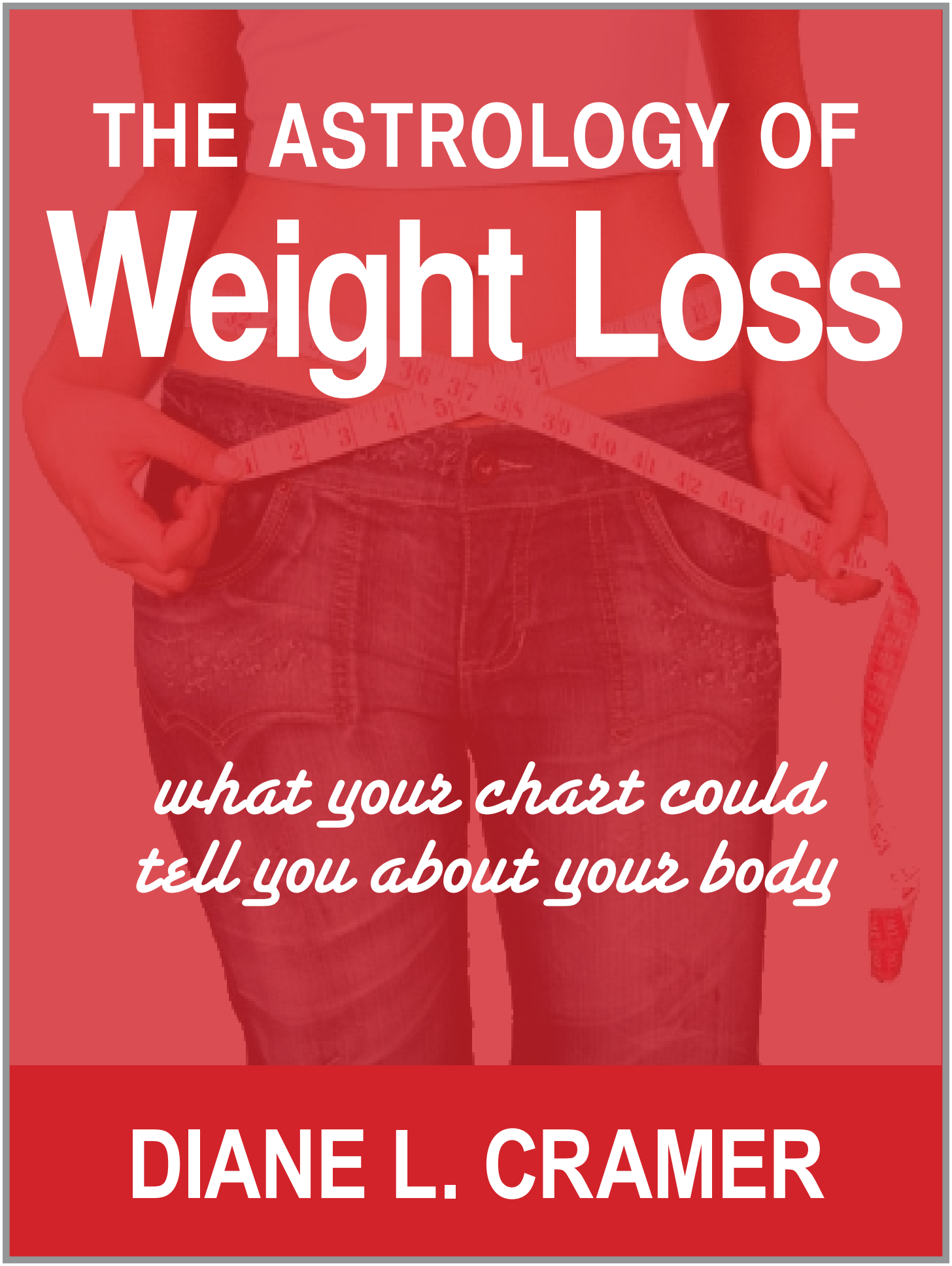


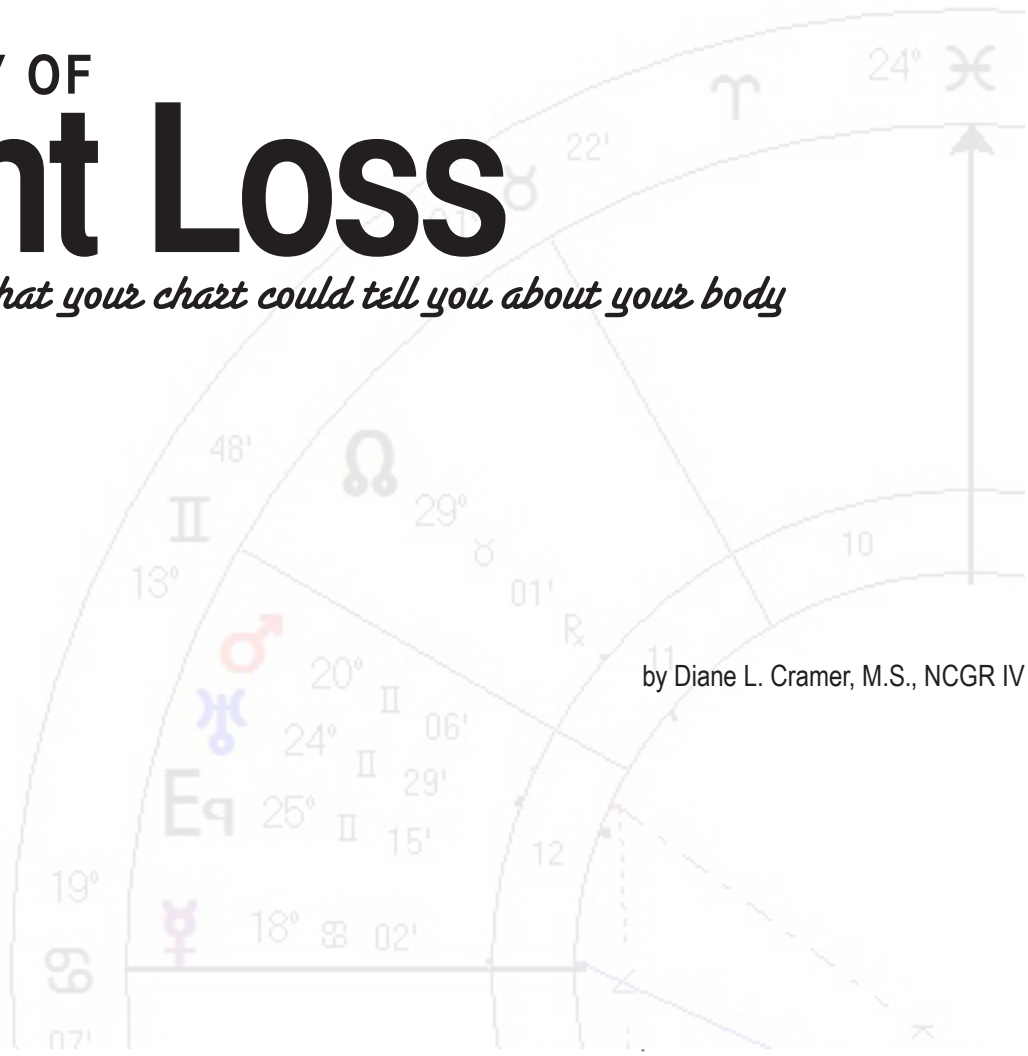
THE ASTROLOGY OF Weight Loss

what your chart could tell you about your body

DIANE L. CRAMER

THE ASTROLOGY OF
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by Diane L. Cramer, M.S., NCGR IV

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Can astrology help you lose weight? Although it is not a diet plan, it can be used as a guide to help you choose weight-loss methods that are geared to you personally based on your natal birth chart.*

Your birth chart can help indicate whether or not you have a weight problem and can describe your attitude toward diet and exercise. This article is a transcript of a lecture that Diane Cramer gave. It shows the relationship between astrology and weight loss

DID YOU KNOW THAT...

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

* Anyone considering a diet or a change in eating habits for weight management purposes should consult with a licensed health care practitioner. Refer to the disclaimer at the end of this article for important information.

and how the birth chart can help identify attitudes about food, emotional issues surrounding food and food preferences. The article is divided into two parts. Part One describes how each sign of the zodiac tends to deal with weight management issues. Part Two shows you how you could use your own natal chart as a tool for managing your weight.

PART ONE

Each sign of the zodiac has its own attitude in relation to food, diet and exercise. Let's start by looking at each of the Sun signs and how each manages body weight. If you know your own chart, I encourage you to also look at the signs of the Ascendant and Moon as they too can give you vital clues.

Aries

Aries is an energetic sign as it is ruled by active Mars, giving a love of exercise and physical activity. This in itself helps Aries to stay slim. Aries likes to be on the go and is the first one to join a health club. Aries enjoys challenging physical activities. Aries tends to be muscular and likes to be engaged in muscle building through the use of weights and exercise machines. Aries also enjoys long walks and running and jogging. Being ruled by dynamic Mars as well as being a fire sign, Aries has a good metabolism which helps to burn up calories. Mars rules the muscles in the body so Aries benefits from weight training which tones and firms the body and increases endurance in the body.

Losing weight the Aries way: Continue with your energetic life style. Increase spices such as cumin, coriander, dill, cayenne pepper and cinnamon and sour foods such as yogurt and kefir. Aries does best by cutting down on calories and engaging

DID YOU KNOW THAT...

Aries likes spicy food which is an aid to burning calories and increasing the metabolism. Aries also tends to a high-protein diet and can handle sweets better than most signs .

Frequent light meals are better for Aries than three large meals a day. Drink plenty of water; because as a fire sign you have a tendency to become dehydrated.

Cancer

Cancer is an emotionally sensitive sign. You love to nurture yourself and your family with food. It's eating all that comfort food that has caused you to put on weight. And as a water sign, you have a tendency to retain water which can make you look or feel bloated. Continuous gaining and losing of weight can have a detrimental effect on your health. You would benefit from the support of a weight loss group. This could be a therapeutic group such as *Overeater's Anonymous* or a group that combines diet with counseling such as *Weight Watchers*.

Losing weight the Cancer way: Cancer has a love of comfort foods and looks forward to each meal. You need to include some familiar foods in your diet to give you that feeling of comfort. You would not do well on a fad diet as you like the tried and the true such as three square meals a day. An extreme low calorie diet would make you feel deprived so you would do best by cutting down on high fat and heavy carbohydrate foods and eating lighter foods such as fruit or vegetable salads.

Heavy oily foods, dairy products, bread and highly salted food should be kept low as they retain water. Increase beans, fruits, and vegetables. You also need to get your mind off food. You're a water sign and can treat yourself to a bubble bath or take up swimming for exercise. Dry foods such as popcorn and crackers and baked chips tend to be low in calories, help dry up excess fluids from the body, and make a good snack food. Get a weekly massage as this can help break down fatty tissues while you diet.

DID YOU KNOW THAT...

Cancer is ruled by the changeable Moon which can give the yo-yo effect in both moods and eating habits. When your emotional needs are not being met, you try to fulfill them through food.

Diuretic foods such as celery, watermelon, asparagus and watercress can help can help eliminate fluids from the body and could be very beneficial for your diet.

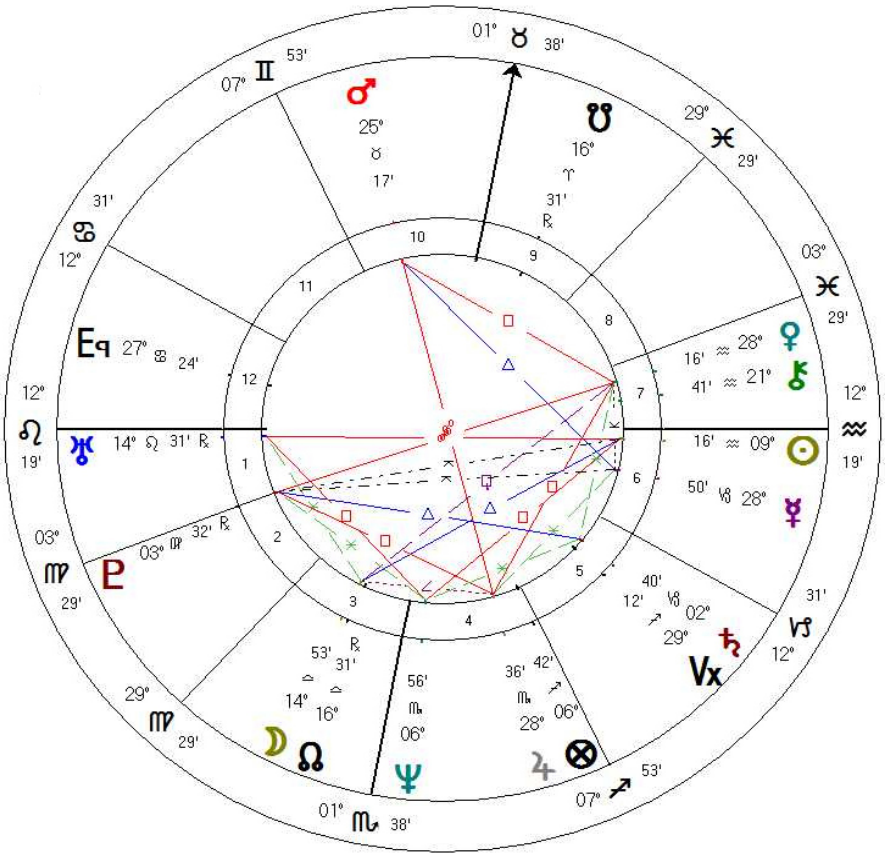


Figure 8 - Natal Chart E

With the Sun opposite Uranus and square Neptune, metabolic activity is erratic and slow. Mars is elevated in Taurus and is opposite its old rulership of Scorpio, putting it in detriment. This weakens the fire and action of Mars and falling in Taurus could also indicate a disinclination to exercise. This is also shown by an excess in the fixed mode adding a stubbornness and rigidity to the personality as well as a sluggishness to the body.

This chart is an example of a person who could best lose weight by a diet that offers both structure and variety. Having all the angles of the chart in fixed signs indicates a need for structure in the life but the Sun opposite Uranus needs variety and stimulation. This plus spacey Neptune square the Sun would make it difficult for her to count calories. The Moon in Libra gives a desire for sweets. Perhaps a diet such as *Jenny Craig* or *Weight Watchers* which give the discipline she needs—weekly weigh-ins and a counselor and a variety of foods that include desserts would be of benefit to her.