

MedScan Interpretation for

Alex Lambrakos

September 10, 2003

1:38 AM

Calgary, Canada

Inner Power Health Coaching
Calgary, AB, Canada

The medical interpretation of your astrology chart begins on the following page.

If you feel you need a homeopathic remedy, please contact your homeopath first and get permission to use it. If you do not have a homeopath, call NCII for the one nearest you.

Suggestions for homeopathic remedies may be given. Homeopathic remedies and information regarding homeopathy may be obtained from these organizations:

National Center for Homeopathy: Call 1-703-548-7792 for information on homeopathic practitioners in USA and Canada, plus brochures on homeopathic information, study groups, etc. The web site www.homeopathic.org.

Standard Homeopathic Pharmacy: Call 1-800-624-9659 (USA only) or fax 1-310-516-8579.

Hahnemann Homeopathic Pharmacy sells a "Traveler's Kit" (50 homeopathic remedies at 30C, 2 dram size bottles with case) for coming epidemics based on Dr. Eileen Naumann's book, HOMEOPATHIC EPIDEMIC HANDBOOK. Phone: 1-888-427-6422. The web site www.hahnemannlabs.com.

Light Technology Publishing: To order HOMEOPATHIC EPIDEMIC HANDBOOK (a homeopathic book about the coming epidemics and homeopathic remedies to survive it by Dr. Eileen Naumann), send \$14.95 plus shipping/handling. Phone number: 1-928-526-1345 (Flagstaff, Arizona).

IMPORTANT: THIS MEDSCAN REPORT IS DESIGNED TO BE USED BY MEDICAL DOCTORS AND OTHER LICENSED HEALTH-CARE PROFESSIONALS. IF YOU ARE NOT A MEDICAL DOCTOR THEN CONSULT A QUALIFIED PHYSICIAN FOR ANY HEALTH-RELATED PROBLEMS OR QUESTIONS YOU MAY HAVE. TO REPEAT: THIS MEDICAL REPORT IS TO BE USED ONLY BY QUALIFIED PROFESSIONAL PHYSICIANS!!!!

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Your birth chart interpretation is based on the positions of the planets at the time of your birth. For the benefit of students of astrology, these positions, along with other technical information, are listed below:

Sun	position	is	17	deg.	12	min.	of	Virgo
Moon	position	is	12	deg.	45	min.	of	Pisces
Mercury	position	is	18	deg.	42	min.	of	Virgo
Venus	position	is	23	deg.	22	min.	of	Virgo
Mars	position	is	1	deg.	57	min.	of	Pisces
Jupiter	position	is	3	deg.	01	min.	of	Virgo
Saturn	position	is	11	deg.	23	min.	of	Cancer
Uranus	position	is	0	deg.	11	min.	of	Pisces
Neptune	position	is	10	deg.	52	min.	of	Aquarius
Pluto	position	is	17	deg.	17	min.	of	Sagittarius
Asc.	position	is	18	deg.	10	min.	of	Cancer
MC	position	is	18	deg.	25	min.	of	Pisces

you pull from this section
the critical degrees section
of the INPUT TEMPLATE 1

Tropical Zodiac Daylight Savings Time observed.

GMT: 07:38:00 Time Zone: 7 hours West.

Lat. and Long. of birth: 51 N 03 114 W 05

Note: A "Hard Aspect" is a Conjunction, Opposition, Square, or quincunx with a 10 Degree Orb.

Vitamin and Mineral Deficiency Tendencies

NOTE: You will not be deficient in all the below. Instead, read each deficiency and see if you have 2 or 3 of the symptoms. If you do, then there is a possibility that you have a deficiency in this vitamin or mineral. If you don't have any of the deficiency symptoms, DON'T take the vitamin or mineral.

THREE OR MORE HARD ASPECTS TO SUN (Total of 5.00):

VITAMIN A DEFICIENCY POSSIBLE:

sinus trouble, ear accesses, eyelid glued shut in the mornings upon waking, "sleepy sand" abundant around eyelids, skin blemishes such as acne, pimples and boils, susceptibility to infections, especially psoriasis and chest colds, night blindness, dry or inflamed eyeball, rough, dry skin, prematurely wrinkled skin, poor sense of smell, poor sense of taste, poor appetite, pneumonia, softening of bones and teeth, defective gums, sties in eyes, corneal ulcers, gallstone formation, kidney stone formation, retarded growth in child, diarrhea, lack of stamina, sterility in male and female.

TOXICITY SYMPTOMS: if taking a **SYNTHETIC** Vitamin A, nausea, dizziness, vomiting, diarrhea, dry skin, headaches, loss of appetite, sore lips, skin rashes, enlargement of the liver and spleen, reduced thyroid function. To halt: stop taking the vitamin A and symptoms will go away in usually 2-3 weeks time. NOTE: If you have been diagnosed as having a hypothyroid or liver dysfunction condition, natural vitamin A derived from fish liver oil has to be taken weekly in order to replenish the supply to the body since the body is incapable of storing it due to the above condition.

BEST SOURCE: natural fish liver oil. For vegetarians: lemon grass in tablet form.

VITAMIN D DEFICIENCY POSSIBLE:

faulty mineralization of bone structure, rickets, osteoporosis, parathyroid disorder, tetany, muscular numbness of limbs, tingling or spasms of extremities, flabbiness, poor metabolism of ingested food, or diabetic distress. The following are calcium deficiency symptoms that are caused by not enough Vitamin D being taken: heart racing, flutters of heart, myopia (nearsightedness), faulty tooth development, constipation, potbelly (especially in children), pyorrhea, faulty jaw development, perspiration at the back of head when baby or child sleeps, wandering or crossed eyeballs (common in babies--before allowing a surgeon to operate to correct the condition, give baby Vitamin D and Calcium--within 48-72 hours, the condition will begin to correct itself without surgery!) Any milk substitute other than breast milk can and does stress baby's need for Vitamin D and calcium.

TOXICITY SYMPTOMS: easily induced with ingestion of **SYNTHETIC** source of vitamin D. Frequent urination, loss of appetite, vomiting, diarrhea, dizziness, muscular weakness, nausea, weariness, blood calcium level should be tested for hypocalcaemia, general malaise or depression. To halt: stop taking vitamin D and symptoms usually disappear all together in 2-3 weeks. NOTE: natural vitamin D from fish liver oil has not been proven to be toxic but consult with doctor on amount and frequency taken.

BEST SOURCE: natural fish liver oil.

**Use this section
for the Appendix
of the Input Template 1
Nutritional Deficiencies**

IODINE DEFICIENCY POSSIBLE:

most deficiency symptoms related to Thyroid dysfunction. With sluggish or hypothyroid the symptoms are: extremities are cold, person if fatigued, dull and mentally listless, dull pains beneath one or both shoulder blades, enlarged glands around lower neck area or sides of neck, dull headaches, little interest in living, slow thinking, slow moving, puffy face or other parts f the body, pulse alternating from very slow to racing, dislike for moisture in general, inability to lose weight. In children just born, it is called Cretinism and if the thyroid is slow, it can cause permanent mental retardation within the first year of life if not caught and remedied-a blood test will prove whether or not baby has thyroid dysfunction. On the other end of the scale is hyper or fast thyroid symptoms: will feel irritable, nervous, jumpy, eat much but won't gain weight, unable to relax, hands tremble or shake, increased perspiration, racing heart, palpitations that feel like a heart attack is coming on, warmth is intolerable. Some feel polio is linked to lack of iodine and arteriosclerosis.

TOXIC SYMPTOMS: unknown at this time. However, overdose of iodine will halt synthesis of thyroxine which is manufactured by the thyroid. See doctor for test and prescription. To halt: stop taking.

BEST SOURCE: kelp, dulse or agar, natural products. Or go to doctor to get necessary tests and prescription.

MAGNESIUM DEFICIENCY POSSIBLE:

sensitivity to noise, continual state of grief and/or depression, coupled with apprehension, muscles spasms and jerks, eyes will have a tendency to wander (check this in babies and children), yellowish cast to white area of eyeball, people sleep with eye lids partly open instead of shut, teeth sensitivity to moderately cool water or may ache for no reason, twitches/tremors in any part of the body, heart may suddenly race and settle back to normal rhythm, aching neck and shoulder muscles, allergy to woolen products, bloating of intestines, gas, bed-wetting, or burning sensation in mouth.

TOXIC SYMPTOMS: large amount of magnesium can be harmful especially if person has low calcium levels. Creates calcium-magnesium imbalance and person will take on calcium deficiency symptoms. To halt: stop taking magnesium.

BEST SOURCE: kelp, dulse and brewer's yeast (providing you don't have yeast allergy).

THREE OR MORE HARD ASPECTS TO MOON (Total of 5.00):

B-2 (RIBOFLAVIN) DEFICIENCY POSSIBLE:

cracks and sores at corners of mouth, lips have abnormal shiny redness, scaling or 'sharkskin' appearance to skin around nose and eyes or ears, tongue may be purple or magenta color, swollen, painful and bright, whiteheads on the skin, hair and skin oily, flaking off of skin, pain during intercourse, inflammation and itching of vagina (vaginitis), bright lights hurt eyes, bulbar conjunctivitis, eyes burn, feels as though grit or sand beneath lids, bloodshot eyes, accumulation of mucus at the base of eyelashes, splitting at outer corners of skin around eyes, or hypoglycemia.

TOXICITY SYMPTOMS: none are known.

BEST SOURCE: all are from a synthetic source. Take with meals for best absorption.

POTASSIUM DEFICIENCY POSSIBLE:

bitter taste in mouth, dry throat, eczema of feet and/or legs, headaches at the back of the skull, itchy, dry skin, empty feeling in pit of stomach, muscle weakness, pyorrhea, swollen ankles, swollen ovaries, swollen testicles, general weakness of female organs, low grade infection and/or constriction of urethra (tube leading from neck of bladder), water retention, weakened or flabby muscles, distention of stomach, inability to digest sugar, impaired kidney function, heart may race suddenly and then slow, may be extremely sensitive emotionally or irritable, mental disorientation, or drain of person's energy reserves.

TOXIC SYMPTOMS: none known although potassium injected into the body can be lethal.

BEST SOURCE: apple cider vinegar (raw, unpasteurized, aged in wood) from health food store. 1-2 tablespoons in 4 ozs. of water or vegetable/fruit juice 1/2 hour before meal is best. WARNING: Vinegar is a powerful diuretics. If you are presently on drug diuretics, don't take vinegar also. One or the other. Kelp is also another source of potassium.

THREE OR MORE HARD ASPECTS TO MERCURY (Total of 5.00):

B-1 (THIAMINE) DEFICIENCY POSSIBLE:

tiredness, loss of appetite, emotional instability, unexplained irritability, loss of mental alertness, labored breathing, cardiac damage eventually, erratic heart beat, bradycardia, cardiomegaly, ingestion, anorexia, severe and continued constipation, vague abdominal pains, stomach acidity, flatulence, heartburn, erosions and ulcers of the stomach, polyneuritis, neuritis (inflammation of nerve(s)), numbness or tingling of hands or feet, herpes zoster (shingles), cold sores or fever blisters, feet burn or itch painfully and iron-related anemia.

TOXICITY SYMPTOMS: none are known.

BEST SOURCE: all tablet forms are synthetic and should be taken with meal for best absorption.

THREE OR MORE HARD ASPECTS TO VENUS (Total of 3.00):

VITAMIN E DEFICIENCY POSSIBLE:

hemolytic anemia, degeneration of cardiopulmonary region, formation of blood clots, decreased circulation, strokes, sterility, reproductive disorders in women (miscarriage, reabsorption of fetus, menopausal ailments or heavy bleeding during menstrual cycle), damage to the kidneys, liver or pancreas, or nephritis of kidneys.

TOXIC SYMPTOMS: anyone with any kind of heart ailment or high blood pressure MUST seek doctor's permission to take Vitamin E. A dose may bring on potential heart attack. For others, heart palpitations, shortness of breath or dizziness. To halt: stop taking immediately. Symptoms should disappear in 2-3 weeks.

BEST SOURCE: D-alpha tocopherol acetate or succinate. Take with meal for best absorption.

WARNING: if you are taking synthetic iron supplements, take the Vitamin E 12 hours before or after ingesting the iron pills. These two nutrients in synthetic form will cancel out each other's action if taken too close together.

NIACIN (B-3) DEFICIENCY POSSIBLE:

canker sores in mouth, trench mouth, fissures (ruts) in the tongue, swelling or tenderness of tongue, splotches on the skin, bad breath, gum problems and/or bleeding, continual headaches, skin lesions, diarrhea, forgetfulness and irritability, change in pigmentation of skin, darkening of skin (pregnant women get 'pregnancy cap'), depression, mental dullness, confusion, forgetfulness, disorientation, hallucination, insomnia, nausea, vomiting. Fear and anxiety; as if you're 'going crazy', mental breakdown, or dermatitis. Good for stopping migraine headache if caught early.

TOXIC SYMPTOMS: none are known. However, megadoses of this vitamin must be monitored and approved by health practitioner first. Possible liver or digestive damage can occur. Tingling will automatically occur when ingested in any amount and parts of body may turn hot and beet red for about 20 minutes. For some, this can be frightening or even painful. For others, it makes them feel vital. In any event, be aware of this phenomena. It is normal for Niacin to make you 'flush'. Use niacinamide if you want to circumvent this experience.

BEST SOURCE: all are synthetic. Take with meals for best absorption.

COPPER DEFICIENCY POSSIBLE:

infants who are anemic, dysproteinemia, kwashiorkor, sprue, celiac disease, hypoproteinemia, skin sores may erupt, breathing labored or impaired.

TOXIC SYMPTOMS: has not been established but is known to be highly toxic; even from a natural source the individual/animal can contract Wilson's Disease. Any copper source must be approved by physician first and then monitored as to dosage. Copper, either in synthetic or natural form, is highly poisonous and can kill. To halt: see a doctor immediately if copper poisoning is suspect or call your poison center for information.

BEST SOURCE: Molasses, a natural source. WARNING: people with hypoglycemia/diabetes cannot take molasses. Homeopathic copper. See homeopathic physician.

THREE OR MORE HARD ASPECTS TO JUPITER (Total of 4.00):

B-6 DEFICIENCY POSSIBLE:

hypoglycemia, during pregnancy, edema of hands or legs, morning sickness, depression and uremic toxemia. Swelling of breasts before menstrual cycle, seborrhea, acne with premenstrual cycle, extremities 'go to sleep', cramps or painful nerve disturbances in fingers and hands.

TOXIC SYMPTOMS: none are known.

BEST SOURCE: all are synthetic. Take with meals for best absorption.

CHOLIN DEFICIENCY POSSIBLE:

liver becomes enlarged or inflamed, cirrhosis of the liver, may be hungry but full after only a few bites, kidneys may hemorrhage, arteriosclerosis, high blood pressure, kidney stones, gallstones, glaucoma and myasthenia gravis responds to this vitamin.

TOXIC SYMPTOMS: none are known.

BEST SOURCE: lecithin (which also contains its helpmate, inositol) in either oil perle or granulated form. Take with meals for best absorption.

INOSITOL DEFICIENCY POSSIBLE:

loss of hair, abnormalities of eyes, high cholesterol. See: cholin for further symptoms.

TOXIC SYMPTOMS: none known.

BEST SOURCE: lecithin in an oil perle or granulated form. Take with meals for best absorption.

BIOTIN DEFICIENCY POSSIBLE::

dermatitis, hair may fall out, dry skin, lack of appetite or energy, insomnia, depression, dry, scaly, itching type of eczema.

TOXIC SYMPTOMS: none are known.

BEST SOURCE: all are synthetic. Take with meals for best absorption.

MANGANESE DEFICIENCY POSSIBLE:

post-labor for mother--loss of love for her child; wanting nothing to do with the baby, post-partum blues, nipples become tender, swelling of lymph glands, wants to be left alone, crying spells, may be testy and argues easily. For others, crackling or popping of bone joints when person gets up, burning or gripping sensation of arms or legs, eyes may become red and swollen, sterility or impotence, diabetes, stunted bone growth in children. Myasthenia Gravis and Multiple Sclerosis are felt to have low levels of manganese in their body.

TOXIC SYMPTOMS: toxic in overdose; muscular uncoordination, loss of appetite, frequent headaches, mental confusion, sleep constantly and then suffer from insomnia, leukopenia (low white blood cell count), or hypochromic anemia. Will create phosphorus and calcium imbalance in body, also. To halt: stop taking and see doctor.

BEST SOURCE: wheat germ

CHROMIUM DEFICIENCY POSSIBLE:

hyper or hypoglycemia, nervousness, irritability, faintness, dizziness, psychotic reactions, depressed growth rate, hardening of the arteries.

TOXIC SYMPTOMS: unknown at this time.

BEST SOURCE: chromic sulfate, a synthetic or Brewer's Yeast (if not allergic to yeasts), which is natural but will have little of the mineral in it. Best taken with meals for absorption.

PANGAMIC ACID DEFICIENCY POSSIBLE:

hypoxia (oxygen starvation), heart disease association with arteriosclerosis (symptoms such as headaches, tension, shortness of breath, insomnia or chest pains may appear with the ailment), for heart problems to increase oxygen to that muscle.

TOXIC SYMPTOMS: none known.

BEST SOURCE: calcium pangamate or sodium pangamate. Both synthetic and should be taken with meals for best absorption.

ZINC DEFICIENCY POSSIBLE:

skin problems, white spots on fingernails or toenails, loss of sense of taste or smell, brittle hair, dandruff, fatigue, dwarfism, delayed sexual growth, lowered resistance to infections, infertility in male or female, sexual interest may lag, underdeveloped gonads, enlarged prostate. Low levels of zinc have been found in those having cystic fibrosis, liver ailments, ulcers, arteriosclerosis, epilepsy, heart attacks, mongolism, osteoporosis and alcoholism.

TOXIC SYMPTOMS: no known level of toxicity; however it appears large doses can lower the white blood cell count. It will also interfere with fragile balance between copper and iron.

BEST SOURCE: brewer's yeast (if not allergic to yeast) or zinc gluconate or zinc sulfate; both synthetic varieties.

THREE OR MORE HARD ASPECTS TO SATURN (Total of 3.00):

VITAMIN C DEFICIENCY POSSIBLE:

spongy gums, bleeding gums, pyorrhea, loose teeth, bruising easily, swollen joins, continual susceptibility to infections, fractured bones, anemia, respiratory or intestinal infections, wounds or broken bones that take a longtime to heal, nosebleeds, peptic ulcers, duodenal ulcers, erosion of hemoglobin that causes secondary anemia, or impaired adrenal exhaustion.

TOXIC SYMPTOMS: diarrhea, skin rashes or burning sensation when one urinates. To halt: lower dose or frequency of taking the vitamin. Symptoms will disappear in 12-24 hours.

BEST SOURCE: rose hip or acerola cherries. A synthetic ascorbic form may be considered since it's not as acidic as the natural forms. Take with meals for best absorption.

BIOFLAVONOIDS (VITAMIN P) DEFICIENCY POSSIBLE:

easy bruising of skin, skin may be pale pink, splotchy red or purplish, general swelling in that area beneath skin, problems with bleeding, wound takes longer than usual to heal, irregular menstrual flow or pain associated with loss of blood.

TOXIC SYMPTOMS: none are known.

BEST SOURCE: several good natural sources in tablet form or can eat white inner flesh of any citrus fruit to obtain.

VITAMIN K DEFICIENCY POSSIBLE:

decreased blood clotting time, excessive bleeding in muscles, colon or other organs, susceptibility to bruising, nosebleeds, miscarriages, anemia, intestinal disorders such as diarrhea or colitis.

TOXIC SYMPTOMS: synthetic vitamin K can be toxic at 30 mgs. Will experience flushing, sweating and chest constrictions. See a doctor immediately. Natural Vitamin K has no toxic side- effects.

BEST SOURCE: K-1 and K-2 are derived from natural sources. K-3 through K-7 are synthetic sources. See a doctor for a prescription.

PABA DEFICIENCY POSSIBLE:

(sold by prescription only in U.S.) fatigue, general irritability, headaches, depression, digestive disorders, constipation, eczema or aging of skin, pigmentation change in skin or vitiligo.

TOXIC SYMPTOMS: no toxicity level has been established although some researchers feel high doses may negatively affect heart, kidneys and liver. Symptoms are nausea and vomiting. Cannot be gotten without a prescription because PABA interferes with any sulfa drugs being currently taken and neutralizes the drug in the body.

BEST SOURCE: doctor's prescription only.

CALCIUM DEFICIENCY POSSIBLE:

restlessness, nervousness, tremors of hands, muscle cramps, numbness or tingling of extremities, heart may race or palpitate erratically, stunted growth in children, wandering or crossing eyes in baby or children, rickets in children, osteoporosis, teeth problems, slow blood clotting time, insomnia, lack of courage or will power to live, difficulty in thinking or completing thoughts, forgetfulness, brooding, depression, afternoon headaches, sighing, excess saliva in mouth (particularly in babies), cramping of toes at night, or inability to relax. Low calcium levels may be linked with TSS (Toxic Shock Syndrome) in women.

TOXIC SYMPTOMS: has not been established; may include calcium deposits settling in organs. It is also hypothesized that calcium tablets for the older people with high cholesterol may create a situation where a piece of the cholesterol clinging to the side of an artery make 'flake off' and then cause a stroke. People who have

high cholesterol should first consult health practitioner before taking any amount of calcium.

BEST SOURCE: Vitamin D should always be taken with any kind of Calcium so that it is absorbed properly. There are many natural forms of Calcium available; perhaps one of the best is Dolomite, a combination of Calcium/Magnesium.

FLUORINE DEFICIENCY POSSIBLE:

poor tooth development and subsequent decay.

TOXIC SYMPTOMS: 2-8 mgs. of fluorine will cause fluorosis (tooth enamel discoloration), calcification of muscle ligaments, uncontrolled new bone growth. To halt: stop taking. Poisoning can occur at 500 ppm.

BEST SOURCE: naturally hard water.

SULFUR DEFICIENCY POSSIBLE:

problems with cartilage formations, stiffening and aching joints, hair becomes dry and dull. Fingernails split or break off easily, never growing to any length. Back and disc problems, or hardening of those discs, wounds take a long time to heal properly, recuperation takes longer, or skin ailments such as dermatitis.

TOXIC SYMPTOMS: no known toxicity level although physician should be contacted before taking. Sulfur is available by prescription only in U.S.; although it can be bought over-the-counter in Canada.

BEST SOURCE: molasses (if not hypoglycemic or diabetic) and cocoa.

THREE OR MORE HARD ASPECTS TO NEPTUNE (Total of 4.00):

PANTOTHENIC ACID DEFICIENCY POSSIBLE:

fatigue, depression, irritability, dizziness, muscular weakness, stomach distress, constipation, adrenal exhaustion, low blood pressure, develops infections easily, hypoglycemia, insomnia, burning, itching or painful feet, strange itching or burning sensation in gastrointestinal region, balky bowels, constipation, loss of appetite, allergies, asthma, hay fever, hives, or eczema.

TOXIC SYMPTOMS: none known.

BEST SOURCE: all are synthetic sources. Take with meals for best absorption.

THREE OR MORE HARD ASPECTS TO PLUTO (Total of 5.00):

OROTIC ACID DEFICIENCY POSSIBLE:

liver disorders, cell degeneration, premature aging. Multiple sclerosis seems to respond to this nutrient.

TOXIC SYMPTOMS: none are known. However, high doses may cause megaloblastic anemia or leukopenia.

BEST SOURCE: whey tablets or whey liquid which can be gotten at any dairy company which makes cottage cheese--it's the liquid the curds float in. A glass a day will provide natural Orotic Acid.

Quadruplicity and Triplicity

do not use this section

Water Sign Emphasis: (Score of 1,4,6,1)

Your health revolves strongly around the ups and downs of your emotional matrix. A word of warning here: make SURE you get out all these emotions (in a positive, communicative manner) and don't hold on to them. If you do, long-term ailments could begin to stalk you and show up at mid-life around 42-45 years of age! The sooner you admit how much of an emotional creature you are, the better off you'll be healthwise. It's okay to cry, to show your anger or frustration...just be sure to release it. If you are content, then your health is on an even keel. If you are discontented or unhappy, then you can pick up acute ailments very quickly; especially colds. Colds are a sign of harbored and unexpressed frustration. Next time you decide to take on a cold, remember this: you could have expressed that frustration verbally and not gotten a physical reminder of an emotional condition that you were holding on to! Which do you prefer? Just remember, you're a human being with added sensitivity, depth and powerful feelings unlike other people. You feel each and every emotion; small or large. And your adrenal glands are pounded with this emotional stress; at times, if the emotional stress is too much or unexpressed, they exhaust themselves and then your immune system goes down, leaving you wide open to acute ailments like colds and flu. Pantothenic Acid and Vitamin C are often a boon to water signs because it keeps the battered adrenal glands fed with the proper nutrient to keep them strong and the immune system up so you aren't as susceptible to the above conditions.

Water is your manna from heaven, so to speak. If you're truly upset, go take a bath! A bath, psychologically, is like returning to your mother's womb where it was warm, safe and dark. Water is excellent therapy for you and swimming as an exercise is a wonderful activity--both for the cardiovascular system and muscles of the body, but also to vent off 'steam' so that you cleanse your emotional palate. If you do get ill, taking a bath to break a fever or take one several times a day will do you a lot of good. If you can live around water, this is the ideal situation. If you don't, try to take vacations around water; whether it's the ocean, a stream or lake. What matters is that you derive a regenerative energy from water.

Mutable Sign Emphasis: (Score of 1,9,1)

By nature, you prefer 'rabbit food' over heavier fare, which include meat. There is a strong leaning here to think about going vegetarian and your body could certainly support such a move if you choose. However, if you want a well-rounded diet, there's nothing wrong with a small portion of meat. The kinds of meat that can be easily broken down by the stomach include: fish and fowl. Stay away from beef, pork, lamb, mutton or veal because with your highly calibrated and ultra sensitive body, it will literally, weight you down and you'll feel sluggish and even tired after eating it!

Fresh or lightly steamed vegetables are your first love. Try to supplement with whole grains (Virgo particularly needs them) and fresh fruit (Pisces will have a higher need of them). If you want meat, 1-3 times a week is plenty. And then, in small amounts of 4 ounces at the most).

You have the capacity to be the healthiest of all because of your ability to fling out your emotions and get them 'off your chest' the instant they occur. Good emotional health IS releasing and venting your emotions. Just make sure you vent the negative ones in the most positive manner, if possible. The key is getting rid of your pent-up anger, frustration, etc.. Those who don't, will rapidly draw an acute ailment to themselves; usually in the form

of a cold/flu. Colds are nothing but frustration being vented in a physical form. You are the most likely to contract an acute ailment and yet, you have the ability to stay the healthiest if you remember the above axiom: vent your emotions; thereby cleaning yourself out and remaining healthy as a result.

The foods you eat affect your body greatly--remember that and take it to heart. As a matter of fact, you're more highly sensitized to what KINDS of food your body is asking you to consume. Yes, the body can speak to you--haven't you ever gotten a craving for a certain food? That's the body talking. If you're at a buffet and see 20 different types of food offerings, you can stand in front of them and your body will tell you which ones it wants--just listen and feel; you'll get the hang of his inter-communication! In the end, it will give you optimum, glowing health.

Your major problem when you get into nutritional supplements or medical drugs provided by your doctor is that you won't take them consistently for the amount of time suggested. Oh, you may stick to a disciplined regime for 2 or 3 days, but after that, you forget or you get too busy and sidetracked with other items in your life and your nutritional supplements or drugs that you're supposed to be on, get forgotten. Remember this: in any health program the only way you're going to achieve positive results is through a disciplined day-by-day approach. If you will only stick to it, you'll see such immediate improvement that some people may term it miraculous. It isn't, you see, because you have such a highly sensitized, attuned body that food can sway it one way or another very quickly and dramatically.

Influences of Planetary Aspects

do not use this section

Listed below are the effects of various planetary aspects on the health of this individual.

Sun in hard aspect to Moon:

Inclined to poor health; especially as a child, getting stronger with age, however. Poor vitality and energy.

Sun Conjunct Mercury:

May have nervous tension that can be helped with homeopathic remedy Calm's Forte or B-1.

and Sun and Mercury in Virgo:

Possible intestinal problems helped with Vitamin A. Possible magnesium deficiency contributes to diarrhea or pancreatitis.

Sun Hard Neptune:

Poor vitality, frail health, bodily weakness and prolonged healing times. May have infections, continual colds, flu and swollen lymph glands; particularly throughout childhood. Vitamin A will help strengthen immune system and faltering Thymus gland. Poor usage of calcium, causing teeth and/or bone problems and need for more Vitamin D to correct. Allergies. Sensitivity to foods and drugs in general. Drug reactions. Usually need only half the amount of drugs than the prescribed amount. Will be prone to misdiagnosis all your life. Always seek a second opinion and another sets of tests first. Prone to viral/bacterial/ parasite problems. Must eat properly or diet will allow health to deteriorate even more--plenty of fresh fruits and vegetables with very little (or none) meat.

Sun Hard Pluto:

Possible severe deficiency in one or more of the following: Vitamin A, D, iodine or magnesium--check for deficiency symptoms. Endocrine gland dysfunction.

Moon Hard Mercury:

Rollercoaster emotions may create high tension and nervousness or restlessness. Lack of B-1 may cause low hydrochloric acid in stomach and therefore, poor digestion of protein.

Moon Hard Jupiter:

Potential ailments involving the liver, poor digestion due to not enough lecithin being made by that organ to break down fats. For women who experience water retention before and/or during menstrual cycle, a need for B-6. Fluid retention problems for women which peak with full moon each month. Lack of manganese may contribute to 'post partum blues' of new mother.

Moon Hard Jupiter, and Jupiter in Virgo:

Potential liver dysfunction or possible pancreas problems involving sugar ailments of hypoglycemia or diabetes.

Moon Hard Pluto:

Possible severe deficiency in potassium or B-2; check deficiency symptoms. Endocrine gland dysfunction. For women, tumor formation in breast area of a cyst or fibroid nature--may be brought on by consumption of too many caffeine products.

Moon Hard Pluto, and Moon or Pluto Hard Jupiter:

Possible tumor formation--for women, in the breast or uterine area. Cysts or fibroids possible with over consumption of caffeine products. For men, hemorrhoids or tumors in the colon area.

Mercury Hard Neptune:

A possible B-1 deficiency which goes undetected. Nerve related problems which are misdiagnosed. Get a second opinion. Nervous exhaustion which can be helped with pantothenic acid aiding the adrenal glands during a stress period. Weak nerve synapses. Infection of the nerves or nervous system.

Mercury Hard Pluto:

Possible deficiency or over abundance of B-1. Check deficiency symptoms. Severe stress can damage nerves or nervous system. Endocrine disorder of the thyroid. Chronic nerve problems.

Mercury Hard Pluto, and Mercury or Pluto Hard Saturn:

Possible chronic nerve disorders. Endocrine disorder involving the thyroid.

Venus Hard Pluto:

Abnormal need for Vitamin E or niacin. Check symptoms. Endocrine problems in ovaries/reproductive area or testes. For woman, menstrual difficulties that may be helped with Vitamin E of, if profuse bleeding, the cell salt, Kali. Mur. will control. Possible sugar problems: from binging on sugar to ailments such as hypoglycemia or diabetes. Weight gain due to eating of too many sugar products. Chronic vein-related problems; varicose veins that can be helped with Vitamin E and F.

Mars Hard Jupiter:

Red blood disorders. Over production of red blood cells may be caused by zinc deficiency. High blood pressure if not enough cholin. Ear inflammation which can be helped with B-6. Cholesterol deposits which can be controlled with lecithin and/or Vitamin F. Liver dysfunction or acute inflammation that may alter carbohydrate mechanism and hypoglycemia may result. If experiencing salt craving, use cell salt Nat. Mur. to correct. Muscle injury due to high level of physical activity. Tendency to over-work or over-play, causing undue stress on body. Try to moderate activities accordingly for best health.

Mars Hard Uranus:

Prone to minor and major accidents if emotions are not 'vented' in a positive fashion. Sudden stress may debilitate the adrenal glands and pantothenic acid can help. Nervous tension can be helped with Calm's Forte, a homeopathic remedy. Spinal cord injury. Sudden muscle debilitation.

Mars Hard Uranus, Mars in Pisces:

Ulcers in the duodenum due to high stress.

Jupiter Sextile or Trine Saturn:

Excellent absorption and assimilation of nutrients from a pill source. Good over all health. If sick, have the ability to bounce back.

Jupiter Hard Uranus:

Your nervous system may take sudden, unexpected stress and higher need of zinc, manganese or cholin may be needed during those period. Nerve related ailments.

Mars, Jupiter, and Uranus all in Hard Aspect:

Possible sudden adrenal gland stress can put them in exhaustion phase--pantothenic acid will help stabilize.

Jupiter Hard Neptune:

A potential tendency toward poor vitality and health in general. Prone to infections from a bacterial/viral/parasite origin. High sensitivity to all drugs, including alcohol. Allergies may occur. Weak liver function; loss of some enzymes--cholin can help reestablish. Infection involving the liver. Hypoglycemia or other sugar related ailments stemming from liver malfunction. Chromium may help correct. Tumors that may be controlled with Vitamin A and C. Drinking caffeine products for women may induce tumors in breast region. High white blood cell count or over production of white cells. Problems with lymph gland sluggishness;

possible lumps therein that may be corrected with diet high in fresh vegetables, fruit and very little meat. The potential to be misdiagnosed repeatedly during life. Be sure to get a second opinion. Massage is an excellent therapy to keep lymph glands healthy. Possible food binging.

Saturn Hard Neptune:

Potential chronic, long-term ailments or genetic/hereditary weaknesses which are passed on. Inherent weakness and low vitality; poor recuperative powers. Low immune system allows many bouts with flu/colds/allergies. Pantothenic acid and Vitamin C will help strengthen immunity in general. Low blood pressure which may be helped with Pantothenic Acid. Arthritis; rheumatoid or osteo. Poisoning via an unusual source: possibly heavy metals such as mercury, lead or cadmium; test to find out-- Vitamin C will help wash out of system. High sensitivity to any type of drug and/or alcohol. Weak parathyroid gland and calcium release as a result. Sensitive skin or skin ailments--Vitamin A or D may help. Bone or teeth weakness/softening that may need more calcium to strengthen. Bruxism may be helped with pantothenic acid and calcium. Virus/bacterial complaints in reproductive regions.

Saturn Hard Pluto:

Possible severe deficiency in pantothenic acid may give rise to adrenal gland exhaustion. Check deficiency symptoms. Possible long-term chronic ailments involving bones, skin or teeth. Parathyroid gland may dysfunction and should be tested. Thymus gland in children may dysfunction, causing many bouts with colds or flu; lowered immunity will also leave them open to various allergies.

Saturn Hard Neptune and Pluto:

Possible poisoning from a metal source such as Mercury, Cadmium or Lead and should be tested.

Influences of Midpoint Structures

use this section - colored

A midpoint can be either an occupied or an unoccupied space between two other planets; it is the exact number of degrees between the bordering, or bracketing, planets. In Uranian astrology as well as in cosmobiology a midpoint structure within a very small orb-usually no more than two degrees if the Sun or Moon is involved and one to one and a half degrees for any other planet-is an astrological phenomenon that can affect a person psychologically and/or physically. A planet conjunct or opposition the midpoint is more powerful than a planet aspecting the midpoint by square aspect or other aspect, and a larger orb is allowed for these aspects. The middle point between the bracketing natal planets sets up a harmony or vibration; and when a natal planet, progression or transit "hits" that midpoint, the chord is struck and the vibration energizes into a physical; mental or emotional manifestation.

A yod, consisting of two planets sextile and inconjunct a third planet, is simply a midpoint structure, with the inconjunct planet sitting in the middle of the other sextile planets. For years astrologers have known that planets progressing or transiting that inconjunct planet or in opposition to it can cause many medical problems. A midpoint, too, is most activated by a conjunction or opposition.

Following are midpoint structures normally thought of as the most important in terms of health. The midpoint planet may either be natal or progressed, or another progressed planet may activate the configuration. A note of caution: one picture does not an ailment make. Midpoints, whether they are in a natal chart or on a 90-degree dial, are only part of the overall view. The presence of one medically suspect midpoint structure does not

necessarily mean a person will contract a sickness. It takes further correlation in the chart to diagnose an illness accurately. The midpoint structures below are the most important ones from a medical astrology point of view: the only aspects used in these midpoint structures are conjunctions and oppositions and the allowable orb is 2 degrees.

Moon Opposition Venus/Jupiter:

Birth is possible if progressed Mars or Cupido is at the midpoint. Progressed Zeus at the midpoint may indicate conception.

Mercury Conjunct Pluto/Hades:

A person with this midpoint structure in a chart may suffer from melancholia and depression and have a poor outlook toward recovery. A chronic endocrine ailment, especially a thyroid condition, is also possible.

Jupiter Opposition Mars/Uranus:

A successful operation is indicated with the occurrence of this midpoint structure.

Neptune Opposition Sun/Kronos:

A person with this configuration in a chart may end up consulting an incompetent doctor or a quack. He or she should seek a second opinion before undergoing an operation.

Pluto Conjunct Moon/Mercury:

There may be problems with the thyroid caused by emotional shock with this configuration. As a result there may be a nervous condition or fluid changes in the body, such as edema.

Pluto Opposition Saturn/Admetos:

A hidden, chronic illness that lingers without a patient's or doctor's awareness may occur with this midpoint structure.

Cupido Opposition Hades/Admetos:

This configuration can mean the death of a family member, especially with progressed Saturn or Pluto at the midpoint.

Zeus Conjunct Pluto/Vulcanus:

An individual with this combination in a chart probably has the ability to fight back and overcome disease through sheer will.

Vulcanus Opposition Mars/Pluto:

An individual with this midpoint structure in a chart may display tremendous strength and energy as well as a will to live and battle against any odds.

Poseidon Opposition Mars/Saturn:

Mental illness may occur with this midpoint structure. The mind may wander from stark reality to more fanciful creations.

Poseidon Opposition Saturn/Uranus:

This midpoint structure can indicate mental indecision and confusion.

General Lifetime Health Pattern

USE THIS SECTION

NATAL SATURN, URANUS AND NEPTUNE in your chart at the time you were born will indicate where POTENTIAL health ailments may arise. You will NOT have all of them listed below; usually only one possible ailment from one of the planets; sometimes an ailment from two of the below planets. But never from all three planets. It is necessary to list all the potential areas ruled by that planet and sign because different people can get different ailments from that planet and sign. Remember, good health can be achieved by releasing negative feelings such as anger and frustration, protecting yourself against too much stress and eating properly.

NOTE: Sometimes, people will take on an ailment from the opposite polarity sign instead of their own sign. Read BY OPPOSITE POLARITY and check to see if you have had any of these in the past or are presently experiencing one of them.

If you have not had or presently have any of the below symptoms or ailments this means that the way you are living and eating is healthy for you. There is a small percentage of people who will not have had any of the below listed. Remember, these are potential health problems and if you're living your life correctly for yourself, none of them will appear.

Saturn in Cancer or Capricorn:

Possible loss of appetite due to emotional strain. Potential low levels of acids in stomach, causing poor digestion (bloating, belching or gas). Low hydrochloric acid levels in stomach; poor digestion of protein as a result. Croup as a baby. Anemia brought on by loss of the intrinsic factor in stomach. Vitamin B-12 or iron may be poorly assimilated due to poor stomach secretions. For women, possible tumors or cysts in breast or womb area. BY OPPOSITE POLARITY: gallbladder may be sluggish, releasing too little bile and creating digestion problems 2-3 hours after eating such as burping, belching and gas. Knee problems.

Uranus in Virgo or Pisces:

Possible onset of diabetes or hypoglycemia because of sudden stress--check liver and pancreas. Intermittent sugar problems. Spasms and cramping in intestinal tract. Twisting or telescoping of intestines. BY OPPOSITE POLARITY: unpredictable sugar problems; spasmodic release of insulin because of stress. Foot deformity or cramping/spasms of muscles in feet. Unexplained or sudden swelling or lumps in lymph glands--see a doctor, try massage and vegetable/fruit diet to help.

Neptune in Leo or Aquarius:

Possible weak heart action, poor or sluggish blood circulation or weak back (muscles may be flabby and not support vertebrae of back properly). IN OPPOSITE POLARITY: Possible weak eyesight, cataracts or glaucoma. Weak ankle and calf. Infections of the spinal cord which may go undetected for a long time or have nerve ailments which can be traced to a viral/bacterial origin.