

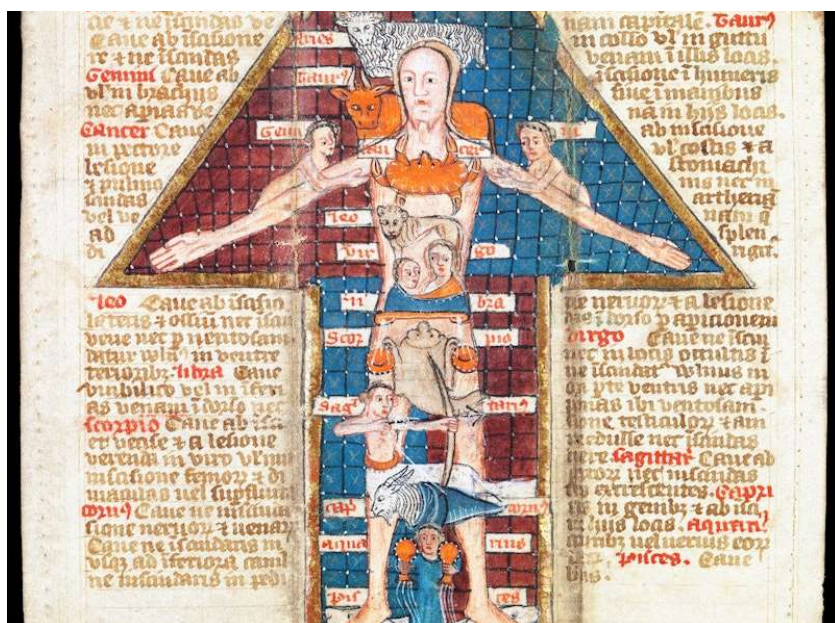
MEDICAL ASTROLOGY
ANCIENT WISDOM: MODERN HEALTH
YOUR SUN SIGN GUIDE



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INTRODUCTION



Medical astrology is an ancient practice that explores the connection between celestial bodies and human health. This fascinating field combines traditional astrological knowledge with holistic approaches to wellness, offering unique insights into personal health tendencies and potential preventative measures.

It encompasses two main branches:

Melothesia: The association of zodiac signs and planets with specific parts of the body. This is the foundation for understanding how different celestial influences may affect various bodily systems and organs.

Iatromathematics: The practical application of astrological knowledge to diagnosis, prognosis, and treatment of diseases. This includes the timing of medical procedures, the administration of remedies, and the overall management of health based on astrological charts.



HISTORY

The roots of medical astrology can be traced back to ancient civilizations:

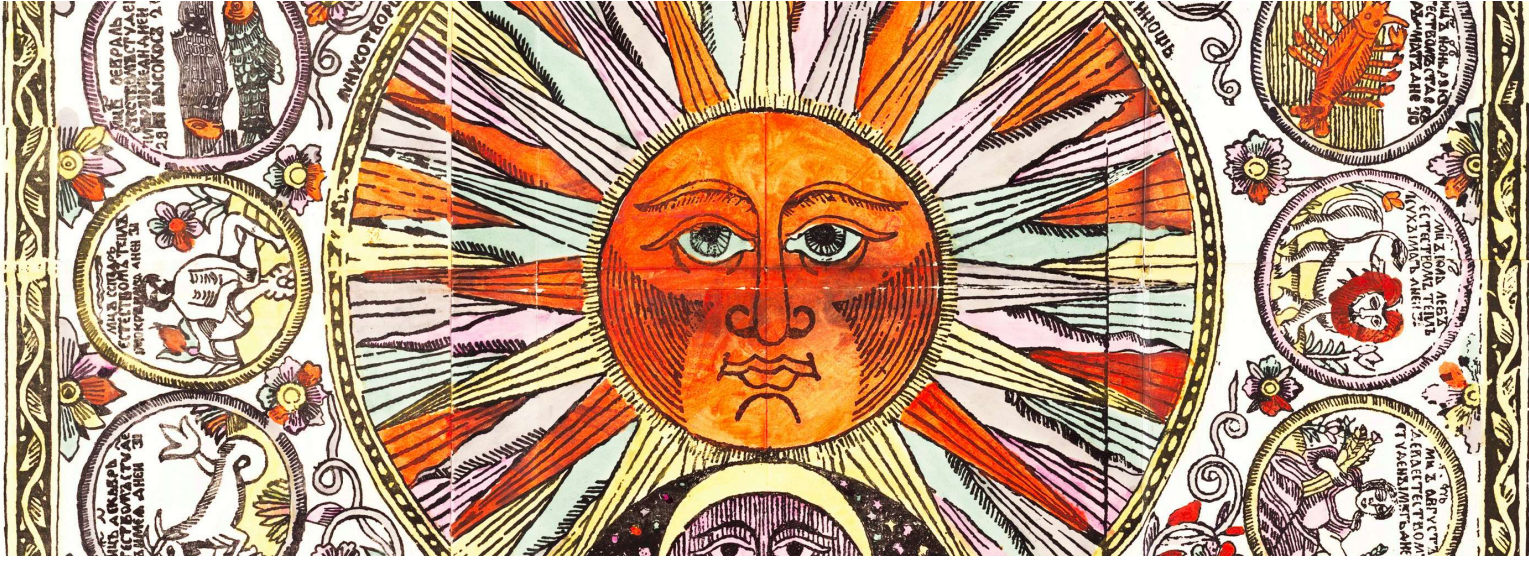
Mesopotamia: Early astrological texts linked celestial events to health outcomes.

Ancient Egypt: Priests used astrological knowledge in healing practices.

Ancient Greece: Hippocrates, the father of modern medicine, stated, "A physician without a knowledge of astrology has no right to call himself a physician."

Medieval and Renaissance Europe: Medical astrology flourished, with many physicians consulting astrological charts for diagnosis and treatment.

While modern medicine has moved away from astrological practices, there's renewed interest in exploring these ancient wisdom traditions in complementary and alternative health approaches.



WHY USE MEDICAL ASTROLOGY?

Medical astrology offers a unique perspective on health by considering the energetic influences of celestial bodies on human wellbeing. Some potential benefits include:

01

Holistic

Considers the whole person, not just symptoms

02

Preventative insights

May highlight potential health tendencies before they manifest. A guide for preventative care

03

Personalised

Tailors recommendations based on individual astrological profiles

04

Emotional and spiritual connections

Explores the mind-body-spirit connection in health

05

Cosmic Blueprint

Your birthchart is your cosmic blueprint, which remains constant throughout your life, offering a unique tool for navigating health and wellness throughout your journey

06

As Above, So Below

A reminder that you are a microcosm of the universe. Everything is connected



THE SIGNIFICANCE OF THE SUN IN MEDICAL ASTROLOGY

Before we delve into the specific sun signs, it's crucial to understand the Sun's pivotal role in medical astrology. Just as the Sun is the center of our solar system, it represents our core vitality and life force in astrology. The Sun symbolises our spirit incarnate, our ego, and our fundamental sense of self. It's the representation of our prana, vital force, or Qi - the essential energy that animates and sustains us.

The Sun's energy flows bright and freely in certain signs of its rulership and exaltation (like Leo and Aries), while its magnificent energy may be somewhat compromised in the signs of its detriment and fall (such as Aquarius and Libra). Consequently, individuals with the Sun in these latter signs might face more challenges with their physical vitality.

The sign that the Sun occupies in each individual's birth chart represents the quality and strength of their vital force - how brightly and vibrantly their inner light shines. This solar placement provides crucial insights into a person's basic health tendencies, resilience, and the areas where they might need to pay extra attention to maintain optimal wellbeing.

By understanding the characteristics of your Sun sign from a medical astrology perspective, you can gain valuable insights into your innate health strengths and potential vulnerabilities. This knowledge serves as a foundation for personalised wellness strategies, helping you to nurture your vital force and maintain harmony in body, mind, and spirit.

So, in what sign does the Sun reside in your birth chart?
(A.K.A. your star sign!)



THE SUN THROUGH THE 12 SIGNS.

YOUR LIFE FORCE



SUN IN ARIES (MARCH 21-APRIL 19)

- **Energetic Description:** The Sun in Aries ignites dynamic bursts of vitality with sudden, outward force. The energy of child-like exuberance. Will challenge authority.
- **Body parts:** Head, face, upper jaw, brain, pituitary gland, adrenals, muscles.
- **Nourishing activities:** High-intensity workouts, competitive sports, adventure.
- **Beneficial foods:** Desires spicy foods. Requires red meat and dark leafy greens (iron), B vitamins.
- **Foods to minimise:** Caffeine, stimulants. Excess spicy foods.
- **Foods to Balance:** Cooling foods like cucumber, mint, and yogurt. Green tea. Coconut water.
- **Supportive herbs:** Cayenne for circulatory stimulation, Rosemary for mental acuity and circulation.
- **Warning signs:** Overexertion, burnout, overdoing things. Head injuries.
- **Common health issues:** Injuries to the head. headache, fever, epilepsy. High blood pressure, stroke. Conjunctivitis, facial acne. Adrenal fatigue/burnout.



SUN IN TAURUS (APRIL 20 - MAY 20)

- **Energetic Description:** The Sun in Taurus cultivates a steady, grounding energy with a focus on stability and sensory indulgence. Persistence, and resilience, this sign has good resistance to illness and can live very long.
- **Body Parts:** Neck, throat, thyroid, lower jaw, shoulders, and neck muscles.
- **Nourishing Activities:** Gardening, leisurely walks, and nurturing hobbies.
- **Beneficial Foods:** Nutrient dense for steady energy. Lean protein. Fresh fruit and veg. Pumpkin, beetroot. Eggs, oysters, prunes (copper).
- **Foods to Minimise:** Heavy, greasy foods, excessive sugar, red wine.
- **Foods to Balance:** Light, fresh foods. Seaweed and kelp (iodine), mustard greens (bitters for digestion), brazil nuts (selenium), pumpkin seeds (zinc). Moderation.
- **Supportive Herbs:** Dandelion root for liver detox and bowel movement.
- **Warning Signs:** Overindulgence, digestive issues, and neck tension.
- **Common Health Issues:** Sore throat, ear infections. Thyroid problems, goiter. Overweight, congested colon, gout, and later life chronic conditions.



SUN IN GEMINI (MAY 21 - JUNE 20)

- **Energetic Description:** The Sun in Gemini sparks mental agility. Physically, can be very scattered, physical vitality is changeable like the breeze. Restless. cold, dry, nervous.
- **Body Parts:** Lungs, arms, shoulders, hands, and nervous system.
- **Nourishing Activities:** Mental challenges, socialising, and creative brainstorming.
- **Beneficial Foods:** Light, varied foods like finger foods, nuts, and smoothies. Snacks (but ensure they're nourishing).
- **Foods to Minimise:** Caffeine, high sugar low nutrient content,
- **Foods to Balance:** Grounding foods like whole grains, root vegetables, and protein-rich snacks. High fat (especially omega 3's for brain function).
- **Supportive Herbs:** Licorice (moistening, supports the immune system and adaptation to stress).
- **Warning Signs:** Nervous tension, respiratory issues, under eating, and shoulder strain.
- **Common Health Issues:** Respiratory infections, shoulder pain, and nervous exhaustion, mental illness, junk food addiction.



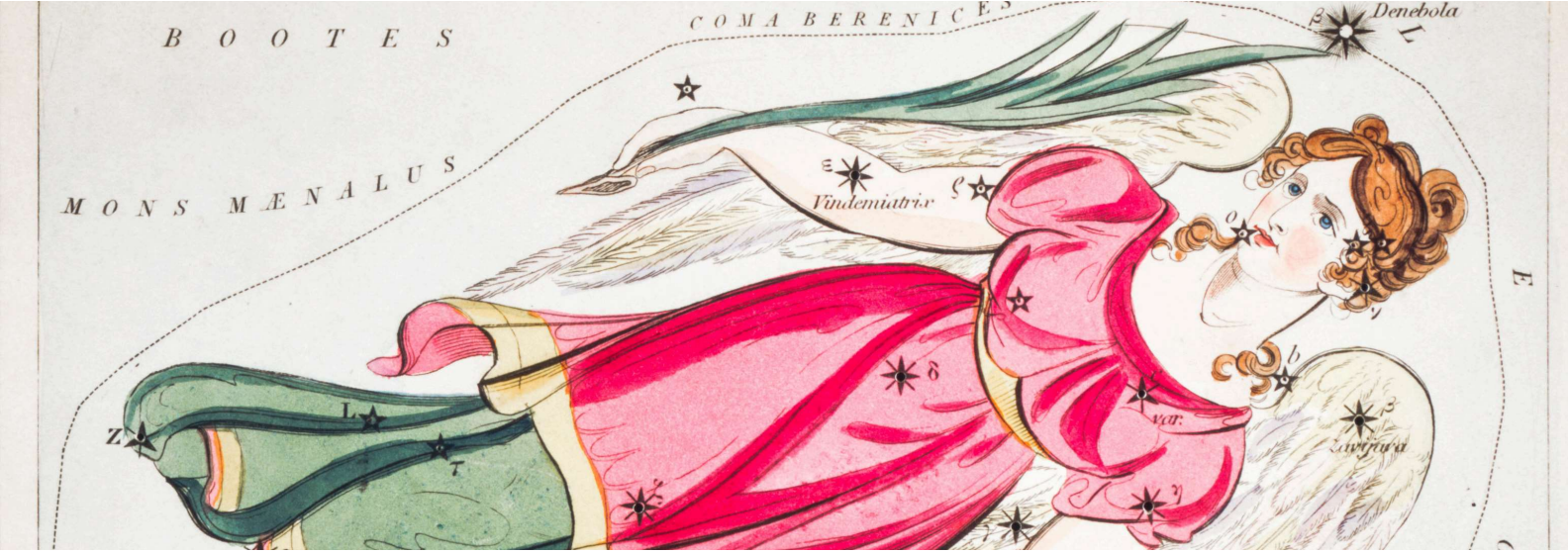
SUN IN CANCER (JUNE 21 - JULY 22)

- Energetic Description: The Sun in Cancer requires protection of ones life force energy, needing alone time to replenish vitality. Sensitivity, protection, and emotional resonance.
- Body Parts: Chest, breasts, stomach, digestive system, and uterus.
- Nourishing Activities: Home-based activities, cooking, and creative projects.
- Beneficial Foods: Comforting and nostalgic foods like soups, casseroles, and home-baked goods. Eggs and dairy.
- Foods to Minimise: Anything that causes stomach upset.
- Foods to Balance: Cooked vegetables, probiotic foods like kefir, yoghurt.
- Supportive Herbs: Chamomile for digestion and calming. Lemon Balm for emotional balance.
- Warning Signs: Emotional stress, digestive upsets, and fluctuating appetite.
- Common Health Issues: Digestive problems, emotional stress, and fluctuating stomach issues, weight gain/loss, swellings, allergies, fatigue.



SUN IN LEO (JULY 23 - AUGUST 22)

- **Energetic Description:** The Sun in Leo radiates confidence and creativity. The Sun gives the best vitality here, as long as the energy isn't foolishly misspent.
- **Body Parts:** Heart, back, spine (especially thoracic), bone marrow.
- **Nourishing Activities:** Performing arts, leadership roles, and social engagements.
- **Beneficial Foods:** Luxurious foods like steak (red meat and iron), gourmet dishes, red fruits and veg.
- **Foods to Minimise:** Excessive sugar and highly processed foods. Grains.
- **Foods to Balance:** Cooling greens, proteins. Mediterranean diet for cardiovascular health.
- **Supportive Herbs:** Hawthorn for all-round heart health. St John's Wort to ward off melancholy.
- **Warning Signs:** Stress-related heart issues, back strain, and overexertion.
- **Common Health Issues:** Cardiovascular issues, back pain, and stress-related conditions, dehydration, heatstroke, scoliosis, eye diseases.



SUN IN VIRGO (AUGUST 23 - SEPTEMBER 22)

- Energetic Description: The Sun in Virgo creates exceptional stamina and quick moving vital force. Discriminating and discerning, attentive to health.
- Body Parts: Digestive system, small intestines, pancreas, and nervous system.
- Nourishing Activities: Organising tasks, fitness routines, and skill-building activities. Yoga.
- Beneficial Foods: Organic, healthy, clean. Does well with eating regimens and routines, lacto-ovo vegetarian.
- Foods to Minimise: Heavy, greasy foods and excessive caffeine. Fermentable foods.
- Foods to Balance: Light, digestible foods like oatmeal, root vegetables, and herbal teas.
- Supportive Herbs: Fennel for digestion and wind removal. Lavender to soothe the nervous system.
- Warning Signs: Digestive disorders, anxiety, under eating, OCD.
- Common Health Issues: Digestive issues, low blood sugars, small intestinal bacterial overgrowth, anxiety, and stress-related ailments.



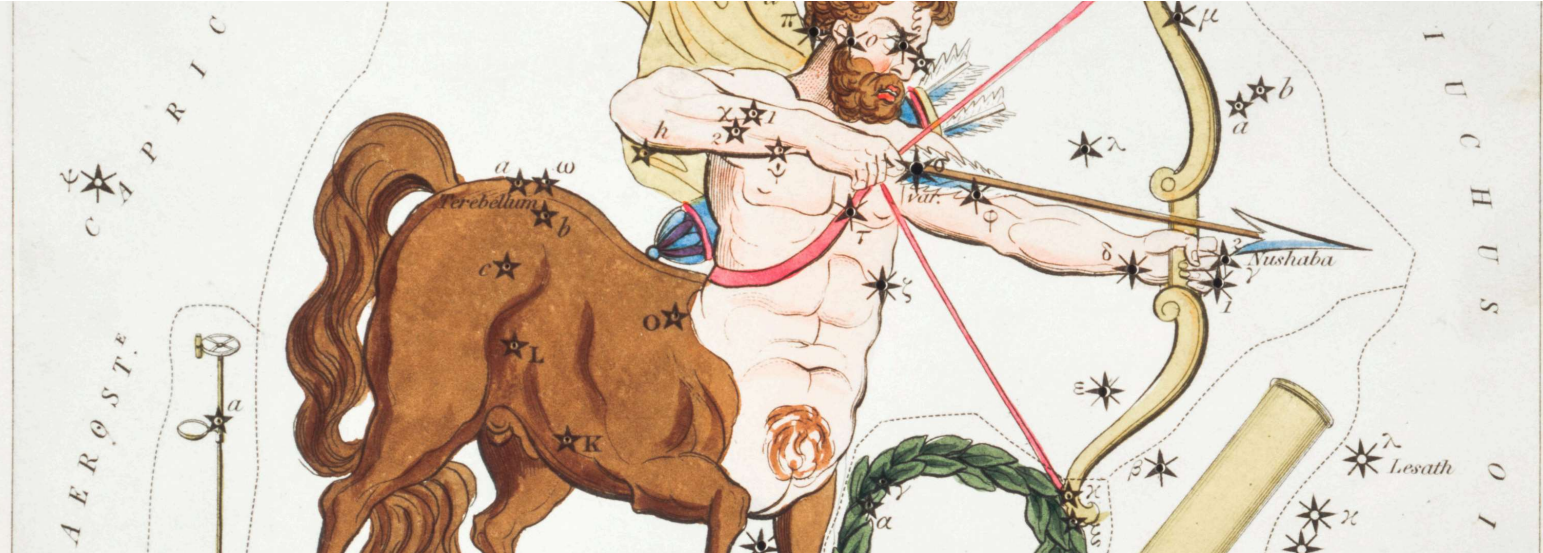
SUN IN LIBRA (SEPTEMBER 23 - OCTOBER 22)

- **Energetic Description:** The Sun in Libra loves balance and harmony and has excellent vitality. Vital force is pleasant and relaxing, however Sun may struggle to radiate it's light here with much power.
- **Body Parts:** Kidneys, lower back, endocrine system, bladder and skin.
- **Nourishing Activities:** Art and design, socialising, gentle social sports, pleasant walks.
- **Beneficial Foods:** Fruits (natural sugars).
- **Foods to Minimise:** Highly processed or overly salty foods. Processed sweets.
- **Foods to Balance:** Alkaline diets, water to flush kidneys, seaweed for iodine (endocrine support), juice fasts.
- **Supportive Herbs:** Burdock for it's exceptional cleansing properties, skin affinity, and astringency, as Libra can bring laxity.
- **Warning Signs:** Skin conditions, lower back pain, burnout.
- **Common Health Issues:** Sugar addiction, kidney issues, acne, endocrine hormone imbalances, adrenal burnout, ovarian issues.



SUN IN SCORPIO (OCTOBER 23 - NOVEMBER 21)

- **Energetic Description:** The Sun in Scorpio endows individuals with intense vitality and deep, transformative energy. Regenerative, with a powerful drive to overcome health challenges.
- **Body Parts:** Reproductive organs, and excretory system (bowels, bladder, sweat).
- **Nourishing Activities:** Deep psychological or emotional release. Sauna.
- **Beneficial Foods:** Foods rich in antioxidants, dark red fruits.
- **Foods to Minimise:** Heavy or processed foods, excessive sugar, caffeine, alcohol. Overly spicy foods.
- **Foods to Balance:** Fasting. Foods that support detoxification and gut health.
- **Supportive Herbs:** Milk thistle for liver support and detoxification. Ginger for digestive health and warming. Cabbage, prunes (fibre). Cranberry and pomegranate (prophylaxis for bacterial gut/urinary/repro infections).
- **Warning Signs:** Reproductive issues, body odour, bowel issues. Emotional stress and tension impacts physical health.
- **Common Health Issues:** Reproductive health concerns, bladder infections, heavy menstruation, Crohn's disease, STD's, candida, obsessions.



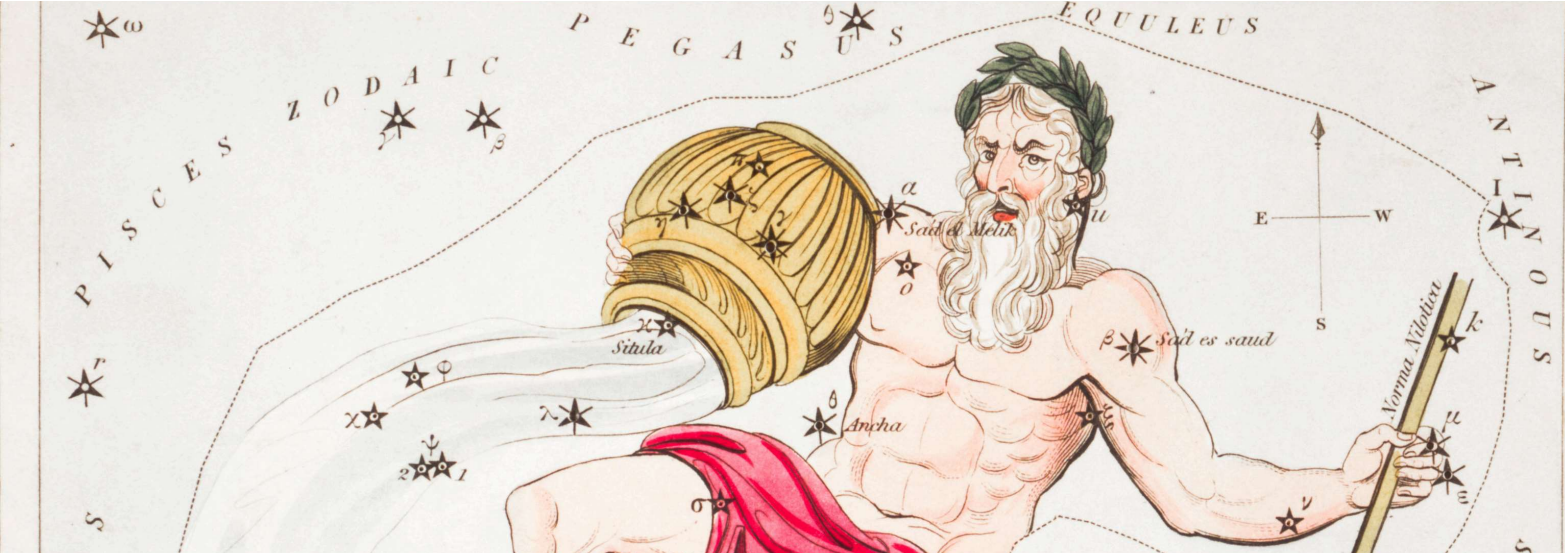
SUN IN SAGITTARIUS (NOVEMBER 22 - DECEMBER 21)

- **Energetic Description:** The Sun in Sagittarius brings exceptional vital force in the legs and nervous system. Restless, occasionally reckless causing injury.
- **Body Parts:** Hips, thighs, liver, and sciatic nerve.
- **Nourishing Activities:** Movement and exploration: Hiking, travel, cycling, horse riding. Regular physical exercise.
- **Beneficial Foods:** Foods that support liver health, such as leafy greens. "Horsey" food such as whole grains and greens. Red meat (centaurs are hunters).
- **Foods to Minimise:** Heavy, rich foods and alcohol. High-sugar and processed foods that burden the liver.
- **Foods to Balance:** Nutrient-dense and support energy levels, like oats, nuts, and berries. Bitter greens.
- **Supportive Herbs:** Milk thistle for liver health. Withania for energy management.
- **Warning Signs:** Hip or thigh injuries, weight gain. High blood pressure.
- **Common Health Issues:** Liver disorders, sciatic nerve issues, and injuries related to physical activity. Insomnia.



SUN IN CAPRICORN (DECEMBER 22 - JANUARY 19)

- **Energetic Description:** The Sun in Capricorn gives poor vitality in childhood, improving to robust hardiness with age. Energy of structure and endurance.
- **Body Parts:** Knees, bones, teeth, and skin, joints, ligaments, parathyroid, gallbladder.
- **Nourishing Activities:** Activities that build strength and resilience such as weight training, and goal-oriented tasks. Pleasant company and music to ward of melancholy.
- **Beneficial Foods:** Foods that support bone health and energy, rich in minerals. Well cooked, fibrous (goat food), alkaline and warming.
- **Foods to Minimise:** Acid forming foods, processed food. Excess calcium (forms stones). Inflammatory (seed) oils.
- **Foods to Balance:** Nutritious, warm and moist (to balance Cap's cold and dry nature). Small meals often.
- **Supportive Herbs:** Nettle as a nutritive. Ginger for warmth and stimulation.
- **Warning Signs:** Bone issues, joint pain, and skin problems. Malnourishment.
- **Common Health Issues:** Arthritis, rheumatism. Skin issues. Infertility. Nutrient deficiencies, constipation.



SUN IN AQUARIUS (JANUARY 20 - FEBRUARY 18)

- **Energetic Description:** The Sun in Aquarius is in it's fall and can create a weaker vitality. It fosters a unique, unusual quality.. This placement encourages unconventional approaches to health and wellness.
- **Body Parts:** Circulatory system, venous sytem, ankles, calves, nerve impulses and bodily electrical system.
- **Nourishing Activities:** Engaging in humanitarian, truth seeking endeavours. New age ideas, freedom.
- **Beneficial Foods:** Foods that support circulation (ginger, garlic, spice) and build blood (red meat, beetroot, dark leafy greens). Organic produce.
- **Foods to Minimise:** Caffiene. Foods laden with pesticides. Excess salt. Refined carbs.
- **Foods to Balance:** Oragnic. Oily fish, eggs (nervous support). Red meat.
- **Supportive Herbs:** Ginkgo biloba for circulation and mental clarity.
- **Warning Signs:** Circulatory issues, ankle or calf injuries. Erratic energy levels.
- **Common Health Issues:** EMF hypersensitivty. Fatigue, anaemia, low blood pressure. Muscle spasm. Varicose veins, venous insufficiency.



SUN IN PISCES (FEBRUARY 19 - MARCH 20)

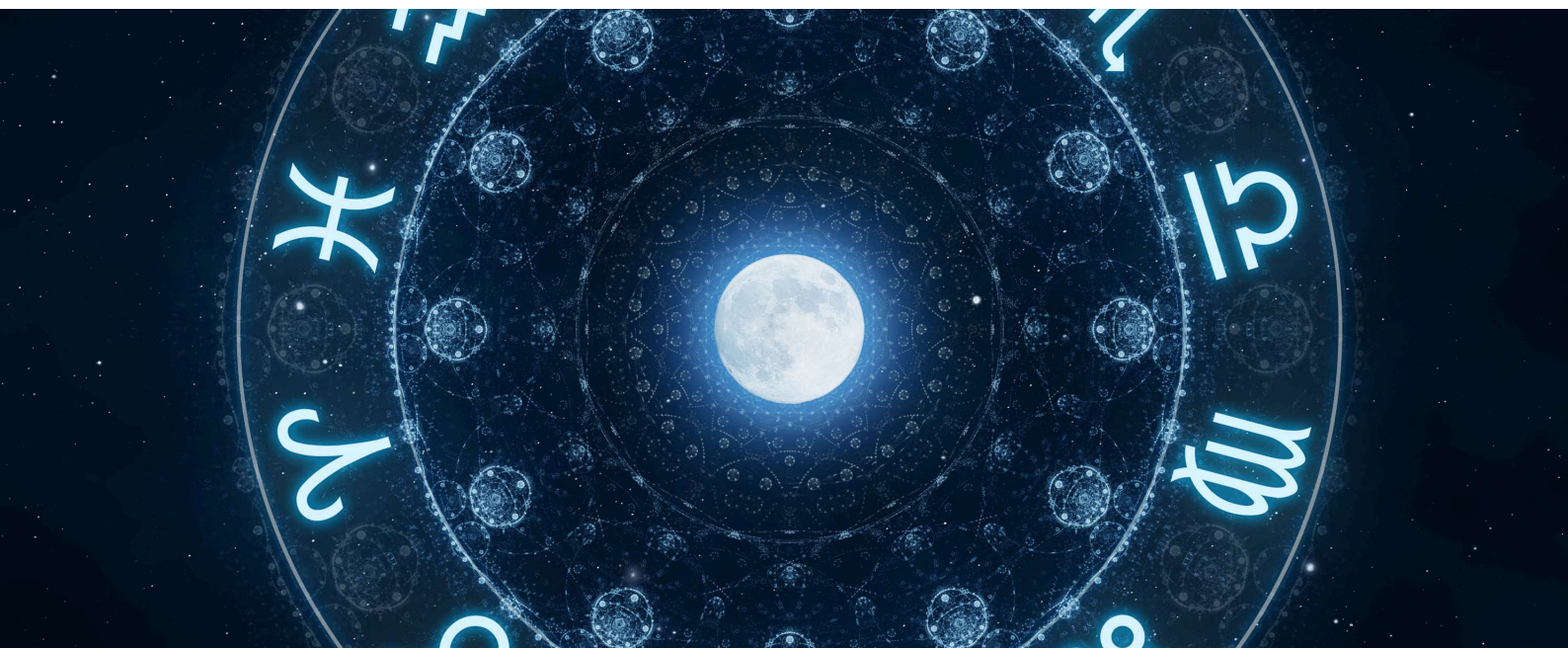
- **Energetic Description:** The Sun in Pisces creates a diffused vitality, as the Sun is underwater. This can cause physical delicacy or weakness. Focus on emotional and spiritual well-being. Dreamy.
- **Body Parts:** Feet, lymphatic system, and immune system. Pineal gland.
- **Nourishing Activities:** Practices that support emotional and spiritual health such as meditation, gentle exercise, and creative expression. Gentle sunshine. Water based activities.
- **Beneficial Foods:** Foods that support the immune system and hydration, such as fruits, vegetables, and herbal teas. Soups, seafood.
- **Foods to Minimise:** Intoxicants (caffiene, alcohol).
- **Foods to Balance:** Root vegetables (to connect to the Earthly realm), protein, iron rich foods. Oats.
- **Supportive Herbs:** Echinacea for immune support.
- **Warning Signs:** Immune system issues, fluid retention, and feet-related problems. Emotional stress. Substance abuse.
- **Common Health Issues:** Immune system vulnerabilities, fluid retention, lymphatic issues, overeating, overweight, depression. Drug abuse.



BEYOND THE SUN SIGN

It's important to note that this resource focuses solely on Sun signs, which represent just one aspect of your astrological makeup. Other celestial bodies and points in your birth chart also provide crucial information about your health and well-being:

- Moon: Emotional health and habits
- Mercury: Nervous system and cognitive function
- Venus: Harmony, balance, and endocrine system
- Mars: Energy levels and physical vitality
- Jupiter: Liver, growth, and overall health expansion
- Saturn: Skeletal system, teeth, and long-term health patterns
- Uranus: Nervous system and sudden health changes
- Neptune: Immune system and subtle energetic influences
- Pluto: Transformative health experiences and regeneration
- Asteroids: Specific health areas and tendencies
- Lunar Nodes: Karmic health patterns and life path



WANT TO KNOW MORE?

Your birth chart, which is based on the exact time, date, and location of your birth, serves as your personal cosmic blueprint. This blueprint remains constant throughout your life, offering a unique tool for understanding and navigating your health journey. It provides valuable insights into your inherent strengths, potential vulnerabilities, and the most effective ways to maintain balance and wellness throughout different life stages.

For a comprehensive understanding of your unique cosmic blueprint and how it relates to your health, consider booking a personalised medical astrology chart analysis with me. This in-depth analysis can provide tailored insights into your specific health tendencies, strengths, and areas for attention based on your full astrological chart.

To explore your individual health profile through the lens of medical astrology, book a reading to delve deeper into your cosmic health blueprint. This personalised approach can offer valuable guidance for your lifelong wellness journey



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