

New Almanac Predicts Early Spring, Low Wheat Harvest and Frequent Insomnia in 2006

TORONTO, Ontario – August 17 (SEND2PRESS NEWSWIRE) – Ginseng Press announces the release of “The Chinese Almanac 2006.” The almanac predicts, among other things, that this coming winter will be mild and spring will arrive early, but spring and summer will be abnormally cool. Beans and corn will grow well but wheat will not. Insomnia and heart problems will be common health concerns.

All the predictions in “The Chinese Almanac” are based on a single, ancient science. “Over 5000 years ago, the ancient Chinese discovered that everything in nature occurs in regular cycles. From this knowledge, they learned to make accurate predictions about the weather, plants, animals, natural disasters, illnesses, business trends and other things,” says Dr. Zhang, a doctor of Traditional Chinese Medicine and author of the almanac. “For instance, previous editions of the almanac predicted the SARS and avian flu outbreaks of 2003, the widespread floods of 2004 and the late spring and frost of 2005,” he adds.

Dr. Zhang is one of a handful of people trained in this system, which was mandatory knowledge for Imperial Court physicians of every Chinese dynasty. This knowledge has been largely forgotten today by all but a few scholars and elder physicians. Dr. Zhang had the opportunity to learn it from such elders in China. “Most of those physicians are gone now. This information is too valuable to be lost,” he explains.

In addition to the forecasts, which apply to the whole Northern hemisphere and cover the Chinese calendar year (January 20, 2006 to January 20, 2007), “The Chinese Almanac 2006” provides detailed health advice matched to weather conditions throughout the year.

BOOK SUMMARY:

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ABOUT GINSENG PRESS:

Ginseng Press was founded in 2002 to bring ancient Chinese wisdom to the Western world through books and through its website. It publishes “The Chinese Almanac” every year.

More information: www.ginsengpress.com

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