

"There is no exercise better for the heart than reaching down and lifting people up." John Holmes

Happy New Year...TWO times! We celebrated January 1, 2017 and now we can honor the Chinese Lunar New Year of the Fire Rooster! On January 28, the new moon brought in the year of the Fire Rooster. Time to put out the intent of gratitude, prosperity, celebrating our highest integrities and goals!

EVENTS AND MY NEWS FLASHES

My new year "new product" is the offering of art pet portraits. Now I am putting my art and drawing talents into my animal work. Having fun with new creations done in fine line ink and color pencil wash. The talent I have is to capture the "feel" of an animal, space or place. Love doing this with pets now! Give me a call, email, or text and I can give you more details.

Fur Shui is happy with this new year of the Fire Rooster...dressed in red...it sends you all best and joy for 2017! **Check out the 2nd release of Fur Shui now in larger format and Kindle!** To purchase, click the green dot: www.furshui.com



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My cat Rumi...and a lovely dog named Polar! The sketch style of my new pet portrait offering!

WHERE?

Where is this New Year going to!? Have you set your intentions, goals, blessings for this 2017? Now is a great time to do just that!

The Chinese Lunar New Year holiday provides 2 weeks of time to honor, celebrate, and kick into the good health and prosperity of the Fire Rooster. With over 1.3 billion folks in China alone, this is a great wave of positive energy to be a part of. Go to a dragon dance parade and feed the lions and dragons crisp new dollar bills for luck and abundance. Give your friends, family, business partners gratitude and red envelope gifts of good fortune (place your message and money inside Chinese red envelopes and give to your family and business associates).

The color for this new year is red and also yellow or gold!

Put your best foot forward, wear some red and also give your fur folks a new red collar, leash, tag, or toy. (Watch out...red ignites lots of energy in ourselves and our pets!)

The element for this year is Fire...the flame of fame!



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WHO, HOW, AND WHAT?

Chinese Lunar New Year of the Fire Rooster brings in fresh positive energy!

Gung Hay Fat Choy (happy new year)! January 28 continuing to February 15, 2017 the New Year of the Fire Rooster is welcomed in by HUGE numbers of celebrants. The 10th animal in the Chinese Zodiac, the Rooster is a commanding leader, who is organized, practical and grounded who likes to plan and take calculated risks...making 2017 the time to step up and take responsibility for the direction of your life. This year impressions count. You'll want to look your best and be clear on your intentions concerning love, money, and business. Stick to practical and well-proven paths to ensure success, rather than risky ventures.

The year and Rooster is influenced by the element of Fire. This year, Fire is expressed in its "feminine" form...much like the warm flame of a candle. Watch out though...Fire also can burn!

The Rooster has two sides...a light side and a not so light side. The light side's personality is tempered by: sincerity, integrity, responsible, organized and resourceful to name a few. The darker side is marked by: egocentric, abrasive, close mindedness, delusions of grandeur...we all have light and shadow sides! Look for the "best", and be aware of the not so great as well!

Each of the Chinese Zodiac's 12 animals has different responses to the year of the Rooster. To find out what animal you are...do some digging at: <http://www.chinahighlights.com/travelguide/chinese-zodiac/>

Some talk about "anti-biotics"...winter is here, so are some colds.

Dr. Andrew Jones, DMV had an interesting wrap up of an article by Catherine Paddock PhD for Medical News. In this article she found focus on how *"Antibiotic use has more unwanted effects than previously thought"*. To quote Dr. Jones: "Here's the quick summary in a nutshell.

1. Antibiotic use is widespread - around 40% of adults and 70% of children take at least one a year, and billions of animals are treated with them.
2. Antibiotics can eliminate life-threatening infections, but around 1 in 10 people treated with them suffer adverse side effects.
3. Antibiotic use - and overuse especially - is associated with a range of problems that affect, among other things, glucose metabolism, the immune system, food digestion and behavior. They also suspect it is linked to obesity and stress.
4. Antibiotics destroy intestinal cells blocking nutrient absorption, sugar metabolism, affect the gene that allows 'good' gut bacteria to communicate leading to disrupt digestion, cause diarrhea and ulcerative colitis, but new research is also linking it to immune function, obesity, food absorption, depression, sepsis, asthma and allergies."

More and more it is being found that if your dog or cat is on antibiotics, there is a real need to also give them probiotics (humans too!)...the "good bacteria". There are supplements, herbs, and some good common kitchen ingredients to use such as Honey and Tea...do some research!

Now hospitals have Honey impregnated gauze to help treat bacterial resistant skin wounds!

Here's a good link to an article about Ten Tips for using probiotics with your cat or dog: <http://bit.ly/2kldSa7>

Stay tuned...the Spring Solstice is coming up: March 20, 2017!

Now is the time for planting seeds of intent, defining your goals...showing up...so when the Spring Solstice arrives you can hit the ground already in motion!!!

Late Winter tip: A great flower essence to get your "hopes" going is Sweet Chestnut!