THE ASTROLOGY OF Sun Signs to Improve Your Health



an article by

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the Astrology of
Sun Signs
to Improve Your Health



by Diane L. Cramer, M.S., NCGR IV

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Each sign of the zodiac has within it useful information to keep you healthy and vibrant. However, each sign also has pitfalls that can and should be turned around and used as both preventive tools and for guidance on living a healthier lifestyle.

Individual Sun signs need to be true to their essential nature in order to remain healthy. This includes paying attention to daily routines as well as professional activities.

DID YOU KNOW THAT...

If you don't know your chart, you're missing out on some important information about your life. Get an astrologer to calculate it for you. Visit dianecramer.com for more info.

* Please read the disclaimer at the end of this article for important information. Always consult with a licensed health care practitioner when you have a medical condition that requires attention.

You can get a general idea of health by first understanding the element of your Sun sign: fire, air, earth or water. The fire signs are Aries, Leo and Sagittarius. The air signs are Gemini, Libra and Aquarius. The earth signs are Taurus, Virgo and Capricorn. And the water signs are Cancer, Scorpio and Pisces.

Fire signs thrive on excitement. They will seek challenge and sometimes conflict as a source of stimulation. The adrenaline runs high, but there are healthy ways of channeling this fiery energy through, for example, sports and physical activity. Where a fire sign looks for thrills, earth signs prefer the steady and predictable. They can become easily upset when having to deal with too much change. Job security is essential to an earth sign. Air signs are social and intellectual; they thrive on mental stimulation. An active social life is important to air signs. Water signs are sensitive and emotional. They have strong spiritual and creative needs. Water signs need emotional involvement in their daily life and in their professional activities.

THE ELEMENTS: KEYS TO REJUVENATION

Knowing your element is a valuable aid to rejuvenation. Fire signs are rejuvenated by sunlight so should be sure to spend time outdoors everyday. Earth signs are rejuvenated by contact with nature. Having plants in the home will help purify the air. Air signs are rejuvenated by fresh, circulating air. A trip to the mountains can prove beneficial. Water signs are rejuvenated by the use of water such as in bathing, swimming, or a walk on the beach. The following will provide information on each sign of the zodiac in terms of personality traits affecting work and health as well as useful information on nourishing the body in accordance with the particular sign.

EXPLORING THE ZODIAC SIGNS

Aries

Aries is a sign of energy and activity. These can be headstrong individuals who need autonomy and independent action. A healthy Aries is allowed to do his or her own thing without interference from other people. An unhealthy Aries craves excitement and physical activity and tends to "burn out" from pushing the self too hard. Aries can be overly involved with physical exercise causing muscle fatigue.

Aries needs to learn the balance of its opposite sign Libra. Aries has a tendency to rush headlong into situations giving the potential for accidents. Aries has rulership over the head so Aries is prone to cuts or bruises on the head, accidents to the head and headaches. A lack of moderation and constant rushing around can lead to adrenal exhaustion. When ill, Aries tends to feverish complaints and infection.

Aries is considered an immature sign and can get frustrated easily if circumstances don't go their way. Aries doesn't like to be pressured at work and needs to be able to work independently. Aries dislikes taking orders and can impulsively quit a job if they don't like their working environment. Aries is healthiest when their work gives them a certain amount of authority and autonomy.

Aries is considered a "brainy" sign and benefits from ginseng to aid mental exhaustion and essential oils such as basil or rosemary for fatigue. Aries requires protein foods and can also benefit from foods such as honey, nuts, sunflower and sesame seeds, tomatoes, beet roots, lemons, grapefruit and celery.

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Aries requires protein foods and can also benefit from foods such as honey, nuts, sunflower and sesame seeds, tomatoes, beet roots, lemons, grapefruit and celery. Aries can use peaches and pears to balance the system.

Peaches and pears are useful to balance the system. Aries may also benefit from acupuncture, reflexology and massage.

Taurus

Taurus is a sign of endurance and strength. As an earth sign, Taurus benefits from good nutrition. Taurus can be stubborn and rigid, which can lead to problems in the neck and throat. Taurus also tends toward excess so can experience illness from wrong eating or distress from overindulgence. Taurus needs to learn how to let go and be less possessive and controlling.

Taurus is a sign that enjoys leisure time and, consequently, doesn't do well in jobs requiring long hours. Taurus likes to work in comfortable surroundings and dislikes a fast-paced, erratic occupation. Taurus enjoys work involving the senses or having some type of physical contact. Having a job that does not offer security or job benefits such as a pension plan can lead to stress-related health problems in the form of a sore throat or a stiff neck.

Taurus benefits from a regular eating and sleeping schedule. Regularity in the life is an aid to good health. The thyroid gland is sensitive for Taurus, which can benefit from foods such as kelp which contains iodine. Iodine is considered helpful for the thyroid gland. Sage and blackcurrants are useful for sore throats or throat infections. Taurus needs roughage in the diet and needs to moderate the use of rich, processed foods. Spices help liven up the system. Swiss chard, watercress, broccoli, mushrooms, spinach, cabbage and potato skins are useful for Taurus. Root vegetables help clean the digestive tract. Massage can help relieve stiffness.

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Taurus needs roughage in the diet and needs to moderate the use of rich, processed foods. Spices help liven up the system. Swiss chard, watercress, broccoli, mushrooms, spinach, cabbage and potato skins are also useful for Taurus, while root vegetables can help clean the digestive tract.

Gemini

Gemini is a social and intellectual sign that thrives on variety and requires a great deal of mental stimulation. Geminis love to talk and communicate and enjoy having the newest in technology. Gemini can be hard to pin down and is considered a nonconformist.

Gemini's love of change can cause difficulty in work requiring a strong commitment as it is hard for them to give themselves completely to one cause or project. Gemini is very good at multi-tasking and does best in work requiring flexibility and dexterity. Work involving travel or being on the go keeps Gemini happy. Gemini can have trouble turning off the mind at night leading to insomnia and a lack of sleep, which can contribute to stress. Daily physical exercise is helpful to a good night's sleep and gives an outlet for any pent-up nervous energy. Go dancing or rollerblading! Take a long walk.

When ill, Gemini complaints run to respiratory and nervous disorders. The lungs can be weak, and Gemini is subject to nervous debility. Gemini can remain healthy with correct eating and enough rest. The lungs need extra attention. Bergamot aids relaxation and sleep. Skullcap is an aid to nervous excitability. Lavender is a soother. Flaxseed aids coughs and bronchial problems. Gemini also benefits from breathing exercises. A balanced diet with as many vegetables and fruits as possible is essential for Gemini. Dairy products should be kept to a minimum as they can cause excess mucous on the lungs.

DID YOU KNOW THAT...

Gemini needs calming periods during the day to avoid a tendency toward anxiety. A nervous Gemini is prone to hysteria.

Maintaining a balanced diet is essential for Gemini. Dairy products should be kept to a minimum as they can cause excess mucous on the lungs. A Gemini also benefits from breathing exercises.

Cancer

Cancer is an emotionally sensitive sign that needs to nurture and be nurtured. A healthy Cancer needs close emotional ties and domestic security. Cancer is prone to anxiety and worry and can suffer with complaints involving the stomach, breasts, or chest area. Cancer is ruled by the changeable Moon and, consequently, tends to be moody and unpredictable. Watch out for a water imbalance in the body. Cancer's proneness to anxiety can lead to digestive problems. Of all the signs, Cancer is most prone to eating disorders that run the gamut from anorexia to bulimia.

Cancer feels fulfilled when doing emotional work. Cancer needs job security to avoid stress; they like to work in a homey environment and in close personal contact with others. Working in an impersonal environment would cause Cancer to feel isolated and distressed.

The herb bilberry is useful for water retention; arrowroot and fenugreek calm the stomach; and cloves can help dispel stomach gas. Cancer benefits from taking baths and going swimming. Making sure to get plenty of liquids in the diet and eating fish a few times a week is important. Cancer also benefits from eating melons, lettuce, mushrooms, cucumbers, lima beans, endive, watercress, bananas and avocados. The cell salt Nat Mur is helpful for water retention. The homeopathic remedy Nux Vomica is useful for stomach upset and nervous indigestion. So also is peppermint or spearmint tea.

REMEMBER THAT...

People born under the sign of Cancer benefit from eating melons, lettuce, mushrooms, cucumbers, lima beans, endive, watercress, bananas and avocados. Watch out for a water imbalance in the body.

Leo

Leo is a strong and vital sign, ruled by the Sun. Leo has energy and vitality, but with Leo's rulership of the heart and spine, Leo needs to:

- avoid rich and fatty foods,
- engage in cardiovascular exercise, and
- keep the back supple by engaging in such exercises as yoga or any sport that promotes flexibility of the back and torso.

Leo also benefits from moderate amounts of sunshine. Complaints can include heart palpitation, fever, backaches and sunstroke. Leo can benefit from chiropractor adjustments.

Leo needs to feel unique, and remains healthiest when doing work involving self-importance and power. Leo is also the sign of play, so Leo needs a job that allows for creativity and recreation. Leo can be theatrical and would enjoy work involving a sense of drama. Generally, Leo needs to feel it is enjoying itself at work. Leo dislikes routine and having to deal with petty details. Leo likes to be the one giving orders so when forced to bend to the will of others, Leo will feel stressed.

Leo needs to keep the blood pure and can be helped by such herbs as borage or red clover tea. Dandelion is a tonic and blood purifier. Mustard packs can alleviate back pains. Rosemary is a heart tonic. Spices such as saffron, black pepper and cinnamon are an aid to Leo. Walnuts are an important Leo food.

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Virgo

Virgo is a sign of discrimination and assimilation. Virgo's are workers and are healthiest when involved in work or service. Most importantly, Virgo needs to feel useful and likes to be involved in an occupation that has tasks, mental stimulation, and attention to details. At times Virgo can be a workaholic and can find itself working long hours and not getting sufficient rest. On the other hand, being a sign of work and service, sitting around all day doing nothing causes Virgo great stress.

Virgo needs to learn how to relax and needs to be on a balanced diet for good health. With Virgo's rulership of the pancreas, Virgo needs to watch sugar intake to avoid blood sugar problems. Virgo does best on a natural diet that includes plenty of raw foods. Health problems of Virgo can be nervous disorders, intestinal or bowel complaints, hypoglycemia or diabetes.

Balm and borage aid nervous troubles, caraway stimulates digestion, fennel seeds are useful for gas, fenugreek helps with inflammation of the intestines and skullcap tones the nervous system. Virgo needs daily exercise and a diet containing whole grains, fiber, vegetables and unrefined foods. Drinking lemon juice added to water is especially useful as an internal cleanser.

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Libra

Libra is a social and intellectual sign that thrives on close, interpersonal relationships. Libra is ruled by the planet Venus which rules diet and nutrition. Libra, the sign of balance, does well on a balanced diet and lifestyle. Health complaints can include kidney problems, pains in the lower back, headaches, eye problems, and cosmetic skin problems. Libra needs to watch its tendency toward indecisiveness which can lead to stress.

Since Libra is ruled by pleasure-loving Venus, it can be lazy or self-indulgent at times. Illness can be caused by overindulgence in wrong foods. Libra is the natural sign of relationships and cannot handle emotional discord in close relationships; this would have a detrimental effect on the Libra's general well-being.

Libra is a social sign and needs to be involved in work where it can use its social skills. Good relations among co-workers is essential to Libra's emotional health. Libra enjoys a lot of verbal contact and likes to be surrounded by beauty. People born under this sign do not do well in an unpleasant working environment. Inharmonious working conditions contribute to stress.

Herbs helpful to Libra include bilberry and borage to promote kidney action, feverfew to strengthen and cleanse the kidneys and burdock for kidney weakness. Parsley is a kidney tonic and thyme is useful for headaches. Libra needs a balanced diet and should eat fruit every day. Other foods beneficial to Libra include nuts, lima beans, chick peas, bean sprouts and lentils.

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Libra needs to watch its tendency toward indecisiveness which can lead to stress. Libra is the natural sign of relationships and cannot handle emotional discord in close relationships; this would have a detrimental effect on the Libra's general well-being.

Scorpio

Scorpio is an intense and emotional sign subject to extreme mood changes. Scorpio needs rest and relaxation every day. Scorpio has a need for control and power, and it is important that Scorpio be able to express its power urge in some way to avoid stress and low self-esteem.

Scorpio needs work that provides intense focus such as research or analysis. Scorpios tend to take themselves too seriously causing ego conflicts with bosses or co-workers. They do well in a crisis and would enjoy high impact work or work involving risk or danger.

Scorpio can be tireless with a tendency to push itself too hard leading to physical exhaustion. Complaints of Scorpio involve the organs of elimination and procreation. There can be bladder and bowel troubles. Scorpio's tendency toward rigidity can lead to retention of toxins in the body. Scorpio does well on an occasional purification diet such as a supervised juice fast. Daily exercise aids flexibility.

Scorpio needs roughage in the diet and should have fresh fruits and vegetables every day. Scorpio profits from cleansing herbs such as blessed thistle, wormwood and blackberry leaves and also benefits from horseradish and leeks.

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Chicory is useful as a laxative, lavage as a tonic and ginseng as a stimulant. Witch hazel is useful for hemorrhoids. Other foods useful to Scorpio are onions, kale, prunes, coconut and beans.

Sagittarius

Sagittarius is a hopeful and optimistic sign. Their cheerful attitude is an aid to good health. Sagittarius is healthiest when having goals and being able to live a diverse life. Sagittarius tends to over expansion and overindulgence, especially when it comes to fatty foods. This can put a strain on the liver, which is ruled by Sagittarius. Sagittarius needs discipline to avoid becoming overweight. Health related problems for Sagittarius involve fever, locomotive disorders, problems with the hips or thighs, sciatica, gout and obesity.

Professionally, Sagittarius needs work that allows for mobility. They get easily bored with routine and need jobs that allow for professional growth. Sagittarius likes to roam and would enjoy work such as ranching, outdoor work or any occupation that allows for travel. Being confined in closed spaces or forced into a rigid routine leads to stress-related ailments.

Herbs useful to Sagittarius are agimony, which tones the liver, chicory for liver impurities, dandelion as a tonic and also as an aid to the liver, red clover as a blood purifier, and thyme and rosemary as liver tonics. The cell salt silica is an aid toward preventing sciatica. Asparagus is useful as an internal cleanser while cucumber soothes the system. Sage, cloves and nutmeg are useful spices for Sagittarius.

DID YOU KNOW THAT...

Sagittarius is an athletic sign and benefits from physical exercise. Sagittarius enjoys sports and benefits from outdoor exercise and being in the open air.

Sagittarius needs to avoid rich foods, especially fried foods. Sagittarius benefits from green vegetables, bran and oats, apricots, currants, cherries, and persimmons.

Capricorn

Capricorn is a sign of endurance and structure. It is a hard-working and organized sign. Capricorn can be dogmatic and controlling and needs to learn to loosen up. Activities such as yoga or dancing would help keep Capricorn limber.

Capricorn rules the parts of the body that protect us—the skin, nails, teeth and bones. Health related complaints of Capricorn include rheumatism, arthritis, skin diseases, weak knees and gallbladder problems. Capricorn is subject to illness arising from cold.

Capricorn is a natural executive and dislikes taking orders. They are dependable and are hard workers but have a tendency to work long hours in their quest for success. They have perfectionist tendencies and can be inflexible and rigid. A strong need for control leads to stiffness in the body. Capricorns can get overly involved in work and needs to allow time for leisure activities.

Capricorn needs exercises that increase flexibility and reduce tension. Wild yam stimulates the production of bile and aids the liver and gallbladder. Chamomile and cloves help relieve toothaches. Comfrey root is an aid to skin complaints, but should only be used externally. Blackberry is an aid for psoriasis, rose hips tea helps to retain flexibility of cartilage, and slippery elm strengthens the bony structures of the body. Capricorn also is helped by swimming, stretching exercises, and massage. Capricorn's diet should include dairy products, citrus fruits, nuts, bran, green leafy vegetables, melons and fish.

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Aquarius

Aquarius is an independent and stubborn sign. Its desire for freedom and independence can produce a quirky personality. Aquarius has a strong constitution but can be high strung and restless. Health complaints involve the blood and circulation, the lower legs, calves and ankles.

Aquarius can have difficulty conforming and dislikes routine. Aquarius needs variety and mental stimulation at work. Aquarius is the natural sign of groups and functions well in group situations.

Aquarius has its own sense of fashion and generally would not be happy in a corporate environment with its rigid social structure and formal way of dressing.

Aquarius can suffer nervous complaints and needs quiet times alone. Aquarius can be affected by changes in barometric pressure, which can lead to mood swings or emotional highs and lows depending on the prevailing weather. People born under this sign can contract unusual illnesses.

To maintain its health, Aquarius can benefit from bergamot for relaxation, valerian for nervousness, borage for sprains and to cleanse the bloodstream, dandelion, nettles or rosemary for blood circulation, and caraway for a sprained ankle.

Aquarius benefits from exercise such as cycling or biking to oxygenate the blood and from eating foods that contain magnesium and iron. Aquarius should include fruits, honey, lemons, apples and cheese in the diet.

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Pisces

Pisces is a sign of compassion and sensitivity. Pisces benefits from creative and spiritual activities and has a need to escape from the harsh realities of life. In some cases Pisces tends toward an excessive use of drugs, alcohol or tobacco, which can stress the body and lower the Pisces-ruled immune system.

Pisces can develop weird ailments and its health-related complaints can include colds and infections, problems with the feet and toes, such as gout, and, a lowered immune function. There can be bunions, corns or boils on the feet. Pisces benefits from acupuncture, biofeedback and meditation.

Pisces likes eccentric and off-beat careers and would not enjoy working around crowds, noise or chaos. Pisces tends to space out and needs work allowing the use of the imagination. Pisces dislikes strict routine and enjoys working in a large space that is brightly colored. Pisces likes to work flexible hours and would not do well in a 9–5 job. Similarly, a dull environment or work that stifles creativity would cause stress to Pisces.

Pisces benefits from bergamot for relaxation, ginseng to tone the nervous system, chicory to eliminate mucous and Irish Moss, a Pisces herb containing iron and iodine. Pisces profits from foods high in iron such as raisins, dried apricots, and liver. Pisces benefits form living near water or engaging in water activities. The diet should include plenty of liquids. Foods such as cucumbers, almonds and melons aid in balancing the system. Pisces should also partake of dates, raspberries, pineapple, cereal or whole grains. Sugar and dairy should be kept to a minimum.

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CONCLUSION

In conclusion, all twelve signs of the zodiac can benefit from a healthy lifestyle that includes nutritious food and some form of exercise. Different varieties of foods and ways to stay fit can appeal to different signs but anyone wanting to remain healthy and vibrant needs to be diligent by avoiding harmful or non-nutritious foods and a too sedentary lifestyle. Recent studies have shown that a sedentary lifestyle can shorten the lifespan. And no one needs to be told that too much fried food or sugary desserts can have a detrimental effect on the body.

Keep your mind sharp also by engaging in mental activities. See http://www.lifeoptimizer.org/2007/08/02/30-ways-to-increase-your-mental-capacity/ for ways to increase mental capacity. A healthy mind is more able to deal with stress and make intelligent decisions!

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ABOUT THE AUTHOR

Diane L. Cramer, M.S. is a certified (Level IV, NCGR) consulting astrologer, lecturer and teacher in all aspects of astrology in New York City. She is an expert in the various disciplines of astrology including natal chart interpretation, long-term forecasts, solar return interpretation, chart comparison, and chart rectification. She specializes in writing and instructing on medical astrology and nutrition and has published four books: *Managing Your Health & Wellness* (Llewellyn), *How to Give an Astrological Health Reading* (AFA), *Dictionary of Medical Astrology* (AFA) and *Medical Astrology: Let the Stars Guide You to Good Health* (Jove Press). She prepares health readings based on the natal chart.

Diane has Masters and post-Masters degrees in Education from Hunter College in New York City, and a BA in English, Speech and Journalism from the University of Florida. Diane is a member of the education faculty of the NCGR in New York City and has published articles on medical astrology in both the NCGR Journal and the AFA Bulletin as well as the Uranian Journal of the Uranian SIG. She has also been featured in Dell Horoscope. Diane lives in New York City.

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For more information on specific astrological configurations, visit www.bobmarksastrologer.com

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