



Astro*Health Trends

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Astrology & Trends

- ★ What is a trend?
- ★ How can astrology help predict/define?
- ★ Which planets to use?
 - ★ Time cycles
 - ★ Different meanings/"actions"
 - ★ Cultural arenas reflected in signs transitted

Why is Looking at Trends Important?

- ★ Gemini perspective
 - ★ fact/figures interesting
- ★ Virgoan perspective
 - ★ see how pieces fit together
- ★ Aquarian perspective
 - ★ big picture, see elegance of astrology
- ★ Piscean perspective
 - ★ enhancing well-being of clients

Saturn in Virgo

- ★ Some areas of health related to Virgo:
 - ★ Agriculture
 - ★ Food supply
 - ★ Health food
 - ★ Healthcare
 - ★ Grains
 - ★ Digestion

Saturn in Virgo: Past

★ Past 2 Cycles

- ★ 1949: Last vitamin isolated/synthesized
- ★ 1949: *Live Younger, Live Longer*
- ★ 1950: *Prevention Magazine*
- ★ 1951: Ergot/Hg outbreak southern France
- ★ 1979/1980: Pritikin Diet book
- ★ 1980: Dietary Guidelines for Americans
- ★ 1980: 1st Whole Foods Markets opened

Saturn in Virgo: This Cycle

- ★ Michael Pollan's books
- ★ Food recalls
- ★ Home gardens; farmer's markets
- ★ Canning and home preservation
- ★ Gluten-free diets/foods
- ★ Calorie disclosure at restaurants
- ★ Higher awareness of GMOs
- ★ National healthcare (Virgo/Libra)

Saturn in Libra

- ★ Some areas of health related to Libra:
 - ★ Sugar/sweeteners
 - ★ Blood sugar balance, diabetes
 - ★ Kidneys
 - ★ Skin
 - ★ Female health
 - ★ Diets (the Scales)

Saturn in Libra: Sweeteners

- ★ 1952: 1st sugar-free soda, NoCal
- ★ 1982: Aspartame approved by FDA
- ★ 1982: Diet Coke introduced
- ★ Now/Near Future:
 - ★ Rising sugar prices
 - ★ Soda tax
 - ★ HF corn syrup vs. “real cane sugar”
 - ★ Revelations on artificial sweeteners?
 - ★ Revelations on “natural” sweeteners?

Saturn in Libra: Blood Sugar

- ★ 1922: 1st successful insulin injection
- ★ 1982: Humulin approved by FDA
- ★ Now/Near Future:
 - ★ Prevalence = 12.3%
 - ★ Rates in children escalating
 - ★ Greater awareness of issue
 - ★ New focus on prevention
 - ★ Growing awareness of insulin resistance

Saturn's in Libra, but it has company....

- ★ Cardinal Cross

- ★ Pluto in Capricorn

- ★ Capricorn: bones, joints, aging, skin

- ★ Uranus and Jupiter in Aries

- ★ brain, head, face, circulatory system, muscles

- ★ What may this look like?

- ★ Focus on anti-aging

- ★ Innovation vs. tradition

Let's bring in Pluto in Capricorn

- ★ Health impacts of hair dye
 - ★ Beauty: Libra
 - ★ Hair: Saturn (Leo)
 - ★ DNA mutations, malignancies: Pluto
- ★ Skin health
 - ★ Anti-aging; turn to natural means
 - ★ Cosmetic injections
 - ★ Skin cancer
- ★ Bone/cartilage health

Let's bring in Uranus and Jupiter in Aries

- ★ Brain function
 - ★ Neuroplasticity
 - ★ Brain gyms
 - ★ exercises, “mental fitness software”
 - ★ Mindfulness meditation
- ★ Cerebrovascular system

Cardinal Cross

- ★ Anxiety

- ★ Blood sugar balance

- ★ Flower essences

- ★ Rescue Remedy, Aspen, Mimulus, Mustard, Dill

- ★ Essential oils

- ★ Lavender, Chamomile, Neroli

- ★ Exercise, moving meditation



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