



**NEW ORLEANS
MUSICIANS' CLINIC**



Bonne Anne Bliain nua fe mhaise
Chen Shen Tan Feliz Ano Nuevo
Prosit Neujahr
Feliz Ano Novo
Estecheezmaenos o Kaenooryous hronos
Gallukkgig Nieuw Jaar S Novim Godom
Buon Capodanno

HAPPY NEW YEAR!

Have a Happy and Healthy New Year!

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BCE, Babylonians celebrated the beginning of a new year on what is now March 23, although they themselves had no written calendar.

The tradition of the New Year's Resolutions goes all the way back to 153 BCE Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

Janus



Top Ten Healthful and Clever Ways to Kick Start 2010

- 1) Add spice to your life and eat lots of chili peppers and extra dashes of hot sauce to clear sinuses, soothe sore throats and boost the immune system.
- 2) Walk to parties and second line home because for every 2,000 steps you take, you lose one pound.
- 3) Cut you alcohol consumption in half by alternating each glass of champagne with a tall glass of club soda and pomegranate or cranberry juice with lots of fresh lime juice.
- 4) Eat lots of garlic. It lowers cholesterol, controls blood pressure, combats bacteria, and repels vampires. (Before that New Year's kiss, press a slice of cucumber on the roof of your mouth for 30 seconds...and voila! Bad breath be gone!)
- 5) Cucumber is your friend! Eat some before bedtime and you'll avoid a hangover. It's also good to chill slices to place on sleepy eyes to decrease the puffiness, rub around cellulite-prone areas to tighten the skin, and it's a great source of Vitamin B. Cut up a cucumber and place in boiling water. The steam provides a soothing aroma that has been shown to reduce stress.
- 6) Have a good belly laugh every day! It clears the mind, expands the lungs and eases the heart. And don't forget to hug your friends! Hugs release endorphins and elevate mood.

7) Replace red meat at least once a week with grilled or steamed fish. Fish protects the heart, boosts memory, and supports the immune system.

8) Take baby steps to achieve your 2010 goals. Set realistic goals that are attainable and have measurable outcomes and then take small steps that are likely to be met with success toward those goals. Don't try to lose 10 pounds in a week or quit smoking cold turkey with no preparation. Instead, try joining a weight loss program and try to lose a pound a week, or join a smoking cessation group.

9) Help someone else. A great way to feel better about yourself is by helping those in need. Whether that is volunteering in a soup kitchen (especially helpful in the winter) or helping your elderly landlady carry out her garbage, make 2010 the year when you start thinking about what you can do to make New Orleans a better place.

10) Relieve your tax burden and make a tax-deductible donation to NOMAF. [Click here to help us keep the music alive.](#)

Sincerely,

Bethany

Bethany Bultman,

President

New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)

[New Orleans Musicians Clinic](#)

[New Orleans Musicians Assistance Foundation](#)

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