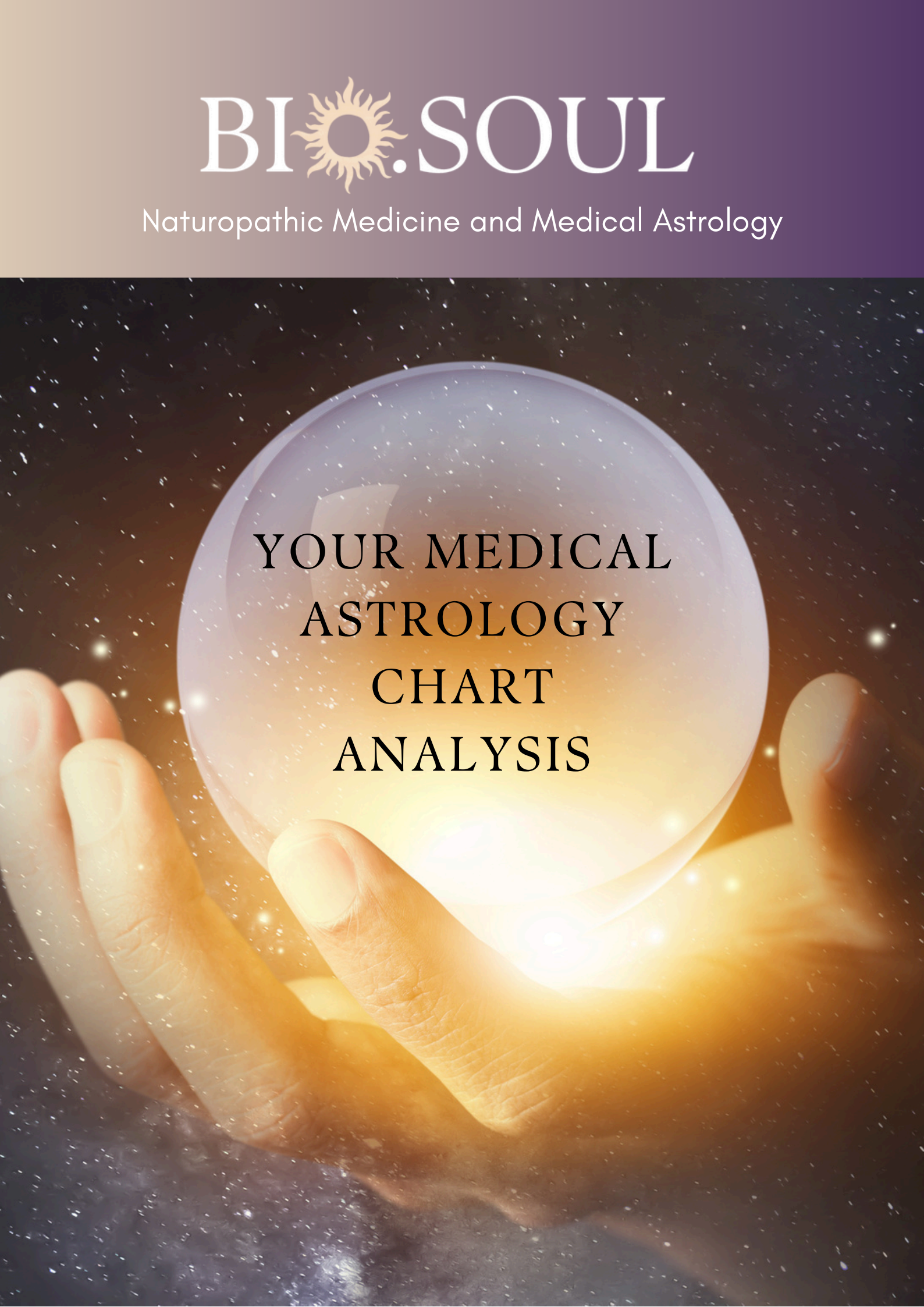


BIO.SOUL

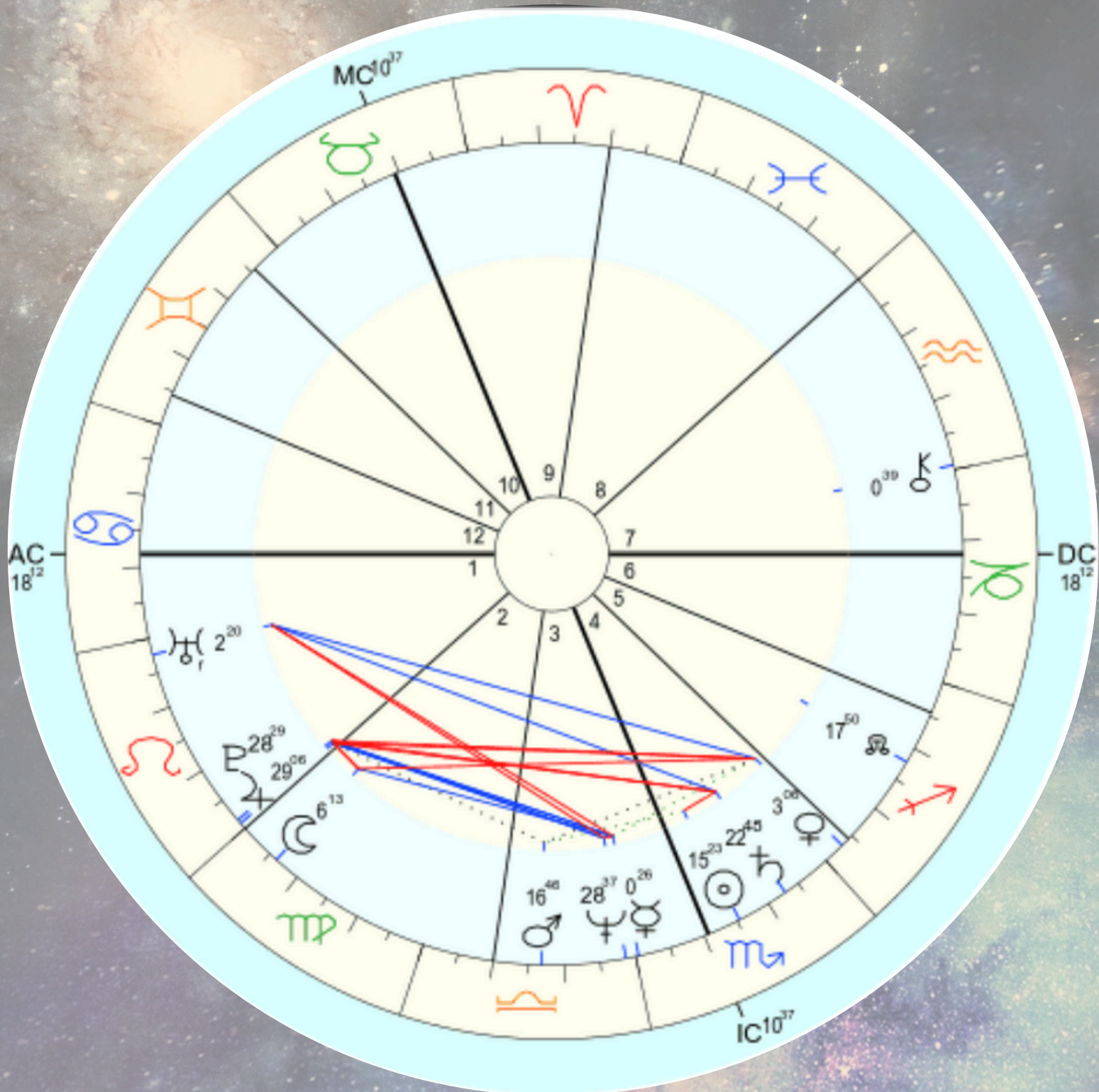
Naturopathic Medicine and Medical Astrology

A hand is shown holding a large, glowing crystal ball. The crystal ball is translucent and emits a warm, golden light from within. 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

BIO.SOUL

Naturopathic Medicine and Medical Astrology





Naturopathic Medicine and Medical Astrology

Dear Sue,

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.

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.

At the core of your chart lies a dynamic tension between fiery and watery elements, manifesting as a blend of passionate intensity and emotional sensitivity that profoundly influences your physical health.

Your chart reading has several key themes: the paramount importance of heart and cardiovascular health, the delicate balance of your body's fluid systems, the intimate connection between your emotions and digestion, the need for blood sugar management, and the potential for inflammatory issues. We'll also touch on kidney health and the grounding influence of earthy activities.

Central to all these themes is the transformative power of emotional release and energy work, which holds the potential to shift deeply ingrained patterns within your body and psyche. As we explore each aspect in detail, remember to take what resonates with you and leave what doesn't. This analysis serves as a guide, offering insights and suggestions to support your journey towards holistic well-being.

Ash xx

BI.SOUL

Naturopathic Medicine and Medical Astrology

Elements

	C	F	M
F		4 8 P	9 8
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 is Fire and Water

What do you get when you mix fire and water? Steam.

Your physical constitution can be likened to a steam engine fueled by fire and water, where these elements create a dynamic and vibrant energy.

Energy and Volatility: The fire element infuses with bursts of intense energy, reminiscent of steam building pressure before release. While you can generate powerful output, there may be times when maintaining consistent energy feels challenging, leading to cycles of high activity followed by fatigue. Remember, all that vigour from fire can evaporate the waters—leaving you emotionally empty, or dried out.

Adaptability: Just as steam can change states, you likely exhibit a remarkable ability to adapt to new situations and environments. This fluidity allows you to navigate life's challenges effectively, but it can also lead to emotional fluctuations that require mindful management.

Transformative Power: The combination of fire and water signifies a transformative presence. Fire's transformative quality, combined with water's capacity for flow, allows you to effect change in yourself and your environments. You may possess strong creative abilities and can inspire transformation in others



BIO.SOUL

Naturopathic Medicine and Medical Astrology

Elements Cont.

		F	M
F		♂ ♀ ♀	♀ ♀
F	♂ ♀	♂	
A		♂	
A		♂	
E		♂	
E		♂	
W	♂	♂	
W	♂	♂	

Pressure and Release: The steam-like quality of your constitution suggests a build-up of internal pressure that necessitates regular release. This may manifest as a need for emotional expression or physical activity, emphasising the importance of finding outlets to maintain balance. Without adequate release, this internal pressure can lead to stress or anxiety.

Cleansing and Renewal: The steam metaphor also reflects a capacity and requirement for self-cleansing. Just as steam is used in purification processes, you may have an innate ability to cleanse yourself of negative influences and regenerate your emotional and physical state.

Lack of Solidity: With a deficiency of Earth in your chart, there may be challenges related to grounding and practical matters. This lack of solidity can lead to feelings of instability or disconnection, highlighting the need for practices that foster a stronger sense of anchoring.

Overall, your fire-water constitution may translate to:

High Metabolism and Body Heat: Your body may operate with an elevated metabolic rate, contributing to higher body temperature.

Fluctuating Energy Levels: Periods of intense activity may be followed by fatigue, requiring careful management to maintain equilibrium.

Potential for Inflammation: The interplay of these elements may lead to tendencies toward inflammation or water retention, necessitating attention to hydration and nutrition.

Sensitivity to Environmental Changes: Your constitution may make you particularly responsive to shifts in your environment, emphasising the importance of creating a stable and supportive space.

In essence, your physical constitution, dominated by fire and water, requires mindful nurturing to harness its *powerful* potential while maintaining balance and well-being.

BIO.SOUL

Naturopathic Medicine and Medical Astrology

Modalities

	C	F	M
F		♂ ♀ ☊ ☋	♀ ☌
A	♂ ☊	♂ ☋	
E		♂ ☌	♀ ☊
W	♂ ☋	♂ ☊ ☌	

Modalities in Medical Astrology represent the three universal life conditions: creation (cardinal), preservation (fixed), and transformation (mutable).

This shows in a very general way how your body uses it's energy. Your dominant modality is fixed.

This indicates a stable physical constitution with a tendency to resist change. This stability can be beneficial, providing a strong foundation for your health, but it may also lead to holding onto things—whether emotions, habits, or even chronic illnesses. The Fixed modality suggests a strong sense of determination and resilience, but it may also predispose you to **longer-lasting health challenges if not actively managed.**

This resistance to change may make it difficult to adapt to new health regimes or lifestyle adjustments, however if you can implement them you are also more likely to maintain them! Awareness of this tendency can help you create strategies that encourage gradual change rather than overwhelming shifts.



Naturopathic Medicine and Medical Astrology

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 Scorpio

The Sun in Scorpio endows individuals with intense vitality and deep, transformative energy. It has a powerful drive to overcome health challenges and possesses tremendous regenerative abilities. **The life force for Scorpio resides in the reproductive organs and excretory system (bowels, bladder, sweat, excretory functions).**

Scorpio's rulerships are:

- Functions of survival of the species, reproduction, genetic coding, DNA, ovaries and testes
- Purification systems – bowels, bladder and sweat
- Colon, rectum, anus, all genital areas of both men and women
- Reproduction and elimination systems

Your Sun is located in Scorpio in the fourth house, forming a loose conjunction with Saturn. This placement brings depth to your vital force, with Saturnian themes of restriction and Scorpionic emotional intensity coming into play. The Sun is plunged into the depth of the deepest oceanic trench here. It's rays of light can be stifled when plunged so deep. But a Sun (vital force) that can survive here, has **tremendous spiritual strength and ability.**

The Sun in Scorpio suggests a **magnetic** and **transformative** energy, but the presence of Saturn introduces a potential for **fatigue** and emotional weight. Saturn's restricting influence can lead to a feeling of being weighed down or limited, particularly in the context of your home and emotional life (4th house themes).

The Sun's conjunction with Saturn indicates a potential **restriction on energy and circulation**, particularly regarding **heart health** (Sun rules the heart with Leo). This alignment can suggest issues such as **atherosclerotic plaque** (Saturn is crystalising, hardening) **buildup** that could cause **high blood pressure**, which are crucial to monitor given your astrological indicators. Engaging in deeply cleansing routines and regular cardiovascular exercise can help mitigate these risks and enhance your overall vitality. Another interpretation of this is that there may be a predisposition for challenges with spinal health.

Overall your Sun, though somewhat challenged by its placement in Scorpio has only one challenging aspect (Saturn). Saturn reminds you that even though he brings restriction, a feel of burden or physical fatigue to your vital force and energy, by respecting Saturn's influence, working within his boundaries and honouring your energy levels, you will be rewarded with **wisdom, overcoming karmic lessons and possibly longevity.**

Suggestions:

- Engage in deep psychological or emotional release activities. Manage emotional wellbeing through transformative practices like deep meditation, energy work or therapy.
- Don't over-exert yourself- work within your healthy limits. Gentle cardio.
- Practice regular detoxification like saunas or fasting.
- Consume foods rich in antioxidants and dark red fruits. Include foods that support detoxification.
- Avoid heavy processed foods, excessive sugar, caffeine, and alcohol.
- Cell Salt: Calc Sulph
- Bach Flower: Chicory
- Herbs: Burdock and Nettle leaf both are purifying herbs, Varuna (*Crateva nurvala*) a herb with affinity for the bladder.



Naturopathic Medicine and Medical Astrology

Moon in Virgo

Your Moon lies in Virgo in the 2nd house.

The Moon reflects and distributes the life force (rays of the Sun).

Virgo's rulerships are:

- Small intestines (absorption of nutrients / assimilation)
- Abdomen / solar plexus
- Pancreas
- Autonomic nervous system (sympathetic and parasympathetic)

Here is a digestive system which must not be overloaded. The discerning and finicky nature of Virgo demands that digestive system (partially ruled by the Moon) must always be maintained through **meticulous choices in food**, and **emotional balance** lest you encounter digestive and intestinal upsets. It can indicate a strong mind-body connection and sensitivity to diet and nutrition. It is possible there is a **tendency to overwork yourself**, or try to be of service to others to a point of detriment.

The 2nd house relates to resources, including how we nourish our bodies. With the Moon here, there might be an **emotional connection to food and eating habits**. This could manifest as comfort eating, overindulging (this is the influence of Jupiter nearby) or **using nutrition as a form of self-care**.

The Moon is squaring Venus (approximately 90 degrees away), suggesting the need to be **mindful of blood sugars** (Venus rules sugar).

The Moon in Virgo reminds you to be **mindful of intestinal health**, issues like leaky gut, small intestinal bacterial overgrowth, gas, liver issues, difficulty digesting foods, blood sugar regulation, allergies are not uncommon.

Jupiter and Pluto are in a loose conjunction (sitting very close by) the Moon. As the Moon represents the mother, issues of the heart (Jupiter in Leo) are *possibly* connected to the mother.

Suggestions:

- Nourish your body and soul with nutrient dense, healthy whole foods. For you, this may be particularly important as a self care and nurturing act.
- Pay attention to how emotions affect your digestive system
- Be mindful of sugar intake.
- Bach Flowers: Centaury
- Cell Salt: Kali Sulph
- Herbs: Fennel, Parsley, Dill.



Naturopathic Medicine and Medical Astrology

Cancer Ascendant/1st House

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

Cancer's rulerships are over:

- Hollow and round organs: stomach, breasts, uterus, pericardium, synovial capsules of joints, vertebral discs, and gall bladder.
- Stomach and upper digestion
- Salivary glands and peristaltic motion of the stomach
- Chest cavity
- Mucus membranes
- Uterus

With your Cancer Ascendant, you present a sensitive and nurturing front to the world. This placement often indicates a strong connection to home and family, but it can also suggest **emotional vulnerabilities that may manifest physically**. Under stress—particularly emotional stress—you may experience **digestive issues** such as upset stomachs or increased **water retention**. Cancer ascendants may **emotionally eat** when under stress. Gentle comfort from friends and family, and time by water (ocean, a stream, bath tub) help bring this energy back to balance.

The interception of Leo in your first house may suggest that your self-expression is stifled, leading to frustration or emotional burden. Engaging in **creative pursuits or activities** that allow for self-expression can help alleviate these tensions and promote better health and will energetically support heart health. Finding a supportive community where you feel comfortable sharing your thoughts and feelings is essential for your emotional well-being. Uranus (ruling all things electric and sudden) in Leo requires you to pay attention to heart health, as there is potential for electric issues within the heart, hypertension. Jupiter and Pluto are in a conjunction in Leo also (Jupiter rules the blood, fats and Pluto can trigger drastic transformation) again highlighting the need to look after heart health, as to not allow Jupiter to cause fatty build up in the arteries.

Suggestions:

- Always have your kidneys checked when you see your GP
- Ensure your blood pressure is well managed
- Gentle cardio exercise to reduce the risk of any water retention/increase circulation
- Creative pursuits to allow self expression- will support emotional wellbeing and stress reduction.
- Time near the water.
- Gentle time with supportive loved ones
- Vitamins D3 and K2 for heart health (supports the Sun's energy, reduces atherosclerotic plaque deposition)
- Cell Salts: Calc fluor
- Bach Flower: Clematis
- Herbs: Cleavers to reduce water retention, chamomile to soothe, and ease stomach troubles. Hawthorne is a brilliant herb to support the heart (Leo).



Naturopathic Medicine and Medical Astrology

Sagittarius & Your 6th House

Your 6th house ruler is Sagittarius.

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 Sagittarius, who is the centaur- half man, half horse. Emphasising the importance of **regular outdoor exercise.**

Sagittarius's rulerships are over

- Thighs, hips, buttocks, sacrum, tail bone, pelvis
- Co-ordination of muscles, locomotion
- Sciatic nerve
- Liver
- Pancreas – blood sugar levels
- Autonomic nervous system – fight flight / digest relax

Activities that engage your legs—like hiking, running, or cycling—are particularly beneficial for maintaining **cardiovascular health and maintaining your health on a daily basis.** Additionally, the Sagittarian influence calls for a balanced diet rich in grains, greens, and moderate proteins. **Being mindful of overindulgence** is crucial, especially given the Sagittarian predisposition to conditions like gout and fatty liver, which may be aggravated by poor dietary choices. Sag in the 6th can be prone to burning out or being too reckless. Dandelion root is well indicated when there is a tendency to overindulge in rich foods, and saffron as a delightful all-rounder, that can help reduce blood lipids, balance blood sugars, support peripheral and central nerve function which is well aligned with Sag energy.

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

- Any activity that encourages movement particularly of the legs – running/walking/cycling/horse riding for example.
- Avoiding high fat foods, dairy, processed meats and alcohol in excess.
- Moderation – a 6th house Sag can burn out if not moderate.
- Bitter foods (kale, mustard greens, raddichio, endive, rocket etc), and brassicas with meals to stimulate the liver
- Bach Flower: Agrimony
- Cell Salt: Silicea
- Herbs: Dandelion root to support the liver, Rhodiola to support physical endurance, Saffron to support nerves, manage blood lipids and mood.



Naturopathic Medicine and Medical Astrology

8th & 12th Houses

The 8th House

The 8th house rules anything genetic or inherited.

The eighth house, ruled by Pisces, indicates a predisposition to inherited health issues, particularly those related to the immune system, the feet, water retention and the lymphatic system. This is crucial to monitor, as conditions like oedema (water retention swelling) can place additional strain on the kidneys, exacerbating blood pressure issues. You may be prone to conditions that affect fluid balance in the body, emphasising the need to remain vigilant regarding potential oedema and to monitor your immune system's health. This placement suggests that any issues related to fluid retention, such as high blood pressure and related cardiovascular challenges, could be hereditary.

The connection between emotional stress and physical health is significant here. Chronic emotional stress can lead to tension in the body. Techniques that promote emotional release, such as journaling, art, or therapy, can help alleviate the emotional burdens that may be contributing to physical symptoms.

The 12th House

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

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

Your 12th house ruler is Gemini.

Your twelfth house is ruled by Gemini, indicating susceptibility to nerve issues, respiratory concerns, and overall vitality challenges. This placement highlights the importance of oxygenation and maintaining healthy lung function. Without proper self-care, potential health issues in your twelfth house can manifest as fatigue, respiratory difficulties, anxiety, poor oxygenation. Your 12th house sits at 26 degrees of Gemini which brings a possible predisposition to neurasthenia – persistent complaint of increased fatigue after mental effort, or persistent and distressing complaints of bodily weakness and exhaustion after minimal effort. **However this again is not a prediction, nor omen!**



Naturopathic Medicine and Medical Astrology

Miscellaneous & More..

Mars in Libra.

Mars (inflammatory) is in Libra (ruler of kidneys, skin, homeostasis, endocrine glands, acid/alkaline balance). Be mindful to care for your kidneys, and watch for inflammation of the kidneys. Also manage your energy levels as Mars in this position can make it easier to experience adrenal fatigue/burnout. In addition, the draining and depleting outer planet of Neptune is in Libra which can cause the dissipation of energy or make it difficult for you to recognise when you're overdoing it.

Venus in Sagittarius

This placement asks you to be mindful of **blood sugar regulation**.

Blood sugar fluctuations: The expansive nature of Sagittarius combined with Venus's association with sugar might suggest a tendency towards blood sugar spikes and dips. This could manifest as periods of high energy followed by sudden fatigue.

Insulin sensitivity: There might be a need to pay attention to insulin regulation. The optimistic Sagittarian influence could sometimes lead to overconfidence in the body's ability to handle sugar intake.

Liver glycogen storage: Given Sagittarius's rule over the liver, there could be a focus on how the body stores and releases glucose from the liver.

Exercise and sugar balance: This placement might respond well to balancing sugar intake with regular physical activity, especially enjoyable, adventure-based exercises that align with Sagittarian energy.

Kidneys.

Bright's disease is characterised by swelling and presence of albumin in the urine, accompanied by high blood pressure and heart disease. More commonly known as nephritis (kidney inflammation).

In medical astrology albumin is ruled by the Sun and is also strongly influenced by the sign of Cancer (your 1st house/ascendant ruler). As you have the Sun in the fourth house which is the home of the sign of Cancer, this is a factor that suggests there may be challenges in filtration through the kidneys. An additional factor is the presence of Neptune (who is draining, creates leaks) suggesting there could be a weakness in the kidneys.

(This is absolutely not a diagnosis, nor a ominous omen- however please pay attention to the health of your kidneys with regular check ups with your health practitioner.)

Again there may be an issue of oedema as indicated by Chiron in Aquarius as well as the ascendant being in Cancer. This supports the notion that there may be underlying kidney challenges or fluid retention issues that may or may not be in association with cardiovascular challenges.

Note.

The link between high blood pressure and kidney health is pronounced. The health of your kidneys is directly tied to your blood pressure; when kidneys are not functioning optimally, they can struggle to regulate blood pressure effectively. Given the astrological influences in your chart, including Jupiter's position in Leo, there is a need for vigilance regarding cholesterol levels and cardiovascular health. Regular cardiovascular exercise is essential for strengthening your heart and circulatory system. Given your history of high blood pressure, integrating activities that promote circulation and support heart health, such as brisk walking, swimming, or yoga, can be particularly advantageous. This focus on movement helps combat the potential stagnation that may arise due to the Fixed modality and the restricting influence of Saturn.



Naturopathic Medicine and Medical Astrology

Miscellaneous & More..

Saturn in Scorpio.

According to Authors Ridder-Patrick and Hill, the 22nd degree of Scorpio is associated with poison ingestion.

Slow, restricting Saturn usually indicates in ones chart where there is a lack of circulation, a slowing down of function or restriction. Placed in Scorpio this can suggest poor circulation and movement through the reproductive tract or bowels.

This placement can bring challenges to the bowels and reproductive organs . Saturn often presents challenges in ones chart. A broad and general range of potential issues include haemorrhoids, hernia, sluggish bowel, bowel obstruction, sterility, or poisoning.

Saturn is making a challenging aspect to Pluto. Pluto can be cathartic but can also bring about drastic conditions. It's typical ailments are around genetic issues, toxins, cellular mutations, resistant bacterial issues. Saturn's relationship to Pluto in your chart does suggest there may be need to focus on bowel and reproductive health - ensuring proper excretion of waste occurs as to not cause malignancy, waste build up or negatively impact the excretory function.

Jupiter in Leo.

Some of the Jupiter information was mentioned in conjunction with the Moon's information.

Jupiter in Leo asks you to pay attention to cardiovascular wellbeing. It literally and metaphysically gives the person a large heart (a lot of love to share!). Jupiter (the expansive, excessive, rules lipids) in Leo (rules the heart, spine) risks enlargement of the heart, high blood pressure, atherosclerotic plaque.

Mercury in Scorpio.

Mercury rules the nerves and Scorpio rules the excretory system (bladder, bowels). Mercury placed here can give the individual a predisposition to irritation via the nerves of the bladder or bowels. Issues such as bladder irritation, nervous urination, incontinence, spastic colon etc. Mercury is in a difficult relationship with Uranus which can bring a sudden, inconsistent or unexpected nature to any issues in this area. Mercury also has an affinity for mental health - placed in Scorpio makes for an individual who thinks deeply, and may ponder or be interested in the taboo, occult or paranormal topics of life.

South Node in Gemini

This placement is not written on your chart, but the South Node sits 180 degrees from the North Node (Sagittarius).

The South Node has an effect similar to Neptune - draining, weakening, sensitising. The South node in Gemini may create a predisposition to weaker lungs, respiratory system, or create nerve or mental health sensitivities.



Naturopathic Medicine and Medical Astrology

Asteroid Chiron

Chiron in Aquarius.

Chiron, often called the "wounded healer" in astrology, represents our deepest wounds and our potential for healing. It shows where we may experience chronic issues, or a sore spot, but also where we have the greatest potential to heal ourselves and others.

Aquarius is an air sign associated with innovation, originality, social consciousness, and humanitarian ideals. It rules the circulatory system, particularly the lower legs and ankles, as well as the nervous system.

Chiron in Aquarius:

Circulatory issues: There may be a focus on healing related to blood circulation, particularly in the lower legs and ankles. This could manifest as varicose veins, poor circulation, or ankle injuries.

Nervous system sensitivity: There might be heightened nervous system reactivity or electrical imbalances in the body. This could relate to conditions like restless leg syndrome or neuropathy.

Mental health: There could be a predisposition to conditions related to social anxiety, feelings of alienation, or difficulty with group dynamics. Conversely, there might be a gift for understanding and healing collective trauma or group psychology.

Innovative healing approaches: This placement can indicate a talent for developing or working with cutting-edge, unconventional healing modalities. Think alternative medicine, energy healing, or technological health innovations.

Electrical and radiation sensitivity: Given Aquarius's association with electricity, there could be unusual sensitivity to electromagnetic fields or radiation. Remember, electro magnetic fields also affect the hearts electrical system.

The healing journey with Chiron in Aquarius often involves embracing one's uniqueness (in health and personality) and using it to benefit others. This might mean:

- Developing innovative healing techniques
- Working with group therapies or support groups
- Using technology for health and healing purposes
- Addressing health issues from a systemic, societal perspective
 - Cell salt: Nat Mur

This placement suggests that healing often comes through embracing one's individuality while also connecting with community. It's about finding a balance between personal health needs and contributing to collective well-being.



Naturopathic Medicine and Medical Astrology

Summary

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

- Intense and transformative power and potential! I must emphasise the importance of **emotional release and shifting of emotional/psychic energies** from within your body (kinesiology, reiki, mind-body medicine, flower essences etc).
- **Heart/cardiovascular health is the main theme that is present in your chart.** Energy work around the themes of love, self love, creativity are beneficial to your physical heart's health. Consider (talk to professional) herbal medicine to support the heart such as Hawthorne, Dong Quai, nutrients such as Magnesium, Vitamin C and a mediterranean style diet. Regular gentle cardio exercise, preferably in nature (eg Hikes, walks through the bush, walking the dog etc)
- Potential for issues of **water retention, high blood pressure, oedema.** Opportunity to nurture fluid balance and circulatory wellness through gentle movement, hydration, gentle lymphatic massage.
- **Digestion easily affected by emotions or nervous energy.** Enhance mind-body connection, allowing for intuitive eating and digestive harmony
- **Attention to blood sugars** and be mindful of overindulgence or comfort eating. Suggestions to manage this include nutrients like chromium and inositol, herbs like cinnamon, gymnema.
- Watch for **inflammatory issues**- you have a good amount of fire energy! Counter this with earth energy - eat loads of green vegetables, time in nature, a steady pace.
- Watch for **kidney health.** Invitation to prioritise renal health through hydration, alkaline foods and balanced nutrition.
- **Engage in Earthy activities** to balance your elements - Gardening, weight bearing exercise, proper nutrition, time with animals, in nature, planting vegetables, sitting in the grass.

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 .

BIO.SOUL

Naturopathic Medicine and Medical Astrology



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

BHSc Nat, BComp Med, ANTA

Reiki Master, RYT-200

Medical Astrologer

www.biosoulnaturopathy.com