



Dear Brittney,

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.

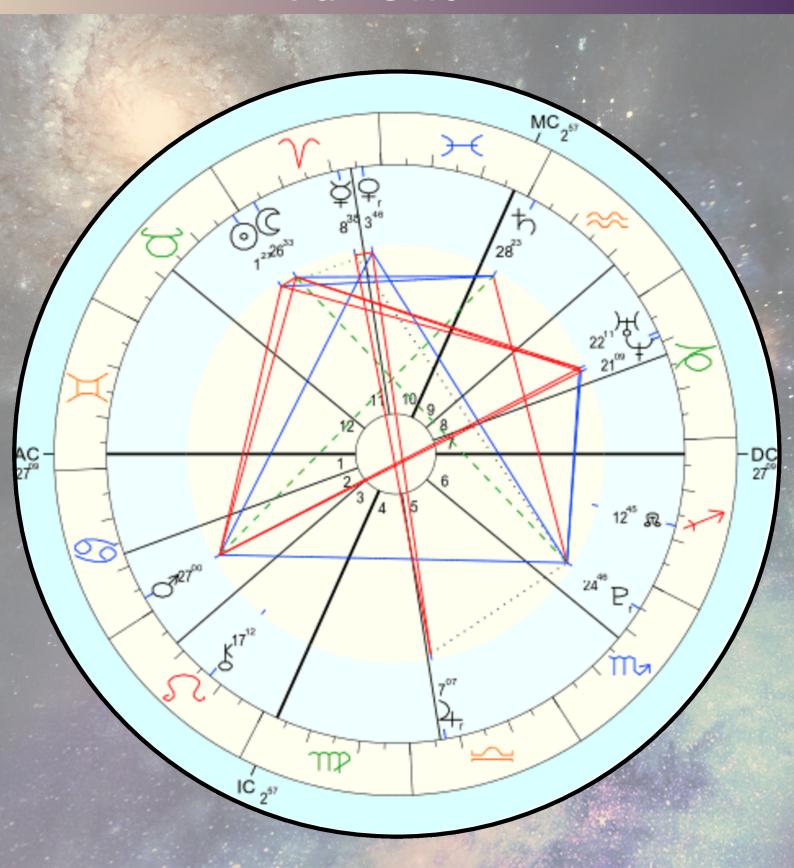
Use this analysis as a tool for self-reflection and increased body awareness.

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.



BISSOUL Your Chart





The Houses





The Glyphs/Symbols

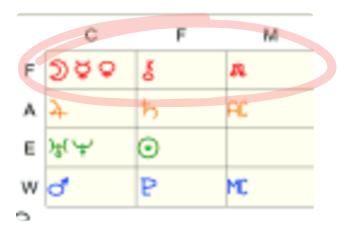
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Cancer	Crab	69
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Leo	Lion	શ
Virgo	Maiden	m
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Source: https://en.wikipedia.org/wiki/Astrological_symbols



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.

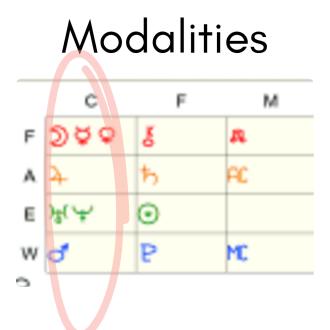
Health tendencies from an astrological perspective:

- 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





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.



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 Taurus

Your Sun is at 1 degree of Taurus in the 11th house.

With the Sun in Taurus, your vital force embodies a steady, grounding energy that emphasises stability and sensory enjoyment. This vitality manifests as persistent and resilient, providing a strong resistance to illness and contributing to a long, enduring life. Taurus energy supports the neck, throat, thyroid, lower jaw, upper shoulders, and neck muscles, promoting both physical strength and a deep connection to the physical world.

Balanced (possibilities)

Steady, grounding energy. Persistent and resilient. Excellent resistance to illness and robust recovery.

Imbalanced (possibilities)

Overindulgence and liver/digestive issues. Constipation
Risk of weight gain and neck tension.
Issues of sore throat, ear infections, thyroid problems (hypothyroid, goitre).
Lack of motivation and energy - sluggishness
Weakness in neck muscles and lower jaw.
Toxicity/toxic buildup

How to Find/Maintain Balance

Engage in gardening, leisurely walks, and nurturing hobbies.
Eat light, fresh foods: seaweed (iodine-thyroid), mustard greens, brazil nuts, pumpkin seeds.
Avoid heavy, greasy foods and excessive sugar. Limit red wine.
Support with dandelion root tea for detox and bowel health.



Sun in Taurus

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 conjunct Moon

This alignment indicates a strong connection between one's vital force (represented by the Sun) and emotional nature (symbolised by the Moon), suggesting that your emotional state may have a particularly pronounced influence on your physical health and vice versa. Traditional medical astrologers believe this aspect can make you more sensitive to cycles and rhythms in your body, potentially affecting sleep patterns, hormonal balance, and immune system function. They also suggest that maintaining emotional balance could be especially important for your overall health, as stress or emotional upheaval might manifest more readily in physical symptoms.

The suns warm rays so close to the Moon brings a lot of emotional strength. It may cause your Moon to dry out or become too warm - this may present physically as reproductive issues, a "hot" digestion (you may find hot or spicy foods cause issues), or even emotional/subconscious moderate hyperactivity.



Sun in Taurus

ASPECTS (Angles that form relationships) TO THE SUN

Mars squares the Sun

With Mars in Cancer forming a square to your Sun in Taurus, you're experiencing a significant interplay between your vital force and physical energy expression. This configuration creates an internal pressure cooker of sorts – imagine a pot of water simmering, but with a lid that's not quite allowing the steam to release properly. The martial energy (Mars) seeks expression but finds itself contained within the sensitive, emotional vessel of Cancer, creating tension with your core essence (Sun). The Sun's conjunction with the Moon intensifies this dynamic, particularly affecting your digestive system. This celestial pressure cooker can manifest as what traditional medical astrologers call a "hot" condition in the stomach region. In modern terms, this often presents as various forms of digestive inflammation – from the burning sensation of gastritis to the persistent discomfort of stomach ulcers. The sensitive mucous membranes of your digestive tract may become irritated, and you might experience acid reflux or dyspepsia.

This placement suggests your body is particularly sensitive to the way emotional tension translates into physical symptoms. Think of it as your gut literally "processing" your emotions, but sometimes struggling with the digestive load of unexpressed feelings.



Sun in Taurus

ASPECTS (Angles that form relationships) TO THE SUN

Sun squares Neptune and Uranus (they are conjunct/together)

The Sun's square to the conjunction of Uranus and Neptune in Capricorn creates a complex dynamic affecting your physical vitality and bodily structure. This configuration speaks to a unique relationship between your life force and the deeper currents of change (Uranus) and dissolution (Neptune) within your physical framework.

With both these transpersonal planets in Capricorn - the sign governing our skeletal structure, skin, and overall physical foundation - there's a heightened sensitivity in these areas. Uranus here can manifest as unexpected fluctuations in your body's mineral balance, potentially affecting bone health in surprising ways. You might experience sudden knee issues or unexpected periods of physical fatigue that seem to come out of nowhere.

Neptune's presence alongside Uranus adds another layer of complexity. As the great dissolver, Neptune can gradually weaken the very structures Capricorn seeks to maintain. This is particularly significant when we consider connective tissue – an area ruled by Capricorn. Neptune's dissolving influence here can manifest as hypermobility or unusual flexibility in joints and ligaments. You might find your joints are more flexible than average, or experience what some call "double-jointedness." While this can provide exceptional range of motion, it may also require extra attention to joint stability and support.

This might also manifest through:

- A tendency toward mineral depletion in bones and teeth
- Challenges with maintaining strong, healthy nails
- An increased susceptibility to skin issues
- A delicate balance in maintaining proper nutrition absorption

The square from your Sun suggests these patterns actively challenge your vital force and physical expression. It's as though your body's foundation requires extra attention and care to maintain its strength against these dissolving and disrupting influences.

I would strongly emphasise the importance of **proactive bone health management**, particularly now, and when you approach and move through perimenopause. Regular bone density screenings, consistent mineral-rich nutrition, and structural support through appropriate exercise would be especially beneficial for your configuration. Special attention to joint stability exercises and proper body mechanics would be particularly valuable given the potential for hypermobility (if this is applicable for you).



Moon in Aries

Your Moon lies in Aries in the 11th 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. Often it is the Moon who is responsible for many health issues.

The Moon in Aries brings a subconscious level of restlessness. Aries, the highly masculine, active, energetic and movement oriented sign of the zodiac makes for an uncomfortable placement at times for the gentle, soft, cool Moon. Here the Moon is heated up and dried out. I have seen this placement make for a person who's innerworld (subconscious, thoughts, feelings) to be either restless, hyperactive, impulsve, or anxious – or all of the above.

Health considerations to be mindful of:

. This is likely the predisposing energetic pattern that is driving your PCOS. PCOS is characterised by hirsutism (excess hair), ovarian cysts, anovulation or oligoovulation,, absence of menstrual cycle or erratic menstrual cycle and elevated androgens ("male" hormones"). Often occurring in women who energetically are finding it difficult to connect to their feminie, yin, softer side. This is quite characteristic of the Moon in Aries.

Supportive practices:

Although this is in your birth chart it does not mean that you cannot balance the energy- it just takes a concerted effort. Trying certain exercises the cool your Moon off such as:

- Swimming for relaxation, taking baths (not too hot)
- Meditation to slow down and "cool" the subconscious
- Gentle dancing
- Cooling, sedative herbs like passionflower, skull cap, zizyphus in a tea form.
- Time in nature (green, trees, nature- these are all cooling energies that slow the mind)
- Listening to gentle music, or music that soothes the soul.
- Incorporating these types of practices into daily life to achieve maximal benefit.



Moon in Aries

Your Moon squares Mars

There's a fascinating mutual reception between your Moon in Aries and Mars in Cancer – each planet residing in the other's natural domain. This creates a powerful dynamic around your emotional needs and how you pursue them. The Moon in Aries speaks to a profound drive to excel, to stand out, to be the superlative version of yourself – whether that's being the fastest, the brightest, the most dynamic, or the most memorable in your chosen arena (this subconscious need is likely the driver of PCOS, anxiety, hyperactivity).

This placement suggests an early pattern where you learned to assert yourself strongly to meet your needs. With Mars, the warrior planet, positioned in Cancer - the sign of nurturing, mother, and emotional security - there's a suggestion of early experiences where comfort and care weren't consistently available. You likely developed a certain self-reliance, a warrior's approach to getting your emotional needs met. This can create a hypervigilance, hyperactivity, obsession, aggresiveness on some levels that may be the driver and root cause of your ADHD/anxiety/OCD.

This configuration hints at a complex relationship with nurturance, where you may have had to become your own source of emotional support rather than being able to consistently rely on others, particularly maternal figures. The result is a unique blend of independence and emotional hunger – a drive to prove yourself while simultaneously seeking the warmth and security that may have been inconsistent in your early life.

Remember that these aren't just challenges -they're gifts that have the potential to serve a higher puropose

Supportive practices:

- Exploring your youth and seeing where these patterns or behaviours played a role in shaping your consciousness talk therapy, hypnosis, meditation, kinesiology, energy work.
- Exercise a great way to run off all the extra energy leaving you tired enough for your mind and emotions to surface so you can explore them,



Gemini 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 first impressions
- Constitution, stamina and vitality.
- The body parts most liable to affliction/weakness
- How we react under stress

Gemini's Principle rulership's:

- Nervous system, the
- Arms and hands
- Communications
- Hearing, speech
- Lungs (respiratory)
- Oxygenation of the blood
- Thymus



Gemini Ascendant/1st House

With Gemini rising, you embody a highly responsive and adaptable physical constitution, but one that can be particularly **sensitive to nervous system stimulation**. Your body tends to process stress through your nervous system first – think of it as having an exquisitely tuned antenna that picks up on every environmental signal, both beneficial and challenging.

Your respiratory system stands at the frontline of your health expression. You may notice that your breathing patterns shift markedly with your stress levels, and maintaining healthy lung function is crucial for your overall wellbeing. The quality of your breath quite literally reflects your state of health.

Your nervous system serves as your body's primary interface with the world. Under stress, you might experience this through:

- Heightened mental activity that can manifest physically
- A tendency for tension to accumulate in your shoulders, arms, and hands
- A strong connection between mental state and physical wellness
- Variable energy levels that respond quickly to environmental changes
- You may catch colds easily

Supportive Practices:

The Gemini influence on your ascendant suggests your body thrives on:

- Regular movement that engages both mind and body (yoga)
- Activities that coordinate breath with movement (yoga!)
- Mental stimulation balanced with nervous system support (nervous system herbs and adaptogens like withania, passionflower, valerian)
- Practices that help integrate mental activity with physical presence
- Fortifying your body against infection/the cold (herbs such as astragalus, St John's Wort)

Your physical vitality is closely tied to your nervous system's state of balance. When you're stressed, it's essential to recognise that your body needs both mental and physical outlets for release. Your constitution is naturally quick to respond to both stress and healing interventions, making you particularly responsive to therapeutic approaches that engage both mind and body.



Scorpio & Your 6th House

Your 6th house ruler is Scorpio.

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 Scorpio

Scorpio's rulerships are over

- Functions necessary for the survival of the species, reproduction, genetic coding, DNA, hormones, ovaries and testes
- Purification systems of the body i.e.; bowels, bladder and sweat
- Colon, rectum, anus, all genital areas of both men and women
- Reproduction and elimination systems.



Scorpio & 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 and intensity and ability to transform ones self or destroy ones self through the choices you make on a day to day basis around your health and health routines.

Your 6th house configuration suggests a strong connection between your emotional and physical wellbeing, with a particular emphasis on detoxification and digestive health – especially as Pluto is here. This indicates that your body thrives when given regular opportunities to cleanse and reset, both physically and emotionally.

Your constitutional nature requires a thoughtful approach to daily health practices. Think of your body as a finely-tuned instrument that needs regular maintenance through:

Physical Detoxification:

Your body shows a particular affinity for cleansing practices. Regular sweating through sauna use can be especially beneficial, helping to release both physical toxins and emotional tension. High-fiber foods serve as natural cleansing agents for your system, supporting both colon health and overall detoxification.

Emotional Wellness:

Your physical health is intimately connected to your emotional state. Regular emotional release work, whether through therapy, energy medicine, or other modalities, isn't just beneficial – it's essential for maintaining your overall health balance.

Digestive Support:

Your system shows a heightened sensitivity to both nutritional input and environmental toxins. This suggests the need for:

- A clean, whole-foods diet rich in fiber
- Regular, gentle detoxification practices
- Careful attention to food quality and preparation. Avoiding food dyes, chemicals etc.
- Support for nutrient assimilation, possibly through digestive herbs

Daily Practices:

Success with your health comes through consistent, mindful habits rather than sporadic intense efforts. Consider incorporating:

- Morning lemon water or green juices to support natural detoxification
- Regular, gentle movement that promotes both sweating and emotional release
- Carefully timed fasting periods (under proper supervision)
- Therapeutic herbs like Nettle leaf that support both detoxification and mineral balance

The key to working with this 6th house influence is recognising that your health thrives through consistent, nurturing practices rather than extreme measures. Each small, daily choice builds toward your overall wellbeing.



8th House Capricorn

The 8th House

The 8th house rules anything genetic or inherited.

Your 8th house is ruled by Capricorn

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

Your 8th house ruled by Capricorn suggests a predisposition toward conditions that involve the structural and supportive tissues of the body, particularly when dealing with chronic or degenerative matters (due to the 8th house themes of transformation combined with Capricorn's association with aging and time).

The 8th house Capricorn influence points to a need to pay special attention to:

- Bone density and skeletal health over time
- Joint integrity, especially in the knees
- Dental health and maintenance
- Conditions that might affect collagen and connective tissue
- Metabolism of minerals, particularly calcium
- Potential for conditions that develop slowly and progressively

The Saturn-ruled nature of Capricorn in this position suggests taking a methodical, long-term approach to health management. Preventive care becomes especially important – regular check-ups, bone density scans when age-appropriate, and maintaining good dental hygiene practices.

You have Uranus and Neptue conjunct in the 8th also.

This combination suggests sudden (Uranus) and subtle (Neptune) disruptions to Capricornian bodily structures, specifically within the realm of chronic conditions and transformative health experiences (8th house):

The Uranus influence might manifest as:

- Unexpected or unusual bone or joint conditions
- Sudden structural changes or requirements for surgical intervention
- Potential for accidents affecting bones, joints, or teeth

Neptune's presence suggests:

- Possible confusion or difficulty diagnosing structural issues
- Heightened sensitivity to medications affecting bones/joints
- Potential for autoimmune conditions affecting structural tissues
- Dissolution or weakening of structural integrity over time

The conjunction of these two planets could indicate:

- Unconventional healing approaches might be particularly effective
- Potential genetic (8th house) predispositions that manifest in unusual ways



Chiron

Chiron in Leo in the 3rd 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 Leo in the 3rd house can suggest a wounding around creativity and vitality expression. You may feel like you struggle to be seen by others for who you really are, and all your gifts and talents. Your ego may feel bruised. As this is in the 3rd house, your struggles with this may manifest as a difficulty expressing yourself whilst communicating with others, here may be a deep seated hesitation to speak your truth.

Chiron is squaring (making a 90 degree angle to) the cusp of the 6th house, suggesting that any struggles you have with expressing yourself may manifest as health challenges relating to the bowels and purification systems. If there is any issue with expressing ones self via communication or creatively, your health will be impacted. Your creative expression needs to be heard and seen, for if it is not it will become a bottled up toxin (energetically).

This points to a profound mind-body connection where emotional and creative stagnation can translate into physical stagnation within the purification systems. This creates a clear mandate for healing: your physical wellness is intimately connected to your ability to express yourself authentically and allow your creative light to shine.



Saturn

Saturn in Aquarius in the 9th 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 Aquarius suggests a tendency towards issues with circulation, as well as energy levels.

Aquarius rules over biorhythms, impulses of the nerves, meridians, charkas, mitochondria. All of these sysytems intricately conected to the autonomic nervous system and energy levels. When Saturn is here we often see issues around energy in the body- perhaps you feel physcially sluggish whilst mentally wired? Do you have issues of low blood pressure - or a highly variable blood pressure? Anaemia may be seen with this placement too.

Saturn can sometimes influence the lower leg in this placement too - conditions such as cold extremeties, ankle injuries, poor circulation to the feet.

Saturn's influence may potentially affect your bowels also (by it's reflex action, affecting Pluto in Scorpio) – causing a sluggishness of the excretory system perhaps manifesting as constipation.

Reccomendations:

- Regular movement to counter Saturn's slowing energy, which will support circculation, energy.
- Herbs that warm and nourish the blood think ginger, cayenne, turmeric.



Mars

Mars in Cancer in the 2nd 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.

Cancer rules the breast, stomach and digestion in the stomach, hollow organs, white fluids of the body, lactation, the mucous membranes, uterus.

This Mars in Cancer in the 2nd house creates heat and dryness in what are usually moist, damp areas of the body. Some of this was already discussed in the section about the Moon's aspects to Mars.

Mars, the warrior planet's hot, inflammatory nature meets Cancer's cool, fluid domains. In the 2nd house of resources and physical wellbeing, this placement suggests particular attention should be paid to the digestive system and its inflammatory responses.

When Mars expresses through Cancer's domains, we might see:

- Inflammation of the stomach lining and mucous membranes
- Tendency toward digestive heat that disrupts normal fluid balance
- Potential for acid reflux or gastric irritation
- Heightened immune response in the digestive tract

The 2nd house placement adds another layer, suggesting these manifestations may be triggered or exacerbated by:

- Issues with nourishment (both physical and emotional)
- Challenges around establishing stable dietary patterns

The discomfort of Mars in Cancer (as Mars is in its fall here) might manifest as:

- Difficulty regulating inflammatory responses in fluid-dominant tissues
- Inflammation that waxes and wanes with emotional states

This placement calls for particular attention to the relationship between emotional security, stress responses, and digestive health. Supporting the body's natural cooling mechanisms while respecting the need for adequate warmth and circulation becomes key for maintaining balance.



12th House

The 12th House

What is poorly managed from the 6th house over time becomes <u>chronic</u> 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 Taurus

Should you neglect your day to day care rituals as outlined by your 6th house needs, issues may arise that are Taurean in nature. These include issues with thyroid fucntion (usually hypo-thyroid), weight gain, issues caused by toxin retention (skin issues like eczema/psoriasis, toxic bowel, constipation, hormone dysregulation), haemorrhoids, neck and shoulder issues particularly from holding tension.

Recommendations:

- Maintain your health through the 6th house recomendations mentioned earlier.



Misc

- The Moon is the major culprit in your PCOS, ADHD/OCD/Anxiety. See the section about the Moon and utilise the suggestions there as best possible.
- Hypertonic pelvis: Your chart shows an interesting connection between Pluto in Scorpio making
 an aspect to Venus and Mercury, which are together in Aries. This configuration can
 manifest as holding patterns in your pelvic region. Let me break down why:

Pluto in Scorpio represents deep, unconscious holding patterns, particularly in the pelvic region (which Scorpio rules). Think of Pluto as representing intense, transformative energy that can sometimes manifest as physical tension. When this energy aspects Venus (which relates to your pelvic area, especially for women) and Mercury (representing your nervous system), it can create a pattern where tension is held in the pelvic floor muscles.

The fact that Venus and Mercury are in Aries, an active, assertive sign, suggests your nervous system might be running "high alert," contributing to muscle tension.

Some supportive practices based on this placement:

- Conscious Relaxation:
- Regular deep breathing exercises focusing on the pelvic floor
- Gentle pelvic floor drops (imagine your pelvic floor softening like a flower opening)
- Visualisation practices imagining tension melting away

Movement Practices like:

- Gentle hip circles
- Child's pose and other hip-opening yoga poses
- Slow, mindful walking focusing on relaxing your pelvic area

Emotional Release:

- Journaling about any stored emotions!!
- Safe spaces to express and release feelings
- Working with a trauma-informed practitioner if appropriate

Body Awareness:

- Regular body scans to notice when you're holding tension
- Gentle self-massage around hip areas
- Warm baths with Epsom salts



Trends, Summary & Suggestions for Health

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

Movement & Exercise:

- Regular movement to counter Saturn's slowing energy, which will support circulation, energy
- Regular movement that engages both mind and body (yoga) and both sweating and emotional release
- Activities that coordinate breath with movement (yoga!)
- Swimming for relaxation
- Gentle dancing (Moon/chiron support)
- Pelvic floor exercises focusing on releasing tension stores in that area
- Proactive bone health management regular weight training to strengthen bones

Diet & Nutrition:

- Eat light, fresh foods: seaweed (iodine-thyroid), mustard greens, brazil nuts, pumpkin seeds
- Avoid heavy, greasy foods and excessive sugar. Limit red wine
- A clean, whole-foods diet rich in fiber
- Support for nutrient assimilation, possibly through digestive herbs

Detoxification & Cleansing:

- Regular, gentle detoxification practices
- Support with dandelion root tea for detox and bowel health
- Morning lemon water or green juices to support natural detoxification
- Carefully timed fasting periods (under proper supervision)
- Therapeutic herbs like Nettle leaf that support both detoxification and mineral balance

Herbal Support:

- Cooling, sedative herbs like passionflower, skull cap, zizyphus in a tea form (Soothe the Moon)
- Mental stimulation balanced with nervous system support (nervous system herbs and adaptogens like withania, passionflower, valerian) (Gemini/Ascendant support)
- Herbs that warm and nourish the blood think ginger, cayenne, turmeric (Counter Saturn in Aquarius)
- Fortifying your body against infection/the cold (herbs such as astragalus, St John's Wort) (Ascendant support)
- Relaxation & Creative Expression:
- - Meditation to slow down and "cool" the subconscious (Moon support)
- - Taking baths (not too hot) (Moon support)
- - Listening to gentle music, or music that soothes the soul (Moon support)
- - Working on creative self expression (dance, art, singing etc) (Chiron)
- Engage in gardening, leisurely walks, and nurturing hobbies (Taurus Sun)

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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