

HEALTH & WELLBEING

A Solar Writer Report for Cameron Diaz

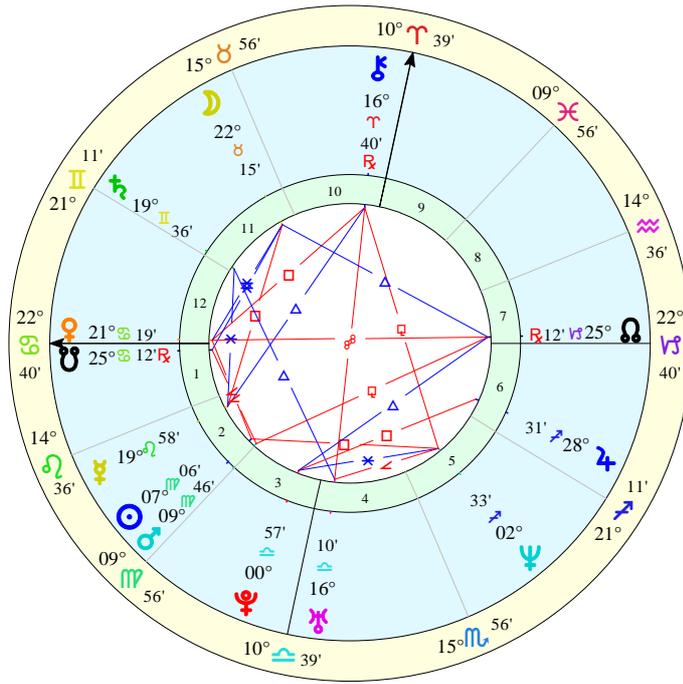


Written by Michele Finey

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Cameron Diaz

Natal Chart
30 Aug 1972
2:53 PDT +7:00
San Diego CA
32°N43'
117°W09'
Tropical
Placidus



Astrological Summary

Chart Point Positions: Cameron Diaz

Planet	Sign	Position	House	Comment
The Moon	Taurus	22°Ta15'	11th	
The Sun	Virgo	7°Vi06'	2nd	
Mercury	Leo	19°Le58'	2nd	
Venus	Cancer	21°Cn19'	12th	
Mars	Virgo	9°Vi46'	2nd	
Jupiter	Sagittarius	28°Sg31'	6th	
Saturn	Gemini	19°Ge36'	11th	
Uranus	Libra	16°Li10'	4th	
Neptune	Sagittarius	2°Sg33'	5th	
Pluto	Libra	0°Li57'	3rd	
Chiron	Aries	16°Ar40'	10th	
The North Node	Capricorn	25°Cp12'	7th	
The South Node	Cancer	25°Cn12'	1st	
The Ascendant	Cancer	22°Cn40'	1st	
The Midheaven	Aries	10°Ar39'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Square	Mercury	2°16'	Separating
The Moon	Sextile	Venus	0°55'	Separating
The Moon	Trine	The North Node	2°57'	Applying
The Moon	Sextile	The South Node	2°57'	Applying
The Moon	Sextile	The Ascendant	0°24'	Applying
The Sun	Semisquare	Venus	0°46'	Applying
The Sun	Conjunction	Mars	2°39'	Applying
The Sun	Square	Neptune	4°33'	Separating
The Sun	Semisquare	The Ascendant	0°33'	Applying
Mercury	Sextile	Saturn	0°21'	Separating
Mercury	Trine	Chiron	3°17'	Separating
Venus	Square	Chiron	4°39'	Separating
Venus	Opposition	The North Node	3°53'	Applying
Venus	Conjunction	The South Node	3°53'	Applying
Venus	Conjunction	The Ascendant	1°20'	Applying
Mars	Sesquisquare	The North Node	0°26'	Applying
Mars	Semisquare	The South Node	0°26'	Applying
Mars	Quincunx	The Midheaven	0°52'	Applying
Jupiter	Square	Pluto	2°25'	Separating
Saturn	Trine	Uranus	3°25'	Separating
Uranus	Semisquare	Neptune	1°22'	Applying
Uranus	Opposition	Chiron	0°29'	Applying
Uranus	Opposition	The Midheaven	5°31'	Separating

Neptune	Sextile	Pluto	1°35'	Applying
Neptune	Sesquisquare	Chiron	0°53'	Separating
Pluto	Trine	The North Node	5°44'	Separating
Chiron	Conjunction	The Midheaven	6°01'	Applying
The North Node	Opposition	The Ascendant	2°32'	Applying
The South Node	Conjunction	The Ascendant	2°32'	Applying

Health and Wellbeing Report



Introduction

Medical astrology is a complex branch of the astrologer's art. Many factors need to be taken into account when considering the overall health of the individual.

This report aims to give you a picture of some of the astrological indicators in the horoscope that correspond with your health and wellbeing.

The information in this report includes an assessment of your natal chart specifically focussing on health related matters. It includes a range of nutritional advice, stress management tips and therapy options. However, it is not intended that this report be used in place of a consultation with a qualified medical practitioner, nor persons qualified in complementary or alternative healing. It is vital to always seek out professional medical and nutritional advice where one's health is concerned.

This report aims to provide you with some useful tips about physical health matters and also about mental, emotional and spiritual wellbeing. This information is based on the author's own knowledge obtained over more than 25 years as an astrologer and healer as well as additional research she has undertaken. The main focus of this report is to point out the astrological indicators that can manifest as health problems, or imbalances, and to suggest possible causes and/or treatments that might be of benefit.

If a particular theme appears to come up more than once in several different sections, it is worthy of special attention. Likewise, if there seems to be contradictions between some sections, this doesn't necessarily mean that they cancel each other out; both are probably applicable at different times, or under different circumstances.

In reading this report, please take into account that some factors are more powerful and obvious than others. For example, the Sun, the Moon, the Ascendant and any planets in the 1st House, should probably be given more weight in the overall interpretation, than say, aspects to the 6th house, or Chiron's position.

Be aware too, that our natal chart is not a static thing. It is a symbolic representation of

our potential, which unfolds and develops as we journey through life.

Disclaimer

Essential oils should not be used full strength and never swallowed. They should be diluted with water, or suitable carrier oil such as almond oil, before use. Do your own research before using essential oils. Certain oils are not recommended for some conditions and some can be harmful and/or toxic. There are a number of contra-indicators to be aware of when using essential oils. Some people are sensitive to particular oils, although the pure, top quality oils are less likely to result in allergic reactions. The author takes no responsibility for any adverse reactions caused.

The information in this report is offered as a guide to health. The author takes no responsibility for the specific use or application of information presented here, nor for any unwanted effects encountered, nor any effects encountered by not seeking medical advice. Do not attempt self-treatment for serious health conditions.

Your Basic Health Needs



Your General Temperament

The overall balance of elements and modes is connected with our general attitudes and perspective and shows whether our values, point of view and style of expression are particularly focussed towards certain qualities and tendencies of temperament, or whether there is some under-emphasis of certain qualities. The balance of elements and modes also relates to one's overall constitution. Where there is too much, or too little, of any element or mode, there can be a corresponding imbalance that we consciously need to address, in order to bring about emotional, spiritual, mental and physical healing.

Element Fire is Balanced

...and Element Earth is Balanced

...and Element Air is Balanced

...and Element Water is Balanced

The elements in your chart are balanced. This means that you are capable of finding a happy balance between the physical, mental, emotional and spiritual aspects of living. Therefore you are also likely to enjoy generally good health.

Mode Cardinal is Balanced

...and Mode Fixed is Balanced

...and Mode Mutable is Balanced

The modes in your chart are balanced. This means that you possess the capacity for self-determination and leadership (cardinal), along with persistence and resilience (fixed) while also remaining adaptable and open to change and new experiences (mutable). You possess these three qualities in fairly equal measure, which is a sign that in your journey through life, you are probably able to call on these qualities, as you need to. Having the modes balanced also indicates that you are capable of attuning your inner self and your outer experiences and recognising that you are ultimately responsible for your own wellbeing and health.

Your Emotional Health

The Moon symbolises our capacity to give and receive nurturing. Our feelings, emotions and personal inner life all relate to the Moon, as does food and nutrition. Our emotional wellbeing often relates to inherited patterns of behaviour from our parents and/or defence mechanisms that we learnt in childhood. The sign in which the Moon is located will describe the way in which our need for nurturing and emotional security is sought and met. As adults, we still have a child within us that continues to seek comfort and protection.

The Moon is in Taurus

You have a deeply sensuous nature. Emotional security is just as important to you as material security. Personal possessions and aromas often hold special memories that you find comforting. As you go about trying to have your needs met, you are persistent and do not take no for an answer. You probably love food and cooking, but you can be given to over eat, especially too much rich food. This is more likely to happen when your emotional (or financial) security is under threat. Over eating may stem from a childhood behaviour that you learned, for food made you feel comfortable and contented. You are dogged in your determination to find supportive relationships and you have a generous heart and a romantic nature. Aromatherapy massage can be especially soothing for you when you are in need of additional nurturing. You respond well to tactile therapies and are probably also good at giving these gifts to loved ones when in need.

Your Vitality and Wellbeing



Your Spiritual Essence

The Sun plays a vital role in matters of health. The Sun governs physical stamina and vitality. We get Vitamin D directly from the Sun, and a lack of exposure to sunshine can lead to a host of illnesses including seasonal depression, especially for those who live in extreme latitudes.

The Sun sign will often describe our manner of self-expression. It can also reveal information about our physical type and the kinds of ailments that can affect us, including parts of the body that are affected by stress and genetically inherited conditions.

The Sun sign represents the essence of who we are. It is largely associated with our sense of identity. As we move through life and learn more about ourselves, we tend to become more like our Sun sign.

Early in life, the Sun sign is more likely to express itself as ego. Later in life, as we come to know ourselves, our self-expression becomes more developed. Jung's concept of the 'Self' is also associated with the Sun sign, which begins to emerge as we develop and mature. As we move through life, we move away from purely ego expression, towards a more comprehensive style of self-expression.

Stress can manifest according to the sign in which the Sun is placed and this can affect our wellbeing and health. For example, when our ego expression is thwarted, if we lack confidence, or are fearful about expressing ourselves.

As we get to know ourselves and develop more fully, we become more conscious and aware, so our Sun sign shines ever more brightly.

The Sun is in Virgo

You work very hard and like to do everything to the best of your ability. In fact, your sense of identity is largely determined by your work. A common source of stress for Virgo is found in the workplace, especially if you are not temperamentally suited to your job. You do many things well, but this is not really the point. You need to learn to

enjoy what you are doing too. It is important that your job provides you with a feeling of fulfilment.

You have a good awareness of health matters. Even so, you can be prone to digestive complaints, assimilation disorders, metabolic problems, respiratory conditions as well as burnout. Ensure you watch what you eat. You may be sensitive to particular foods, or perhaps prone to certain allergies. Parts of the body that can be affected include the intestines, gall bladder, spleen, and pancreas.

You have a youthful outlook and will probably retain this youthfulness well into mid-life and beyond, but your perfectionist attitude means that you tend to worry and this attitude can have a large bearing on your overall wellbeing. When stressed, you can become anxious about many things, including your health, and you can develop a tendency towards hypochondria. Try to relax and stop worrying, for this will actually improve your health. Yoga is especially good for your spirit.

As you learn to go with the flow of life and discover more about yourself, you will find that you can stop trying to be perfect and just enjoy living. This will improve your general outlook and health. When feeling stressed, it is important that you spend a time by yourself, for it centres you and gives you time to recuperate, but don't isolate yourself too much from people.

When under pressure, you can be overly critical and focus too much on negatives, of yourself, of others and the world around you. You are often your own worst critic. You are very self-sufficient and a good organiser, but you can get stressed when things don't go according to plan. You have high ideals but as you mature you will discover that you cannot fix all the imperfections around you. Letting yourself and others make mistakes is an art that you will come to learn as you move through life. In doing so, you will find that your health improves and you will not be at the mercy of a variety of aches and pains. You will find that it is this focus on imperfections that lies at the heart of your tendency towards hypochondria. As you learn to relax and express yourself without being critical, you will find that you will feel better in more ways than one. Herbs and aromatherapy oils that are useful for indigestion include: Basil, Fennel, & Peppermint. For relaxation try: Bergamot, Cedarwood, Geranium, Lavender or Lemongrass.

Your Vitality - The Life Force

The position of the Sun has a great deal to say about one's overall constitution, vitality and health. The house in which the Sun is placed corresponds directly with the time of day that you were born. Generally speaking, a person born during the day is thought to have a more powerful and dynamic solar energy and to be more extraverted and direct in their manner of self-expression, than someone born during the night, when the individual is thought to have a more subtle or refined expression, and to be capable of more introspection.

If you were born at sunrise, or in the middle of the day, the Sun is at its greatest strength and your solar forces are very powerful. As well as the house in which the Sun

is placed, consider the Sun's sign and the aspects it makes to other planets, all of which will provide more clues to the overall picture of health. As well as vitality and energy, the Sun governs one's identity, creativity and self-expression. Without the Sun there is no life. Therefore, the relative position of the Sun says a great deal about the type of energy and life force that we possess.

The Sun is in the 2nd House

You have a high degree of resilience and determination. You have strong values that underpin all that you do. When you are in situations that are contrary to these values, your sense of identity and self-esteem can suffer and you can begin to feel compromised and powerless.

It is therefore important that your activities are in keeping with your values, for this will bring a higher degree of self-esteem. How you earn your income is an important consideration. You will feel better about yourself, for example, if you were to establish your own business, rather than compromising your values by working for someone else who does not share them.

You might not be very comfortable in the spotlight. You are probably happier establishing yourself in a niche area, where you can work slowly to build something lasting over time.

When stress manifests in ill health, it has generally been building up for a while. You may be prone to experience tension in the jaw and neck and thyroid problems are possible. You might have a sweet tooth, so try to limit sugar intake or replace it with honey, which is a healthier option.

It is important that you develop your own set of values and express yourself creatively. You may be gifted in the arts. Expressing your creative side will alleviate stress and bring healing and a sense of wellbeing.

Managing the Physical Demands of Living

When challenging relationships are formed between the Sun and other planets, this can relate to internal and external stress factors that can lead to health problems, if ways are not found to balance their energies. The Sun is a vital component of life and vitality. These aspects can be potent indicators of one's overall health and wellbeing.

Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

Also consider those vitamins and minerals that are associated with the planet involved in the challenging aspect with the Sun, for this too may provide clues as to potential deficiencies, that when brought into balance, can aid healing.

These challenging aspects involving the Sun can also symbolise aspects of our internal psychology that we need to integrate, so that they flow with more ease and work for

us, rather than fighting with them, for we are really only fighting with ourselves.

Venus is Semisquare The Sun

Sugar metabolism can be compromised when too much sugar and refined carbohydrates are consumed, therefore to avoid potential diabetes or pancreatic disorders, hypoglycaemia and other problems, the intake of sugar and processed food should be kept to a minimum. You may have a sweet tooth and you could be intolerant to wheat. Thyroid conditions, kidney problems, eating disorders, weight gain/loss, and issues involving poor self-esteem can develop as a result of stress build-up. A lack of B3 can result in skin problems such as dermatitis and even mental disturbances. Many of these conditions can be corrected by eating nutritious food, forging positive and supportive relationships and honouring your own values. The mineral copper and Vitamin E can be of enormous benefit to your system. You are most likely highly creative or artistic and should try to engage in these activities on a regular basis. In addition, try to ensure that your diet includes plenty of vitamins, especially B and E.

Mars is Conjunct The Sun

You are a highly dynamic person and tend to expend a great deal of energy in all you do. You are probably quite driven and very active. You may take risks and enjoy experiencing adrenaline highs that come with adventure. Accidents are possible, including possible broken bones and head injuries, particularly if you are given to be too hasty or impatient.

It is vital to ensure you have enough stores of physical energy to call upon. Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, Sodium, Fatty Acids and Vitamin B12 are associated with energy and vitality. If your energy wanes it is important to investigate any potential deficiency of these minerals and vitamins. Magnesium and Iodine and Vitamin D are also vital. You sometimes tend to overdo things and push yourself to the absolute limit. As a result you are open to a range of potential problems such as cardiovascular ailments, high blood pressure, inflammation, acid-alkaline imbalance, headaches, migraines and fevers, or blood disorders such as anaemia, from too little iron. Vitamin and mineral supplements can assist, but also try to eat the correct foods and don't go overboard with alcohol.

Because you are dynamic and driven, you can also be explosive at times and anger can be the root cause of some of these conditions. Anger management can go a long way towards a return to health. Calming, soothing and relaxing activities are probably something you don't have time for, but they are necessary and vital to your overall wellbeing.

Stress can manifest in other ways too. Adrenal exhaustion, sexual problems, and chronic fatigue can occur. But all these conditions are more likely if you ignore symptoms and continue to overdo things when you should rest and recuperate.

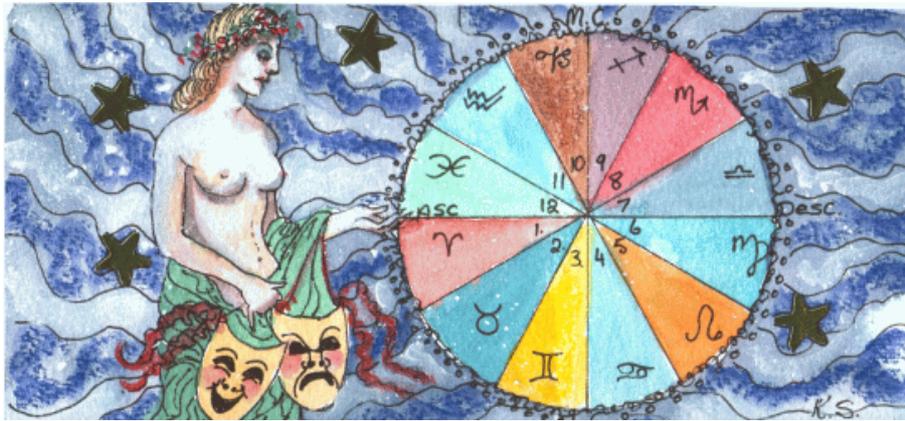
Neptune is Square The Sun

You are a highly sensitive and spiritual person who can be easily affected by the harsh realities of the world. Make the time for uplifting experiences such as spiritual activities, ritual, communing with nature, or expressing yourself through music or art. These

things can make a real difference to your sense of wellbeing and your health. Doing so will also help to alleviate feelings of depression that can sometimes plague you.

Endocrine system problems or glandular malfunctions are possible and you are probably highly sensitive to drugs and alcohol. All drugs and chemicals should be taken in moderation, monitored for side effects, or avoided all together. It is possible that certain substances have a detrimental impact on your sensitive system and you can easily develop a dependency or allergic response. You might require more sleep than the average person in order to function effectively, so ensure that you rest when you need to. At times you may not realise just how much stress you are putting yourself through and can easily misinterpret or ignore physical symptoms. Ensure that you listen to your intuition, which will guide you through life. Seek out more than one opinion when you are ill, as misdiagnosis is possible. You may be called on to help care for others when they are ill. If so, try not to let this develop into a situation where you totally sacrifice your own needs.

Your Health Factors



Your Physical Body and Energy

The Ascendant is one of the most important factors to consider in determining one's overall health. The sign on the Ascendant governs the physical body and one's immediate environment. It represents the interface between spirit and matter. The Ascendant often describes our physical appearance and the way we interact with others. The rising sign is usually quite obvious; often more so than the Sun sign. The concept of the "persona" is thought to be associated with the Ascendant. This is the "mask" we wear, or the face that we show to the world and therefore the Ascendant sign corresponds to characteristics that are immediately apparent. The sign on the Ascendant also describes areas of the body where we might feel the effects of any stress that we encounter in our interaction with the world around us. The Ascendant will often describe those health conditions that manifest as a result of short-term stress. This area of the horoscope corresponds with acute health conditions and the stress we encounter when we are trying to fit in, or trying to put our best side forward, to the detriment of our true nature.

The Ascendant is in Cancer

You have a sensitive nature and can be easily affected by environmental influences. This includes the people with whom you interact, your living surrounds, your family, and the type of foods that you consume. You should try to limit the consumption of sugary and overly refined and/or processed foods. You may be prone to food allergies. Fish is probably a good food to include in your diet and you should make sure that you drink plenty of water. Do not eat too much salt, fat, or sugar for you can easily gain weight.

You are very much influenced by your emotions and moods. You may be prone to developing problems such as eating disorders or psychosomatic illnesses that have an emotional cause at their heart. Family problems from childhood may have affected you in a profound way. Make time to nurture yourself and try not to dwell in the past.

Possible health problems include: potassium/sodium imbalances, hormonal fluctuations, indigestion, eating disorders, obesity, fluid retention, metabolic problems,

stomach ulcers, flatulence, gallstones, and emotional disorders such as depression. Parts of the body that can be sensitive include the breast and stomach region.

Many of these problems can be overcome by eating the correct foods and by protecting yourself from the harsher aspects of daily life. Having a harmonious living environment is crucial to your wellbeing. You can adapt to your environment, but it is important that you don't get too far away from your comfort zone.

At times of stress, you sometimes head for the refrigerator, as eating restores your emotional centre, but this can lead to problems. Alcohol too can be a solace, but try to avoid bingeing or over-indulgence. You are in many ways a creature of habit, so ensure you establish healthy ones. Writing down your feelings, expressing yourself imaginatively, or communicating your emotions in creative ways, are some alternatives to consider.

Massage with essential oils especially soothing for the digestion, such as: Bergamot, Camomile, Peppermint, Fennel, Lavender, Ylang Ylang and Basil. Fluid retention can be greatly assisted by drinking the juice of celery or cucumber, (mix with carrot juice) or taking kelp supplements.

Your Strengths and Sensitivities

The first house and the Ascendant are associated with the physical body. The Ascendant is the place of interface between the physical and spiritual realms.

The Ascendant also describes one's immediate environment and general physical type. Planets in the first house and in particular those that are in conjunction with the Ascendant, are considered to be very strong. These planets tell us something more about our physical appearance, vitality and manner of expression.

Any planets that make a conjunction to the Ascendant are especially powerful. These planets and any that are located in the first house should be taken into consideration when assessing your physical attributes and health.

Planets located here represent energies that are generally operating very consciously and their qualities are usually quite apparent to others too.

These planets will modify the expression of the Ascendant sign, and in some cases may seem to contradict it, but taken together you will probably strongly identify with both the Ascendant sign and any planets in the first house.

Venus is Conjunct The Ascendant

It is important for you to have harmonious relationships and to be able to express yourself artistically. Physically, you possess an innate beauty that shines forth from within. When you are unwell, you sometimes tend to ignore symptoms, put on a brave face and soldier on.

You are a loving and giving person, very in touch with these caring qualities. Your

appearance, your values and your relationships are important to you, but when something is amiss in these areas of your life, you can begin to feel out of sorts and become stressed which can impact on your health.

It is important that you recognise that your own needs and values and those of others are of equal importance, for when you feel low or unsupported, you can sometimes react with jealousy, or make strong judgement calls about others, which can sometimes make matters worse.

You can be prone to metabolic problems, perhaps related to sugar imbalances or difficulty processing carbohydrates. You might crave sweet foods and you can easily overload your pancreas with sugar, which can lead to a number of problems such as weight gain or diabetes. Try to limit your intake of refined carbohydrates. Supplements of Vitamin B and E can assist your metabolism.

By recognising that diverse values can co-exist, more balance and harmony will come to your life. Balance is a key word for you. Finding this balance is important and underpins how you feel about yourself. Positive self-esteem will help to stave off potential eating disorders that might have a deeper cause. Since your appearance and relationships both have a large bearing on how you feel about yourself, finding deeper values, beyond the obvious external ones, will enhance your long-term wellbeing, self-esteem and health.

Inner Needs and Outer Experiences - Finding Balance

When certain planets and the Ascendant are at odds with one another, we can experience inner tension and challenges that can feel as if we are being pulled in two directions at once. The Ascendant is that part of us that interfaces with our immediate environment, so when planets are in hard aspect to the Ascendant, we can encounter challenges as we try to express ourselves in the wider world. We can also experience issues that arise because there are differences between what we want to express and what we think is expected of us. Stress can build up over time if there is no outlet for self-expression, so these aspects can be potent indicators of one's overall health and wellbeing. As we learn to work with some of these challenges, they can actually help us to grow and to lead more purposeful lives.

The Sun is Semisquare The Ascendant

Your energy and vitality are strong and you strive to do your best. In all your activities and in your creative and self-expression you enjoy competition, in its many forms. In exercise and sport you also like to challenge yourself to do better. You strive for the highest standards in many areas of life and are usually confident that you can overcome any illnesses or setbacks that you encounter, but sometimes you can over-estimate your capacity to cope. Cardiovascular illnesses, circulation or back problems can develop if you push yourself too far, without taking into account the actual circumstances in which you find yourself. You have a powerful constitution, but stress can take its toll on your health if you think you are invincible and if you ignore limitations or practical considerations. Although you are very strong, you are not super-human. You may need to develop more perspective and find a healthy balance

between activity and rest. Wearing Tiger-Eye crystal can assist you to express your passions in practical and sustaining ways.

Dispositor of The Ascendant is The Moon

Any health problems you experience may have, at their cause, emotional issues stemming from childhood. These issues may have to do with your upbringing, your family, or your relationship with your mother, and they may be related to your diet. You feel things deeply and are highly sensitive to your environment and as a child you may have been wounded in ways that mean it is difficult for you to express your feelings easily as an adult. People may misinterpret your motives or you may have trouble giving voice to your feelings. Nevertheless, you have a strong desire to express your emotions and to find fulfilment through relationship and so it is up to you to heal emotionally and to let go of the past.

The past is important, but not as important as the present or the future. At times you may feel stuck in the past and feel unable to move forward until you resolve outstanding emotional problems. If you develop issues with food and diet, such as bingeing, or erratic hormonal fluctuations, this can be a signal that it is time to work through some of these issues. Healing options for you may include counselling, psychotherapy or hypnotherapy. Ensure that you get enough potassium and B-Group vitamins in your diet, which can assist with food cravings and help to balance your metabolism, also seek out therapy options as required. Although sensitive, you probably have a great deal of inner emotional strength, and can cope with life's ups and downs better than you might think. Wearing Moonstone can be helpful in balancing your hormones and emotions.

Dispositor of The Ascendant (Moon) is Square Mercury

You are given to behaving in very spontaneous and changeable ways according to the whims of the moment and the people and circumstances in which you find yourself. You can be an extravert and also an introvert. You are highly adaptable and cope pretty well with the stresses of daily life, however you may be prone to catching viruses, colds and flu, gastric problems, or ingesting substances that have a detrimental effect. You may also experience accidents from a tendency to rush without enough forethought. Both respiratory conditions and digestive complaints may be associated with an underlying allergic response to certain foods or air-borne substances such as pollen or dust. Some of these symptoms may be brought on by too little thiamine (B1). Thiamine deficiency can also result in nervous complaints and even nerve damage. Communication problems such as stuttering or autism may also be related to this aspect. You are highly capable and intelligent, but you are inclined to take on too much, perhaps because of a need to show others how efficient or clever you are. Try to keep an open mind as you learn from your experiences.

As you move through life you will likely grow out of most of these problems and develop a strong mind and a powerful way of expressing your opinions and ideas, without having anything to prove. Ensure you get enough B-Group vitamins, especially during times of stress.

Health Challenges



Work and Health - Managing the Impact of Stress

The 6th house yields important information about one's health. The 6th house is also the house of diet, work and daily activities, which indicates the connection that exists between all these aspects of life. The 6th house is also associated with our habits. To stay healthy it is important to eat sensibly, to establish good habits and to manage daily stress.

Planets connected to the 6th house often symbolise, or describe various parts of the body that we need to monitor for the effects of long-term stress.

Unlike the Ascendant and planets in the 1st house, which usually describe more acute physical conditions, the 6th house tends to correspond with more chronic health problems that can build up over time.

Our regular day-to-day activities, our habits, and our occupation are all connected with this house, the house of health. It can be difficult to change our habits and routines, but it is possible. By making conscious decisions that bring about better health, we can use the sixth house energies to establish healthy habits.

Jupiter is in the 6th House

Ruler of the 6th House is Jupiter

Stress can manifest when you feel restricted or limited by circumstances. You probably do not enjoy working in an office and may prefer to work outdoors, or to travel as part of your job. You are generally enthusiastic about your work in these circumstances and are always on the lookout for fresh opportunities. When you are not enjoying your work, you can easily feel despondent or trapped, which can lead to stress and health problems. It is therefore important for you to enjoy your work and to take regular breaks or holidays.

Most long-term risks to your health come from the cumulative effects of over indulgence. You have a great deal of energy in reserve, but are often so enthusiastic about what you are doing that you sometimes overlook practical concerns such as any actual physical limitations. Do not overload your system with fatty, sugary, or salty

food and try to keep intake of alcohol to low or moderate levels. Most of the health problems that you are likely to have, probably stem from your own actions, or inactions. Sometimes you can be lazy too. Moderation is something you might need to learn. For you, stress and health problems can manifest as liver and metabolic problems, skin conditions, or possible accidents. Other areas to watch include: thighs, hips, lower back, sciatic nerve and muscular system, but generally you recover quickly.

Limiting the Impact of Chronic Stress

The 6th house is the house of health and also of work. When planets form challenging aspects to this house they can symbolise day-to-day obstacles and/or frustrations that we encounter which cause stress reactions that can impact on our health. Planets in hard aspect to the 6th house are often those that we find frustrating in some way. These aspects are often associated with health matters, especially chronic conditions and they also remind us how important it is to manage day-to-day stress.

Venus is Quincunx the 6th House Cusp

You are likely to be gifted in the arts and may be involved in a creative occupation. In much of what you do in your daily life, including your work, you have particular values and standards. Others may not share your priorities, which you can find difficult to tolerate. In your life, you desire to work and interact harmoniously with others, but you can feel frustrated when colleagues do not see things as you do. This can make you withdraw from people or become judgemental towards them. Inner tension can build, resulting in metabolic problems, throat infections, neck and jaw tension, skin problems and a range of other stress related conditions. Sometimes you struggle to reconcile your external persona and relationships with your inner values. When you feel stressed, try soaking in a bath with a blend of essential oils; Bergamot, Neroli, Ylang Ylang and Sandalwood which will assist in lifting despondent moods.

Saturn is Opposite the 6th House Cusp

You may encounter issues related to authority figures, such as parents, the government and/or employers. You may either have an overly esteemed view of superiors, or perhaps resent their position and authority. This may stem from issues with your parents when you were a child. As a result, you can have problems establishing your own personal authority in the world, at least initially. Health problems can result from work stress that builds up over time. You probably work too hard; perhaps you are trying to make a good impression in order to rise through the ranks. Teeth, knee or joint problems are a signal that you need to look after yourself and make the time to de-stress. Massage or chiropractic care may be advisable. You may have clashes at work with those in authority, until you find a balanced attitude to authority figures in general. As you mature this will become easier. Joint stiffness can be relieved by the essential oils; Lavender, Eucalyptus, Juniper and Frankincense, add a few drops to a carrier oil for a therapeutic massage, or add to your bath at times when you need to relax.

Physical Energy and Exercise

Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, and Sodium, along with Fatty Acids and Vitamin B12 are associated with Mars. Mars is a primary masculine or yang archetype, associated with our physical energy and vitality. Mars also governs the adrenal glands, the sexual response, the blood and the muscles. So the position of Mars describes our physical energy, competitiveness and our passions. The usual action of Mars is direct, spontaneous and forceful.

Mars is also the planet associated with our ego. The location of Mars tells us how we go about getting what we want, or how we turn our desires into reality. Mars also represents how we handle ourselves when our desires are thwarted.

Used positively, Mars is associated with expressing our personal desires in spontaneous and creative ways and expressing our creative energy in ways that fulfil our desires. If too intense in its expression, Mars can be destructive, overly focussed on ego, angry, hostile or aggressive. When under active, Mars can operate in a passive-aggressive fashion, or can result in a lack of drive and energy.

Mars is in the 2nd House

Your Mars energy tends to be measured and slowly released. You are capable of concentrated and sustained effort and activities that involve committing yourself to a plan or goal and working towards it over a period of time. Weight training, dance and yoga are suitable exercise options. You are very focussed and determined once you set yourself a task. You will keep on going until you get what you want, even if this takes years.

Money is important to you, mainly because it means that you can do more of what you want to do. When you don't have enough money you can feel frustrated, but you are persistent. You will keep on pressing on towards your goals until you attain them. Working for yourself and earning your income from utilising your entrepreneurial skills could be a good way to express your energy. Sometimes you can be so focussed on earning a living or making money, that you have little time for exercise. It is important to watch your diet and to make time for physical activity because you can easily put on weight and develop associated health problems if you fall into bad habits. Other possible health concerns for you include tonsillitis, throat inflammation, laryngitis, neck tension or hyperthyroidism. Once you make up your mind to do something however, you commit yourself fully. Develop a regular exercise plan and stick with it.

Mars is in Virgo

You expend a great deal of energy in your work and are capable of working long hours, though you probably prefer to get things done as quickly and efficiently as possible. Even so, you might not have much time or energy left over at the end of the day for exercise, or for other activities outside work. Once you make the time and effort you will really enjoy regular exercise, in fact this too can become an obsession. Possible exercises and sports that are suited to your type are running, walking, racquet sports, yoga, or dance. You tend to prefer activities that you can do on your own, rather than in a team situation and like to have your feet on the ground, which provides you with a sense of safety and competence. Skydiving is probably not your style. You like to go at your own pace and to challenge yourself against the clock, or to set your own goals, rather than work against competitors. Possible health concerns with this Mars position

include bowel conditions including chronic inflammation, indigestion, constipation, or food allergies. Try to eat nutritious and healthy food and eat slowly which will aid digestion.

Your energy style is measured and sensual. You are practical, but also quite driven. You approach your tasks in methodical way. Very few people can match your efficiency. You generate a great deal of output and are highly productive, however you can be critical of others and may lack skills in teamwork. You prefer to go it alone. You may need to recognise that networking and teamwork can be just as useful in getting a result and that others can provide useful feedback.

You can become frustrated and critical with systems that you see as lacking in efficiency and you can be prone to burnout. Expressing your frustrations via communication, such as writing, is a good outlet.

Healing Solutions



Towards Health - The Journey Continues

Astrologically, Chiron is the archetype most associated with healing. In myth, Chiron was a wise centaur and a teacher of the healing arts. His wisdom comes from experience. Wounded accidentally by Hercules, Chiron's story is also symbolic of our own journey towards wholeness and healing. Chiron was a healer and teacher and also physician, prophet and musician. Named for this mythological healer, the small planet Chiron was discovered in 1977, heralding the arrival into consciousness of many new aspects of complementary medicine and alternative healing techniques, just as the mythological Chiron was adept in these natural arts and sciences. The position of Chiron in our birth chart reveals information about where we might get in touch with our inner healer. Chiron symbolises our wounds and painful experiences and it is also the agent via which we can return to full health and reclaim our sense of wellbeing. The location of Chiron reveals clues about how we experience wounding and how we can find healing, mentally, physically, spiritually and emotionally.

Chiron is in Aries

You are a sensitive soul whose journey towards wholeness may involve you in events that make you feel that you are singled out in some way.

It may be necessary for you to cross a threshold, perhaps some kind of pain barrier, emotional or physical, before you can embrace your own creative potential with full confidence. You may be defined in some way by a wounding event that calls into question your identity. As a result you may become a leader or pioneer. Even though being in charge and taking the initiative means facing your fears, you are capable of inspirational leadership and taking decisive action.

You may feel vulnerable, feeling that your pain and scars are visible to others. By being courageous, you will find the key to face life's challenges.

At times you perhaps feel a deep sense of isolation, or aloneness and feel that you have to push ahead on your own, without much support from others. But relationships will also bring you opportunities to heal. Over time you will begin to forge supportive connections with others who may have undergone similar experiences. You will

discover you have a rare gift to heal others as well as yourself.

Chiron is in the 10th House

You are adept at taking on responsibilities and commitments, but they may bring you some stress. This is particularly the case in respect to your career, but also in your home life and other areas. Perhaps you were encouraged to follow in the footsteps of a parent, or a family tradition, as far as a career path was concerned. Later, you might feel resentment that your own skills or interests were not encouraged. You may have issues with either of your parents concerning the rules and regulations that were set down for you to follow. These are potentially some of the things you need to work to resolve.

It is important that you take responsibility for your own life and try another career if you are not feeling fulfilled. Don't let your responsibilities become a burden. Key questions for you to consider are: What am I taking responsibility for? What are my goals and priorities? Do I have to carry this load on my own? Why am I doing this?

Business or work pressure, the pressure of responsibilities, stress from your parents, responsibilities of parenthood, or/and difficult encounters with government agencies, can be signals that these issues need to be addressed. If you experience health concerns with bones, joints, teeth, skin, knees, or back problems it is time to consider healing options such as massage, chiropractic, or osteopathy. Most importantly, strike a life/work balance.

Your journey may involve one or more major career changes, which could be quite scary initially, because it means giving up some measure of security, while also embracing change and the unknown.

At some point you might consider a career in the health sector, or as a teacher. In fact, once you have experienced healing in your own life, to embark on this journey will bring fulfilment, but it is important that you first deal with your own stress and wellbeing. Try to remain positive and adaptable and recognise that you do have choices. Within these challenges, you will find the key to your freedom and success.

Healing Inherited Patterns

Chiron is the archetypal 'wounded healer' and his position in the horoscope reveals information about our journey towards wholeness and wellbeing. When other planets combine with Chiron, our healing journey takes on added significance. Specific wounds that we carry with us can also provide clues as to how we can find inner wisdom and ultimate healing.

Venus is Square Chiron

Your self-esteem may have been wounded in your early years in such a way that they have made it difficult for you to establish develop close intimate relationships. Eating disorders can be associated with this aspect.

You may have not had much feeling of closeness or support in early life. This makes

you both determined to find a supportive relationship that fulfils you, but at the same time you may enter into relationships that repeat the abusive patterns of the past. You will make every effort to work at relationships, but you may need to heal this part of yourself before you can enter into mutually caring relationships that fulfil your needs. Once you experience healing, you may discover that you have gifts as a counsellor. You have a need to heal others and may become personally involved with people who need healing. First and foremost, heal yourself.

Uranus is Opposite Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural, or social conditions rather than personal ones.

Social isolation has become an issue for many people, consistent with the fact that aspects between these planets are common. Chiron and Uranus were on opposing sides of the earth for a long period of time. Just about everyone born between 1950 and 1990 have Chiron and Uranus in opposition.

This aspect symbolises that many traditions have largely been overthrown and we have embraced new technologies and new freedoms. But at the same time those things that we once relied upon are no longer there, and this has led to a host of social problems.

The pace at which life is lived is more rapid than ever before and this can lead to its own brand of stress. Feelings of isolation are more common experiences, which can lead to depression and other mental illnesses.

Linking up with like-minded people can help us realise that we are not alone in this suffering.

Neptune is Sesquisquare Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural or social conditions rather than personal ones.

Chemical sensitivity is becoming more commonplace as we live in a world where we have more exposure to these substances, including various pollutants. Allergic conditions are also becoming more common. Likewise, drugs can heal, but can also cause side effects and some drugs are now ineffective, as viruses and bacteria are becoming more resistant. People are becoming more highly sensitive and are also more prone to feelings of depression, which is a common social problem.

Because many people have largely lost faith in traditional religions, we feel a sense of spiritual loss and a lack of purpose and meaning, which is becoming more and more common. It is important therefore to develop a meaningful life philosophy and to reconnect with the natural world, which can bring healing to the spirit.

Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the birth chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your natal planets as well as the degree of the Ascendant and Sixth House cusp.

Unfortunately, the exact meaning of a few of the terms in the anatomical degrees remains unclear, even after consultation by the translator, Jane Ridder-Patrick, with German medical colleagues. However, from the zodiacal area concerned, it is relatively simple to give a fairly reliable approximation. Although he did include them along with his own work, Reinhold Ebertin was of the opinion that these degree areas are not as reliable as those he himself used.

The 'azimene degrees' are also included in this list. These degrees, which are sometimes called degrees lame and deficient, come from William Lilly's Christian Astrology written in the 17th Century. Lilly says that blindness, deafness, lameness or any other crippling disability or deformity, can be explained by the person having the Ascendant, the Ascendant ruler, the Moon or the most important planet, in either the natal chart or the decumbiture chart (a chart for the onset of an illness), in any of the azimene degrees.

Please note that some of these degree areas are gender specific, and will therefore not necessarily apply to you. It is important to also keep in mind that you probably won't have health problems with all of these physical areas, nor necessarily with any of them, but if you do have a health issue that relates to any of these degree areas, you may need to investigate the nature of this particular planet further, for specific healing.

The Moon is located at the 23rd degree of Taurus

Part of Body: Teeth

The Sun is located at the 8th degree of Virgo

Part of Body: Abdominal cavity

Mercury is located at the 20th degree of Leo

Part of Body: Mitral valve

Venus is located at the 22nd degree of Cancer

Part of Body: Gastric mucosa

Mars is located at the 10th degree of Virgo

Part of Body: Left hepatic lobe, bile

Jupiter is located at the 29th degree of Sagittarius

Part of Body: Left leg muscles

Saturn is located at the 20th degree of Gemini

Part of Body: Third rib

Uranus is located at the 17th degree of Libra

Part of Body: Suprarenal arteries

Neptune is located at the 3rd degree of Sagittarius

Part of Body: Ischia

Pluto is located at the 1st degree of Libra

Part of Body: Renal pelvis

Chiron is located at the 17th degree of Aries

Part of Body: Vertebral canal

The North Node is located at the 26th degree of Capricorn

Part of Body: Connections between femur and tibia (Azimene)

The Ascendant is located at the 23rd degree of Cancer

Part of Body: Gastric blood vessels

The Midheaven is located at the 11th degree of Aries

Part of Body: Optic nerve

The 6th house cusp is located at the 23rd degree of Sagittarius

Part of Body: Right trochanter

Conclusion

References Sources:

Eileen Nauman, *The American Book of Nutrition & Medical Astrology*, Astro Computing Services, San Diego, USA, 1982

Judith White and Karen Day, *Aromatherapy for Scentual Awareness*, Nascon & Sons Pty Ltd, Brighton Le Sands, NSW, 1992

The Anatomical Degree Areas

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The bulk of the information on the degree areas comes from the work of Elsbeth and Reinhold Ebertin which appeared in *Anatomische Entsprechungen der Tierkreisgrade*, and is reproduced by kind permission of the Hermann Bauer Verlag. The translation is by Jane Ridder-Patrick.

A Handbook of Medical Astrology by Jane Ridder-Patrick, 2nd Edition published by CrabApple Press, February 2006, gives a comprehensive overview of the subject.

About the Author

This health and wellbeing report has been researched and written by Michele Finey. Michele is an astrologer, freelance writer, healer and hypnotherapist, based in Melbourne. Born in 1959, Michele developed an interest in the planets in childhood and began teaching herself astrology in 1980. After further study with the Melbourne School of Astrology, Michele gained an FAA Diploma and served on several FAA committees in the '80s and '90s. In the early '90s Michele qualified in Clinical Hypnosis and more recently gained an Arts Diploma in Professional Writing and Editing. Michele has written feature articles for numerous publications and is a member of the Association of Professional Astrologers. As well as having a fascination with astrology, Michele has developed skills in a wide range of associated intuitive arts and has a passion for the environment and the animals that share our planet. In writing this report, Michele has called on her own knowledge and experience accumulated over more than 25 years as an astrologer and has also used valuable texts written by respected specialists to source and check information.

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About the Artist

The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After graduating from R.M.I.T. in 1980 with a Diploma Fine Art,

Kay gained the F.A.A. Professional Astrologer qualification, and *'Living The Tarot'* Diploma. Since 1966 Kay has had many solo and mixed exhibitions in Melbourne and overseas, specializing in symbolic art in 1992. Her first Tarot deck and book, *'The Spiral Tarot'*, was published in 1998. Kay's second Deck, *'Celestial Tarot'*, was published in 2003 with the Celestial book written by Brian Clark. A 52 card deck, *'Goddesses and Heroines'* was published in 2005, again a joint effort by Kay and Brian Clark.

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