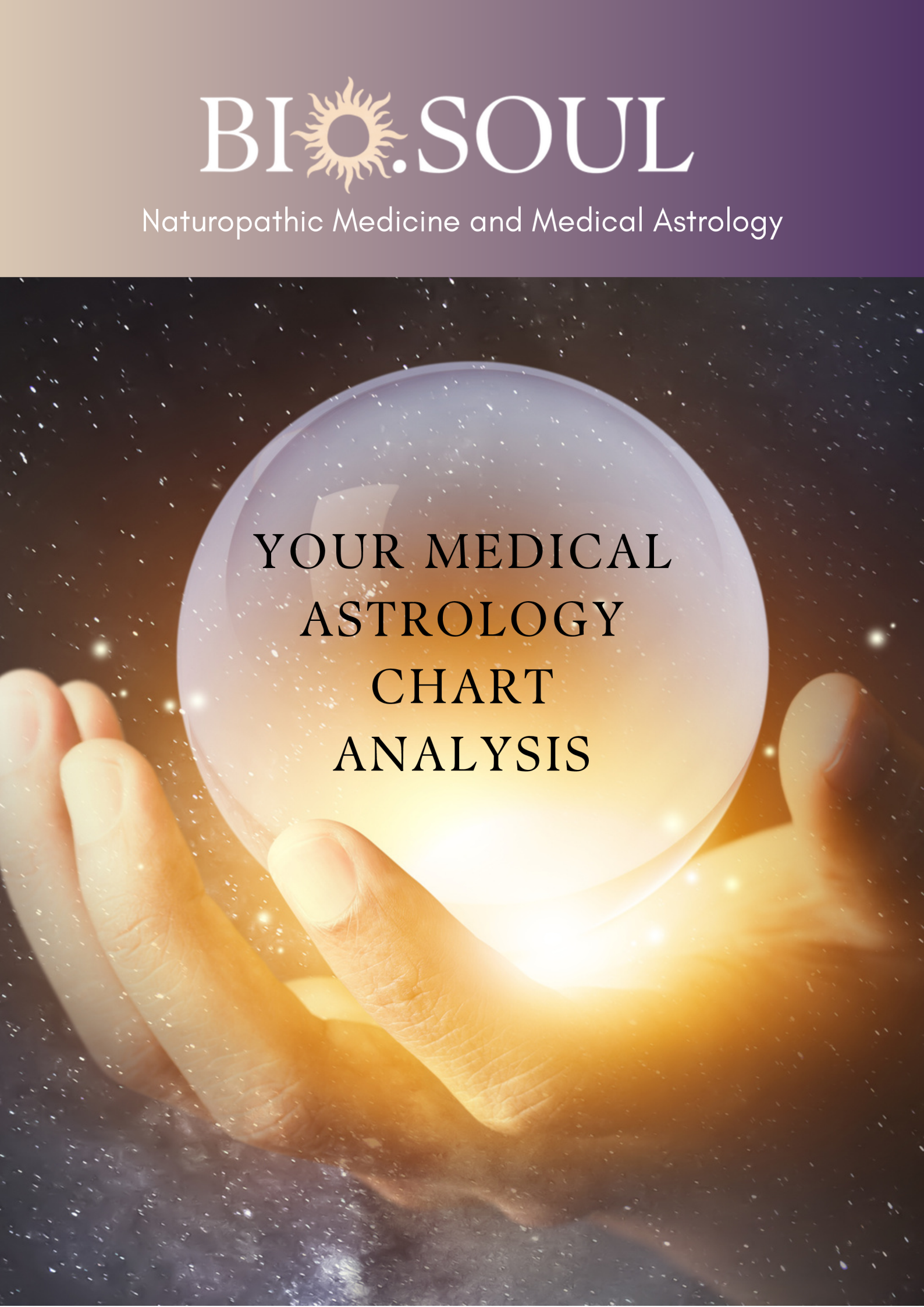


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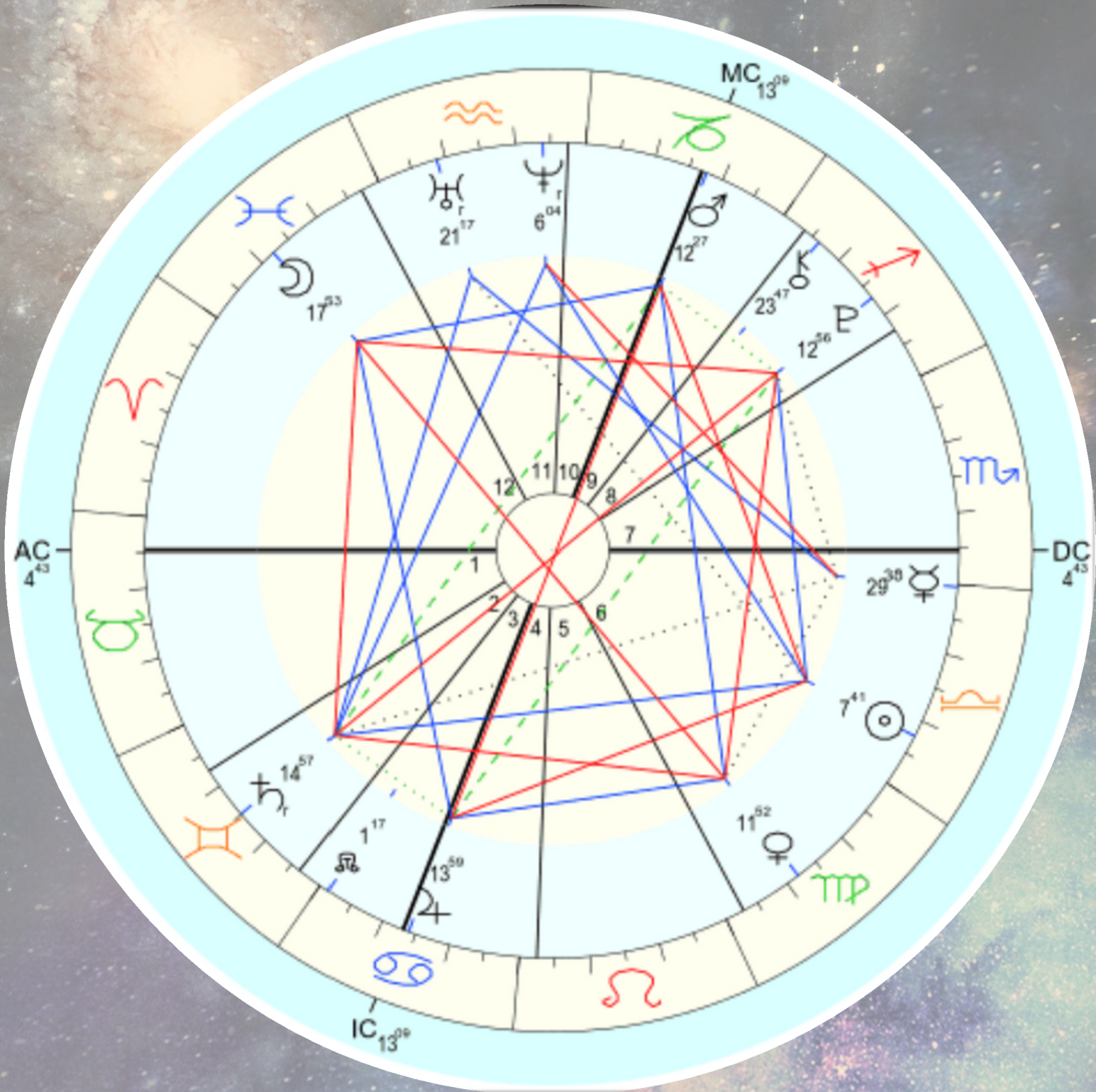
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A hand is shown holding a large, glowing crystal ball. The crystal ball is illuminated from within, creating a bright, warm glow that radiates outwards. The background is a dark, starry night sky with numerous small, bright stars. The overall composition is centered and balanced, with the hand and crystal ball occupying the lower half of the frame.

YOUR MEDICAL ASTROLOGY CHART ANALYSIS

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Dear Michelle,

Welcome to your personalised medical astrology chart analysis.

As you explore this medical astrology chart analysis, please approach the information with an open mind and a balanced perspective. The insights provided here are based on astrological interpretations and should not be considered as definitive medical predictions or diagnoses.

This analysis may highlight various potential health areas that could be more sensitive or require attention based on your astrological chart. However, it's crucial to understand that these are *possibilities*, not certainties. Just because an issue is mentioned doesn't mean it will manifest in your life. Often, a planetary energy may manifest psychologically or spiritually, rather than physically.

Instead, view this information as an opportunity to gain deeper insights into potential areas that may benefit from extra care and attention. These astrological indications can serve as a guide to help you focus on supporting your overall well-being proactively.

Remember, numerous factors influence health, including genetics, lifestyle, environment, and personal choices. Astrology offers one lens through which to view potential strengths and challenges.

Use this analysis as a tool for self-reflection and increased body awareness.

Approach this reading with curiosity and empowerment, knowing that you have the ability to positively influence your health through mindful living and proactive self-care.

Ash xx

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Elements

	C	F	M
F			P ♂
A	☉ ☿	♋ ♀	♌
E	♊ ♀	♈	♍
W	♊ ♀		♎

Assessing your dominant and lesser elements provides a general look at the nature of your physical body. Think of the body as a terrain.

Your dominant elements are air and earth, with a little water and minimal fire.

As earth, air and water are relatively balanced, the focus is on the element you have less of- Fire.

The fire element is characterised by heat and dryness. It is invigorating, creative, dynamic, and exudes energy. It is associated with one's life force, motivation, and actions. Fire governs the body's warmth, digestive function, immune system, muscles, physical activity, and perspiration.

Insufficient Fire


A deficiency in fire can lead to issues like poor circulation, cold extremities, bodily stiffness, and low energy. Individuals may experience a lack of inspiration, motivation, and confidence. Additionally, digestion may be negatively affected due to reduced digestive energy, resulting in fluctuating energy levels. There may be difficulty with the immune system.



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Modalities



	C	F	M
F			P ♀
A	☉ ☽	♈ ♏	♈
E	♊ ♋	♋	♋
W	♌ ♍		♌

Modalities in Medical Astrology represent the three universal life conditions: creation (cardinal), preservation (fixed), and transformation (mutable). It is the flow of your vital force.

Your dominant modalities are Cardinal and Mutable, with only a little bit of Fixed modality.

In medical astrology, your dominant modalities reveal how your body utilises energy and responds to various situations. The Cardinal modality, for you means there is more of a predisposition to acute, inflammatory conditions that come and go quickly. It is an activating energy. Your Mutable energy adds another layer, suggesting adaptability when faced with health challenges. The presence of mutable energy suggests a fluctuating and flexible nature to health conditions. Health issues are likely to come and go, or sometimes linger, or morph into something else, but rarely become stubborn and completely stuck

The limited Fixed modality indicates that illnesses are less likely to become chronic, or forever (which is good!).



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The Sun. Your Vital Force

The Sun in medical astrology represents our vital force.

The Sun is the centre of our solar system. Without the Sun, everything dies, there is no life, no planets, nothing. So it is also for the human body- it is the life battery.

In some esoteric traditions it represents god, our creator- remember God is within us.

The Sun holds profound spiritual significance that spans cultures and traditions across the world and throughout history. It represents the very spark of divinity within us all - our souls shining with the sacred light of creation itself.

The Sun represents our spirit, the soul, the divine spark within us, our animating force, our vital force.



Naturopathic Medicine and Medical Astrology

Sun in Libra

Your Sun lies in Libra in the 6th house.

In general...

The Sun in Libra loves balance and harmony and has a gentle vitality- however it can easily diminish when not cared for (when not kept in balance by being too relaxed about their health!). The vital force is pleasant and relaxing, however, the Sun may struggle to radiate its light here with much power. The life force for Libra resides in the kidneys, lower back, endocrine system, bladder, and skin.

Balanced Sun in Libra

Harmonious, socially graceful, and aesthetically attuned. Enjoys balance in all aspects of life. Thrives in pleasant, beautiful environments. Easy going, gentle vitality.

Imbalanced Sun in Libra

Prone to kidney issues, **skin conditions**, and endocrine/**hormonal** imbalances.

May experience lower back pain, adrenal burnout, or sugar addiction.

Kidney stones, acidity, diabetes. They can undo themselves with years of indulgence.

How to Find/Maintain Balance for Sun in Libra

Engage in art and design activities, gentle social sports, and pleasant walks.

Take an interest in matters of health. Minimise sugar intake.

Consume a balanced, alkaline diet rich in fruits and hydrating foods. Include seaweed for endocrine support.

Practice regular kidney cleansing through hydration and occasional juice fasts.

Avoid highly processed or overly salty foods.

Keep kidney region warm and covered.

YOUR LIBRA SUN- as it is in the 6th house means your life force, your vital energy, can stay strong and bright only if you tend to your health and needs every day, as a duty and service to yourself. A focus on having a discriminating diet that is low in sugar is a **MUST-** otherwise hormones and skin will suffer.

Specifically, your Sun i at 7 degrees of Libra suggests a predisposition to Goitre (development of nodules on the thyroid gland).

ASPECTS TO THE SUN

In astrology, an aspect is the angular relationship between two planets in a birth chart. Aspects indicate how these planets interact, influencing an individual's personality and experiences.

Sun squares Mars.

Prone to inflammatory processes of the skin. This suggests an excess of heat on the skin specifically. Skin condition will fluctuate with state of nervous system (mental health). Quality of life force and energy will be affected by any inflammation occurring. Watch for psoriatic arthritis. Mars in Capricorn on the MC makes for a person who will have ambition and drive in their public life/career, and will likely succeed professionally and financially. Ambitious, driven people (Mars in Capricorn traits) often operate under high stress. Chronic stress triggers inflammatory responses in the body through cortisol and other stress hormones. The skin is particularly responsive to stress hormones, as it's part of our stress response system

The drive of Mars in Capricorn suggests a highly activated sympathetic nervous system ("fight or flight"). Chronic sympathetic activation can suppress immune function and increase inflammation. This creates a feedback loop where stress → inflammation → more stress.

Sun square Jupiter.

The condition of the liver (ruled by Jupiter) will have an influence on the condition of the skin (Libra). Must watch for fatty liver. Need for good liver detoxification regularly (via diet, teas etc). Be mindful of exhaustion from over-doing life in general.

Regular hormone checkups.



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Moon in Pisces

Your Moon lies in Pisces in the 12th house.

If the Sun represents our life force, our soul within the body, the Moon represents how the life force is distributed. It represents the physical body. The Moon symbolises coldness and moisture, representing the body's absorptive and nurturing qualities. It governs digestion, nutrition, and all fluid-containing organs, influencing emotional states, instinctual responses, and female functions such as lactation and fertility. Additionally, it reflects the rhythmic cycles and fluctuations of the body, highlighting the importance of white fluids like lymph and mucus.

The Moon in Pisces distributes the life force in a slow, dreamy and meandering way. It slows down the Sun's life force quite a bit. Emotionally a Pisces Moon person is of a very sweet nature underneath it all. They may prefer escapism however, often they are quite psychic or at least intuitively attuned! Pay attention to your dreams as a Pisces Moon in the 12th house of dreams and the hidden world suggest your dreams are of importance. They likely state a lot about your emotional wellbeing, hidden desires and a lot of information may be found there. You may however have a tendency to push aside your emotional needs, femininity and spirituality. Acknowledging and integrating these aspects of you will correct a lot of physical health issues!

There can be a physical tendency to water retention (Moon) in the feet (ruled by Pisces) so watch for oedema of the ankles, feet. The immune system (ruled in part by Pisces) may be weaker, with a predisposition to allergies, or even leaky gut which will affect the skin. Your digestion might be "cold" - you will benefit from warming foods like soups and stews, and hot herbs like chilli, garlic, ginger etc.

The watery, fluid Moon, is in the watery sign of Pisces- this can bring heavy menstruation too.

ASPECTS TO THE MOON

Moon Opposition Venus in Virgo.

Venus rule sugar! Sugars are likely to cause immune dysregulation and issues, especially in the digestion (Virgo)- issues such as small intestinal bacterial overgrowth (SIBO), leaky gut (intestinal permeability), are possibilities and will affect the immune function.

Moon Trine Jupiter.

Possible tendency to overeat or emotionally eat?

Suggestions

Explore your dreams- have a dream diary. Review them from time to time and reflect on themes.

Explore spirituality, why you do/dont feel drawn to it, and ask why? Consider issues of the mother (Moon represents mother OR grandmother).

Emotional exploration and resolving of any traumas will help physical health significantly.



Naturopathic Medicine and Medical Astrology

Taurus Ascendant/1st House

The ascendant/1st house represents the physical body and how our body response to stress.

The ascendant, or rising sign, in astrology is the zodiac sign that was on the eastern horizon at the exact moment of a person's birth. It represents the outer personality, how others perceive you, and your approach to life. The ascendant influences your demeanor, first impressions, and the way you navigate the world.

Taurus' rulerships are over:

- Metabolism and thyroid gland
- Storage systems such as fat and glycogen
- Neck, tonsils, and throat areas
- Ears, pharynx, and vocal cords
- Occipital region, shoulders, and cervical spine
- Lower jaw, cerebellum, and base of the brain
- The five senses

Taurus signifies the essence of storage.

A Taurus Ascendant gives the individual a steady grounded appearance. The first house represents how one handles stress (the first house ruler is traditionally Aries who rules the adrenals, adrenaline, fight or flight actions). Their physical body when under stress copes remarkably well, others around them would not even notice they were bothered! Like the sturdy bull, it is hard to knock a Taurus ascendant down. You can handle a lot of stress and tension, this makes you super resilient. However, a Taurus ascendant may respond to stress over time in other ways, such as over indulging in food causing weight gain, or their thyroid may eventually slow down causing metabolic changes in them. Taurus' ruler Venus (sugars) is situated in Virgo (pancreas, blood sugars, insulin), so an emphasis on not indulging in sugar when stressed is important. Taurus ascendant peoples may not experience detrimental issues (such as thyroid or weight gain) until their later years- so it's good to be proactive now to avoid that happening later.

ASPECTS TO THE ASCENDANT

Mercury Opposition.

Mercury is in a loose opposition to the Ascendant- this can suggest an issue with hormone transmission - in particular thyroid hormones should there be too much stress placed upon the physical body.

Suggestions

I highly suggest having thyroid hormones checked yearly.



Naturopathic Medicine and Medical Astrology

Virgo & Your 6th House

Your 6th house ruler is Virgo.

The 6th house in Medical Astrology traditionally represents the house of sickness. So yes, sometimes we can see illness here, or a body area that requires more support than others. However, the modern interpretation of this house is more about **meticulous self-examination, attending to your daily requirements to maintain health, being of service and duty to yourself and self-betterment.**

Let's break that down a little.

Virgo is the traditional ruler of the 6th house. Virgo represents the, small intestines, pancreas, and functions of assimilation of nutrients, the autonomic nervous system. Virgo discriminates and then assimilates (digestion). Virgo by nature is pedantic, hardworking, critical, rigorous and diligent. **Thus, the 6th house by nature has this type of energy which is why it is connected to our daily habits.**

Your sixth house is ruled by it's native ruler Virgo.

Virgo's rulerships are over

- Small intestines and absorption of nutrients and assimilation
- Abdomen.
- Pancreas (regulates blood sugars via insulin and glucagon)
- Autonomic nervous system (sympathetic -fight or flight, and parasympathetic- rest and digest)
- Affinity for hygiene, sanitation and diet

Your 6th house emphasises the importance of a clean diet, one where you have meticulously picked which foods work for you and which don't to avoid digestive upset. I cannot reiterate enough that this sign needs to be scrupulous in choosing the foods they intake, by using a diet diary and paying attention to which foods work for them and which don't.

You have 3 planets in the 6th house—this means your health requirements are a big focus in your life, with your overall health being centred around your digestion and skin (Libra, ruled by Venus is also in the 6th house).

Venus in Virgo asks you to be very careful about the intake of sugars, for it's affect on your intestines will be prominent. Venus is in opposition to the Moon, so there can be a tendency of sugars/carbs causing issues of the gastrointestinal microbiome, leading to fermentation (gas) as the microbiome (bugs that live within our intestines) will consume the sugars and excrete gas.

The Sun in Libra in the 6th house is a reminder that your overall vitality will be affected by how well you look after your health on a daily basis —this sounds obvious but for some people they can get away with not tending to their health often and being ok. For you, you really must pay attention to what your body needs each day. Treat your body as a temple, your health as a duty.

Suggestions (try to incorporate these ones regularly/daily).

Chew foods slowly. Relax when eating to reduce intestinal spasm. A very clean diet avoiding any digestive irritants. High fibre diet to avoid constipation, support microbiome and intestinal health. Regular routine every day. Having good boundaries, ability to say no to others. Does well with carminative herbs such as fennel, chamomile, dill lemon balm to reduce intestinal spasm— try as a tea.

Be mindful of sugar intake. Avoid processed sugar and carbs.

Allergies of any kind exacerbated by any issues of the digestive system.

Cell Salt: Kali Sukph



Naturopathic Medicine and Medical Astrology

8th House

The 8th House

The 8th house rules anything genetic or inherited.

The eighth house is ruled by Sagittarius. Sag embodies the energy of freedom, travelling to far away places, finding wisdom, as well as ruling the liver and fats.

Pluto in the 8th in Sag

With Pluto in the 8th you may be inclined to change, or transform any historical familial health issues by physically, mentally and emotionally exploring the world and life in ways they never have before. Watch for inherited issues of the liver.

Chiron in Sag in the 8th.

Chiron represents the archetype of the wounded healer, symbolising our deepest wounds and the potential for healing through self-awareness and transformation. It is a kind of sore spot- one that will always be a little sore. It is associated with themes of birth, pregnancy, and fertility, childhood rejections, emotional wounds, as well as chronic issues like fatigue and the challenges of menopause.

You may confront inherited conditions or emotional wounds related to sexuality and power dynamics, requiring a journey of healing that involves exploring beyond your comfort zone, travelling far and wide, understanding different philosophical approaches to life, intellectual growth and wisdom. Integrating physical experiences with a deeper understanding of personal and familial/ancestral health. Healing often involves facing fears and delving into hidden aspects of the self.



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12th House

The 12th House

What is poorly managed from the 6th house becomes chronic illness in the 12th house.

The 12th house represents psychic attack, mental illness, where your illness becomes chronic, the hospital, being confined and bedridden- all issues where you are submitting to forces greater than yourself.

Listed below are possibilities, should you seriously neglect your daily health needs.

Your 12th house ruler is Pisces.

*Refer to much of the information I shared to do with Moon in Pisces.

Ruler of Pisces is Jupiter who is situated at the bottom of your chart in the 4th house, in Cancer. This emphasises a strong tie to your home land- a subconscious, below the surface, deep connection- for better or worse. The Moon here suggests a predisposition to either mental health issues or being psychic (it's a fine line between the two!) which is possibly linked to the home you grew up in.

Chronic issues that could occur should you not take care of the body include chronic immune dysfunction, leaky gut, addiction.



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Saturn

Saturn in Gemini

Saturn represents where energy slows, solidifies, cools down, restricts. It is often the seat of chronic illness. You Saturn sits in Gemini who rules the respiratory tract, shoulders, arms, hands and nervous system.

This placement often indicates a predisposition to issues of breathing such as asthma. It is interesting, as Gemini rules the respiratory, but Saturn, rules Capricorn (governs the skin) and is exalted in Libra (who also governs the skin). This shows a real link between asthma and skin health/psoriasis. Venus is making a square aspect to Saturn also indicating that sugar will negatively impact your respiratory health.

(Naturopathic side note: Asthma and psoriasis are both chronic inflammatory conditions that, while affecting different systems—respiratory and skin—share common underlying mechanisms. Both involve inflammation, with asthma characterised by airway inflammation and psoriasis by skin inflammation, suggesting a potential link in **immune responses**. Additionally, psoriasis is considered an autoimmune disorder, and asthma can have autoimmune components as well, making individuals with one condition more susceptible to the other. Environmental factors such as allergens, food intolerances and pollutants can exacerbate both conditions, further indicating their interconnectedness. Studies show a higher prevalence of asthma in individuals with psoriasis, suggesting that the presence of one may increase the risk of developing the other.)



Naturopathic Medicine and Medical Astrology

Miscellaneous & More..

North node in Cancer in the 3rd.

Non-medical astrology: The energy you need to master in this lifetime is that of family, and the home. Although you shine as a hard worker, many things in your chart indicate you need to go out into the world, heal, and then make a life for yourself with family and a strong bond to the home and possibly siblings/cousins too.



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Summary

Take what resonates with you, leave what doesn't.

- Your digestion might be "cold" and perhaps sluggish – you will benefit from warming foods like soups and stews, and hot herbs like chilli, garlic, ginger etc.
- Strong indication of gut-skin-lung issues. (The gut-skin-lung axis refers to the interconnected relationship between the gut microbiome, skin health, and respiratory function. In conditions like psoriasis and asthma, dysbiosis (an imbalance in gut bacteria) can lead to increased intestinal permeability, often termed "leaky gut." This allows toxins and inflammatory substances to enter the bloodstream, triggering immune responses that can manifest as skin inflammation (psoriasis) or respiratory issues (asthma). Thus, imbalances in gut health can contribute to the development or exacerbation of both skin and lung conditions, highlighting the importance of maintaining a healthy gut microbiome for overall health).
- Regular blood testing (yearly) to check for hormone balance, especially thyroid.
- Low sugar/carb diet to support allergies, gut health, gut microbiome, asthma.
- You likely have a strong psychic/intuitive nature that you brush aside– acknowledging and exploring this will help your physical health
- Explore your dreams– have a dream diary. Review them from time to time and reflect on themes.
- Explore spirituality, why you do/dont feel drawn to it, and ask why? Consider issues of the mother (Moon represents mother OR grandmother).
- Emotional exploration and resolving of any traumas will help physical health significantly.
- **Suggested herbs:** Antiinflammatory and warming Turmeric, dandelion tea for detoxification, matcha tea to support gut microbiome, burdock to support the skin, rehmannia to reduce inflammation.
- **Cell salt:** Kali sulph, is a homeopathic remedy that is made from potassium sulfate. It is used to treat skin and mucous membranes, and to balance metabolism and support the pancreas.

As a naturopath, I'm here to support people on their journey towards optimal health. Should you wish to explore these themes further or seek personalised guidance in nurturing your body's natural balance, I'd be honored to assist you. My approach combines traditional wisdom with modern naturopathic practices, tailored to your individual needs. If you feel drawn to delve deeper into your health care, aligned with the cosmic influences we've discussed, please don't hesitate to book an appointment. Together, we can create a holistic plan that resonates with your body's rhythms and supports your path to vitality .

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Thank you for allowing me to explore your astrological chart from a medical perspective. It's been a pleasure to delve into the celestial patterns that may influence your health and well-being. I hope this analysis provides you with interesting insights for self-reflection and personal growth.

While I am indeed a health practitioner, I want to gently remind you that this astrological analysis is not intended to replace professional medical advice, diagnosis, or treatment. The information provided is for entertainment and self-reflection purposes only.

Astrology offers a unique lens through which we can explore potential tendencies and areas of focus in our lives, including our health. However, it's important to approach these insights as complementary to, rather than a substitute for, conventional medical care.

I encourage you to use this analysis as a tool for self-discovery and as a starting point for discussions with qualified healthcare professionals. Your health journey is unique, and while astrology can offer interesting perspectives, your personal experiences and the guidance of medical experts should always take precedence.

Thank you again for trusting me with this analysis. I hope it sparks meaningful reflection and contributes positively to your overall well-being journey.

Wishing you health and harmony,

Ashleigh van Nierop

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Medical Astrologer

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