

Year of the goat



# Acu News

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## What in the World is Wei Qi?

Wei Qi provides an "immune system-like" barrier that protects the body from harmful pathogenic factors that can cause illness and disease. When we are exposed to bad air, germs, and viruses, our first line of defense, according to Chinese medicine is our Wei Qi barrier.

Over time, Wei Qi can become weakened and unbalanced due to many factors: improper diet, emotional stress, grief, sadness, inherited constitution, smoking, and pollution.

When our Wei Qi is down, we become prone to allergies, asthma, colds and even skin problems.

Your health and the strength of your immune system depend upon the quality, quantity and balance of Wei Qi that flows within your meridian channels.

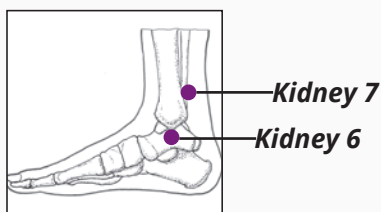
### Points Towards Health

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body.

Here are two common acupuncture points to support your health in winter. These points are located on both feet.

**Kidney 6** – This point is directly below the inside anklebone. It is useful for sore throat, calming the mind, insomnia, frequent urination, irregular menstruation, cramps of feet and hands.

**Kidney 7** – This point is located about two inches above the inside ankle bone and on the border of the Achilles tendon. This is a useful point for edema, night sweating, diarrhoea, dry mouth, low back pain.



## 2015 - Year of The Goat



2015 is the Year of The Goat in Chinese astrology. Ranking eighth in the long list of animals tied to the Chinese zodiac, people who are born under this sign are said to be calm, mild-mannered, good-hearted, sympathetic, dependable and intelligent. They also prefer to avoid being the center of attention – a trait that's rare among other Chinese zodiacs. Of course, this is just the tip of the iceberg when it comes to the characteristics of the Year of The Goat.

One of the perks of being born under the Chinese zodiac Goat is good health and well-being. As stated above, people who born in 2015, and other Goat years, are typically calm and cool-headed. This means they experience less stress and anxiety than others. And when you have lower levels of stress, you tend to experience fewer health problems. People who are born in the Year of The Goat also tend to prefer fresh, nutritious foods as opposed to empty-calorie processed foods, further boosting their health.

According to Chinese astrology, people born under the Goat work best when paired with partners who are born under the Horse.

Some of the top careers for the Year of The Goat include pediatricians, nurses, doctors, teachers, musicians and florists.

It's important to note that people born under the Goat tend to live private lives instead of placing themselves in the spotlight. They often prefer a quiet evening at home instead of attending public events. This doesn't necessarily mean that all of their time is spent cooped up indoors, but Goats are humble people whom typically prefer a quiet, low-key night over public gatherings and events.

### Here are some other fun facts about the Year of The Goat:

- Lucky colors include green, red and purple
- Lucky numbers include 2 and 7.
- The Year of The Goat is associated with the Earthly Branch symbol.
- In addition to 2015, other years symbolized by the goat are 1919, 1931, 1943, 1955, 1967, 1991, 2003, and 2027,
- Lucky flowers include carnation, primrose and the alicia flower.
- Goats are most compatible with Horses, Rabbits and Pigs.
- Goats clash with Rats, Ox and Dogs.
- Located on the Pearl River, the city of Guangzhou is believed to represent the Goat
- People who are born in a Goat year typically have successful careers.
- Earth (Tu) is the element associated with the Year of The Goat.

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