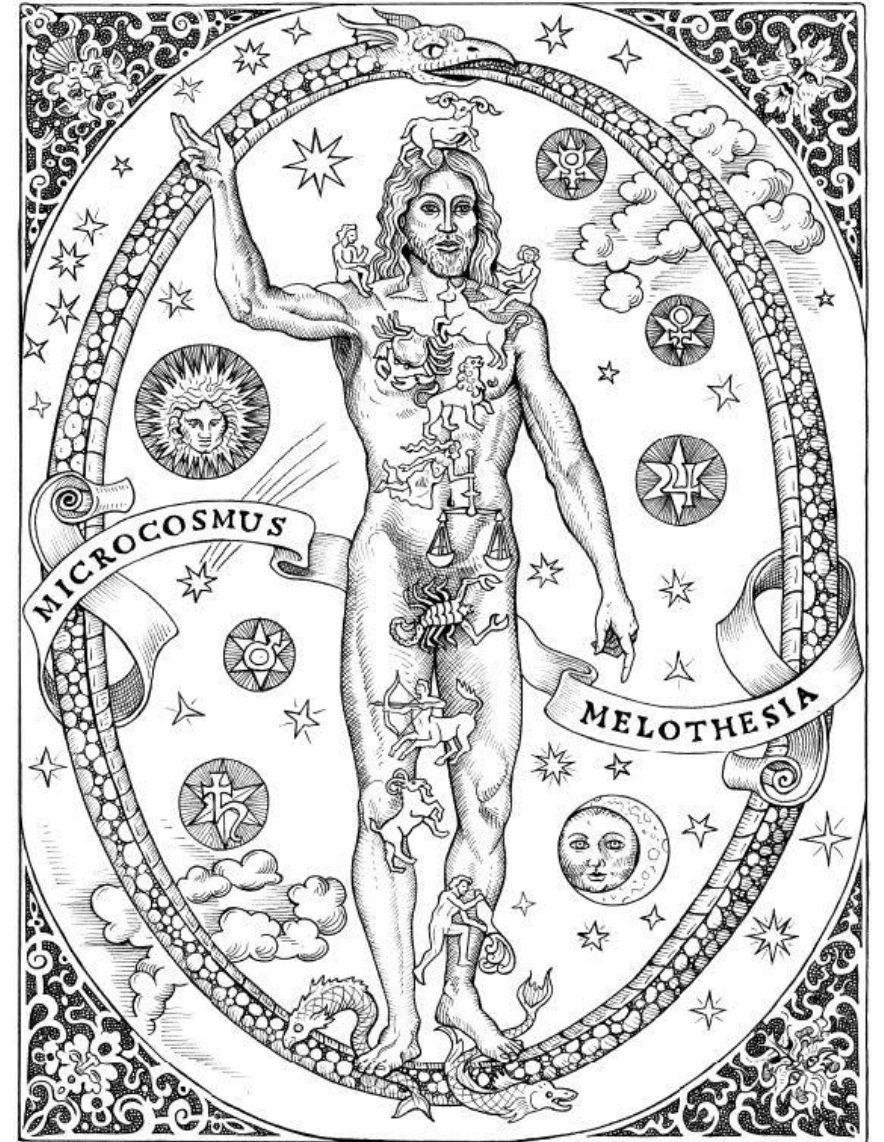


The Outer Planets- Transits and Your Health

Kira Sutherland
FAA January 2025
@astrologyofhealth

www.astrologyofhealth.com





Caution

- This lecture is given for educational, entertainment and historical purposes only.
- Any changes to your health care routine should be discussed with your health care professional. This lecture is not a substitute for medical care.
- Many natural remedies can have interactions with prescription medications and should be discussed with prescribing practitioners
- Trigger warning

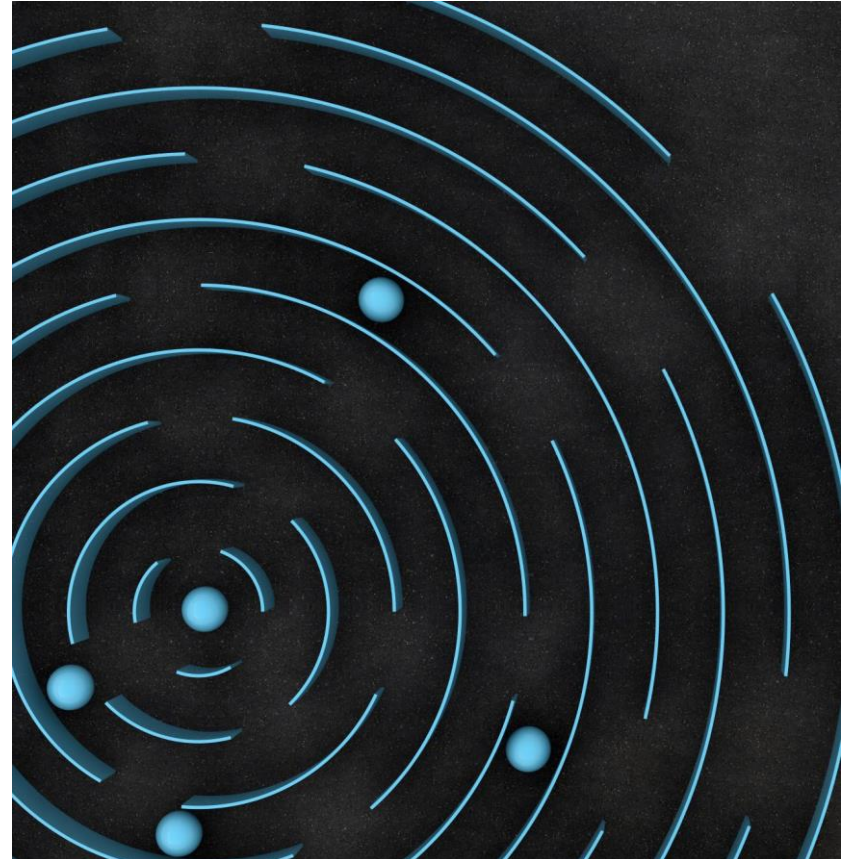
Cynthis Occeci

For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.



Transits

- Each planet has a specific medical nature and will produce accidents and injuries in line with this energy
- Where the ailments take place depends on the sign, house and planets involved
- Transits and progressions/solar arcs do not always herald problems but maybe the triggers for re-occurrence or resolution of ailments





Transits

- Situations to undergo change on many levels: physical, emotional, mental and spiritual
- If we are aware beforehand, there is a chance to prepare ourselves in a proactive manner
- They may not come with ease and grace but may enter our lives through crisis and upheaval

- **Do not predict a specific illness!**
- **This is unethical and dangerous!**

Aspects	Degrees	Orbs	Distance	Astrology Meaning	Health Meaning
Conjunction ♂	0 degrees	0-8	Same sign and element	Emphasis, focus, intensification, concentration, a new activity, direct in action, combined	Shared energy, potency, intensity, and co-regulation can be either positive or negative, combined energy, entwined, merged and can't be separated, can create an extra need for nutrients due to high use
Opposition ♁	180 degrees	0-5	6 signs away Compatible elements	Awareness, imbalance, opposite, cooperation is needed, conflict, other, tug of war, opposing factors or influences	Opposites, creates imbalance, fluctuations of function, Depletion of energy, push and pull, if similar in nature, can enhance each other, creates deficiencies
Square ◻	90 degrees	0-5 or 7	3 signs away Same mode, and opposite element	Challenge, action, often dynamic, tension, resistance, need to make a decision, turning points, stumbling block	Dysregulation, disharmony, issues with function, stress held between two planets, depletion of energy or function, friction that forces things to happen and can create absorption issues
Trine △	120 degrees	0-7	4 signs away Same element	Flow, ease of interaction, harmony, inspiration, idealism, laziness, pleasure, support of each other, natural creativity and talent	Supports function and communication between planets, It can create too much ease and laziness, easy to assimilate/absorb
Quincunx ⋈	150 degrees	0-3	5 signs away Different mode and element	Adjustment, reorganisation, lack of perspective, strain, miscommunication, nothing in common (element or mode)	Confusing, weakening, misunderstanding, awkward, irregular, unknown factors, malfunction and lack of communication, hidden and unseen issues, tricky health aspect – needs to be watched

- The relationship/dialogue between two planets/points. Specific aspects describe the storylines/scripts—the dynamic between the planets (type of flow and relationship). Frank Clifford/LSA
- **A similar element** means both are hot/warm or both are cold/cool (fire to air and water to earth)
- **The opposite element** means masculine to feminine or yin to yang, expanding or contracting, hot/warm to cold/cool, dry to moist (fire to water and earth to air). You can also be fire to earth and water to air, which are not opposite but not quite compatible either.
- **Elements – Earth, Fire, Air and Water** and each contains 3 signs
- **Modes – Cardinal, Fixed and Mutable**, and each contains all 4 elements

	General rulership and governing
Sun	Vital, constitution, heart, and general energy
Moon	Nutritive, digestion, emotions, chest area, mucus membranes, cycles
Mercury	Neural, nervous system, lungs, hormones, communication organs
Venus	Lymphatic, indulgences, veins, female reproduction, sugar, thyroid
Mars	Inflammatory, immune, adrenals, acute, red, male reproduction, proteins
Jupiter	Plethoric, liver, overdoing things, blood sugar levels, fats
Saturn	Chronic, restrictive, aging, bones, cartilage, skin
Uranus	Spasmodic, sudden, cramps, unusual, electrics
Neptune	Comatic, circadian rhythms, immune system, mental health, hard to diagnose
Pluto	Transformative, purification, bowels, reproduction and hormones, genetics
Chiron	Healing Journey, crisis, conception, birth, fatigue, lessons with illness
Nodes	Karmic path, trigger points for health ailments and resolutions

Antipathy vs Sympathy treatment



Idea of using remedies that either resonate harmoniously or counteract the astrological influences present in a person's chart



Using Mars remedies when there is inflammation (Sympathy)



Using Sun remedies when there is Saturn melancholy (Antipathy)



Treatments often work via sympathy and antipathy

Transits and Progressions/Solar Arcs

- Especially of Mars, Saturn and the outers, including Chiron and the Nodes
- Take note of transits, especially to the Ascendant, the 6th and 12th houses
- Can be a health crisis or resolution





Uranus (Spasmodic)

Unusual, electric and sudden

- Affects the mind and the nervous system
- Circulation, veins and arteries
- Involuntary part of the nervous system – controls digestion, respiration and heart rate
- The energy of the nervous system (**electrical impulses**)
- Meridian systems of the body
- Creation of energy/ATP (mitochondria and electron transport)
- Biorhythms and the hypothalamus

Uranus Ailments

- Unusual/sudden problems
- Spasms, twitches and cramps
- Injuries, accidents, unexpected happenings
- Explosions, electric and other shocks
- Strictures or ruptures/aneurism
- Palpitations and anxiety/panic attacks
- Strong influence on the nervous system
- Epilepsy, fainting or paralysis
- Poor co-ordination and circulation issues
- Blood clotting, blood pressure problems/angina
- Hives, rashes, herpes and prickly heat
- Probable relation to histamine

Uranus



Accidents and nervous conditions



Tension, anxiety, panic attacks and nervous exhaustion/breakdown



Transits create change/disruption to the normal functions of daily living



Major changes in health and habits can be made at this time (Radical change)

Remediation for Uranus

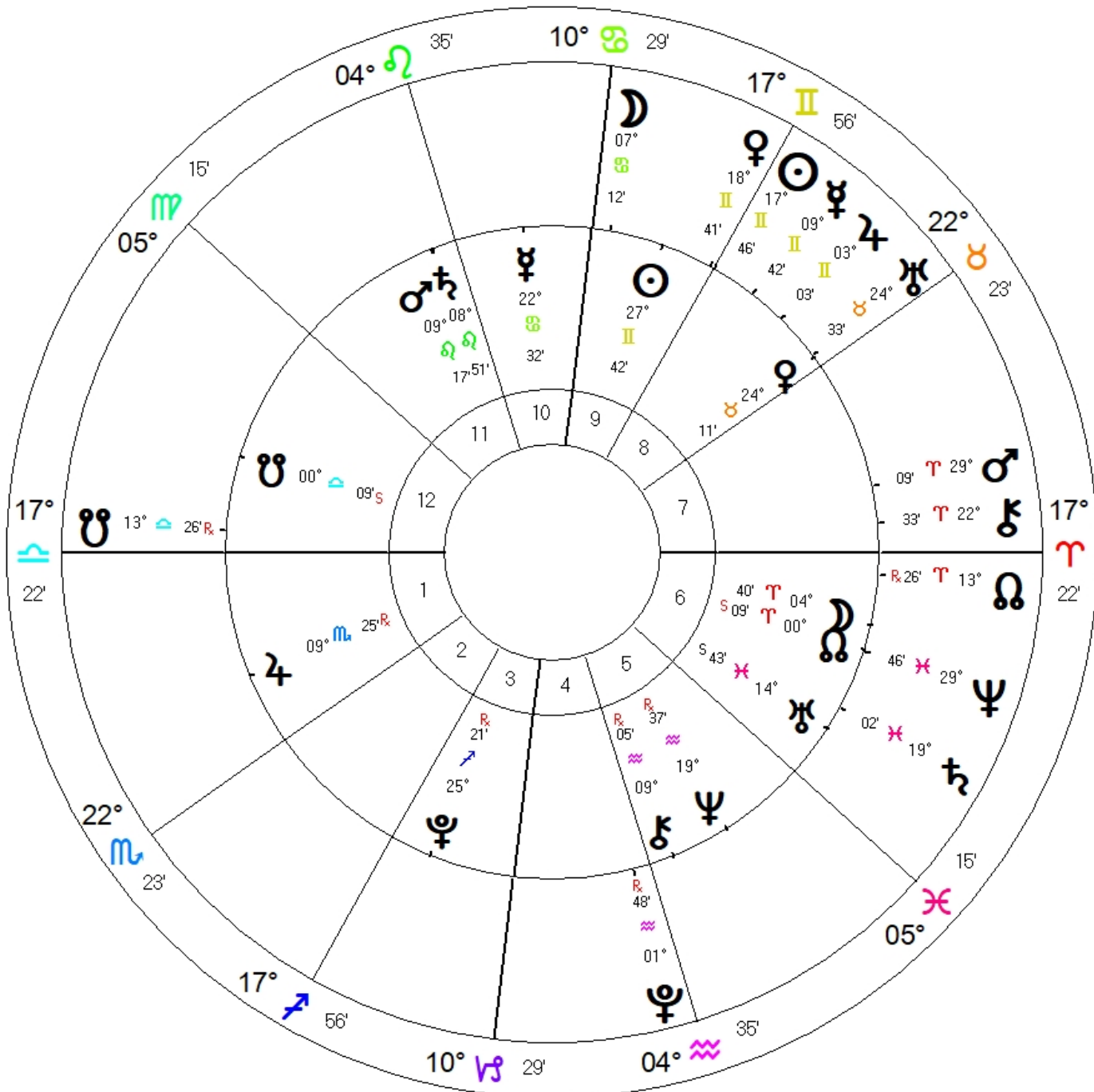
- Embrace change and **release control**
- **Energetic healing** treatments (sound, reiki, kinesiology, homoeopathy etc.)
- Mindfulness and grounding practices:
- **Embrace individuality** and causes that feel important to you
- **Using foods and herbs that support the nervous and circulatory systems** or are ruled by Mercury or Uranus (Skullcap, Passionflower, Vervain, Chamomile, Lemon Balm, Hawthorne, Motherwort)
- Gems such as labradorite, amethyst, or aquamarine
- **Minerals such as Magnesium and other electrolytes** to support circulation, hydration and nervous system

Inner Wheel

SA Natal Chart

19 Jun 2006, Mon
12:52 pm AEST - 10:00
North Sydney, Australia
33°S 50° 151°E 13'

Geocentric
Tropical
Placidus
True Node



Outer Wheel

Collar bone break Natal Chart

8 Jun 2024, Sat
11:34 am AEST - 10:00
North Bridge, Australia
33°S 49° 151°E 13'

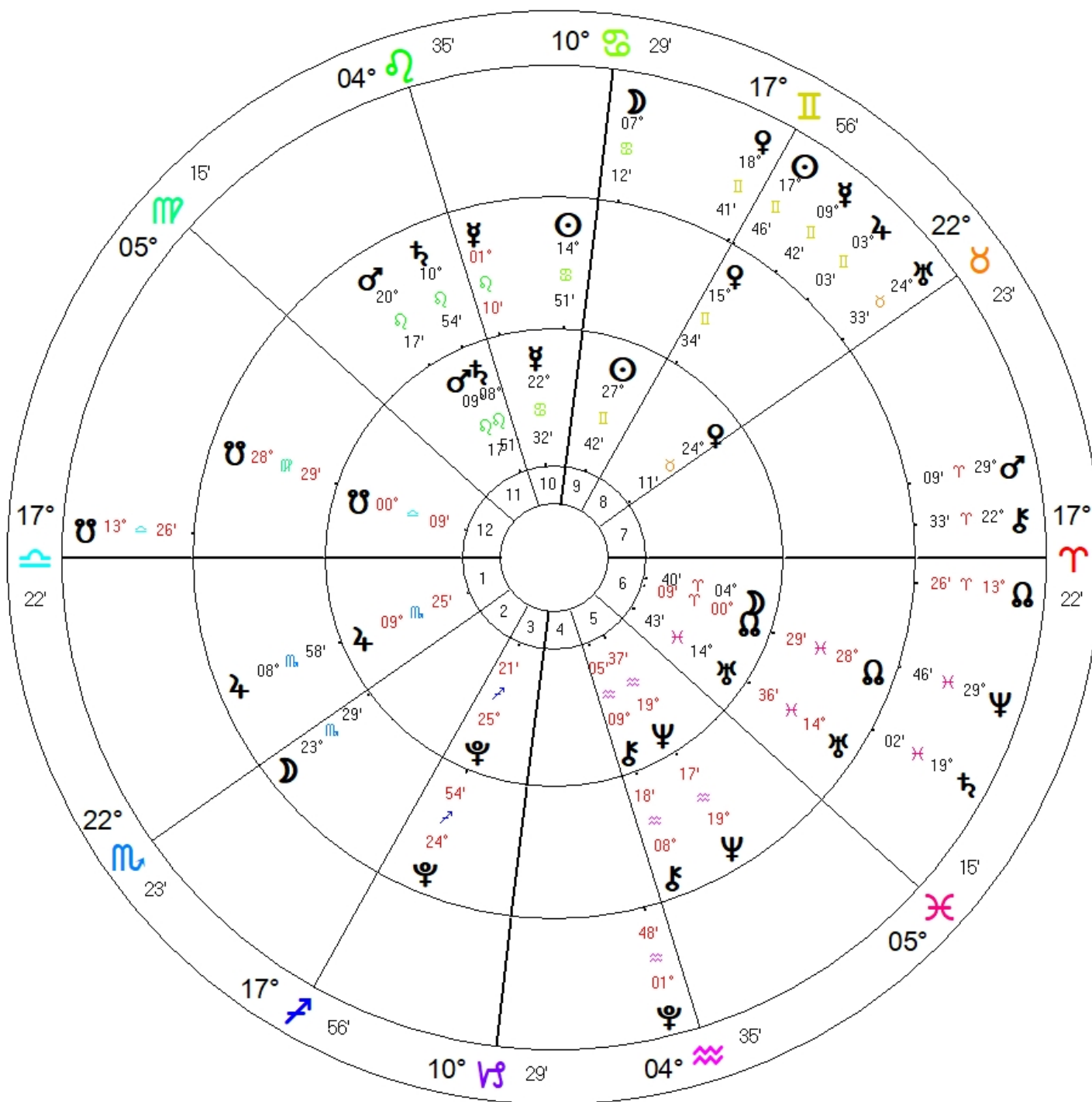
Geocentric
Tropical
Placidus
True Node

Inner Wheel

SA Natal Chart

19 Jun 2006, Mon
12:52 pm AEST - 10:00
North Sydney, Australia
33°S50' 151°E 13'

Geocentric
Tropical
Placidus
True Node



Middle Wheel

SA

Sec.Prog. SA in Long
8 Jun 2024, Sat
11:43 am AEST - 10:00
North Sydney, Australia
33°S50' 151°E 13'

Geocentric
Tropical
Placidus
True Node

True Node
Placidus
Tropical
Geocentric

33°S49' 151°E 13'
North Bridge, Australia
11:34 am AEST - 10:00
8 Jun 2024, Sat

Natal Chart Collar bone break

Outer Wheel

Neptune (Comatic)

Hypnotic, deceptive, allergic and draining

- Lymphatic, immune system and spinal fluid
- Pineal gland (circadian rhythms/melatonin?)
- Intuition, dreams and sleep (co-ruler)
- Poisons and drugs (substances introduced into the body that has no normal chemical role)
- These substances **DECEIVE** the body's perceptions and make it react in abnormal ways e.g.; caffeine, alcohol, anesthetics, tobacco, hallucinogenic, opiates etc.
- Movement of fluids and gases within the cells of the body
- **Obscure, uncommon and hard to diagnose diseases**

Neptune Ailments



Obscure/hard to diagnose diseases



Lymphatic problems, congestion and fluid retention



Parasitic, bacterial, fungal and viral infections



Allergies (over reaction of the immune system)



Anxiety disorders, confusion, neurosis, fear, fantasy, and drug use



Addictions, psychosis, alcoholism, schizophrenia, hallucinations and OCD



Dissipation of energy/depletion

Neptune

- Greater tendency to disease and infection as it rules the immune system
- Auto-immune problems
- Lethargy and chronic fatigue
- Accidents/problems with water, drugs or alcohol
- More sensitive at this time = reclusive, need more rest and dream work
- Fears and anxieties can become strong
- Habits started during a Neptune transit are VERY hard to break

Remediation for Neptune

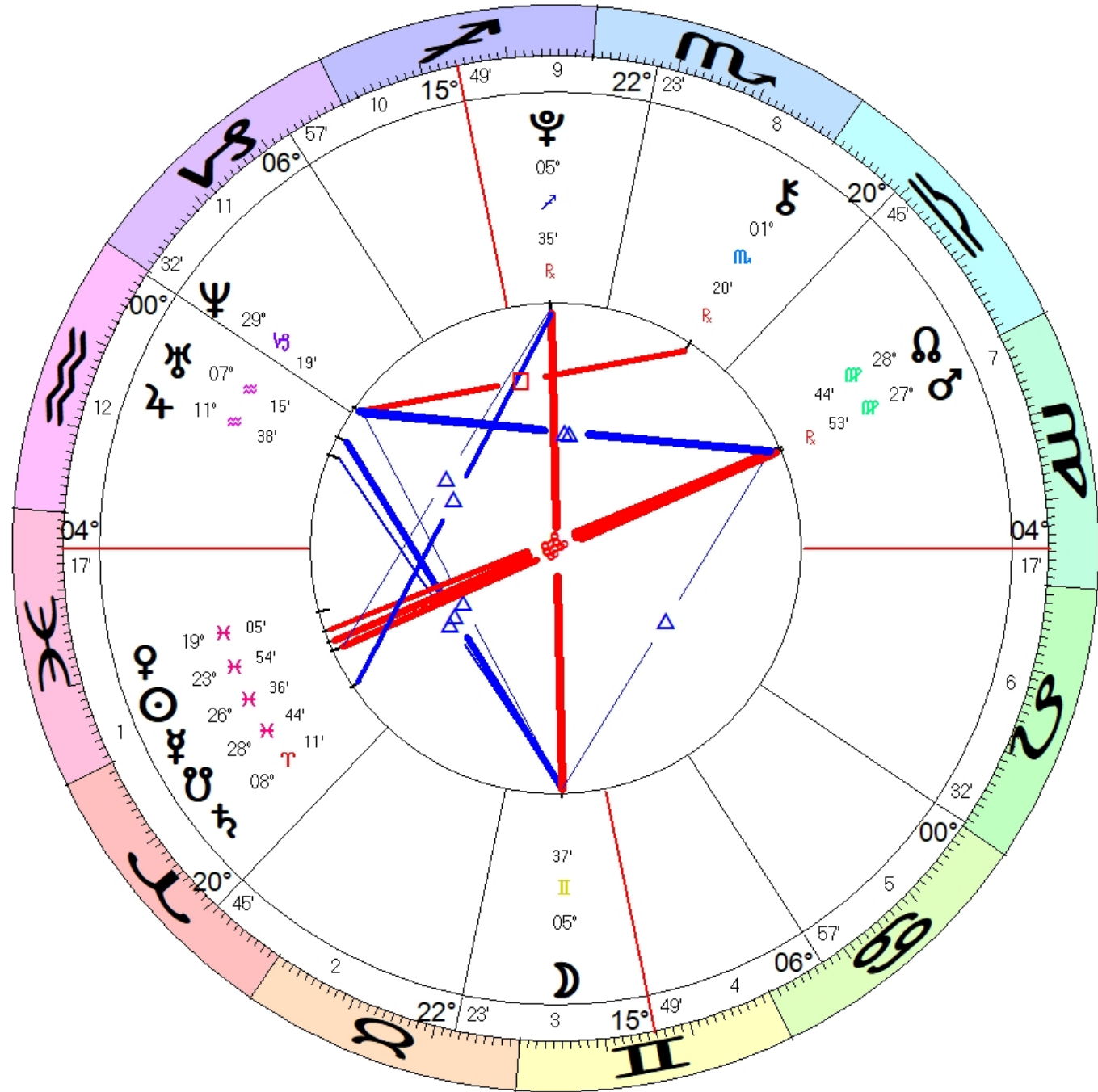
- Grounding techniques, physical exercise
- **Sleep and rest, dreams and journal**
- **Surrender to your energy levels or lack of them**
- Creative expression and spiritual practices
- Creating healthy boundaries and being realistic
- Gems such as amethyst and aquamarine
- Foods and herbs ruled by Neptune or that support the immune system (Echinacea, Astragalus, Clivers, Elderflower/berry)
- Foods/herbs to support sleep and emotions (Saffron, tart cherry, California poppy, Passionflower, Withania)
- Being aware or discerning about addictions/finding healthy addictions if possible

Simone Biles

Natal Chart

14 Mar 1997, Fri
6:02 am EST +5:00
Columbus, Ohio
39°N 57°40' 082°W 59'56"

Geocentric
Tropical
Placidus
True Node

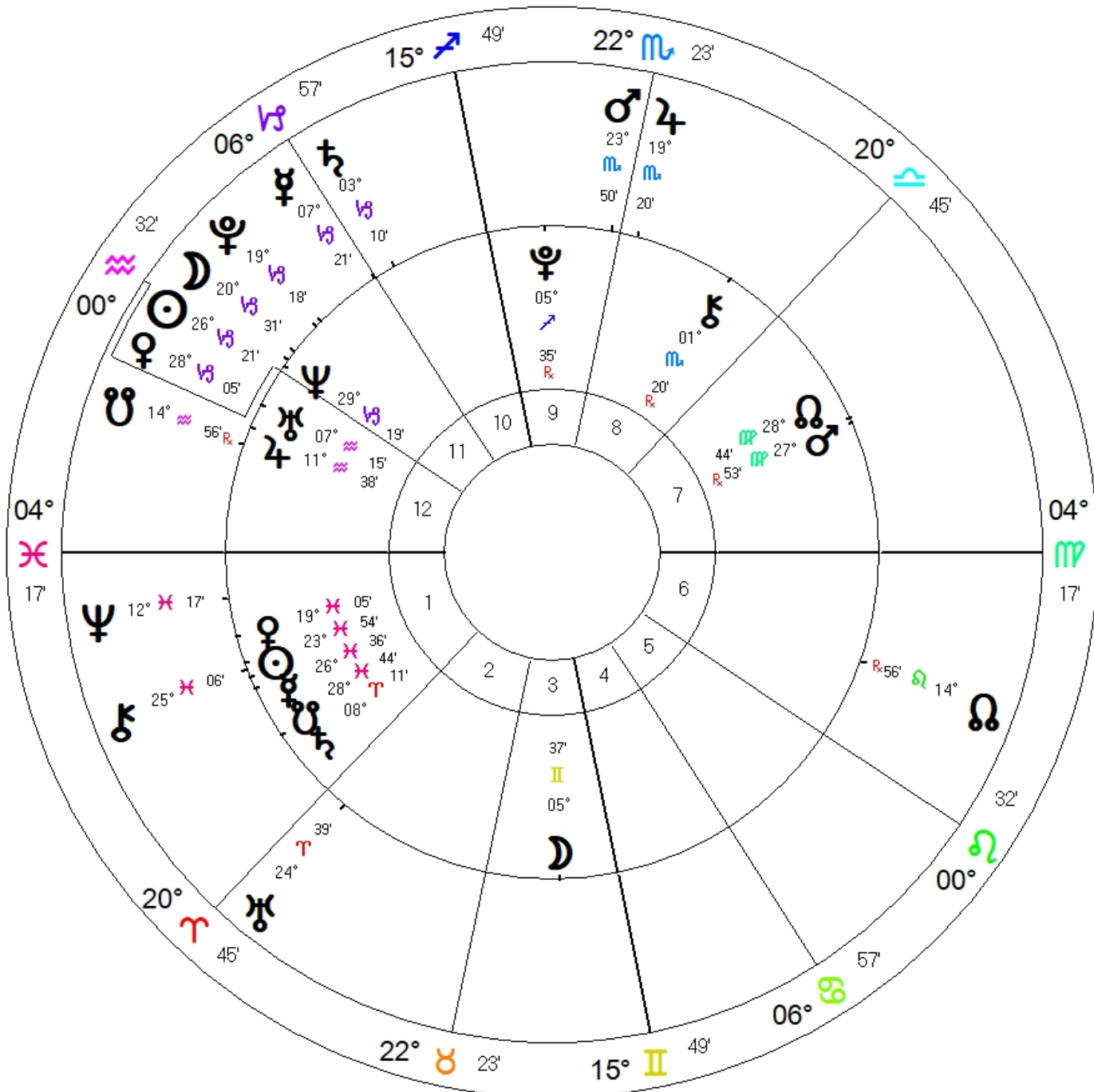


Inner Wheel

Simone Biles Natal Chart

14 Mar 1997, Fri
6:02 am EST +5:00
Columbus, Ohio
39°N57'40" 082°W59'56"

*Geocentric
Tropical
Placidus
True Node*



Outer Wheel

Simone announce of abuse Natal Chart

16 Jan 2018, Tue
8:22 am EST +5:00
New York, NY
40°N42'51" 074°W00'23"

*Geocentric
Tropical
Placidus
True Node*

Simone Biles – Japan Olympics 2021

"I have to put my pride aside, Biles said afterward. 'I have to do what's right for me and focus on my mental health and not jeopardize my health and my well-being. So that's why I decided to kind of take a step back. At the end of the day, we're human, too, so we have to protect our mind and our body rather than just go out there and do what the world wants us to do.'"

Bob Martin/Sports Illustrated



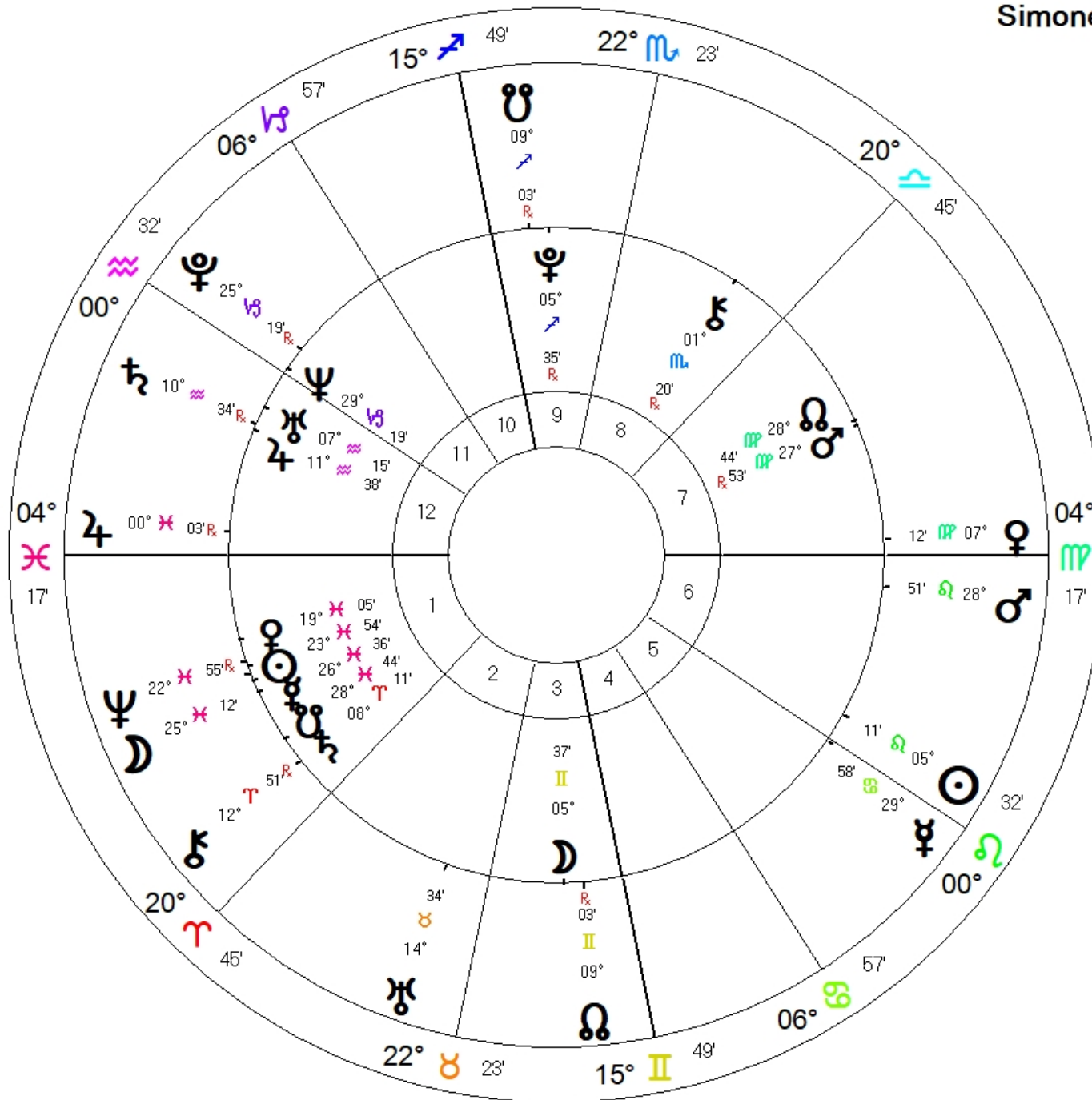
Inner Wheel

Simone Biles

Natal Chart

14 Mar 1997, Fri
6:02 am EST +5:00
Columbus, Ohio
39°N57'40" 082°W59'56"

Geocentric
Tropical
Placidus
True Node



Outer Wheel

Simone Biles withdrawl tokyo olympics

Natal Chart

28 Jul 2021, Wed
10:00 am JST -9:00
Tokyo, Japan
35°N42' 139°E46'

Geocentric
Tropical
Placidus
True Node

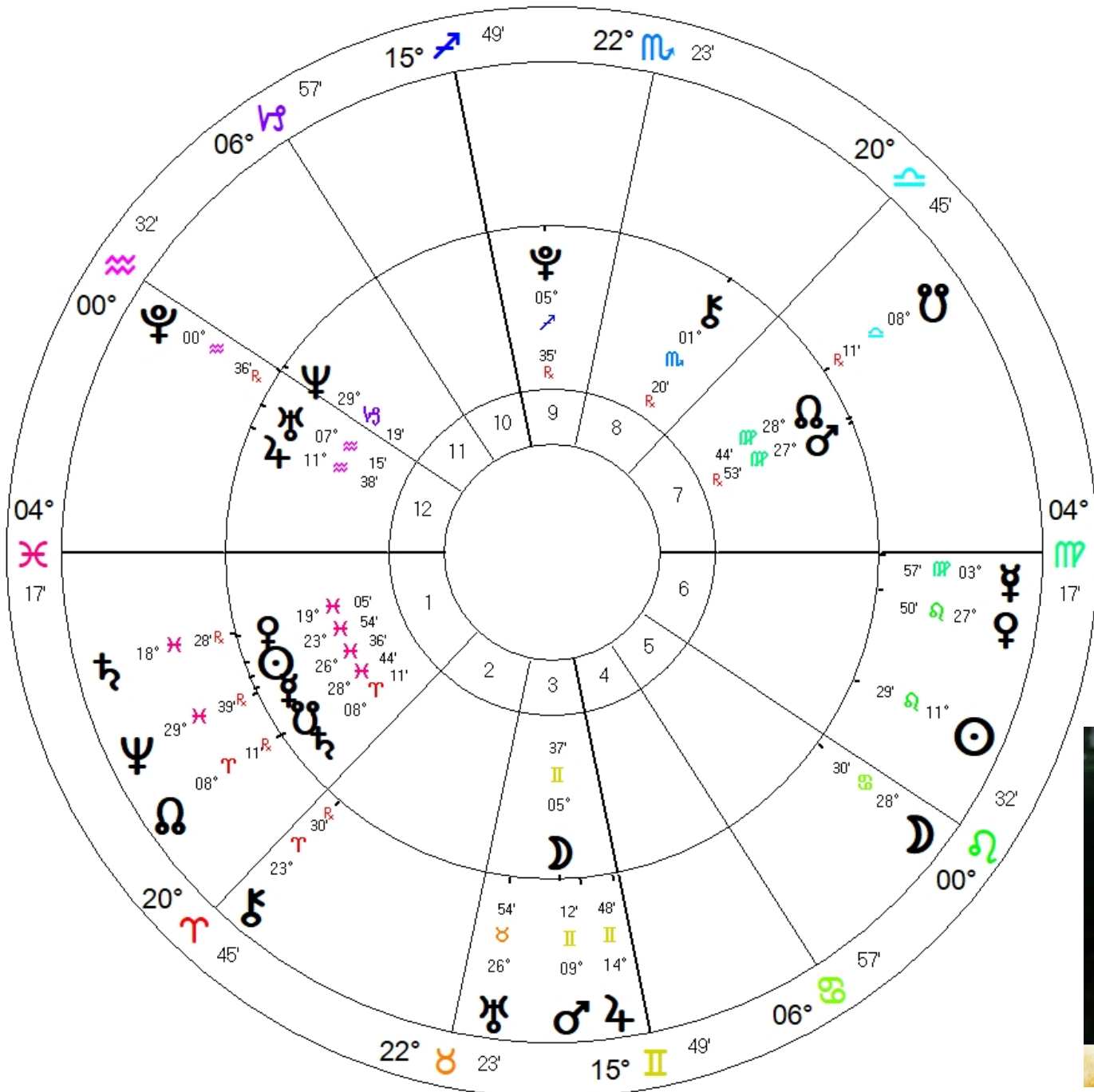
Inner Wheel

Simone Biles

Natal Chart

14 Mar 1997, Fri
6:02 am EST +5:00
Columbus, Ohio
39°N57'40" 082°W59'56"

*Geocentric
Tropical
Placidus
True Node*



Outer Wheel

Simone Biles Vault Gold Medal

Natal Chart

3 Aug 2024, Sat
10:20 am CEDT -2:00
Paris, France
48°N52' 002°E20'

*Geocentric
Tropical
Placidus
True Node*



Pluto (Transformative)

Transformative, strong powers of regeneration, birth, death and renewal

- Deep subconscious drives/urges, survival, procreation
- Hidden cell changes, destruction of tissue
- Poisons and toxins (accumulation in the body)
- Discharges: sweat, mucus, urine, diarrhea, boils, puss
- Hereditary processes/genetics/DNA
- Tumors, birthmarks, warts, moles
- Libido and orgasm, sex hormones, sperm and ovum
- Excretory system/bowel, rectum and anus
- Pituitary gland: control of growth, hormones, secretion and development of secondary sexual characteristics

Pluto ailments



Genetic disorders, defects in DNA



Toxemia, discharges, fermentation



Constipation, hemorrhoids



Boils, abscesses and growths



Reproductive ailments/hormone problems



Hidden cell changes and destruction of tissues

Pluto Transits

Can lead to transformations in health and diet

- Through illness/physical breakdown, one is forced to go through a period of purification, purging, and rebirth on some level
- Surgery – is common at this time
- Hidden transformations (cell changes) in the body come to the surface
- Reproductive and elimination channels can be challenged at this time

Remediation for Pluto

- Psychological support, shadow work, etc.
- Being aware of where you are overcontrolling and releasing where you can
- Energetic, transformative and emotional forms of healing
- Intense forms of exercise
- Transformative processes/movement or therapy
- Detoxification, saunas, steam rooms, dry skin brushing, hot and cold-water therapy
- Gems such as obsidian, smoky quartz, or black tourmaline
- Herbs to support the liver, lymph, kidneys and skin (organs of detoxification)
- Clivers, Yellow Dock, Poke Root, Dandelion, St Marys Thistle, Schisandra, Rhemania, Nettle etc.

Inner Wheel

DA

Natal Chart

23 Oct 1965, Sat

7:10 pm ACST -9:30

Kadina, Australia

33°S58' 137°E43'

Geocentric

Tropical

Placidus

True Node

Outer Wheel

DA

Event of 26 May 2024

Transits Chart

26 May 2024, Sun

7:30 am ACST -9:30

Kadina, Australia

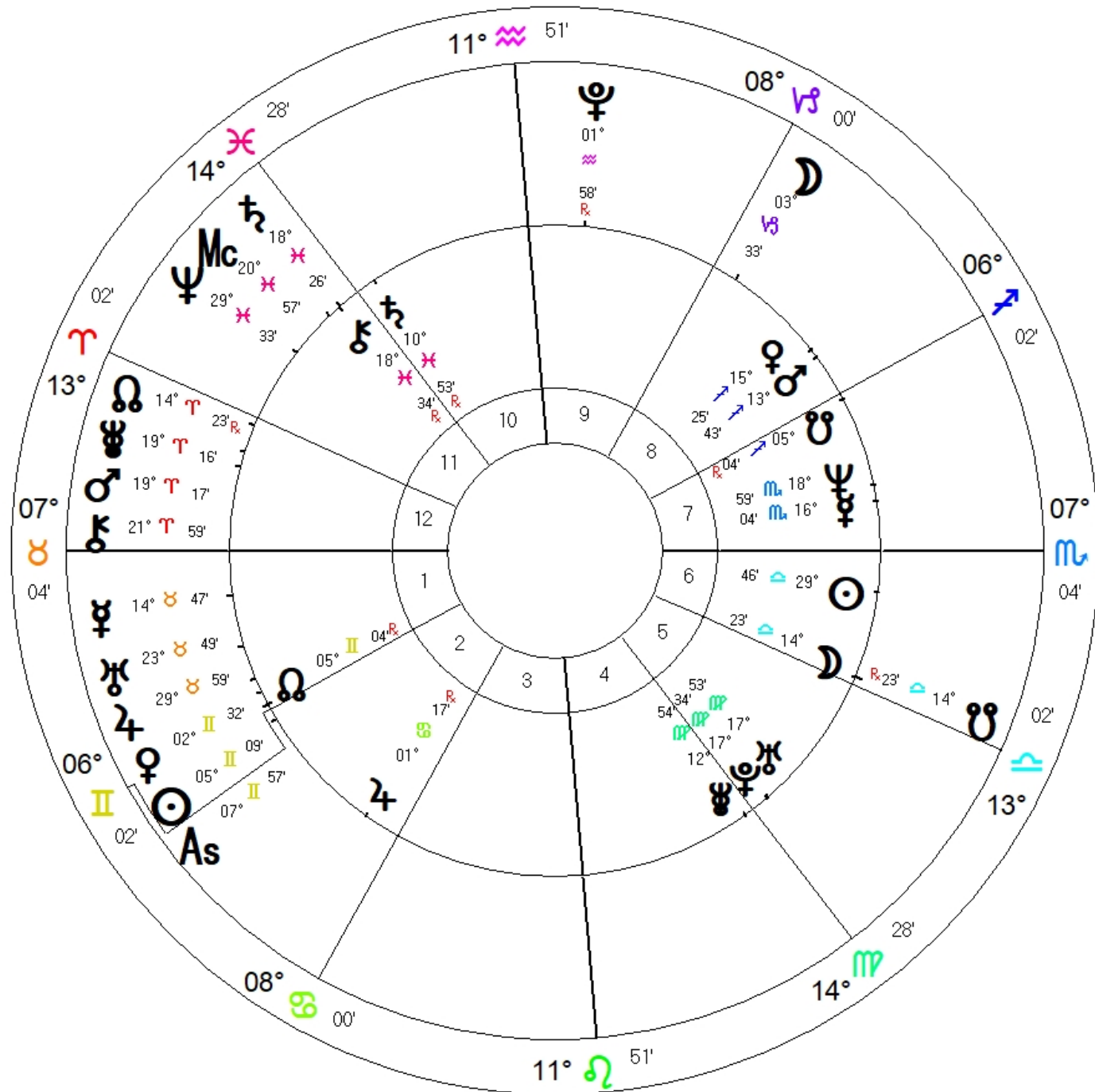
33°S58' 137°E43'

Geocentric

Tropical

Placidus

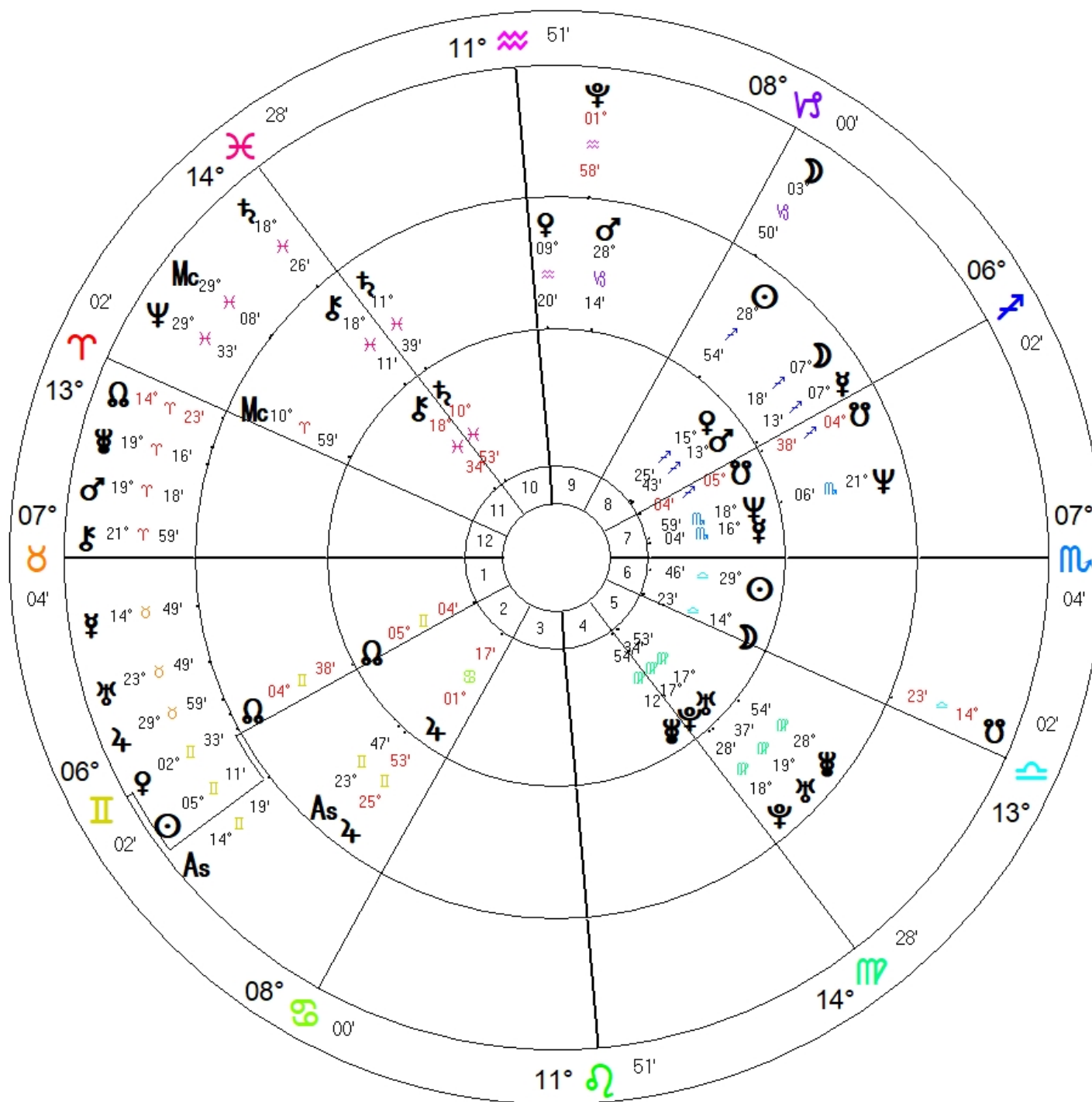
True Node



Inner Wheel

DA Natal Chart

23 Oct 1965, Sat
7:10 pm ACST -9:30
Kadina, Australia
33°S58' 137°E43'
*Geocentric
Tropical
Placidus
True Node*



Middle Wheel

DA Event of 26 May 2024

Sec.Prog. SA in Long
26 May 2024, Sun
7:30 am ACST -9:30
Kadina, Australia
33°S58' 137°E43'
*Geocentric
Tropical
Placidus
True Node*

True Node

Placidus

Tropical

Geocentric

33°S58' 137°E43'

Kadina, Australia

8:00 am ACST -9:30

26 May 2024, Sun

Transits Chart

Event of 26 May 2024

David Allen

Outer Wheel



Chiron

- Healer and then wounded healer
- Growth through self-healing and transformation
- **Often involved with physical illness/ailments**
- Can be associated with the process of having a baby, conception, birth, etc

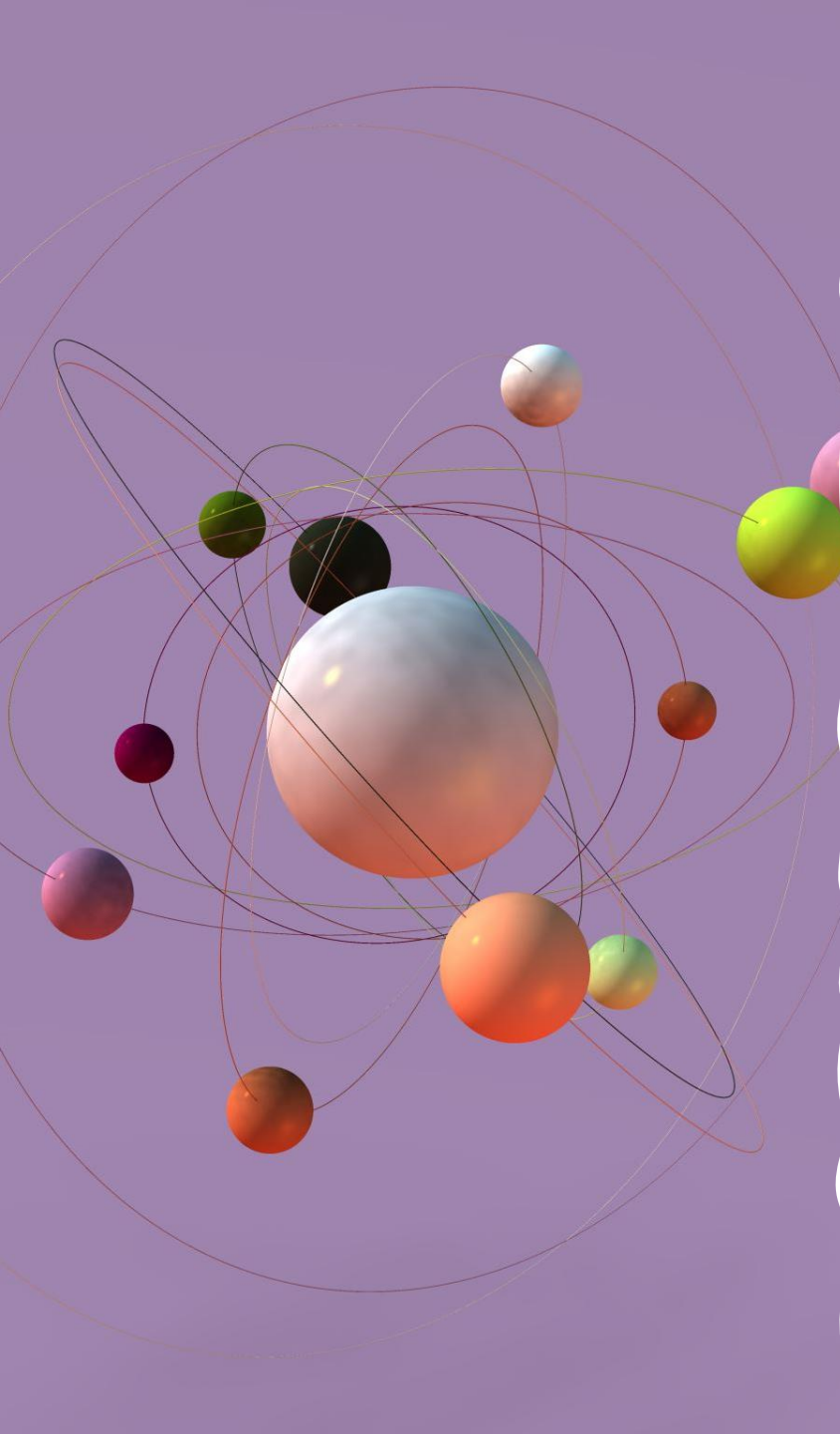
- Often prominent in the charts of healers or in those who undergo an intense healing crisis



RAPPORT DU CORPS HUMAIN AVEC LES SIGNES DU ZODIAQUE.

Chiron

- What is the Chiron story? (sign and house)
- Chiron return is often a time of health issues, exhaustion, chronic fatigue, turning inward, peri and menopause changes
- Events that can create physical changes (need to)
- Wounding of self-acceptance (flaws and all)
- Surrender to what is/situation



The Nodes

Outer planets transiting a Lunar Node warrants attention

- Conjunct the North Node can = an excess of energy from the transiting planet
- The South Node drains the planet's energy, a trigger point for weakness, fatigue and nutritional deficiency

Either Node can be a trigger for

- The onset of an illness or a reoccurrence
- The understanding or resolution of a problem
- Nodal path karmic learning from illness

Christopher Reeve

Natal Chart

25 Sep 1952, Thu

3:12 am EDT+4:00

New York, New York

40°N42'51" 074°W00'23"

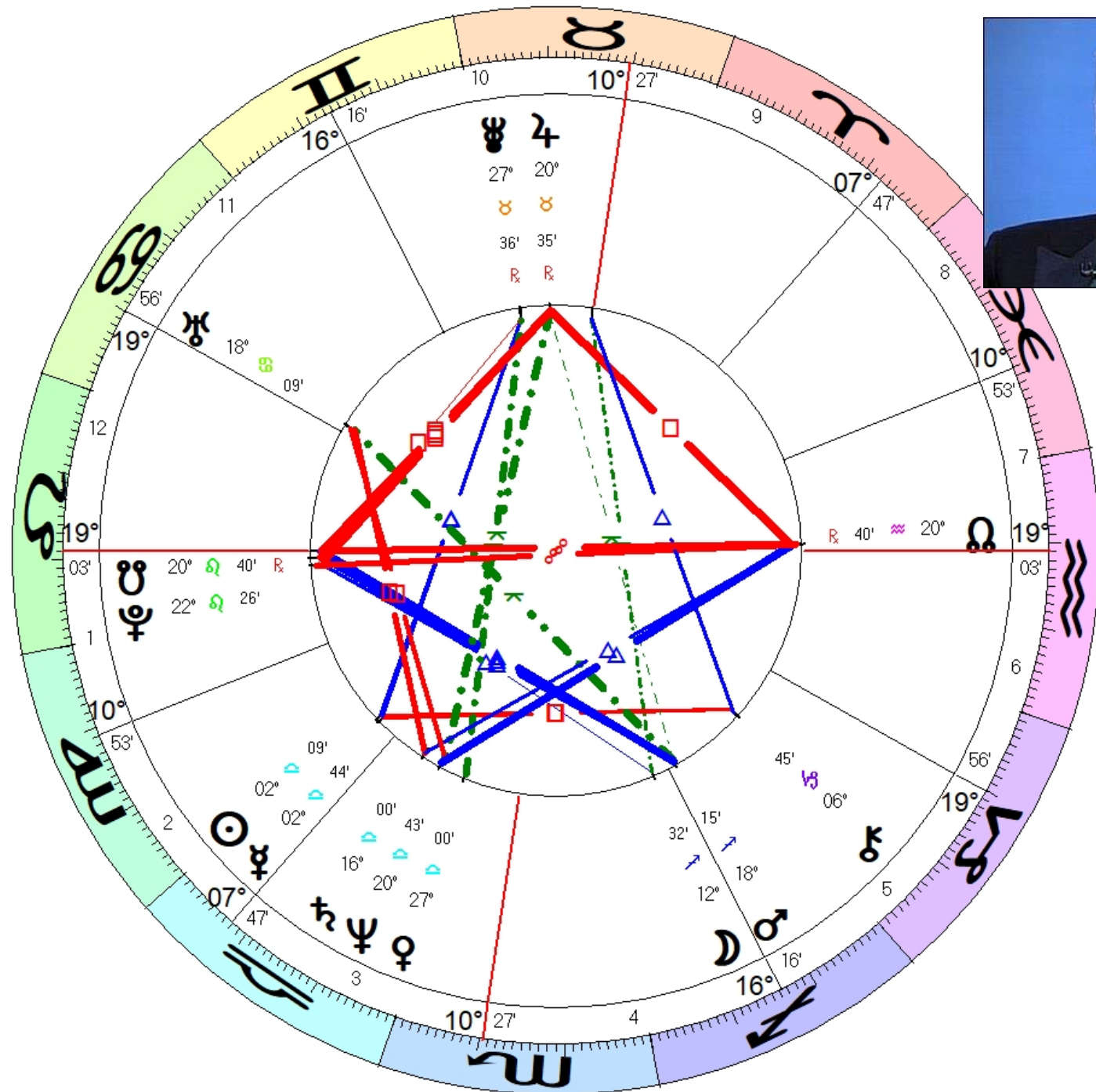
Geocentric

Tropical

Placidus

True Node

Rating: A



Inner Wheel

Christopher Reeve Natal Chart

25 Sep 1952, Thu
3:12 am EDT+4:00
New York, New York
40°N42'51" 074°W00'23"

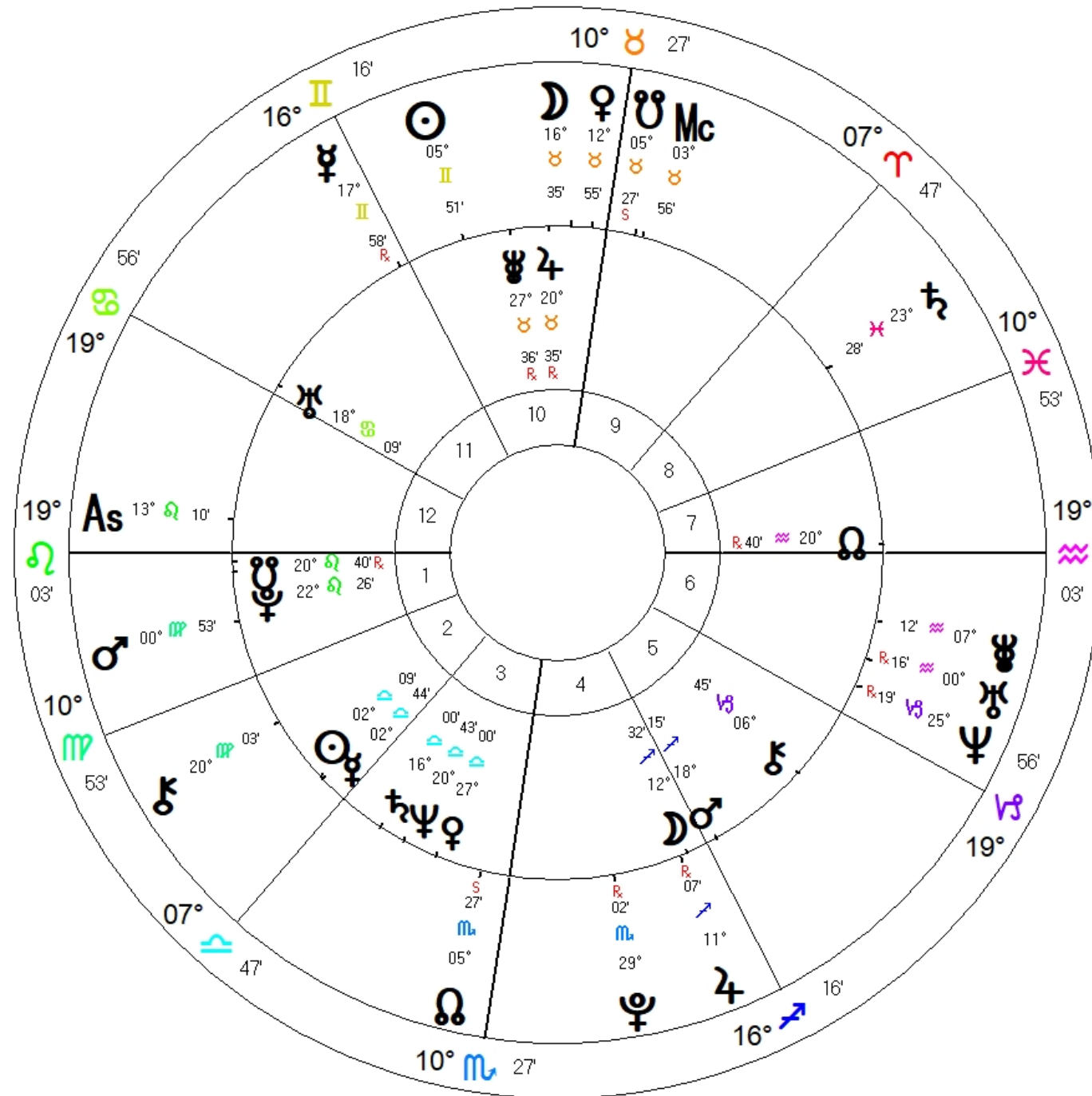
*Geocentric
Tropical
Placidus
True Mode*

Outer Wheel

Christopher Reeve Accident Natal Chart

27 May 1995, Sat
11:00 am EDT+4:00
Culpeper, Virginia
38°N28'23" 077°W59'49"

*Geocentric
Tropical
Placidus
True Mode*



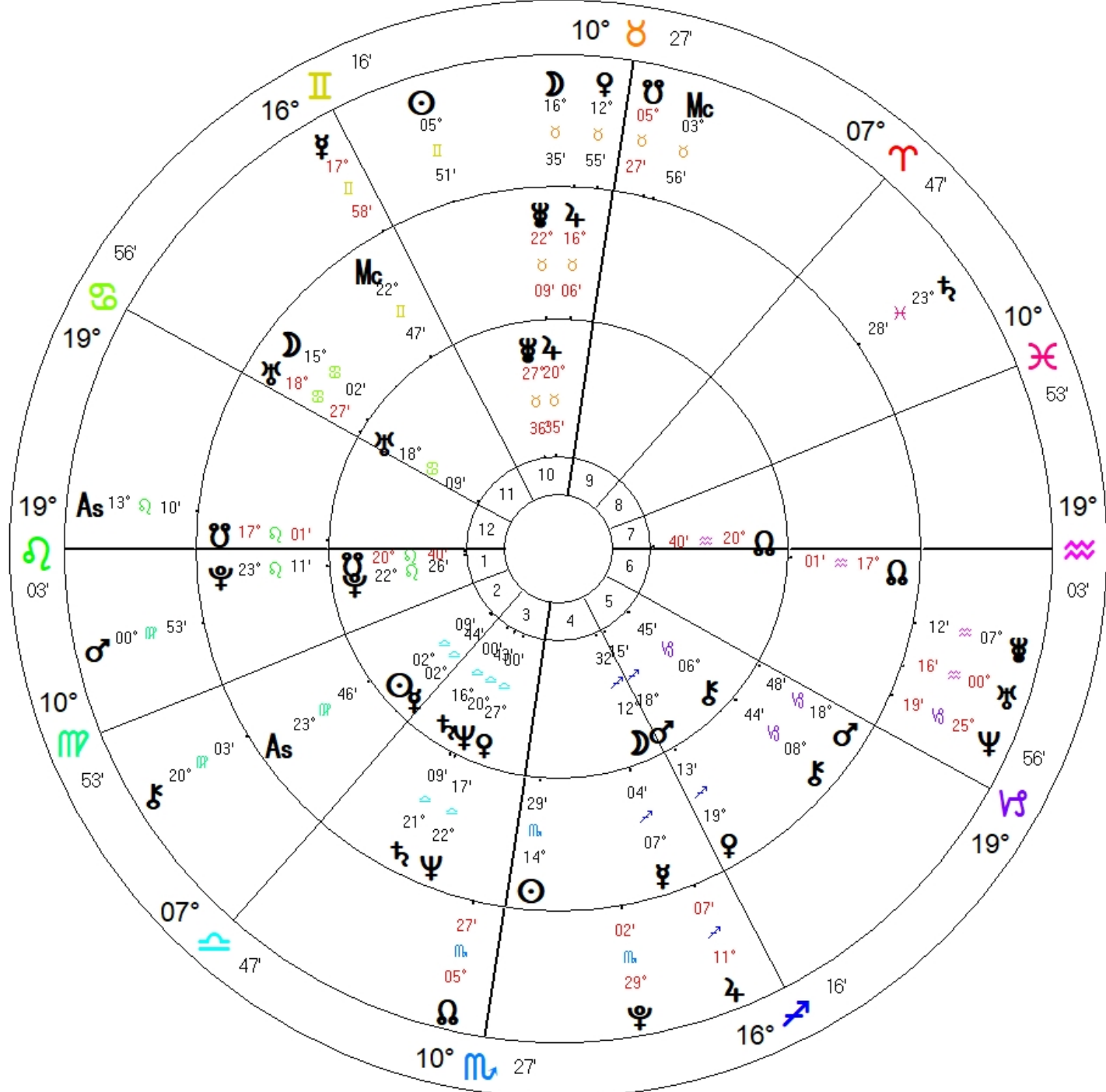
Riding Accident
(late morning)

Inner Wheel

Christopher Reeve Natal Chart

25 Sep 1952, Thu
3:12 am EDT +4:00
New York, New York
40°N42'51" 074°W00'23"

*Geocentric
Tropical
Placidus
True Node*



Middle Wheel

Christopher Reeve

Sec.Prog. SA in Long
27 May 1995, Sat
10:30 am EDT +4:00
New York, New York
40°N42'51" 074°W00'23"

*Geocentric
Tropical
Placidus
True Node*

*True Node
Placidus
Tropical
Geocentric*

38°N28'23" 077°W59'49"
Culpeper, Virginia
11:00 am EDT +4:00
27 May 1995, Sat

Christopher Reeve Accident

Outer Wheel



What to do?

- Anticipate what lessons are to be learned
- Get in tune with the planet's energy BEFORE the transit
- Make adjustments to avoid undue stress
- Those things that we RESIST are the hardest

With clients – the lead time before a transit is helpful

Be cautious with any ‘prediction’ of illness or recovery



What to do

- Find times of similar transits and reflect on what occurred
- Use the elements, modes, foods, herbs, flower essences, homoeopathy, counselling, rest, meditation or movement depending on the issues
- Doctors and health practitioners can be of great help!

Treatment by planet

Natal and transiting planets causing problems can be antidoted by the opposite planet (**antipathy treatment**)

If the planet causing issues is in excess the opposite element or planet can be applied

If a natal planet is weak, treat it by using remedies of that planet (**sympathetic**)

Using the same element as the weakened planet

Planet	General rulership and governing	Treat with Antipathy	Treat with Sympathy
Sun	Vital, constitution, heart, and general energy	Saturn or Moon, Venus	Sun or Fire remedies
Moon	Nutritive, digestion, emotions, chest area, mucus membranes, cycles	Saturn, Sun or Mars	Moon or Water remedies
Mercury	Neural, nervous system, lungs, hormones, communication organs	Venus, Neptune, Saturn or Earth	Mercury or Air remedies
Venus	Lymphatic, indulgences, veins, female reproduction, sugar, thyroid	Saturn, Mars, Earth or Fire	Venus or Water remedies
Mars	Inflammatory, immune, adrenals, acute, red, male reproduction, proteins	Venus, Saturn, Moon or Water	Mars or Fire remedies
Jupiter	Plethoric, liver, overdoing things, blood sugar levels, fats	Mercury, Saturn or Earth	Jupiter or Fire remedies
Saturn	Chronic, restrictive, aging, bones, cartilage, skin	Mars, Venus, Jupiter or Air	Saturn or Earth remedies
Uranus	Spasmodic, sudden, cramps, unusual, electric	Saturn, Venus or Earth	Uranus or Air remedies
Neptune	Comatic, circadian rhythms, immune system, mental health, hard to diagnose	Saturn or Mars	Neptune or Water remedies
Pluto	Transformative, purification, bowels, reproduction and hormones, genetics	Mars or Fire	Pluto or Water
Chiron	Healing Journey, crisis, conception, birth, fatigue, lessons with illness	Depends on sign, element and house it resides in	Elements are good to fortify by
Nodes	Karmic issues, trigger points for health ailments and resolutions	Depends on sign, element and house they reside in	Elements are good to fortify by

Planet	Body Rulership	Treatments for Sympathy	Treatments for Antipathy
Sun	Heart, Vitality	Sunbathing, Vitality boosting exercises	Cooling herbs, Hydration
Moon	Stomach, Emotions	Emotional therapy, Nourishing foods	Warm baths, Balancing emotions
Mercury	Nervous System, Mind	Mental exercises, Brain stimulation	Calming teas, Meditation
Venus	Skin, Senses	Skincare routines, Sensory therapies	Detoxification, Sensory deprivation
Mars	Muscles, Energy	Strength training, Energizing activities	Cooling compresses, Rest
Jupiter	Liver, Growth	Liver detox, Expansion exercises	Liver support herbs, Moderate exercise
Saturn	Skeletal System, Discipline	Bone health supplements, Posture correction	Warm compresses, Relaxation techniques
Uranus	Nervous System, Innovation	Innovative therapies, Brainstorming	Grounding exercises, Stability practices
Neptune	Immune System, Intuition	Immune-boosting supplements, Intuitive practices	Grounding activities, Boundaries
Pluto	Regeneration, Transformation	Regenerative therapies, Transformational practices	Grounding techniques, Stability practices

Styles of treatment

- Activities, sports
- Art, reading, gardening
- Massage and relaxing body treatments
- Energetic body work such as reiki and shamanic healing
- Structural treatments such as chiropractic and osteopathic
- Psychological therapies
- Socialising, friendship therapy
- Nature and sunshine
- Water therapies and being near water

- Foods and fluids as medicine
- Vitamin and mineral therapies
- Seasonal eating and cooking
- Herbal medicine
- Flower essences
- Gemstones and gem remedies
- Homoeopathy
- Sleep, rest and meditation
- Travel and change of scenery
- Elemental balancing

Lady Gaga

Female Chart

28 Mar 1986, Fri

9:53 am EST +5:00

New York, New York

40°N42'51" 074°W00'23"

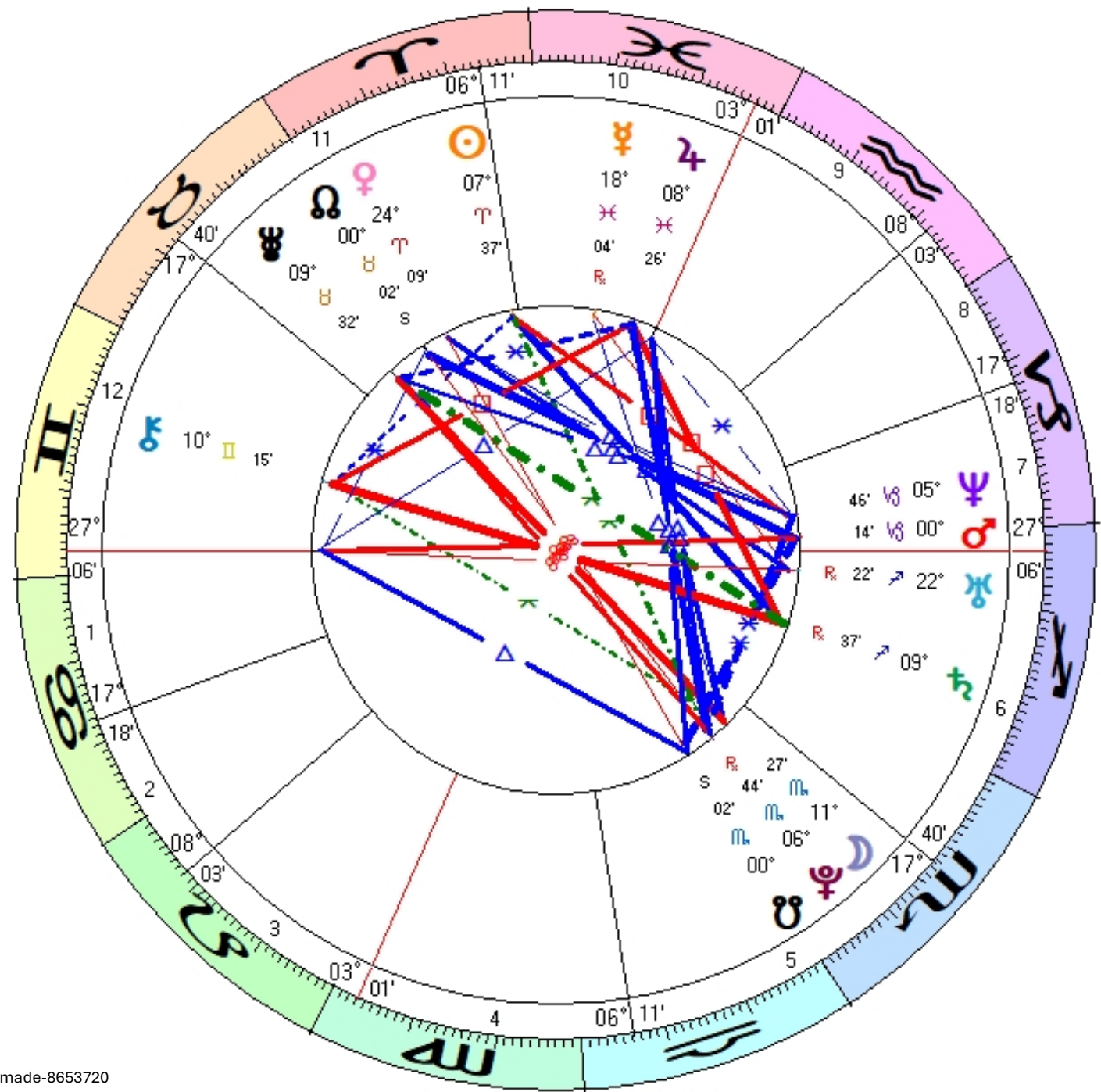
Geocentric

Tropical

Placidus

True Node

Rating: A

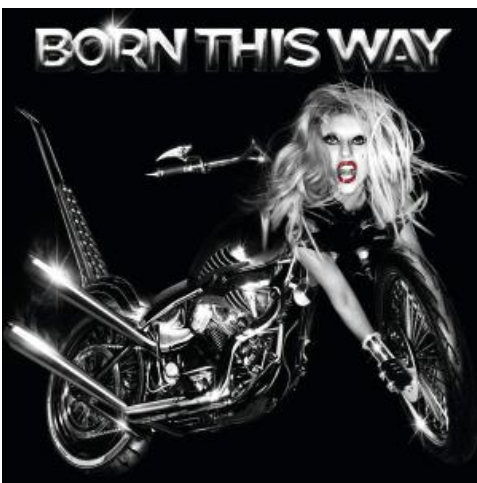


Inner Wheel

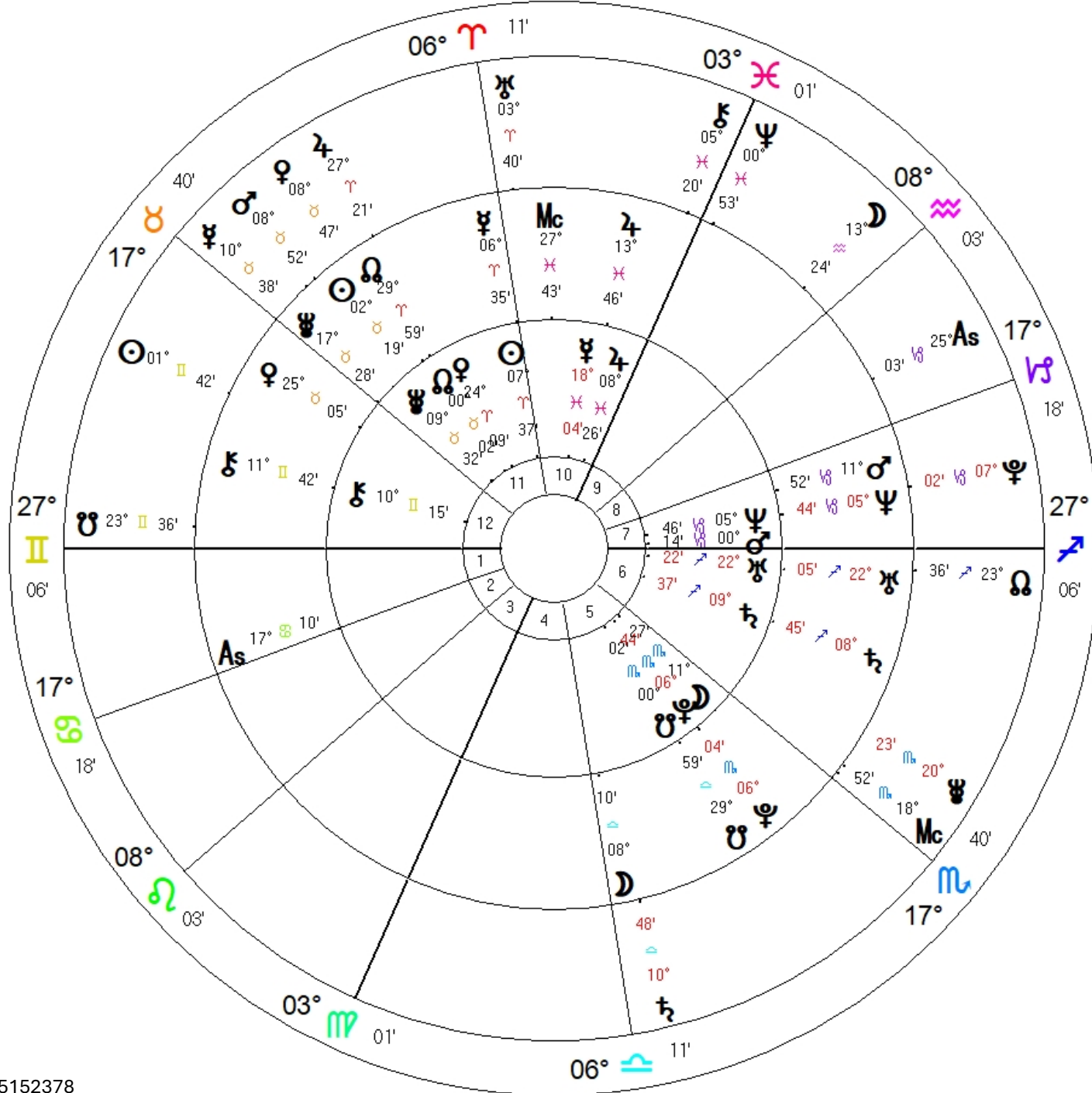
Lady Gaga Natal Chart

28 Mar 1986, Fri
9:53 am EST +5:00
New York, New York
40°N42'51" 074°W00'23"

Geocentric
Tropical
Placidus
True Node



By Apple Music, Fair use,
<https://en.wikipedia.org/w/index.php?curid=45152378>



Middle Wheel

Lady Gaga Sec.Prog. SA in Long

23 May 2011, Mon
0:00 am EST +5:00
New York, New York
40°N42'51" 074°W00'23"

Geocentric
Tropical
Placidus
True Node

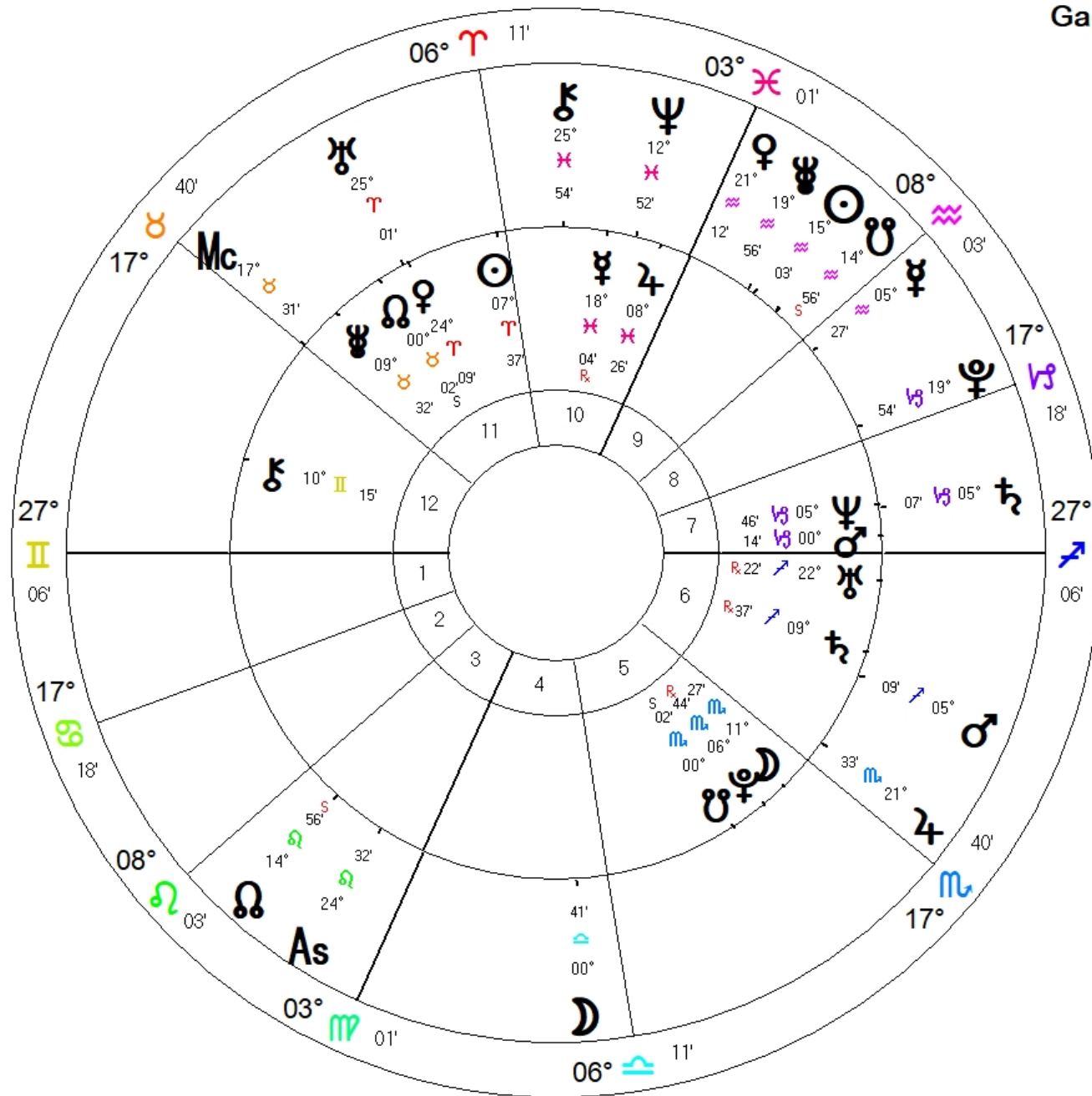
True Node
Placidus
Tropical
Geocentric

40°N42'51" 074°W00'23"
New York, New York
0:00 am EDT +4:00
23 May 2011, Mon

Natal Chart

Born this way album release

Outer Wheel



Gaga Cancels tour due to ill health

Natal Chart

3 Feb 2018, Sat

6:00 pm EST +5:00

New York, New York

40°N42'51" 074°W00'23"

Geocentric

Tropical

Placidus

True Node

She revealed to Oprah, "At some point, I had to tell people. I can't live a lie; I'm an authentic person, and here I am. I'm perfectly imperfect, and we all are."

"Why shouldn't I share this when I share all of myself with the world all the time?"

The singer also elaborated on how she deals with the chronic pain she experiences every day.

"This happened for a reason. All the things I've been through," she said. "I was supposed to go through this. Even the rape—all of it."

I radically accepted they happened because God was saying to me, 'I'm going to show you pain. And then you're going to help other people who are in pain because you're going to understand it.'"

C. Joybell

“I think that we are like stars. Something happens to burst us open, but when we burst open and think we are dying, we’re actually turning into a supernova. And then, when we look at ourselves again, we see that we’re suddenly more beautiful than we ever were before!”



**You are
perfect
the way
you are.**

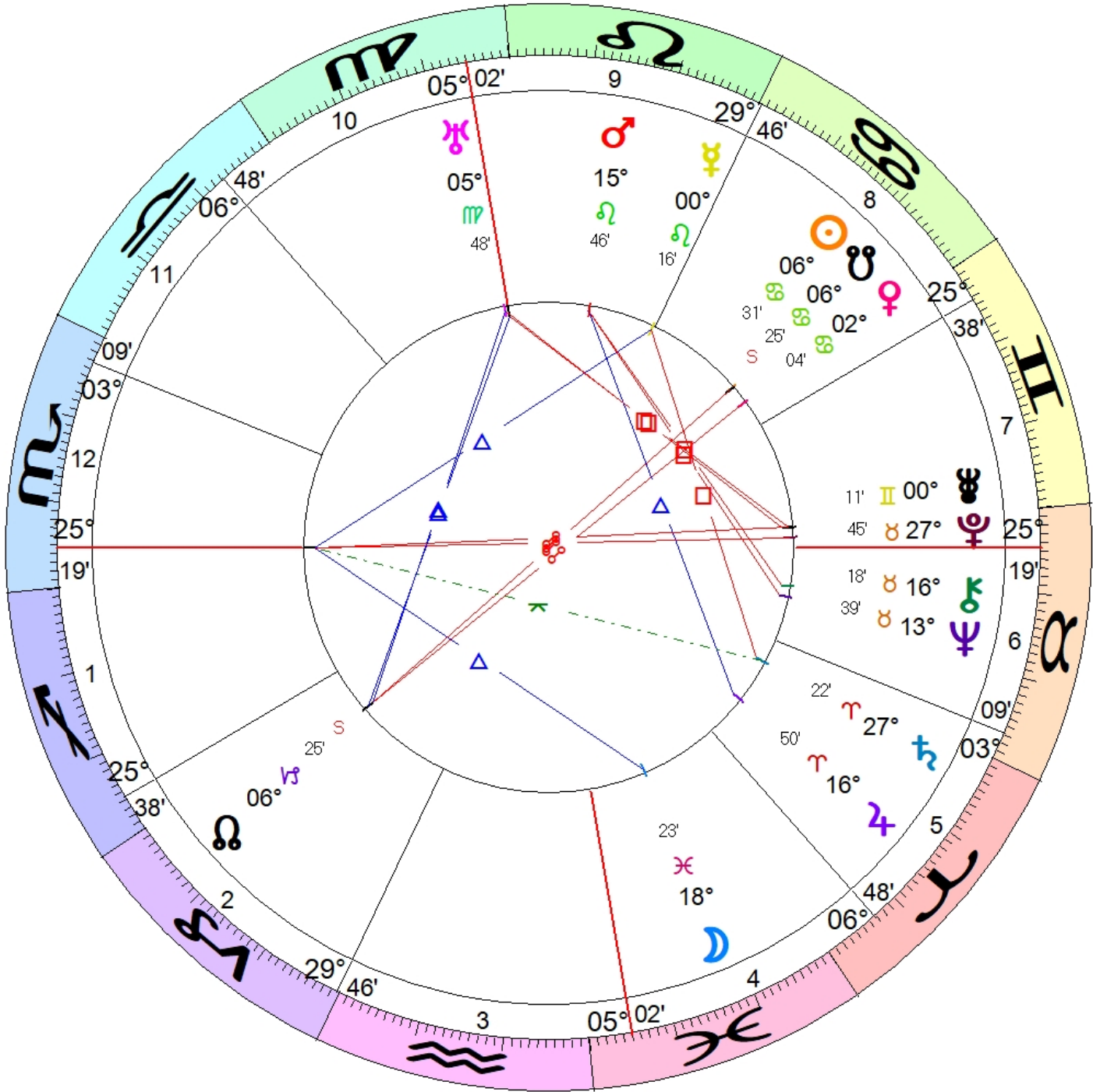
Thank you!

www.astrologyofhealth.com

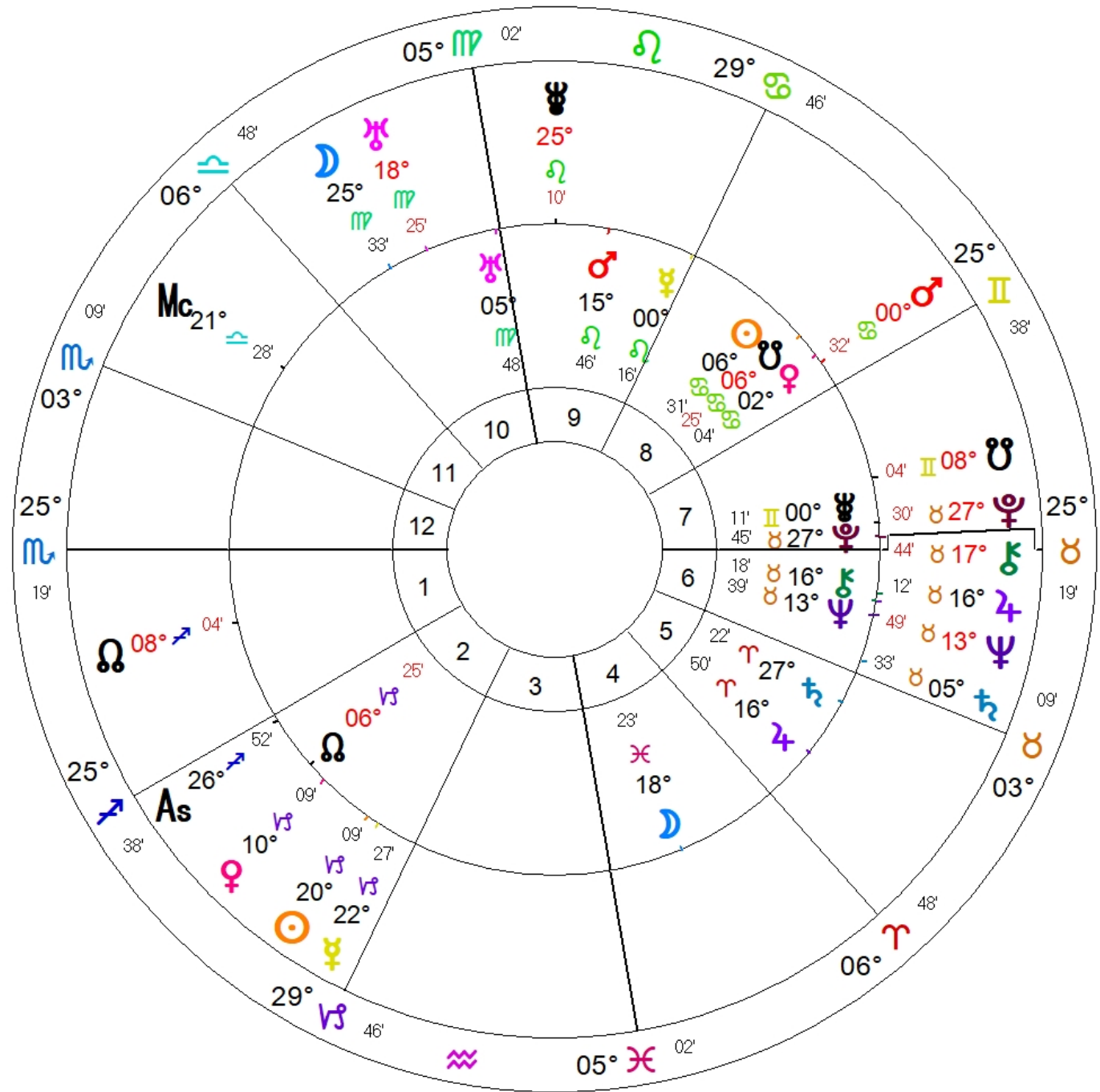
FAA January 2025

kira.sutherland@gmail.com

Helen Keller
Natal Chart
 27 Jun 1880 NS, Sun
 4:02 pm LMT +5:50:49
 Tuscumbia, Alabama
 34°N43'52" 087°W42'09"
Geocentric
Tropical
Placidus
True Node
 Rating: A



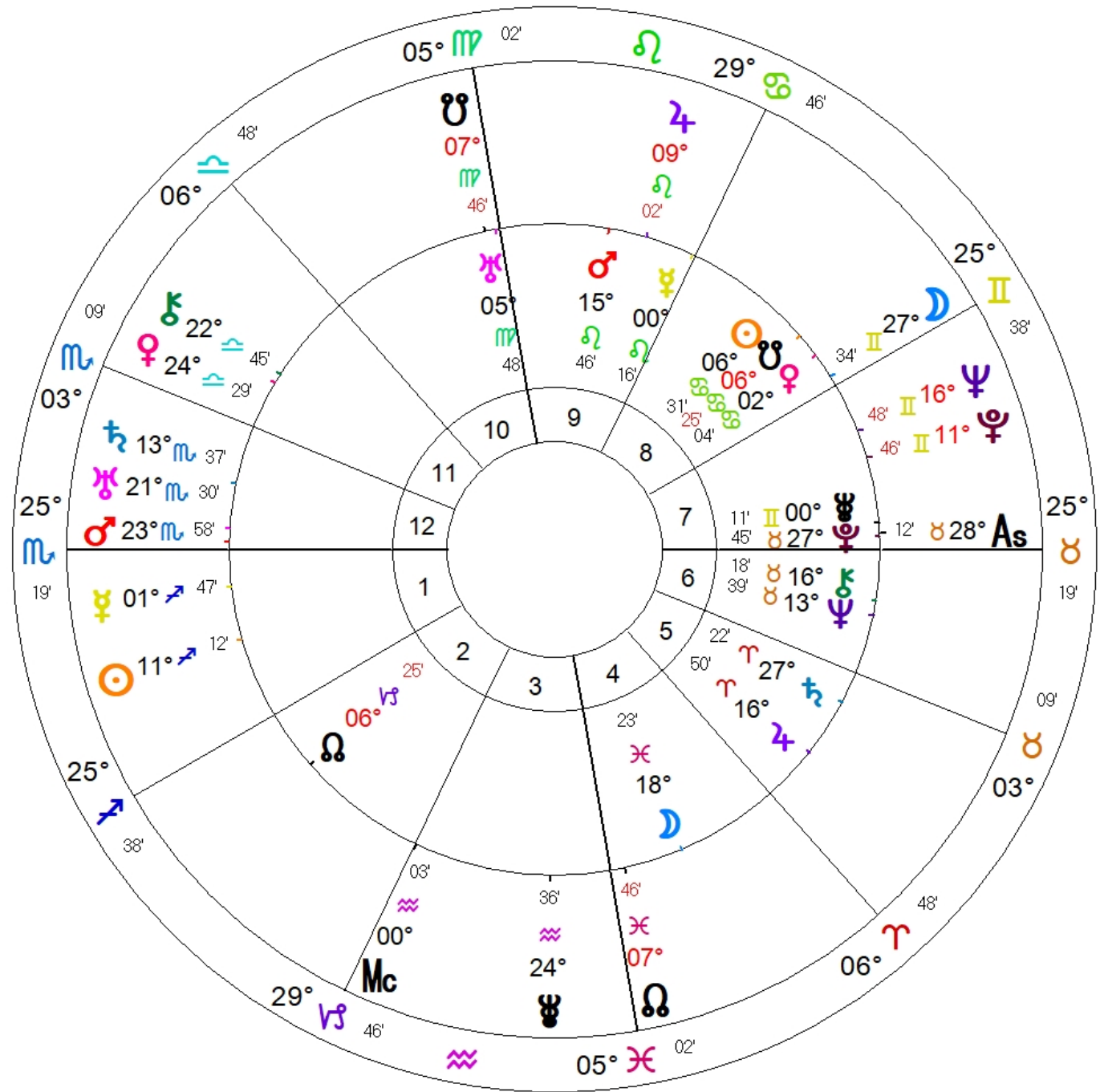
Inner Wheel
Helen Keller
Natal Chart
 27 Jun 1880 NS, Sun
 4:02 pm LMT +5:50:49
 Tuscomb, Alabama
 34°N43'52" 087°W42'09"
Geocentric
Tropical
Placidus
True Node



Outer Wheel
Helen brain fever
Natal Chart
 10 Jan 1882 NS, Tue
 6:00 am LMT +4:44:14
 Boston, Massachusetts
 42°N21'30" 071°W03'37"
Geocentric
Tropical
Placidus
True Node

Inner Wheel
Helen Keller
Natal Chart
 27 Jun 1880 NS, Sun
 4:02 pm LMT +5:50:49
 Tuscomb, Alabama
 34°N43'52" 087°W42'09"
Geocentric
Tropical
Placidus
True Node

Outer Wheel
Anna Freud
Female Chart
 3 Dec 1895 NS, Tue
 3:15 pm CET -1:00
 Vienna, Austria
 48°N13' 016°E20"
Geocentric
Tropical
Placidus
True Node



House	Body Parts and Functions
Aries and the First House	<ul style="list-style-type: none"> • The head, face, brain, eyes, physical body and appearance, adrenals • How we cope with stress, constitution, and vitality, body parts most liable to affliction, everything Aries
Taurus and the Second House	<ul style="list-style-type: none"> • The mouth, teeth, tongue, throat, neck, voice, speech, thyroid, metabolism, values, money, foods, everything Taurus • The value of the physical body and nutrition, the 5 senses as used for digestion/food selection, indulgent house (food/drink)
Gemini and the Third House	<ul style="list-style-type: none"> • The arms, hands, shoulders, communication, nervous system, and hormones, everything Gemini • Lungs/respiration/allergy house, mental attitude towards healing, body/mind connection through the nervous system
Cancer and the Fourth House	<ul style="list-style-type: none"> • The chest, breasts, stomach, digestion, emotions, home, learned food habits/traditions from family • Nurturing, security issues around food, dairy foods, farming, everything Cancer
Leo and the Fifth House	<ul style="list-style-type: none"> • The spine, back, heart, creative expression, romance, children, recreation, everything Leo • Creativity towards cooking and food preparation, styles of cooking/heat, passions/Ceremony, Chi or Prana
Virgo and the Sixth House	<ul style="list-style-type: none"> • The abdomen, small intestines, liver, spleen, pancreas, preventative health, work, service • House of illness/acute ailments, hard work/service, restrictive diets and food sensitivities • Diet we chose, hygiene, health habits, routines, assimilation of food, gut-brain axis, everything Virgo

House	Body Parts and Functions
Libra and the Seventh House	<ul style="list-style-type: none"> • The lower back, kidneys, urinary system, how your body regulates and balances what you eat, indulgent house, everything Libra • Distributes food throughout the body, acid/alkaline balance, hormones (repro and thyroid), , relationships with others, and to food
Scorpio and the Eighth House	<ul style="list-style-type: none"> • The reproductive system, genitals, anus, colon, elimination, death, transformation • Elimination of materials the body does not need, decides what is of value or not • Large intestines, bladder/urethra, sweat, etc., inherited disease/genetic ailments, everything Scorpio
Sagittarius and the Ninth House	<ul style="list-style-type: none"> • The thighs, hips, bum, liver, blood, travel, education, philosophy, religion • Expansion and growth through nutrition supplied, excess/overdoing it • Sports/physical activity, pancreas, and blood sugars, everything Sagittarius
Capricorn and the Tenth House	<ul style="list-style-type: none"> • The knees, all bones, joints, skin, and connective tissue created, reputation based on the fruits of your labour, body image • Connective tissue/ cartilage, tendons, teeth etc. Everything Capricorn, career, status, reputation, authority,
Aquarius and the Eleventh House	<ul style="list-style-type: none"> • The ankles, calves, shins, circulatory system, mitochondria, biorhythms, and cycles, everything Aquarius • Friendships, groups, hopes, wishes, social structure/friendship, how we cope with stress is linked to friendship • Not a food-oriented house/can forget about eating, higher octave of the nervous system/electrics
Pisces and the Twelfth House	<ul style="list-style-type: none"> • The feet, toes, lymphatic system, immune system, subconscious, dreams, spirituality, isolation, everything Pisces • Unconscious habits/hidden/secrets, no boundaries/not feeling full, hospitals/institutions/mental health • Addictions, escape, alcohol/drugs, chronic illness, stress, and overwork of 6th can = 12th house chronic ailments