Nutritional Needs
in the Natal Chart

by Diane L. Cramer, M.S.

Introduction

Welcome! Nutrition is a part of medical astrology and the first thing I would say is to use your common sense. Before you even study nutrition in relation to astrology, you've got to use common sense about food and nutrition. There're a lot of things people don't do because they don't want to. I can show you some things in the chart that describe eating habits.

What I'm going to do is show you how to find deficiencies, and how to use signs, planets and elements to determine nutritional deficiencies in the chart. First, remember, as I say about medical astrology, we're not doctors. You just have to pick up anything you can about health. The same goes for nutrition. If you don't know anything about vitamins and minerals or how food is utilized in the body, you shouldn't be advising people. I'd say when you're new at this, use the information for yourself. But don't use it to advise other people unless you've studied nutrition.

In 1973, I started studying both astrology and health. They both sort of went together for me. When I started studying nutrition, Adele Davis was one of the first covering nutrition, along with just a few others. But now there are tons of books; anything that could possibly be wrong with you, somebody has written a book on it. You can hone in on a part of the body you might feel you have a problem with and look at it from a nutrional point of view. But it isn't everything. You can't ignore hereditary factors or one's lifestyle, and of course, when you look at the chart you can look at it from a medical perspective.

When people come to see me for a reading, I tell them their strengths and weaknesses and what they're prone to. I think that you can get worse if you don't eat right. I think there might be problems that can't be identified because there is something lacking in your body. Nutrition, I believe, can

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.

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AUDIENCE: *Could Saturn in Capricorn be an arthritic problem?*

DC: Yes, it could, but usually it would be accompanied by a hard aspect from Mars if it is going to be really serious. It is usually not just one thing.

How many of you are new to medical astrology and nutrition? If you are new to it, these are clues to help you get going. You would be overwhelmed if we went into every little detail. The tips I am giving you should help you, along with the bibliography listing books containing information on nutrition and astrology. Some of this is just general medical astrology.

REMEMBER...

You also have to know about deficiencies that have no obvious connection with astrology. People who are on medication usually require more vitamins and minerals. So do people living in environmentally challenging circumstances.

So you read books, you keep up with the latest research. You look at people's charts and you discover deficiencies. In addition, you also have to know about deficiencies that have nothing to do with the chart. People who are on medication usually require more vitamins and minerals. So do people living in environmentally challenging circumstances. Environmental sensitivities can show up as Saturn in Aquarius, and sometimes as hard aspects between Saturn and Neptune. There is something wrong. You are prone to picking up toxins in the air. Some people can't breathe the air outside without getting sick, or they are just more sensitive to environmental toxins. For example, if you smoke, you need more nutrients, more Vitamins A and C, carrots, and broccoli.

AUDIENCE: *What if you don't smoke and you're asthmatic?*

DC: There are nutritional remedies for asthma such as vitamin E and potassium. Acupuncture might offer a solution. Allergies are difficult as it may be hard to find the cause. They don't necessarily have a nutritional cause. If you take the pill, you need more Vitamin B6. If you don't get enough sunshine, you need more Vitamin D and fish. If you drink a lot of coffee, you need thiamine. If you are a heavy drinker, you need more magnesium as well as thiamine.

There are a lot of things you can do to help your gums and teeth. With Saturn in Taurus, you should do something nutritionally for your gums. Take more Vitamin C, bioflavonoids, for example. Saturn in Taurus can be a sign of gum disease.

4. Mars and Saturn in the Signs

Let's take a look at Mars and Saturn from a nutrional perspective. Saturn is indicative of areas that do not get a lot of attention or action, and that need nourishment. The part of the body that relates to Saturn's placement gets the least blood supply. So it could be a weak part of the body, one that is prone to illness. Mars on the other hand is hyper—it is overactive, the part of the body that may need to be calmed down. Eat relaxing foods, that sort of thing. Let's go over some examples.