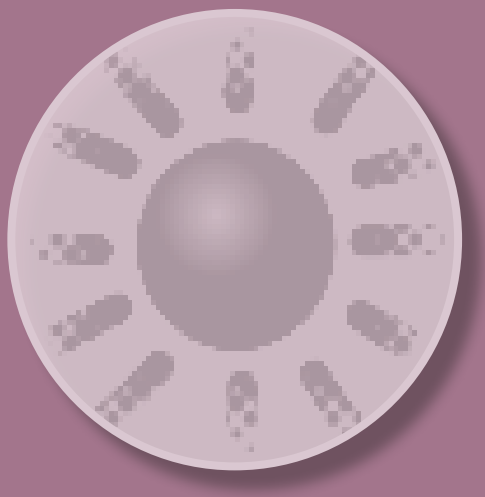
STAYING ALIVE & HEALTHY

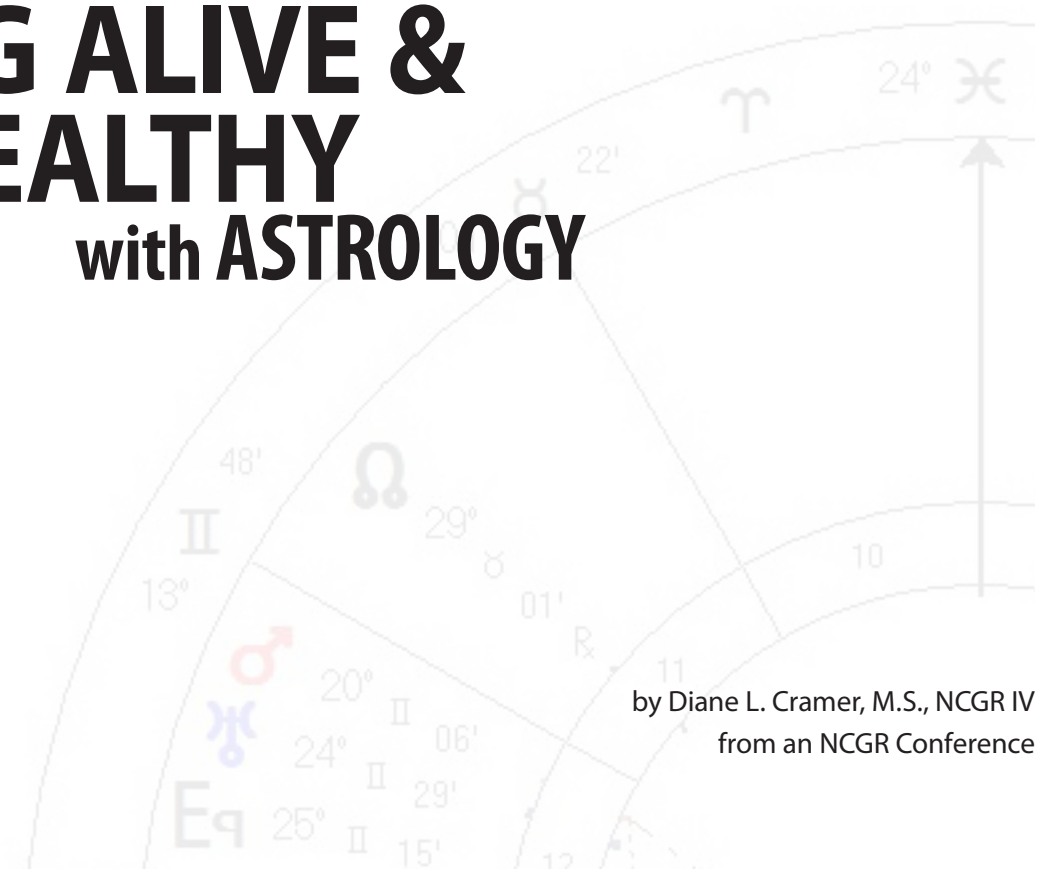
WITH ASTROLOGY



a lecture by

DIANE L. CRAMER

STAYING ALIVE & HEALTHY with ASTROLOGY



by Diane L. Cramer, M.S., NCGR IV
from an NCGR Conference

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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.

STAYING ALIVE & HEALTHY with ASTROLOGY



Welcome! We are always told ahead of time the title of the conference so we can tell them our topic. This conference is called *Being Alive*. I always like to fit my lecture to the topic of the conference. So I called this "Staying Alive" because you can't *be* alive and well if you have a lot of health problems.

You can't enjoy your love life or have a good day at work when you are sick. So I thought, let's see if I can come up with information to tell you what to look for in a chart to stay healthy. I came up with three categories: addictions, weaknesses and stressors.

Within these categories we will talk about a lot of different things. Weaknesses are what we look for in the chart, the weak spots. Various stressors add to our problems and undermine our health. Those are the things we can do something about through

awareness. The one thing I don't think you can do anything about is genetics. Inherited health problems are sometimes seen in the chart by an angular Pluto.

We are asking the questions, "What can I do to help myself?" or, "Can I help myself?" Yes, to a certain extent you can help yourself, except for genetic problems such as diseases like MS or diseases that people are born with. It appears that some problems can even be caused by the birth process itself. It can be a lack of oxygen or something goes wrong with the delivery. These things you cannot do much about.

AUDIENCE: *An angular Pluto to any planet?*
DC: Pluto on an angle—specifically conjunct the Ascendant or MC, even the Descendant or the IC. As long as you use the word "angular."

ADDICTION

The first thing we can talk about is addiction. What is it if you are addicted? You are obsessed with something that you just can't get away from. You have to have it. If you look at a chart, the people who have the toughest time breaking an addiction may have the Moon in a fixed sign. The other Moon placements appear to be able to break addictions easier, so one thing to look for is the placement of the Moon. An alternative scenario is if you have a lot of fixed planets.

We can break this down further by looking at the elements of fire, earth, air and water, and the modalities of cardinal, fixed and mutable. Through these you can see exactly what types of diseases one could get.

Now what is it that you have got to have? I think it is either drugs, alcohol or food. We are going to spend some time today exploring what in the chart shows a problem with alcohol or drugs. Basically, the one planet that has the most to do with addiction is Neptune. Specifically, Neptune on an angle or Neptune in hard aspect to the Sun, Mercury or the Moon. Neptune is the planet that wants to break down barriers. People who are addicted to drugs and alcohol find that these are substances that do exactly that, they break down barriers. As a result, they provide a sense of

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, and chart comparison. 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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Books by Diane Cramer

Managing Your Health & Wellness
How to Give an Astrological Health Reading
Dictionary of Medical Astrology
Medical Astrology: Let the Stars Guide You to Good Health

Lectures and Articles by Diane Cramer

The Astrological Chart as Indicator of Disease
The Lunar Nodes in Medical Astrology
Astrology & Weight Loss
How to Identify Heart Disease in the Astrological Chart
The Astrology of Colon Disorders
Workplace Stress - How to Recognize It; How to Treat It
Improve Your Health with Astrology

DISCLAIMER

This is a transcript of a lecture given at a 1994 conference of the National Council for Geocosmic Research (NCGR). It has been edited for consistency and clarity. The material in this article is for informational and entertainment purposes only. It is not intended to replace or to be used for the purpose of a medical diagnosis. The author is not a licensed physician, nutritionist, herbalist or medical doctor. For a medical diagnosis, see a licensed medical doctor or physician. Always consult a nutritionist and your doctor when changing a dietary regime, when starting a weight management program, or when using any kind of nutritional supplement.

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

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