“The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and if the head and the body are to be healthy you must begin by curing the mind. For this is the great error of our day in the treatment of the human body, that physicians first separate the soul from the body.”

Plato
The Republic 382 BC
Medical astrology

- Tool for looking at predispositions to health and illness

- Each zodiac sign has been given rulership over certain body parts, organs, systems and general health traits

- You WILL NOT experience all of the ailments listed

- Medical astrology creates understanding, knowledge and insight into where our body needs nourishment
Aries

Nature is hot, dry and inflammatory

Principal rulerships
• Head and skull
• Brain, pituitary gland
• The blood as energiser
• Bones of the head and face
• The muscular system
• Adrenals

Aries represents an ACTIVATION of energy

Common Ailments: to the head, ears, eyes, nose, headaches, hay fever, blood pressure problems, scars, fevers, accidents, acute afflictions, vertigo, nerve pain, hair loss, acne, brain inflammations, dizziness and nose bleeds
Aries

• Childlike approach to life. Vital and strong body
• Rushing around = many accidents especially to the head
• Prone to overstimulation and dissipation of energy reserves = adrenal exhaustion

• Worry, anxiety = upsets their health
• Need to learn not to OVER DO things (physically and mentally)
• When unwell they need to be left alone and rest

• Jump out of sick bed too quickly, not good at taking medical orders
• Illnesses tend to be intense to ‘force’ to rest
Aries

Diet

• **Foods for the brain;** avocado, whole grains (B vitamins), oats, good oils, seeds and nuts (walnuts)
• Iron rich foods; meats and dark green leafy vegetables
• **Heating foods;** onions, garlic, chilies, radish, curries etc. are often craved but need to be eaten in moderation
• **Stimulants, alcohol and sugar need to be kept to a minimum**
• Replace with green and herb teas
Aries

Impatiens –
impatience, irritable, feeling of guilt and self doubt
Taurus

Nature is cold, dry and enduring

Principal rulerships

- Metabolic system and thyroid
- Storage systems – fat, glycogen etc.
- Neck, tonsils, throat
- Ears, pharynx, vocal chords
- Occipital area, shoulders, cervical vertebra
- Lower jaw, cerebellum, base of the brain
- 5 senses!!

Taurus represents the energy of STORAGE

Common Ailments: thyroid issues, weight gain, high blood pressure, sore-throats, croup, glandular swellings in the neck and laryngitis. Sluggish bowels, constipation, haemorrhoids. Tight muscles of the neck and shoulders.
Taurus

- Good strength, stamina and **endurance**
- Compact, leaning towards stout / Venusian
- Holding on both emotionally and physically (fixed nature)
- **Fondness for nice foods, wines and ease** (lack of exercise) can lead to health issues
- **Easily puts on weight**, slow to take it off
- Illnesses are seldom severe, but can linger and **if ignored**
- As a patient they are **unwilling to make many changes at once!**

- Regular and good habits are essential
- They need positivity, music and warmth for recovery
Taurus

Diet

• Care with foods of a fattening nature, especially **breads**, **sugars and starches**

• **Dairy products** can create too much mucus

• **Iodine** is needed to aid the thyroid; kelp, seaweed, iodized salt

• **Temperance in food and drink!**

• **Red wine** needs to be limited (not every day please)!

• **Lots of vegetables and salad to keep digestion and bowels moving**
Taurus

Gentian –

depression from a known cause, pessimism & easily discouraged
Gemini

Nature is hot, moist, quick and nervous

Principal rulership
• The nervous system
• The arms, hands, fingers and collar bones
• Lungs and trachea,
• Diaphragm (joint rulership with Cancer)
• Oxygenation of blood / capillaries (oxygenation of blood)
• Thymus gland

Gemini represents the energy of CONNECTION and communication

COMMON AILMENTS: bronchitis, nervous system issues, pneumonia, pleurisy, asthma, fractures of arms, hands and collarbones, insomnia and nervous exhaustion. The allergic triad – asthma, eczema and allergies
Gemini

- Their thirst for knowledge and excitability = overtax their nerves, resulting in exhaustion
- They easily dehydrate and when tired will become vague and disconnected from their body and its physical needs
- Warm clothing to protect their lungs and keep them from energy dissipation

- To help a Gemini recuperate from illness they need CHANGE of surroundings, breathing exercises, long walks, DRY climate and adequate sleep
- They take instructions easily and cooperate with their practitioners, only needing a little encouragement to feel better
Gemini

Diet

- **Mental and nerve foods**: sunflower seeds, sesame seeds, avocado, eggs, B vitamin grains, protein
- **Small amounts of animal foods or fish are recommended for their “grounding” effect and iron**
- Limit dairy / grains due to mucus forming properties
- Lots of fresh fruit and vegetables as well as soups
Gemini

Cerato – repeatedly seeks advice from others, unsure of own judgment

So, you're at your computer 18 hours a day, never exercise and rely on caffeine. What's your blog about?

Health.
Cancer

Nature is cold, moist and nourishing

Principal rulerships
- Hollow and round organs: stomach, breasts, uterus, pericardium,
- Synovial capsules of joints, vertebral discs, and gall bladder
- Stomach and upper digestion (chief function!!)
- Chest cavity
- Mucus membranes

Cancer represents the ENERGY OF ENFOLDING AND CONTAINMENT

Common Ailments: frequent colds and chills, nervous anxiety, gall and kidney stones, physical disorders brought on by emotional states of worry and anxiety. Stomach problems and indigestion. Uterus problems, endometriosis and troublesome periods. Fluid retention and fluctuating ailments
Cancer

• Excessive worry and anxiety leading to **digestive upsets**
• Strong imaginations = **hypochondria**
• They are the **emotional eaters of the zodiac!**

• When things are not flowing well emotionally they don’t fair well physically

• They need gentle, nurturing people about them when ill and an emphasis on positive things to do
• Getting them to the ocean, streams or even just the bathtub = very healing
Cancer

Diet

• Healthy, well cooked food or soups
• Fresh fruits and vegetables, cabbage, watercress, kale
• White foods – tofu, dairy, cauliflower, lettuce, mushrooms, turnips, potatoes, seafood, white meat
• Onion family can cause fermentation
• When under stress they make poor food choices such as sugars and starches
Cancer

Clematis – dreams of the future, inattention to present moment

I think my soulmate might be carbs.
Leo

Nature is hot, dry, and excessive

Principal rulerships
• The heart (physically and energetically)
• Spinal column, its nerves and marrow
• The spine, T3 & T4 (behind the heart)
• Blood – as a carrier of energy
• Spleen
• Circulatory system (with Aquarius)

Leo represents the CONCENTRATION of energy

Common Ailments: Heartache from disappointment, heart disease, hot flushes, palpitations, panic attacks, fainting, fevers, angina, disorders of red and white blood cells, high and low blood pressure, hair loss, back (spine) problems and burnout
Leo

- Strongest constitution of the zodiac
- Ailments from an emotional cause **depleted their heart energy** (fear of failure, not being loved)

- **Not often unwell but can be severe**
- Prone to **burnout**, they need to take ‘time out’ and rest
- Not good at asking for help

- Their **blood pressure is a good marker** of their general health
- The **straightness of their spine** is a good indicator of their emotional wellbeing

- Need warm, sunny surroundings to help them recuperate
- They (all fire signs) are not good at inactivity, need to find creative, restful outlets while recovering
Leo

Diet

• Avoid heating, stimulating food or drink
• Vegetarian Leo is a contradiction, they do need a bit of red meat to strengthen their blood
• Nutritious, blood strengthening foods
• Lots of vegetables, salads, fibre foods

• Orange foods; asparagus, coconut, raisins, nuts, pumpkin, corn, mangoes, paw paw, rockmellon, persimmons, eggs
Leo

Vervain –

extreme of mental anxiety, tenseness, inability to relax, insomnia
Virgo

Nature is cold, dry and adaptable

Principal rulerships
• Small intestines, absorption of nutrients / assimilation
• Abdomen / solar plexus
• Pancreas
• Autonomic nervous system – sympathetic and parasympathetic
• Affinity to hygiene, sanitation and diet

Virgo represents the energy of DISCRIMINATION and assimilation

Common ailments: colic, diarrhoea, problems with the intestines and digestion, hypoglycemia, constipation, diarrhoea, hypochondria, sacrum trouble and food sensitivities. The nervous system can stress the digestive system leading to malabsorption, constipation, wind, and diarrhoea and bloating
Virgo

- The condition of their mind = the condition of their health
- Become depleted due to overwork / perfection of all projects

- They will forgo sleep and food while concentrating on work, leading to a lack energy and hypoglycemia (low blood sugar)

- The Virgo intestines are sensitive to; worry, anxiety, travel, lack of daily routine and even the weather

- Regular habits / routine MUST be observed!

- To recuperate they need pleasant, peaceful and beautiful surroundings that nurture their souls and keep them calm
Virgo

Diet

• Well cooked foods, bitter foods
• Yogurt, fermented foods, kefir, sauerkraut etc.
• Fibre – for intestinal stimulation
• The nature of Virgo is with the harvest and a semi-vegetarian diet often suits
• Virgos may need detoxification, allergy / elimination diets or a strict regime
• Goats cheese, chicory, endive, wheat, almonds, rye and oats
Virgo

Centaury –
easily influenced and exploited by others
(needs to say no)

I don’t know, Hansel. It doesn’t look gluten free.
Libra

Nature is hot, moist and balancing

Principal rulerships

- All endocrine glands
- Kidneys, ureters, bladder
- Physical balance and eustachian tubes
- Regulate acid/alkaline balance in the body
- Systems of homeostasis, balancing metabolism / thyroid
- Hormones and ovaries

Libra represents the energy of BALANCE

Common ailments: Kidney problems, urinary infections, fluid retention, thyroid / metabolic problems, hormone issues, skin trouble, lower back pain, high blood pressure due to kidney problems
Libra

• Indulgences in activities, pleasure and diet need to be minimized

• Venus rulership = sweet / savory tooth

• Keep their lumbar / kidney region warm and well clothed

• Exercise is important, but hard to do, look for social sports

• An ill Libran needs encouragement, optimism, harmony, and pleasant surroundings

• Music, social interaction, fresh air, good hydration, walking and meditation
Libra

Diet

• Taurian foods
• **Care with too many rich foods**
• Plenty of water
• Berries and cherries
• Acid/alkaline type diets, lots of green veggies
• Brown rice and seaweeds

• Juicing and fasting days = great to rebalance the kidneys, skin and body in general
Libra

Scleranthus –
indecision,
hesitancy &
imbalance

Try again without the socks..
Scorpio

Nature is watery, cold and magnetic

Principal rulerships
• Functions necessary for the survival of the species, reproduction, genetic coding, DNA, hormones, ovaries and testes.
• Purification and elimination systems of the body: bowels, bladder and sweat
• Colon, rectum, anus
• Sex organs / genitals

Scorpio represents the energy of SURVIVAL and PURIFICATION

Common Ailments: Problems / infections with the bladder and reproductive organs. Care with infections / epidemics due to Scorpios magnetic nature. Poor elimination of toxins. Hormone problems, period complaints, constipation and haemorrhoids
Scorpio

- Scorpio is VITAL, good recuperative abilities
- attract illnesses due to their MAGNETIC nature
- What looks like a Libra ailment can be a Scorpio problem
- To get clear information out of them in a first appointment is a challenge

- Holding on to emotional issues can lead to physical illnesses
- Holds onto toxins, needs to regularly move their bowels
- Sweating and physical exercise are fantastic
- When out of balance they are best to seek out a quiet and secluded environment
Scorpio

Diet

• Benefit greatly from fasting and elimination diets & Cancerian foods
• Go easy with alcohol and drugs due to toxin accumulation
• Dark red foods such as; beetroot, plums, berries, cherries, red cabbage etc
• Any foods in XS, especially salty foods (bacon, sausage)
• Fresh fruits / vegetables, especially citrus
Scorpio

Chicory –
self indulgent,
demands
attention

My Diet Plan:

Make all of my friends
cupcakes; the fatter
they get, the thinner
I look...
Sagittarius

Nature is hot, dry and expansive

Principal Rulerships
• Thighs, hips, bum, sacrum, tail bone, pelvis
• Co-ordination of muscles, locomotion
• Sciatic nerve
• Liver
• Pancreas – blood sugar levels
• Autonomic nervous system – fight flight / digest relax

Sagittarius represents the energy of MOVEMENT and freedom

Common ailments: sciatica, rheumatism, gout, accidents in general, bites, falls, stings and cuts. Liver ailments, hip and pelvic problems, blood sugar regulation and exhaustion of the nervous system
Sagittarius

- Love of freedom, speed & recklessness = falls and accidents
- Strong body, can be wiry & lean or rounder with age (Jupiter)

- **Exercise** is essential i.e.; riding horses, biking, running etc.
- Need to **learn to slow down and breathe** deeply

- Sagittarians are **long livers** and their **pain threshold can be high**
- A little positive encouragement and confidence from their practitioner = get better quickly
Sagittarius

Diet
• Grains, greens and grasses (just like a horse)
• A little meat – due to its being a “hunter”
• Moderation in gourmet foods, tendency to overindulge (Jupiter)
• Minimize acid foods, lead to gout and arthritis

• Oats, parsnips, asparagus, cucumbers, rice, horseradish, strawberries, onions, whole wheat, figs, barley, rye, cabbage and cherries
Sagittarius

Agrimony – cheerful on the outside and turmoil on the inside.
Capricorn

Nature is cold, dry and structured

**Principal rulerships**
- Skin and bones
- Joints, especially the knees
- Ligaments, cartilage and tendons
- Hair, nails and teeth
- Parathyroid gland
- Gall bladder

Capricorn represents the energy of STRUCTURE and form

**Common ailments:** skin diseases, arthritis, gout, urticaria and eczema. There is a danger of melancholy / depression and chronic fatigue. Illnesses of cold, limitation, crystallisation, constipation and poor circulation. Disorders of the bones, teeth and knees
Capricorn

- **Poor vital heat**, cold and restrictive ailments
- **Melancholy** can easily set in if feel not
- **Weaker when young**, but with age they grow strong
- Tendency to **chronic ailments**

- Needs cheerful company to dissipate their melancholy
- **Music** can do wonders for a depressed goat
- Laughter, exercise (yes really) and going outdoors helps immensely wit their health
Capricorn

Diet

• A heating / stimulating diet is best
• Cancer and Scorpio foods as well
• Foods high in fiber – goat food
• Well cooked food
• Alkaline foods are important to ward off rheumatism
• Care with too much calcium, tendency to stones
Capricorn

Mimulus –
fear of know things
(poverty, not succeeding etc.)
Aquarius

Nature is hot, moist and electric

Principal rulerships
• The blood and circulation
• Nerve impulses / energy
• Lower leg, calves and ankles
• Mitochondria
• The meridian system, aura and chakras
• Hypothalamus and biorhythms

Aquarius represents PATTERNS OF ENERGY FLOW

Common ailments: ankle troubles, anemia, cramps, spasms, nerve problems, blood pressure issues, worry, anxiety and nervous stress. Circulation problems, varicose veins, cold hands and feet, epilepsy, eye problems and hemorrhoids
Aquarius

Diet

• Hard to get them to follow much advice
• Foods of a blood and brain building nature, Taurus foods
• Meat, onions, garlic, ginger great for stimulating circulation
• **They eat unusual combinations of foods** and large amounts of a single food; olives, anchovies, pickles, vegemite

• Avocado, good oils, seeds and nuts great for nerves
• Fish, eggs and tofu are fantastic and wont weigh them down

• **Can be a salt addiction** (ruling mineral) leading to fluid retention and high blood pressure
Aquarius

Water violet – pride and aloofness / desire to be alone

KNOWLEDGE is knowing that a tomato is a fruit, WISDOM is not putting it in a fruit salad.. PHILOSOPHY is wondering if that means ketchup is a smoothie.

fb/david avocado wolfe
Pisces

Nature is cold, watery and receptive

Principal rulerships
• Diffusion / movement of fluids and gases
• Immune and lymphatic system
• pineal gland
• feet / toes
• cerebral spinal fluid and the spinal canal

Pisces represents the energy of Diffusion

Common ailments: relaxing / softening of tissues = lack of tone, mucus, colds and chills. Viral and bacterial infections, weight gain, scattered energy, care with addictions (food, alcohol etc.) as often desire to escape. Immune / autoimmune disorders, problems with the feet and toes.
Pisces

- **Loss of boundaries** can lead to health issues
- Anxiety and worry weakens, leaving them prone to infection
- Dreamy nature = can forget to take care of their body
- Weak recuperative powers, illness can linger
- Keeping hydration / fluid levels up (not with wine)
- Need quiet, isolation and to **be near water** to recuperate
- Their surroundings need to be full of sunshine, fresh open air, with little outside disturbances
Pisces

Diet

• High in fish (either love or hate it) and seaweeds
• Lots of fluids (water and soup)
• Limit intake of stimulants and alcohol (Neptune/Jupiter)
• Green leafy vegetables, beans, spinach, lettuce & nuts
• Root veggies and fresh fruit
• Protein to support the immune system
• Small meals & frequent snacking rather than large meals
• Blood building / iron foods – in helping to keep their immune systems strong
Pisces

Rock rose –
fear, terror, shock,
lack of energetic boundaries

Alcohol does not make you FAT!
It makes you LEAN...
against tables, chairs, floors, walls
and ugly people.