

# ASTROLOGY - HEALTH & DIET

One's astrological chart describes his/her unique constitutional makeup. From this, a medical astrologer can identify health issues he/she is most likely to experience, as well as specific recommendations of what they can do to regain and maintain optimum well-being. Astrology identifies four basic constitutional types: fire, earth, air and water.

The maintenance of health is a process of constant readjustment to change. We each tend to experience periods of excess or deficiency of our constitutional element, which require adjustment of diet, lifestyle or even supplementation.

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## **Fire Signs : Aries / Leo / Sagittarius**

Fire rules the function of internal combustion or digestion—the burning up or absorption of food. Fire also purifies the system by burning off toxins, viruses, bacteria and fungus. Fire signs easily fight disease. Their constitution naturally tends toward high temperatures.

### **Excess Fire**

Fire signs, when unbalanced to excess or overstimulation, are prone to burning themselves out. Excess fire can be impatient and angry, or internalizes it into hypertension, heart problems, ulcers or inflammations. Excess fire is brought back into balance by foods that are cold, moist and heavy, or slow-burning foods that ground energy.

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| Take   | Grains, root vegetables                                   |
| Avoid  | Spicy food, red meat                                      |
| Remedy | herbs like chamomile, lemon balm, skull cap and valerian. |

### **Low Fire**

When your fire is low, it may be hard to burn off or fight disease. Digestion and absorption of food are inadequate. Eat foods that are hot, light, dry and aromatic. Avoid cold foods.

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| Take   | lemon, yoghurt, bitter greens like kale, mustard.                             |
| Avoid  | dairy products, meat  |
| Remedy | digestive stimulants like cayenne, mustard, cloves, cinnamon, garlic, ginger. |

## **Air Signs: Gemini / Libra / Aquarius**

Air rules the nervous and circulatory systems and the function of movement, peristalsis, urination and breathing. Air people are easily stimulated, with quick and extremely sensitive minds that are easily thrown off balance and overwhelmed.

### **Excess Air**

Overactive, restless, sensitive minds and nervous exhaustion plague air signs, as does dry skin, hair and mucus membranes, insomnia and memory loss from systemic overload. Excess air benefits from scheduled windows of quiet, with minimal stimulation, to allow the nervous system to recharge itself.

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| Take   | lightly steamed vegetables, nuts, croutons.                |
| Avoid  | Raw foods ,Grains, rootcrops, yeasty foods, refined sugar. |
| Remedy | enzymes which help in proper absorption of nutrients.      |

### **Low Air**

When the air element is low, there is difficulty with the flow of energy through the body. A weakened nervous system benefits from mineral supports such as calcium and magnesium, and circulatory stimulants. Eat plenty of raw foods, vegetable juices and sprouted seeds. Oats in any form—oatmeal, oatstraw tea or oat tincture, are tonifying to a weak nervous system without being sedating.

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| Take   | Gingko, cayenne, garlic, ginger, yoghurt, kefir. |
| Remedy | dandelion root or angostura bitters .            |

## **Water signs: Cancer / Scorpio / Pisces**

The water element rules the reproductive and lymphatic systems and body liquids—including blood, mucus and lymph. Water lubricates, flushes and cools the body. Water signs are exceptionally sensitive to their environment, particularly to fungi, bacteria and viruses.

Health issues for water signs generally have a strong emotional component. Water sign people easily pick up negativity from others. They tend to brood on their health and imagine problems to be greater than they are. Their health problems tend to recur in cycles.

### **Excess Water**

These people tend toward sluggish digestion, poor assimilation and slow metabolism. Stagnant excess water may manifest as mucus, cysts, tumors and swellings, as well as systemic candida. Excess water can

manifest as weight problems. It is seldom helpful to decrease dietary intake alone. Better results come from increasing the metabolic rate, decreasing the liquid intake, changing the diet and increasing physical activity. Excess Water is balanced by foods that are hot, dry and light.

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| Take   | steamed vegetables, beans, fruits.   |
| Avoid  | oily foods, dairy, sweets, yeasty foods, breads and salt.  |
| Remedy | sage, basil and thyme, Diuretics such as parsley, uva ursi and juniper berries, Chapparal, garlic and olive leaf |

### **Low Water**

Low Water constitutions have trouble flushing toxins from their systems, and lack lubrication to their systems. They tend to be stiff and dehydrated and have difficulty sleeping. They suffer from conditions similar to excess air, such as skin and hair dryness and difficult absorption of nutrients. They find it hard to accept emotional nourishment. Take baths, drink plenty of liquids, and live near water. Melons, cucumbers and other moist and fleshy vegetables help balance this constitution. Don't fast, take care with extreme exposure to heat or sunlight and take extra salt with exertion or warm weather.

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| Take   | wheat, rice, oats, seaweed, dairy products and natural sugars .            |
| Avoid  | beans and natural diuretics such as carrots, celery, cabbage and asparagus |
| Remedy | licorice sweetened with honey, Fruit juices                                |

### **Earth Constitution :Taurus / Virgo / Capricorn**

The earth element rules the skeletal and eliminatory systems. The earth element is essential for growth, reproduction and repair of tissue. Earth signs tend toward weight problems, tumor growth or glandular disorder. Overeating and a diet of heavy foods create excess earth, which is aggravated by lack of exercise and sedentary habits. They often have beautiful strong teeth.

The earth signs have strong sense impressions and thrive on contact with the earth. There is a strength of endurance and persistence. They are more resistant to transient colds and flu than fire or air signs.

### **Excess Earth**

Excess earth is prone to heaviness in the body and sluggishness in the system, and the struggle to overcome inertia. Their digestion and metabolism are slow, increasing density of body tissue—i.e. thick skin, sclerosis, calcium deposits, tumors and increased body hair.

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| Take   | fruit- salads, sprouts ,steamed vegetables with spices added, juices, soups and teas .                |
| Avoid  | heavier diets   |
| Remedy | bitter tonics such as gentian or Swedish bitters, hot spices such as ginger, black pepper and cayenne |

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### Low Earth

Low earth needs grounding. These people tend to ignore their bodies and are not instinctive about what they need. They need routines that stabilize them and give a sense of security. They need more sleep than other elements, and benefit from physical contact with the earth.

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| Take   | meat, potatoes, unrefined grains, root crops ,dairy,vegetables steamed , cheese, butter,sugar and oil . |
| Avoid  | fruits and raw foods  |
| Remedy | demulcents such as licorice and slippery elm, seaweed and minerals, Ginseng, astragalus, ahashwaganda.  |

**Note: : The health information given above is not meant as a substitute for care from a qualified physician. The information is given for educational purposes only, and is not intended to diagnose or prescribe.**