise regularly. Explore life and explore your surroundings. Pamper yourself and try to detoxify. If you want a relaxing moment, try yoga. It is a quiet and invigorating exercise to achieve peace of mind and tranquility. Peace starts from within. Try to forgive...try to give... Don't suppress your feelings inside. Studies have confirmed that repressed emotions especially anger can negatively affect health...Tell your loved one how you feel before it's too late...

Sound mind and sound body is the key to a balanced approached to life. Fountain of youth has not been found yet, so for the meantime the best solution is to take impeccable care of ourselves. It's been a long journey but before we part, celebrate with me soundly in this gaiety. Sip a cup of green tea... Pick up those fancy chopsticks and eat with me jovially and healthily... Kung Hei Fat Choi Everyone!

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### **Hearing health resolutions for 2005**

**By Max Stein**

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With a New Year upon us, the annual tradition of forming resolutions of self-improvement is definitely in season. While many articles about New Year's resolutions focus on things like careers, education or relationships, this article discusses your hearing health and what you can do to make it better.

## Your Health Resolutions for a Healthy Chinese New Year

For those of you don't give your hearing any thought, because you can hear just fine, make the resolution to have your hearing tested. In most cases, hearing loss is gradual, so you may not notice that you have hearing impairment until it becomes profound. A hearing test will give you peace of mind for the coming year. If your hearing is healthy, you won't have anything to worry about. On the other hand, if you have developed some hearing impairment, you'll be glad it was diagnosed early.

There may be some readers out there who know they are hard of hearing, but have done nothing about it. Fear, or a sense of loss could be holding you back from enjoying life to the fullest. Today's hearing aids possess advanced technology that can improve your hearing and your lifestyle. Best of all, they're smaller than ever. Some "completely in the ear canal" (CIC) models are virtually invisible. Resolve to overcome your fears about your hearing loss and schedule a consultation with a qualified hearing aid dispenser in your area. Once you face your fears and overcome, you'll be glad you made this resolution.

Others reading this article may own hearing aids, but don't wear them. Or you may know someone like that. If this is your situation, resolve to find out why. Are your hearing aids uncomfortable? Do they not provide noticeable amplification? Are you concerned about what other people think? Do you think a hearing aid is a sign of advancing age? Whatever the reason is you don't wear your hearing aid, it needs to be addressed this year. There could be many reasons for these problems and a qualified hearing aid dispenser can address all of these questions. This year resolve to improve your hearing health.

Hearing is something many of us take for granted. Get your hearing tested or resolve your hearing health issues. This year, put your hearing health at the top of the New Year's resolution list!

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