



Dear Rebecca,

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.

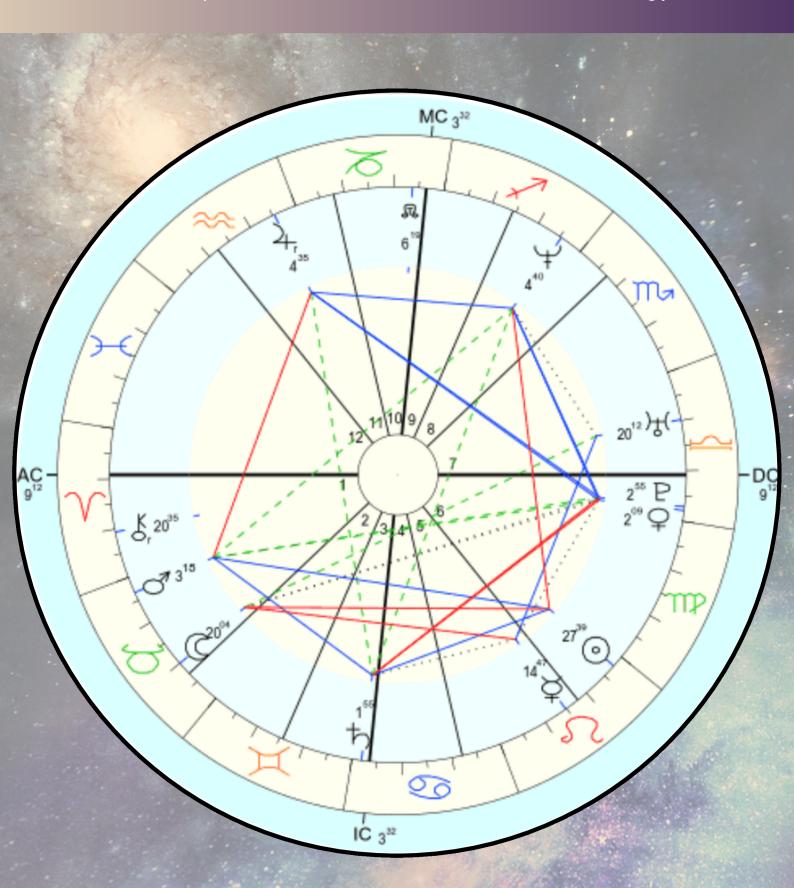
Approach this reading with curiosity and empowerment, knowing that you have the ability to positively influence your health through mindful living and proactive self-care.

P.S. Sometimes I blur the line between medical astrology and "regular astrology"- I hope you don't mind if I mention these insights also.



BIX.SOUL

Naturopathic Medicine and Medical Astrology





The Houses





The Glyphs/Symbols

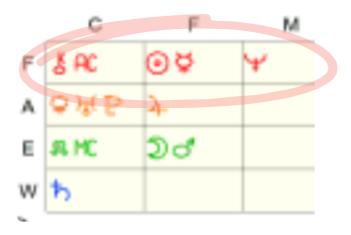
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Taurus	Bull	8
Gemini	Twinned	Д
Cancer	Crab	69
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Leo	Lion	શ
Virgo	Maiden	m
Libra	Scales	
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Source: https://en.wikipedia.org/wiki/Astrological_symbols



Elements



Assessing your dominant and lesser elements provides a <u>general</u> look at the nature of your physical body. The elements represent the different states of matter, or concretisation of matter from spiritual fire, to air, water and then the densest in nature- earth.

Your dominant element is **fire**.

Your physical presentation likely shows a strong fire element foundation, expressed through a dynamic, energetic build and naturally warm constitution. Fire's influence manifests often as vibrant vitality – visible in bright eyes, warm skin tone, and strong muscular definition. While fire dominance can support excellent energy and natural dynamism, it's important to stay mindful of this element's tendency toward overexertion and inflammation.

Health tendencies from an astrological perspective:

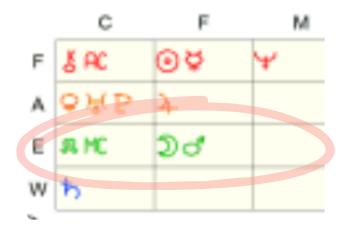
- Usually have high vitality and strong metabolic function
- May be prone to acne, headaches, inflammatory conditions and overheating
- Can be susceptible to burnout from overextending energy
- Often have strong digestion but may experience acid reflux or heartburn, or liver issues.
- May benefit from cooling activities and time near water
- Can be prone to pushing too hard and need reminders to slow down

Traditional health recommendations for Fire types:

- Regular cardiovascular exercise balanced with cooling activities like swimming
- Flexible meal times but emphasis on staying hydrated
- Adequate rest periods between intense activities
- Physical activities that release excess energy like dance or sports
- Calming practices like gentle yoga or meditation near water
- Cooling, hydrating foods while avoiding excessive spices, alcohol, and stimulants
- Cooling herbal teas such as peppermint or spearmint



Elements



Your lesser dominant elements are earth & air.

Your secondary elements of Air and Earth create an interesting interplay with your dominant Fire nature. This triple influence creates a notably **dry constitution**, as all three elements have drying qualities.

The Fire-Air-Earth combination manifests in:

- A dynamic physical structure combining Fire's muscular definition with Earth's sturdiness, lightened by Air's influence
- Natural vitality (Fire) paired with mental agility (Air) and physical endurance (Earth)
- Pronounced dryness throughout the body systems:
- Dry skin, hair, and nails (Earth and Fire)
- Dry respiratory system (Air and Fire)
- Dry mucous membranes and connective tissues (all three elements)
- Strong metabolic function (Fire) with steady digestion (Earth)
- Excellent communication abilities (Air) enhanced by Fire's charisma
- A restless nervous system from the combination of Fire's intensity and Air's mobility

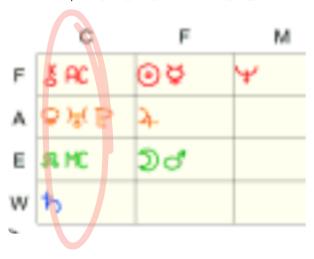
Health considerations for your Air and Earth secondaries:

- Triple drying effect needs significant attention to hydration and moisturizing practices
- Mental restlessness from Air pairs with Fire's intensity grounding Earth practices become essential
- Natural tendency toward movement and activity needs conscious balancing with rest
- Benefits from combining grounding practices (Earth) with intellectual stimulation (Air)
- May experience respiratory sensitivity due to the drying nature of all three elements
- Strong constitution but can mask exhaustion due to high energy and mental activity

The Air secondary adds intellectual brightness and communication skills to your Fire dominance, while Earth provides stability and endurance. However, the combined drying effect of all three elements means moisture balance should be a primary focus for your health maintenance. Regular hydration, moisturizing practices, and specific attention to respiratory health become especially important.



Modalities



Modalities represent the three universal life conditions. They tell us about the flow of your vital force. In medical astrology, your dominant modalities reveal how your body utilises energy and responds to various situations. The modalities are thought to influence physical constitution and health patterns.

Cardinal: Quick onset/recovery, acute conditions, inflammatory tendencies

Fixed: Slow-developing issues become chronic, resistant to both illness and healing

Mutable: Fluctuating symptoms and energy, adaptable healing response, recurring issues

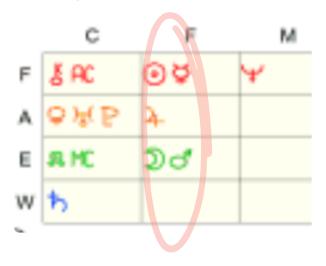
Your dominant modality is **Cardinal**.

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 cardinal nature brings an activating, initiating quality to your physical expression. You likely find yourself naturally driven to stay active and productive. When health challenges arise your cardinal nature provides you with the motivation and initiative generally to actively address these issues head-on rather than letting them settle in. You're someone who benefits from taking direct action with your health, whether through movement, treatment, or lifestyle changes, rather than waiting for conditions to resolve on their own.



Modalities



Your secondary modality is Fixed.

Health Dynamics

- Proactive Approach: With Cardinal as the dominant modality, you are likely to take quick action to manage their health. Whether it's starting a new exercise regime, trying out a treatment, or making dietary changes, you are motivated to keep moving and address issues head-on.
- Potential Stagnation: The Fixed influence means that if you fail to act promptly or decisively, there is a
 risk of health issues lingering. For example, an initially acute condition could transition into a more
 entrenched or chronic state due to the Fixed tendency to "hold onto" imbalances.
- Energy Flow: Your constitution thrives on movement and activity, as Cardinal energy prefers dynamic
 action. However, the Fixed component might make you prone to overexertion or difficulty shifting
 patterns once established, requiring you to balance rest and activity thoughtfully.

Health Recommendations

- Embrace Cardinal Instincts: Prioritise prompt action when dealing with health challenges. Addressing issues early minimises the risk of them transitioning into longer-term conditions.
- Balance with Fixed Energy: Cultivate routines that honor the Fixed energy's need for stability.
- Preventive Care: Stay ahead of health by focusing on preventive measures. This helps channel the Cardinal energy constructively while reducing the risk of Fixed stagnation.
- Watch for Stubbornness: The Fixed influence can sometimes make it difficult to let go of unhealthy habits or approaches. Stay adaptable and open to change when necessary.

In summary, this constitution is one of initiative and resilience. You are naturally equipped to handle health issues effectively when you act promptly, but you should be mindful of not letting Fixed tendencies lead to stagnation or chronicity. A balanced approach that honors both your Cardinal drive and Fixed persistence is key to maintaining vitality.



The Sun. Your Vital Force

The Sun is deserving of his own moment here, I must share with you his importance...

The Sun in medical astrology represents our vital force, Qi, Prana. 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 creatorremember 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 is our spirit, the soul, the divine spark within us, our animating force, our vital force.



Sun in Leo

Your Sun is at **27 degrees of Leo in the 6th House** (placidus house system).

In general...

The Sun in Leo shines with most radiance, giving exceptional vitality and enormous life force energy. However, this makes for someone who *may* frivolously misspend their physical energy. The natural warmth of the Sun in Leo gives rise to a tendency towards drying out, and dehydration due to the abundant heat of this vital force! The heart, back, spine (thoracic in particular) and bone marrow are where the life force resides for this sign.

Balanced

Radiant, energetic, friendly and warm. Seemingly unending vitality. Recharge their energy by basking in the glow of the sun, surrounding themselves with friends, and creative pursuits. Remember their energy resides predominantly in the heart (Lion heart).

Imbalanced

A Leo's vitality is hurt when they don't experience the adoration of others. Often presenting as **heart** issues

Any kind of cardiovascular issues- particularly **hypertension**, **arrythmias**. **Stress**, stroke. Back issues - scoliosis, back ache, spinal cord diseases.

Overexertion!

Indicated by Astrologer Judith Hill - 27 degrees of Leo should watch out for **goiter**- with your additional placements that suggest thyroid may be predisposed to issues this again is another reminder to get your thyroid tested regularly.

How to Find/Maintain Balance

Prioritise time with friends, leadership roles

Spending time in the Sun.

A mediterranean diet (for cardiovascular health) that includes red meat – leafy greens to cool the hot energy, red meat because Lion's are carnivorous. Luxurious foods in moderation.

Avoid alcohol (too energetically hot)

Hydration is very important.



Sun in Leo

ASPECTS (Angles that form relationships between placements) TO THE SUN (Can be seen on the zodiac chart as red (malefic) and blue (benefic) lines)

Any celestial body that aspects your Sun will have an impact on your Vital Force, energy, creativity.

Sun trine Mars.

A trine is an angle of around 120 degrees between two celestial bodies that is beneficial, and promotes harmony and ease of energy flow between the two planets, often supporting their beneficial characteristics.

In your chart, the Sun forms a trine with Mars, creating a dynamic synergy between your core vitality (Sun) and Mars's fiery, assertive energy. This alignment amplifies your **drive, ambition, and physical stamina**, allowing you to approach life with enthusiasm and a strong sense of purpose. Your innate vitality is bolstered by Mars's courage and determination, often making you feel motivated and ready to tackle challenges head-on. However, the vibrant energy of Mars can occasionally lean towards **excess** if not tempered. It's crucial to balance your drive to avoid overextending yourself, both physically and emotionally. Mars's influence may incline you to push hard and sustain high levels of activity, but this could lead to burnout or stress if proper boundaries aren't maintained.

Additionally, pay particular attention to your physical well-being, especially your **cardiovascular** system. Mars's association with heat and inflammation suggests a predisposition to conditions such as **elevated heart rate**, **arrhythmias**, **or general inflammatory processes**. Cultivating practices that promote relaxation and balance, such as regular exercise, mindfulness, or restorative activities, can help you harness this powerful trine without overloading your system.

Ultimately, this aspect provides a reservoir of energy and determination that, when managed thoughtfully, can propel you toward remarkable achievements and personal growth.



Sun in Leo

ASPECTS (Angles that form relationships) TO THE SUN

Sun Square Neptune.

A Square is a malefic angle of about 90 degrees between two celestial bodies that brings a clash of energies, causing conflict and challenge between the two celestial bodies.

The Square aspect between your Sun and Neptune creates a complex interplay between your vital force (Sun) and the ethereal, dissolving qualities of Neptune. At 90 degrees, this challenging angle manifests as an ongoing tension between your core identity and Neptune's tendency to blur boundaries and create uncertainty. While your life force may be naturally strong, Neptune's subtle influence can gradually diffuse your energy in ways that aren't immediately apparent. This aspect often manifests as a delicate dance between clarity and confusion regarding your self-image and purpose.

Neptune's nebulous qualities can create periods where your **vital energy seems to dissipate mysteriously**, like water seeping through sand. This can periodically impact your physical stamina and self-confidence, as Neptune's mists tend to obscure the Sun's natural radiance and certainty. However, this aspect also bestows unique gifts - **heightened intuition, spiritual sensitivity, and creative inspiration** – when properly understood and managed. The key lies in learning to recognise when Neptune's influence is activated and developing strategies to maintain your energetic boundaries.



Sun in Leo

ASPECTS (Angles that form relationships) TO THE SUN

Sun Square the Moon

This aspect creates a dynamic tension between your conscious identity (Sun) and your emotional nature (Moon). Your inner emotional landscape often finds itself at odds with your outer expression of self, creating a complex interplay between public persona and private feelings. This internal discord can manifest as **physical fatigue** when your emotional needs aren't harmonised with your outward expression of vitality. While this aspect presents challenges in emotional processing and self-integration, it also offers potential for profound personal growth. Through conscious awareness and integration work, you can learn to bridge these competing energies, transforming what initially depletes your vitality into a source of unique personal strength.



Moon in Taurus

Your Moon lies in Taurus in the 1st house.

If the Sun reprsents our life force, our soul within the body, the Moon represents how the life force is distributed. It represents the physical body. The Moon is cool and moist, representing the body's absorptive and nurturing qualities. It governs digestion, nutrition, mucous, 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.

Your Moon in Taurus makes you sensual, stable and emotionally steady. However there can be a tendency to hold onto emotions, (or to allow emotions to stagnate) and they can manifest physically in ways such as weight retention, tension in the neck, congestion, thyroid disorders, comfort eating and phlegm. Your physical body will truly "wear" any stagnant emotions, especially since your Moon lies in the your first house (of physical appearance) and in Taurus (the physical body). When emotional energy stagnates (a common challenge with Taurus' fixed and steady nature), the body may "store" unresolved emotions in the form of physical symptoms, often appearing as excessive mucus production or congestion in Taurus-ruled areas (throat, neck, and even sinuses) – (consider any phlegm or mucous after giving a client a massage– are you taking on their emotions?).

Health considerations to be mindful of:

- Ensure your thyroid health is up to scratch- at check in's with your health practitioner get your thyroid checked yearly.
- -Try not to overindulge in decadent foods when emotions are out of balance
- -Emotional cleansing and purging techniques may benefit you
- -Consider how well your lymph is draining/moving as this can contribute to the phlegm build up.
- -As Indicated by Astrologer Judith Hill, 20 degrees of Taurus is also a degree that can indicate predispositon for goiter.

Supportive practices:

- Vigorous exercise to stimulate the body (1st house) and move emotions (Moon)
- The herb Yarrow -is warm and dry, with an ability to balance fluids in the body
- -Echinacea, a classic Solar herb that is warming and great for gently moving lymph.
- -Thyroid supoprtive nutrients and herbs (zinc, selenium, iodine check with health care provider/naturopath).



Moon in Taurus

Your Moon squares Mercury

Mercury who governs the speed and fluidity of our neural synapses, our thoughts, words, expression, communication, communication within the body (hormones, nerves), allergies (with the Moon and Neptune) and respiratory system (along with Gemini) has a challenging relationship with your Moon as they form a square aspect (90 degrees). Your mercury lies in the hot, dry sign of Leo.

Your emotional self (Moon) may directly impact your nervous sysem function (Mercury). This placement can indicate a tendency towards **asthma or respiratory issues** - especially with an **emotional trigger.**

Taurus rules the throat and neck, while Mercury governs communication. This square could symbolise difficulties expressing emotions or thoughts, leading to physical tension in the throat, hoarseness, or even **thyroid imbalances** (Taurus-ruled). **Difficulty "speaking your truth"** or feeling heard may exacerbate these issues.

Mercury in the 6th house focuses on daily routines, health, and digestion. The square suggests that **emotional stress (Moon) may disrupt digestive function** (Mercury), potentially leading to issues like acid reflux, nervous indigestion, or an upset stomach, particularly when emotional needs are unmet or suppressed.

The square between the Moon and Mercury could also suggest a conflict between emotion (Moon) and rationality or communication (Mercury). This may lead to overanalysing emotions, racing thoughts, or difficulty calming the mind, which could impact sleep, energy levels, and overall health.

With Mercury in fiery Leo in the 6th house, there could also be an **emotional connection to circulatory or heart-related symptoms**, particularly when stress is high. Palpitations or nervous tension may arise as a result of feeling emotionally unsupported or unheard.

Supportive practices:

- -Breathwork and mindfulness. Since this aspect can affect the respiratory system and mental clarity, practices like pranayama, yoga, or meditation can help balance emotions and alleviate physical symptoms.
- -Expression through creativity: Leo's Mercury thrives on creative expression. Journaling, art, or speaking openly about emotions can help release emotional stagnation and prevent physical symptoms.
- -Physical release for Taurus Moon: Gentle neck and shoulder exercises, massage, or grounding practices like spending time in nature can help release tension stored in the body.



Aries Ascendant/1st House

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

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 <u>impressions</u>, and the way you navigate the world.

The 1st House/Ascendant:

- Rules the physicl body and appearance
- Self image and irst impressions
- Constitution, stamina and vitality.
- The body parts most liable to affliction/weakness
- How we react under stress

Aries' Principle rulership's:

- Head/face
- Adrenals
- Adrenaline, noradrenaline, testosterone
- Wounds and scars
- Muscles
- Optic nerves



Aries Ascendant/1st House

With Aries ruling your first house, it resides in its traditional home, amplifying the fiery and pioneering energy of this sign. This placement makes you dynamic, bold, and action-oriented, often leading you to take charge in various aspects of life. You likely exude a confident and magnetic presence, with an innate drive to carve your own path. Your approach to life is direct, enthusiastic, and often impatient—you prefer to dive in headfirst rather than wait for permission. This energy heavily resides in the head, as Aries governs this part of the body. As such, you may be prone to **headaches, migraines, sinus issues, or even head injuries**, especially during times of stress or overexertion. Physical movement is vital for your well-being, as it helps release the excess energy you carry. However, your passionate nature and tendency to go "all in" can lead to burnout or adrenal fatigue, so pacing yourself is crucial.

Aries Ascendants often have a youthful appearance and a strong physical constitution. There is an athleticism and natural muscular strength that comes with this placement, lending to a body that is responsive to physical challenges. However, this fiery energy can make you overlook the body's subtle cues, leading to overexertion or accidents.

Supportive Practices:

- -This placement blesses you with vitality and a love for physical activity. Regular exercise is essential for keeping your body and mind in balance. However, be mindful of injuries, particularly to the head, and avoid pushing your body beyond its limits.
- -Aries Ascendants often have striking, sharp features, such as angular bone structure or piercing eyes. Your presence is commanding, and people may naturally look to you for guidance or action. You may also have a natural tendency to walk quickly or carry yourself with a sense of urgency.
- -Pay attention to how your lifestyle affects your adrenal glands and energy reserves. Aries energy can burn brightly but burn out quickly, so balancing intense physical activity with rest and recovery is essential. Headaches, inflammation, and fevers may be common physical manifestations of stress or emotional strain. Staying hydrated, incorporating anti-inflammatory foods, and practicing calming routines like yoga or meditation can help you maintain balance.



Leo & Your 6th House

Your 6th house ruler is Leo.

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, the type of nutrition you need, 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 <u>daily habits</u>.**

Your sixth house is ruled by Leo

Leo's rulerships are over

- -The heart (physically and energetically)
- -Spinal column, its nerves and marrow
- -The spine, especially T3 & T4 (over the heart)
- -Blood as a carrier of energy
- -Spleen
- -Circulatory system (with Aquarius)



Leo & Your 6th House

*Not managing health issues expressed in 6th house can result in repercussions in the 12th house (Aquarius - poor circulation, erratic energy, spasmodic issues, nervous system issues)

This placement suggests a robust constitution and a natural vitality is best supported when you are engaged in fulfilling and joyful activities. You are likely to benefit from exercise or wellness routines that feel energising and fun rather than overly structured or mundane. However, you may need to watch for tendencies toward **burnout**, as your intense drive for success can sometimes lead them to push yourself too hard. Their heart, spine, and overall vitality are areas to nurture, as Leo governs these aspects of the body. Self-care practices that honor creativity and self-expression will be key to maintaining balance in your daily life.

As for nutrition, a Leo 6th houser requires a **heart-healthy diet**! Leo is a very warm sign so the best nutritional advice for you from a Medical Astro perspective is to adopt a **Mediterranean type diet.** This way of eating promotes modest quality grain consumption, abundant fruit, veg and leafy greens (which are very cooling and hydrating for the abundant heat you carry), high quality oils such as those found in fatty fish or extra virgin olive oil (help manage cholesterol levels and blood pressure) as well as high quality red meat and organ meat (a Lion is never a vegetarian) as it contains high quantities of minerals such as iron and B vitamins for building the blood (avoiding anaemia) and ensuring circulation is optimal. A mediterranean diet is not just about what you eat, it also encourages communal eating to support digestion, and mental health (the same way Lions feast communally).

Leo 6th housers need to seriously take care of their **hydration** - especially as you have the hot shiny sun there, extra attention to hydration is an absolute. Consider incorporating **electrolytes** into your water regularly to maintan hydration and **regular heart rhythm.**

Key health practices to consider:

- -Mediterranean diet
- -Eating communally
- -Physical activities that bring you joy, and/or are done with friends
- -Hydration
- -Electrolyes



8th House

The 8th House

The 8th house rules anything genetic or inherited.

Your 8th house is ruled by Scoprio.

The 8th house rules anything to do with DNA, inherited illnesses, death, transformation and surgery.

The 8th House ruled by Scorpio reveals a profound landscape of transformative health potential. Scorpio's intense energy magnifies the 8th house's domains of DNA, inherited conditions, and systemic regeneration. This placement suggests a complex relationship with bodily processes, particularly those involving deep, hidden mechanisms of healing and potential vulnerability.

Your genetic inheritance carries powerful regenerative capacities, but also hints at potential systemic challenges, especially within the bowel and reproductive systems. The Scorpionic influence demands a penetrative approach to health - not merely surface-level management, but a deep, investigative understanding of your body's healing mechanisms.

The bowel system becomes a critical focus. Inherited tendencies may create subtle, yet significant health patterns that require proactive, thorough monitoring. Regular comprehensive screenings, particularly bowel screenings when the time comes, become not just recommended, but essential.

Your body's transformative potential is profound – capable of healing and regeneration when understood and carefully supported. The key lies in developing an almost intuitive relationship with your physiological processes, recognising early signals and responding with strategic interventions.



Chiron

Chiron in Aries in the 1st House.

In medical astrology, the asteroid Chiron represents our deepest wounds and greatest potential for healing, named after the mythological centaur known for his wisdom in medicine despite bearing an incurable wound himself. This celestial body points to areas where we may experience chronic physical or emotional pain, yet paradoxically, these very wounds become the source of our healing gifts and wisdom. Chiron's placement in a birth chart often indicates where one might encounter persistent health challenges or physical vulnerabilities, particularly relating to fertility, reproductive health, and energy levels. However, rather than simply marking areas of suffering, Chiron represents the opportunity for profound self-healing and transformation, especially during significant transit periods like the Chiron return (around age 50). Just as the mythological Chiron became a renowned teacher of medicine despite his own eternal wound, the asteroid's influence suggests that our areas of greatest physical or emotional vulnerability can become wellsprings of healing wisdom, both for ourselves and others. This makes Chiron particularly significant in understanding chronic conditions, life-changing health events, and the deeper spiritual meaning behind physical ailments.

Chiron in Aries in the first house is a potent placement for physical manifestations of wounding and healing, as both Aries and the first house govern the physical body, especially the head and face. This position often indicates early life experiences that may have impacted one's sense of physical identity or autonomy, potentially manifesting as headaches, facial injuries, or issues with physical self-image. The warrior-like energy of Aries combined with Chiron's wounded healer archetype can point to a deep-seated struggle with asserting one's physical presence or a history of sports-related injuries. However, this placement also offers tremendous potential for becoming a pioneer in healing modalities, particularly those involving body awareness, physical movement, or head-centric therapies. The first house placement amplifies Chiron's healing journey into a visible life mission, which may lead you to become powerful advocates for holistic healing or innovative medical approaches. Personal experiences with physical challenges can transform into a unique ability to guide others through similar bodily wounds or identity-related healing journeys.

There may be a wound of independence, of masculine energy (possibly residing in the masculine to feel safer in ones existence) and asserting ones self - this can however lead to **burnout** if you don't heed the lesson of Chiron in Aries.



Saturn

Saturn in Cancer in the 3rd House

Saturn represents where energy slows, solidifies, cools down, restricts. It is often the seat of chronic or ongoing illness and hypofunction.

Saturn's placement in Cancer points to potential restrictions or underactivity in the digestive and respiratory systems, with particular emphasis on the stomach, ribcage, womb and breasts. This position becomes especially significant as it occurs in the third house, traditionally ruled by Gemini, which governs the respiratory system. The placement suggests a constitutional tendency toward either excessive dryness in mucous membranes (particularly in the stomach and lungs) or, conversely, a problematic accumulation of dampness and phlegm - a tendency that's further emphasised by Saturn's challenging square aspects to Venus (sluggihsness) and Pluto (toxicity) in Libra. These aspects can indicate sluggish elimination of toxins and potential phlegm buildup in the body's systems. With this placement, there may be underlying patterns of poor appetite, low stomach acid production, and a particular vulnerability in the lungs that could manifest as respiratory sensitivities or an increased susceptibility to conditions like pneumonia. The Cancer placement also suggests that emotional states could significantly impact these physical tendencies, as Cancer rules emotional sensitivity and the body's protective mechanisms.

Reccomendations:

- Herbs in a tea that strengthen the lungs such as Yarrow, Marshamllow and Liquorice.
- Keeping the chest area warm especially around times where you may be more prone to lung conditions. Gemini, Cancer and the planet Saturn are very cooling signs/planets.
- -Breathing exercises that might support the lungs such as pranayama.
- -Steam inhalation with gentle essential oils like eucalyptus to support respiratory health
- -Staying well-hydrated while avoiding cold drinks that could dampen digestion
- -Using warming spices like ginger, black pepper, and turmeric to support digestive fire and reduce phlegm buildup



Mars

Mars in Taurus in the 1st House

With Mars you must ask- where is the inflammation?

Mars, governing the dynamic forces within the human body, expresses its hot and dry nature through various physiological systems. As a planet of action and energy, it primarily rules the muscular system, including the heart, while commanding the production and flow of red blood cells and arterial circulation. Its influence extends to the adrenal glands and their hormonal secretions, particularly affecting male hormones, sexual drive, and reproductive function. This warrior planet also plays a crucial role in protective mechanisms, co-ruling the immune system and inflammatory responses. Mars's affinity for red systems is evident in its dominion over muscles, blood, and iron metabolism, while its aggressive nature is reflected in its rulership over surgical procedures and acute medical interventions. Through these associations, Mars embodies the active, masculine principle of vitality and physical strength in medical astrology.

Taurus rules over the throat, tonsils, thyroid gland, upper shoulders, lower jaw.

This Mars in Taurus in the 1st house gives you a strong physical presence and connection to bodily rhythms, with this placement particularly emphasising the throat and shoulder region due to Taurus's natural rulership of these areas. The harmonious trine to the Sun and sextile to Saturn suggests you have an inherent ability to maintain steady physical routines and build endurance, though the square to Jupiter can sometimes manifest as a tendency to overdo physical activities or **retain weight when stressed**. With Mars (representing physical energy and drive) in the fixed earth sign of Taurus, there may be a pattern of holding tension in the upper body causing muscular inflammation, particularly the shoulders, as this placement can indicate someone who literally "carries the weight of their responsibilities." The first house position makes these physical manifestations quite prominent in day-to-day life, but the positive aspects to the Sun and Saturn indicate excellent potential for managing these tendencies through consistent, grounding practices. This placement offers a natural affinity for activities that strengthen and stabilise the neck and shoulder region, while also suggesting that attention to throat health and thyroid function could be beneficial for overall balance.



12th House

The 12th House

What is poorly managed from the 6th house over time 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.

Your 12th house ruler is Aquarius

Should you neglect your day to day care rituals as outlined by your 6th house needs, issues may arise that are Aquarian in nature (Leo-Aquarius axis). That is, issues of poor circulation, poor oxygenation of the blood (which affects cardiovascular health), muscular spasms of sorts, lower leg issues, varicose veins and issues of the body's electrical circuits and energy systems.

Recommendations:

- Maintain your health through the 6th house reccomendations aforementioned.



Misc

- Tendency for colds to go to the chest and stubbornly stay because ruler of Gemini (rules the respiratory system) is Mercury, and Mercury is in Leo (hot, dry, inflammation, fixed) in a conjunction (sitting next to) the Sun (warm, dry).
- Predisposition to sinus mucous indicated by the Moon (ruler of mucous membranes, mucous) in a
 challenging relationship to the energies of The Sun (hot, inflammation), as well as Mercury
 (respiratory system- anywhere the air passes through), in Taurus (holds onto things a bit), nearby
 Mars (inflammation, infection). All of this energy also reflexes to Scorpio 180 degrees away
 (opposite side of chart) who likes to hold onto energies, and rules bodily excretions of all kinds.
- Psoriasis on knees most likely due to the relationship between Moon and Mercury and/or Saturn in Cancer (can make dry, sensitive skin)
- Planets that have most profund affect on your health (in my opinion) are the Moon, Saturn, Cancer.



Trends, Summary & Suggestions for Health

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

- Watch out that you do not push yourself excessively, physically. Risk of burnout
- Take direct action with health related issues
- Remain adaptable
- Spending time in the sun, with friends, having fun.
- Creative pursuits will benefit you
- Mediterranean diet
- Avoid alcohol
- Hydration & electrolytes
- Maintanence of cardiovascular health important for long term health to avoid 12th house issues (poor oxyenation, poor energy, muscle issues, spasm, varicose veins)
- Manage energetic boundaries (Neptune's influence)
- Be careful to not take on others' emotions/energies as this will impact physical health neck tension, mucous.
- Integration of emotions and outward identity
- Keep an eye on thyroid health and use thyroid supportive nutrients (selenium, zinc, iodine. You have both the Moon (20 dgrees) and Sun (27 dgrees) at specific degrees that have a predisposition specifically for goiter.
- Ensure lymph is draining/flowing vigorous exercise, echinacea.
- Get yourself massages- particularly upper neck and shoulders.
- Time in nature to release tension in body
- You have profound healing and regenerative abilities when you are in tune
- Keep an eye on bowel health
- Attending to the lungs herbs like yarrow, liquorice and marshmallow, keeping the lungs warm. Breathing exercises like yogic pranayama.
- Steam inhalation with gentle essential oils like eucalyptus to support respiratory health.
- Staying well-hydrated while avoiding cold drinks that could dampen digestion
- Using warming spices like ginger, black pepper, and turmeric to support digestive fire and reduce phlegm buildup.

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.





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 Mierop

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