

## Adv Q4 Health

### Question:

Pauline was born at 8:15 am on 4<sup>th</sup> August 1965 in Canberra, Australia.

Her Ascendant is about 7 degrees Virgo.

In looking at her birth chart, what do you see as potential health problems?

What is the weakest link in her physical, emotional or mental bodies?

Speculate on what problems could arise in the long term, if she doesn't take responsibility for her well being.

What health maintenance measures could she incorporate into her lifestyle to ensure that she doesn't suffer any major illnesses?

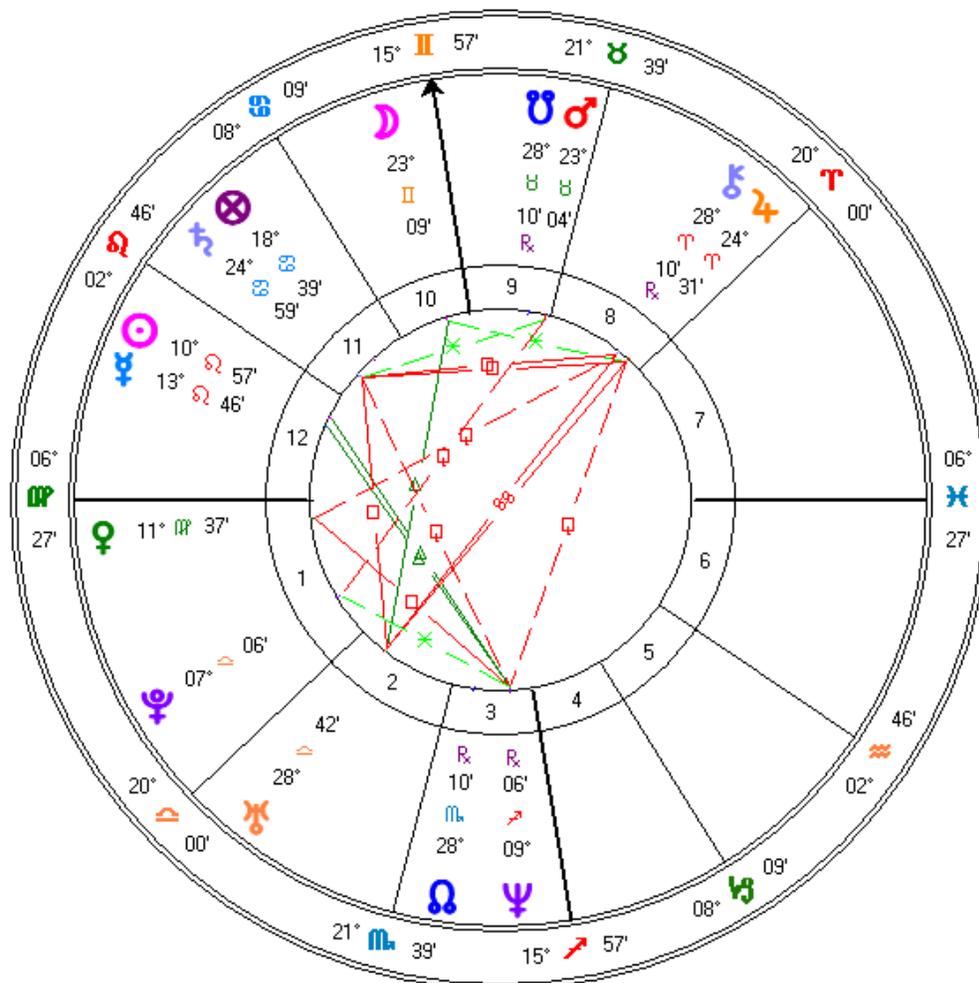
### Answer:

***"A medical man without astrology is like a lamp without oil" - Nicholas Culpepper***

Unfortunately today this quote would be scoffed at by the majority of mainstream medical practitioners, and the few who do use astrology as an aid usually do so very discretely, rather than damage their professional standing. However, this was not always the case. Hippocrates, who is considered the father of modern medicine, taught his own students astrology, believing that a basic knowledge at least was essential for a physician. The study of astrology and medicine continued hand in hand at many universities until well after the middle ages, and was highly respected.

### Q4 Pauline Natal Chart (74)

4 Aug 1975  
8:15 am AEST -10:00  
Canberra, Australia  
35°S17° 149°E08'  
Geocentric  
Tropical  
Placidus  
True Node



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As Astrologers we are dealing with the whole person, and recognize the interconnections between the physical, mental and emotional bodies. If there are certain health conditions indicated in the chart, surely we have the responsibility to suggest preventative and maintenance measures accordingly. In fact the natal chart will point out not only the most likely health issues, but also the type of therapies that the client is likely to respond best to. For example, those with Taurean energies dominant in the chart would benefit from massage or other hands on therapies, strongly Neptunian types would resonate with homeopathics and flower remedies, and those with dominant Pluto energies could explore rebirthing. If a client is not sympathetic to complementary therapies, they could still be given guidance to dietary and exercise measures specific to their chart that will offer benefit.

The main factors to consider for health indicators in the chart are the sixth house, the ascendant and first house, the rulers of these houses and any difficult related aspects. The sixth house governs health, and also indicates any inherited genetic conditions. Pauline has Aquarius here, which governs the lower legs and the nervous system. Her sixth house is unoccupied so we must look to the ruler of the sixth. Aquarius on the cusp gives Saturn as the old ruler and Uranus as the modern ruler. I would consider both. Saturn is located in the seventh house in Pisces, but more importantly, is in opposition to the Venus, Uranus and Pluto conjunction in the first house.

Saturn in general relates to the holding together of the body structure, that is, the skeletal structure and the skin, but also to teeth, the gall bladder, and the assimilation of minerals. Pisces governs the feet, the immune system and the lymphatic system. As in a general natal chart reading, we would normally expect to find several related clues before we can see a theme emerge.

The Ascendant and the first house relate to the physical body and health, including physical appearance and early environment. They give clues as to the quality of energy, and may reveal energy blocks and likely reactions to physical stress. Pauline has Virgo on the Ascendant, and a strong first house focus with Venus, Uranus and Pluto all close to the cusp and Mars is also here, but on the cusp of the second house.

Virgo governs the lower abdominal cavity and its contents including the small intestines, and is also involved with the nervous system. Venus has to do with the kidneys, venal blood, the glandular system, and the secretion of insulin. Uranus relates to the autonomic nervous system (digestion and respiration in particular) and therefore has connections to allergic reactions, asthma and bronchitis. Naturally, being the planet of sudden, unexpected happenings, it can also indicate sudden injuries and accidents. Pluto governs endocrine activity, the pituitary, enzyme (chemical) reactions, reproductive and excretory organs, parasites, viruses and growths.

Mars in the first house generally indicates good vitality, and in good aspect to Jupiter, suggests a robust energy. However the Sun is in the twelfth house, which can indicate low resistance to disease, and in square to the Moon may represent body chemistry problems. Mars on the cusp of the second house and in Libra gives a strong suggestion of a sweet tooth. Where Venus is strong but in difficult aspect, there is a tendency towards diabetes or low blood sugar. Venus Pluto hard aspects also indicate enzyme imbalance. A picture is starting to emerge.

The ruler of the Ascendant is Mercury. Although in the twelfth house, which is not generally considered favourable for a strong constitution, Mercury has no challenging aspects (no aspects, for that matter!) Mercury, however, also relates to the nervous system and the autonomic functions of the body, also the brain, thyroid and hormonal system.

The Moon should also be considered in regard to health issues, as it is so strongly indicative of our emotional needs. (It relates to the endocrine system, especially the hypothalamus, which is the seat of the emotions in the brain.) Pauline's Moon conjunct Neptune in her second house suggests she may have fluctuating moods depending on the moods of those around her, and that she may be

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comfort loving and lazy. With both Moon and Neptune associated with body fluids, and Neptune in particular with the lymphatic system, a lack of exercise could lead to a congested lymphatic system, which would then compromise the ability of the lymphatic system to remove and destroy bacteria and other foreign organisms. Moon conjunct Neptune (and in Scorpio) may also be indicative of problems with drugs, alcohol and smoking, which would be especially detrimental for someone like Pauline with her Virgo emphasis on the nervous and digestive systems.

Those people with Virgo strong in their charts are particularly prone to digestive problems when stressed. They tend to be worriers by nature, and manifest stomach cramps, colitis, and constipation readily when under emotional or psychological stress. They need to pay particular attention to their diet to avoid putting further strain on their sensitive digestive system. They are also susceptible to headaches and migraines (also indicated by Uranus on the Ascendant), which may be a direct product of their stress and worry, or a by product of a compromised digestive system.

Saturn Venus hard aspects suggest glandular problems, and Uranus Venus can be sudden irregularities of glandular function. In Pauline's chart there have been several associations to difficulties with glands - endocrine and lymphatic, also enzyme/chemical reactions. I believe the role of diet and nutrition is a crucial one for Pauline. In relation to her endocrine system, I suspect that it is the over or under production of blood sugars (diabetes or hypoglycaemia) that is the condition most likely to present. To prevent problems here, she needs to eat at regular intervals and to avoid excesses of sugar intake, and to reduce the risk of adult onset diabetes she needs to keep her weight under control. If she is already exhibiting symptoms such as energy slumps and mood swings, I suggest she avail herself of one of the many good books available on the glycaemic index.

I am also concerned that Pauline is a likely candidate for gall bladder problems. 11 & 14 degrees of Virgo (her Venus and Pluto positions) are both associated with the gall bladder, according to the Ebertin Correspondences between Body Parts and Zodiac Degrees, and her Saturn (gall bladder stones!) opposes these. Avoidance of fatty foods in the diet is the single best preventative.

The list of possible afflictions may appear daunting, however I would certainly not expose the client to all the possibilities, but by careful questioning try to establish if any were already presenting, and which were most likely to manifest.

With her Virgo Ascendant, I would hope that Pauline is already health conscious, however with a Leo Sun, Scorpio Moon, Jupiter on the Midheaven and Venus, Uranus and Pluto on her Ascendant, I expect that she would be rather headstrong, pleasure loving, and not very good at taking advice. For these same planetary configuration reasons, I think she should take responsibility for her own health and health education. Virgo types need to be discriminatory and careful with their diet. She needs to learn to listen to all the subtle nuances of her body rather than waiting for obvious warning signals. If she practices moderation she should not have to give up many pleasures - at least not permanently. I would suggest that she eat meals with not too many food combinations, and even keep a diary of everything she eats and any side effects, so that she will be able to identify any foods she is reacting to.

I would also suggest that she have digestive enzymes readily available to combat minor and occasional digestive upsets. Also useful to have on hand would be the cell salts Mag Phos and Calc Sulph. Magnesium phosphate is the Leo cell salt (Leo Sun) and is wonderful for relaxing muscles, relieving tension and pain, particularly headaches, and for calming the nervous system. Calcium Sulphate is the Scorpio cell salt (Moon in Scorpio) which is a cleanser and purifier, and beneficial for digestive and hormonal upsets. Cell salts are a wonderful first aid treatment, and as with digestive enzymes, are readily and cheaply available from health food stores and many pharmacies.

People with strong Virgo energy are well suited to herbal remedies. Because Pauline's health chart is rather complex, I think it would be too difficult for her to self prescribe, so if she is feeling generally unwell or has a variety of niggly complaints, it would be advisable to visit a naturopath or Chinese

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Herbalist, whichever she feels drawn to. Alternately, a good Kinesiologist could muscle test her for food and chemical intolerances, and identify which herbs and supplements would be most beneficial. With Uranus conjunct the Ascendant she may feel an affinity to working with the meridians, in which case she may even like to try Acupuncture. There are quite a few doctors around now who also trained Acupuncturists.

Uranus in first house and an Aquarian sixth house cusp are both associated not just with breathing, but with the prana (spiritual energy) delivered by the breath. Optimizing the intake of oxygen would help to maintain the purity and vitality of Pauline's system. Practising Yoga would be wonderfully beneficial for her in exploring various breathing techniques, calming the mind and reducing stress, and developing a deeper awareness of her body. Whatever exercise she is drawn to should be performed regularly, and there probably needs to be an aerobic component to keep her weight under control long term. This would reduce her chances of developing gall bladder problems or diabetes and help to maintain a healthy heart (cardiac conditions appear on the Leo/Aquarius axis, which is Pauline's 6<sup>th</sup> & 12<sup>th</sup> Houses).

Pauline has a Saturn in Pisces opposing her Venus in Virgo. It is likely that she has a tendency to shut down when she is under emotional pressure. This could compromise her energy flow and must be avoided. With Saturn in the 7<sup>th</sup> house of relationships this is most likely to happen in her close personal relationships. Chiron is also in her 7<sup>th</sup> house, so her psychic "wounding" is in the relationship area. This area of her life appears to be quite difficult and complex. The Venus/Uranus/Pluto conjunction in 1<sup>st</sup> opposition Saturn indicates issue of power, control, freedom, inhibition, etc. Difficulties in her love life will impact significantly on her health, so need to be addressed proactively - self help books, counseling, therapy, workshops, etc.

The 7<sup>th</sup> house in a health reading is also indicative of health practitioners. With Saturn here in Pisces it is essential for Pauline to have an empathetic, supportive and caring practitioner, and it would also be ideal if the practitioner was open to information gleaned from the natal chart (and transit charts where relevant.)

Although Astrology can be a wonderful diagnostic tool, it should never be used in isolation, but always in conjunction with appropriately qualified health practitioners.

### Bibliography

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