AcuNews

Where there is life, there is hope. Nourish the roots, and the blossoms will come.

Celebrating Chinese New Year 2026

Embracing the Year of the Horse

The Year of the Horse is often associated with movement, confidence, and forward momentum. Many people use this season as a natural reset: clearing out what feels stuck and leaning into what feels possible.

In Chinese medicine, seasonal transitions are a great time to check in with your body's patterns. If you are curious about what your body might be asking for right now, ask me at your next visit.

A simple Chinese medicine lens for the season

Chinese medicine often talks about balance in everyday terms: steady energy, comfortable digestion, restful sleep, and a calm nervous system.

During seasonal transitions, it is common to notice a few off signals.

Gentle themes many people focus on right now:

- Supporting digestion with warm, cooked meals and regular mealtimes
- Prioritizing sleep consistency, even on weekends
- Choosing movement that feels good for your body
- Taking stress down a notch with a daily wind-down routine

If any of those feel hard right now, that is useful information. Bring it up and we can talk through options.

Tips for Success in the Year of the Horse

1. Start with a "repeatable" step. Think 10-minute walk, earlier bedtime by 15 minutes, or a warm breakfast a few days a week. Consistency builds momentum.

2. Protect your energy. If you crash in the afternoon, simplify. Eat regularly, hydrate, and give yourself a short reset instead of pushing harder.

3. Move to shift your mood. Gentle daily movement helps circulation and stress regulation. Aim for refreshed, not exhausted.

4. Make evenings calmer. A simple wind-down supports sleep: dim lights, stretch, warm tea, and fewer screens close to bedtime.

5. Do one small reset. Clear one drawer or one counter. Small order can create a surprising mental reset.

6. Keep meals warm and simple. Soups, stews, roasted veggies, and warm grains often feel better during seasonal shifts, especially if digestion is sensitive.

7. Check in weekly. Ask: How is sleep, stress, digestion, energy? Adjust one habit, not everything at once.

8. Ask for support early. If sleep, stress, tension, or digestion feels stuck, bring it up sooner so you can make a simple plan.

Lucky Guide

Year of the Horse

Lucky numbers: 2, 7
Lucky colors: Red, Pink, Purple
Lucky flowers: Iris, Jasmine, Calla Lily

Write a short intention

"This year, I want more

_____

and less

_____"

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