THE ASTROLOGY OF Sun Signs to Improve Your Health



an article by

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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.

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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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