improve Your Health with astrology

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The purpose of this lecture is to give you some techniques for chart analysis. Even if you are not a medical astrologer you will be able to look at a chart and immediately pick out some problems, weaknesses or deficiencies. We will also cover some treatment options that you could use based on what planets stand out in the chart, and then we will go through the elements of fire, earth, air and water.

I am the type of person who could talk for two days on a subject so I will give you as much information as I can. You will be able to utilize the attached handouts (see the Appendix), one of which contains my notes on the planetary aspects in terms of nutrition. This is information that I have come up with over the years. The second handout is a listing of Mars and Saturn in the signs that I will discuss first. There are also four charts that we will use as examples. I didn't even think about the fact that when I chose the charts of Arnold Schwarzenegger and David Letterman that they were born so near to each other, nor did it even dawn on me that I had three cases of heart disease. I just arbitrarily picked some charts of people in the news that I had available. So we are going to use those charts to give you some information or how to figure out a technique. If they came to us for a reading, we can see what would we tell them in terms of health.

Let me mention that I have been doing astrology for over thirty years. The first book that I wrote was *How To Give An Astrological Health Reading* (AFA). This summer my book *Dictionary of Medical Astrology* (AFA) came out. This is a medical astrology dictionary and it

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Always consult with a licensed health care practitioner when you have a medical condition that requires attention.

AUDIENCE: *Do you use Chiron?*

DC: I look at Chiron more in transit. I believe that when John F. Kennedy, Jr. died, for example, he had an exact square of Chiron square Chiron that night. And he was wounded. He was flying with a wounded leg. I have seen other things with Chiron in transit. Yet somehow I don't get it—you know, some astrologers look at Chiron and make these amazing interpretations, but it just doesn't work for me. I do think it has to do with healers such as when it is on the MC, when it is rising or in your sixth house.

So I would say that if Chiron is strong maybe you need therapy to deal with emotional wounds or by healing others, you heal yourself. But I am the last person to give a lecture on Chiron.

Using the Elements

Now let's go back to the charts briefly. One of the fastest ways to figure out a health problem is by looking at the elements of fire, earth, air and water. That is another way to get quick information from a chart. Now, how do you do this? You take your chart and you give points to the planets in the signs. I have two different point systems that I use. There are many point systems, but the main thing for you to do is determine, does my chart show I have too much fire, or not enough, too much earth or not enough, too much air or not enough or too much water or not enough.

Let's go back and look at Arnold Schwarzenegger's chart—he has a slight emphasis in water. With the point system that gives one point for each he has Cancer rising, Mercury in Cancer, Venus in Cancer, and the MC in Pisces. That is a strong water emphasis. As I said, I use two point systems, one that I call "one-for-one"—one point for each planet and the Ascendant and MC—and another system, which I have talked about in many of my lectures, where I give the Sun, Moon, and Ascendant four points, Mercury, Venus and Mars three points, Jupiter, Saturn and the North Node two points, Uranus, Neptune and Pluto one point and the ruler of the chart two points. I learned this when I started studying astrology. In the second system Arnold Schwarzenegger has twelve points in water, and it is the system I always use first.

AUDIENCE: *Do you use this just for medical astrology?*

DC: No, I use it for general chart interpretation also. This system stresses the personal points of the chart. It gives less emphasis to the outer planets.

AUDIENCE: *Do you use the MC?*

DC: The second system does not use the MC, but in the one-for-one system, I do use the MC. After I do the first system, I look at one-for-one as I want to see how they compare.

So with Arnold Schwarzenegger's chart we come out with:

Fire: 7
Earth: 8
Air: 5
Water: 12

If we add up the points for David Letterman he has only one planet in earth, but because it is his Moon it makes up for being his only earth planet and it receives four points. He is also low in air which could mean circulatory problems and he did have heart disease.

Then if we look at Dick Cheney's chart it is very low in fire and water, so he would need to build up those elements. Carl Sagan is fairly balanced but has a slight excess in water. So let's talk about what each one of these means. When you are looking at a chart you are looking at too much of something or not enough of something. Too much isn't good and not enough isn't good either.

Fire

Fire can refer to digestion, your ego, and your energy level. So if you have too much fire you can burn yourself out; if you have low fire, you may have energy problems. You can also have a lack of enthusiasm. The biggest thing to me with a lack of fire is weak digestion. By the way, a strong Mars in the chart could make up for a lack of fire. Similarly, a strong Saturn could make up for a lack of earth, a strong Uranus could make up for a lack of air and a strong Neptune could make up for a lack of water. So you can look at the chart and even look at houses and say, maybe they don't have any fire in the chart but their fire houses (1,5,9) are accentuated in the chart. I find though that in medical astrology the rules are a little different from natal astrology. And I may ignore an emphasis in a fire house and say, I don't see any fire in the chart; they need to build up fire. And I just look at it that simply.

If fire has to do with ego energy, initiative and self confidence, then personality-wise you could have a problem but health-wise you could also. You have to do something to empower yourself if you have a lack of fire in your chart. Like mountain climbing, hiking, anything where you are not competing with anybody; where it's just for yourself. That will bring self-confidence. You can increase the spices in your diet if