

Planetary Days and Medical Astrology



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- @astrologyofhealth
- @uberhealth

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Medical Astrology

'The planets symbolise some energy that must be expressed in our lives if we are to realise our truest and highest potential. Blocking or frustrating the expression of such energy usually causes pain and disease in one form or another.'

(Heinrich Daath)

This lecture is given for educational, historical, and entertainment purposes and is not intended to replace medical advice, care, or attention. Seek a medical practitioner before making any health changes or altering medications, whether prescription or natural



Sacred and Science

- Naturopath, Sports Nutritionist
- Herbalist, Nutritionist, Homoeopath
- Astrologer and Medical astrologer
- Clinical practice (30 years)
- University lecturer (25 years)



TOM GAULD for NEW SCIENTIST

5 Principles of naturopathic medicine

First do no harm (*primum non nocere*)

Healing power of nature (*vis medicatrix naturae*)

Treat the cause (*tolle causam*)

Treat the whole person (*tolle totum*)

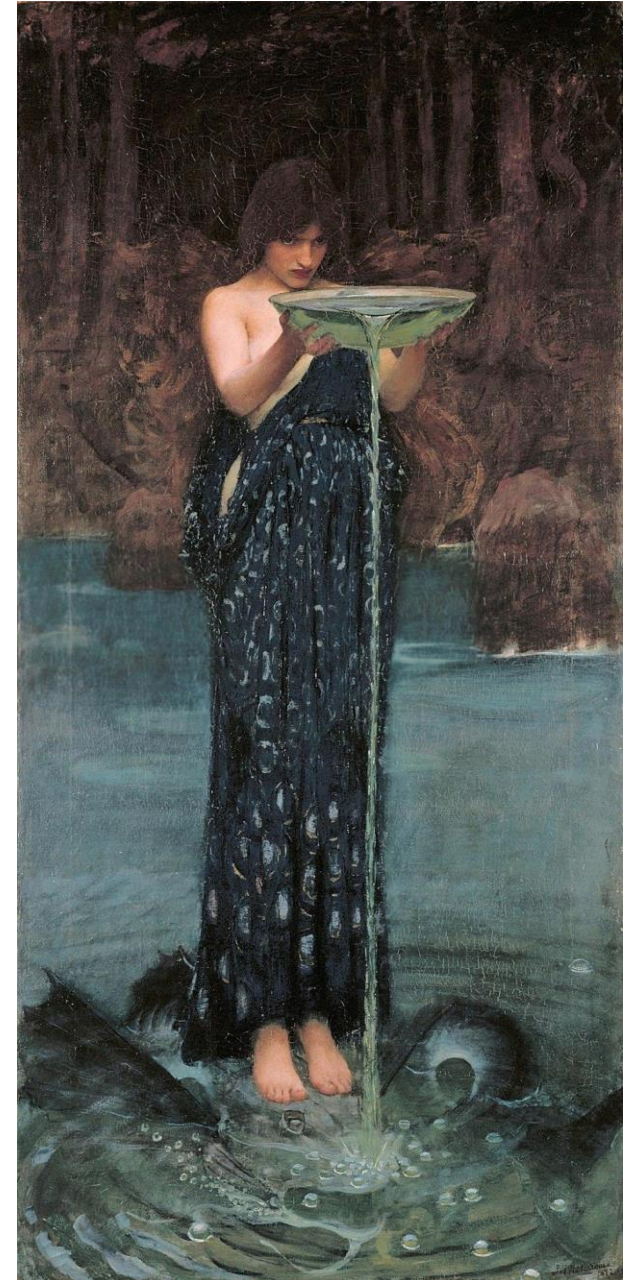
Practitioner as teacher (*docere*)

Galen's' Six Non-Naturals

- **Air:** Quality of the air, fresh over stagnant
- **Food and Drink:** The importance of diet and hydration
- **Sleep and Rest:** Regular sleep and allowing the body adequate time to recuperate
- **Motion and Rest:** Essential for promoting circulation, strengthening the body, and preventing stagnation. Balancing periods of activity with adequate rest
- **Retention and Evacuation:** Recognized the importance of proper elimination and waste removal
- **Emotions:** Maintaining emotional balance, managing stress, and cultivating positive mental attitudes for promoting overall well-being

Planetary Days

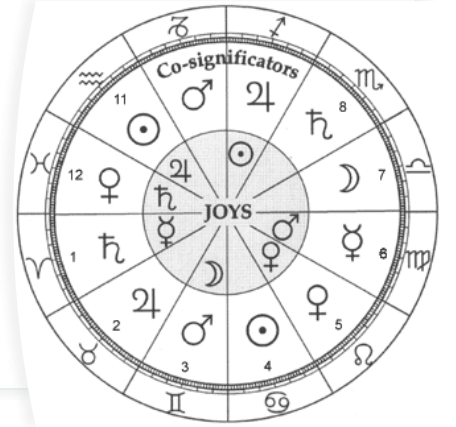
- Each day of the week is associated with a particular planet
- Idea to align planetary days with health goals, daily activities and energetics to optimise wellbeing
- Creating a flow/ease within our daily life



Natures 7 Healers

1. **Sunshine** (Sun, Fire)
2. **Fresh air** (Mercury, Air)
3. **Healthy diet** (Venus, Jupiter)
4. **Adequate hydration** (Moon, Water)
5. **Movement** (Mars, Fire)
6. **Rest and sleep** (Moon and Saturn)
7. **Emotional and mental well-being**
(Mercury, Venus, Jupiter, Moon, Sun)

Planetary Days Overview



- **Sunday (Sun):** It's a good day for physical exercise, outdoor activities, and sunshine
- **Monday (Moon):** Emphasize emotional health and self-care
- **Tuesday (Mars):** Channel energy and motivation into physical activity and exercise
- **Wednesday (Mercury):** Focus on mental health and cognitive function
- **Thursday (Jupiter):** Cultivate optimism and gratitude
- **Friday (Venus):** Prioritize self-care and relaxation
- **Saturday (Saturn):** Establish structure and discipline in health routines



Missing Sun Slide

Sunday (Sun)

- **Main Focus:** Overall well-being, vitality, and energy
- **Energetics/Magical application:** vitality, strength, health, energy, spirituality



Remedies for the Sun

- Sunshine (circadian rhythm alignment), fresh air
- Vitamin D foods: Salmon, sardines, tuna, Cod liver oil, shitake mushrooms, egg yolks and dairy foods
- Outdoor exercise/physical activity that suits the sign
- Foods to support the Sun sign via element or Sun rulership
- Creative hobbies, spiritual healing, self-expression
- Mind body practice for self-confidence building
- Acupuncture and moxa
- Gold, ruby, red tourmaline, amber and others
- Rituals on planetary day or hour

Sun Foods

vitality, strength,
health, energy,
spirituality

- Alcohol
 - Bamboo, Bay
 - Cashew, Chestnut, Chicory, Cinnamon, Corn
 - Date**, Dehydrated food
 - Grapefruit
 - Hazelnut, Honey
 - Lime
 - Marigold
 - Olive, Orange
-
- Pineapple
 - Raisin, Red wine, Rice, Rosemary
 - Saffron, Sesame, Squash, Sunflower
 - Tangerine, Tortilla
 - Walnut

Monday (Moons Day)

- The English word Monday is derived from Old English "*Monandæg*,"
- Middle English - *Monday* or *mone(n)day*
- Latin - *dies lunae* - Day of the Moon
- Old Norse - *mánadagr*, *mandag*, *mánudagur*
- Old English - *mōnandæg* or *mōndæg*
- Ancient Greek - *hemera selenes* - Day of the Moon

Mythological Connection: Associated with Luna (Roman) and Selene or Artemis (Greek).

Monday (Moon)

- **Main Focus:** Emotional health and nurturing activities
- **Energetic/Magical application:** stimulate psychic ability, healing, purification, sleep, love, fertility, peace and friendship



Remedies for the Moon



Emotional security, friendship, sympathy and socialising



Nutrition according to lunar sign and element



Self-nurturing, taking time out, journaling, being creative



Water (beach, streams, lakes, bathtubs), fluid intake and hydration



Sleep and circadian realignment, cyclical treatments



Moon ruled herbs, rituals on lunar days or hours, Solar foods and herbs if opposite is needed



Gems and metals such as silver, moonstone and pearl

Lunar cycles for health changes



Each phase offers unique energies and opportunities for health and well-being.



Set Intentions with the New Moon or Mondays



Start new health habits or routines at the New Moon



Cleanses, diets and detoxes can be done at the Waning Moon **OR**



Use your personal Lunar Phase Return



New to Full Moon can be for creating a 'New' you

Moon Mondays

- Nourishment, rest, self-care day
- Restorative activities, such as massage/bodywork, meditation, or time in nature
- Gentle movement that feels nourishing, such as yoga, stretching, Pilates, walking, swimming or just resting
- Prioritise rest and sleep. Weekly reset to align your natural circadian rhythms
- Journaling and Reflection: Keep a lunar health journal to track your experiences, observations, and insights throughout the Months
- Healing modalities that work with lunar energy, including crystal/gem therapy, lunar and flower essences, or lunar rituals

Food and Mood Diary

- Tracking your habits
- Food and fluid diary
- Physical symptoms
- Physical exercise
- Sleep, energy and mood tracking
- Please email if you would like a copy
- kira.sutherland@gmail.com

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FOOD, TRAINING & LIFESTYLE **DIARY**

PAITENT NAME:

DATE:

	ENERGY	STRESS	ANXIETY	EXERCISE	SLEEP	MOOD
	e.g 2/10	e.g 2/10	e.g 2/10	e.g walk, 30 mins	e.g poor, medium, great, interrupted	e.g happy, sad, angry
DAY 1	/10	/10	/10	Type = Duration = Time of Day =		
DAY 2	/10	/10	/10	Type = Duration = Time of Day =		

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FOOD, TRAINING & LIFESTYLE **DIARY**

PAITENT NAME:

DATE:

	⌚ TIME	🍏 FOOD	🥤 DRINK	🌀 DIGESTIVE SYMPTOMS
e.g	12:00	L Rocket salad with avocado and chicken plus balsamic dressing	flat white coffee with 2 sugars	Bloated and tired
DAY 1		B		
		L		
		D		
		S		
DAY 2		B		
		L		
		D		
		S		

Lunar Waters

- Lunar return is a potent 24-hour period
- Insight, energy, inspiration

Make a solar or lunar water

- Copper or crystal bowl/cup
- Spring water, under the Moons light
- Similar to making a flower essence
- 30% water and 70% brandy or apple cider vinegar
- Drops under the tongue or on body parts



Fire Moon	Earth Moon	Air Moon	Water Moon
Foods to nourish the brain and circulation	Foods for the liver, digestion and alkalising the body	Foods to nourish the nerves such as: fish, nuts and seeds, avocado and olive oil	Warm and well-cooked foods: soups and stews
Cooling foods, salads to bring down their 'heat'	Fresh fruits and vegetables in a cooked form (soups, stews, stir fry)	Whole grains and root vegetables for grounding, soups, stews and slow cooker meals	Fresh fruits and vegetables, root vegetables and dried fruits are ok in small amounts
Plenty of fluids as tend to dehydrate	Dairy products create cold and congestion	Small amount of animal food or fish for protein and grounding	Fermented foods and dairy can aggravate and cause congestion
Iron rich foods: red meats, green leafy vegetables	Iodine and calcium rich foods: seaweed, seeds and nuts, dark green veggies	Dairy can create too much mucus	Poor food choices when stressed or emotional
Walnuts, seeds and nuts, healthy oils: avocado, olive and coconut oil	Fibre from whole grains, fruits and vegetables	Fresh vegetables in salads and stir fries	Watch alcohol intake and stimulants
Slowing down and chewing their food	Digestive bitters, apple cider vinegar and bitter greens to enhance digestion	Foods high in magnesium: dark leafy greens, seeds and nuts	Care with overeating and drinking
Herbal teas for circulation, stress, anxiety and exhaustion	Teas to support the liver and digestion as well as lift the spirit and mood	Teas to support the nervous system and calm the mind	Digestive, detoxification and immune supportive teas
Green and peppermint teas for cooling and brain health	Warming fluids with ginger and spices	Hot water and ginger or lemon slices	Hot water with lemon slices

Moon Medicine

- Cycles, rhythms, emotions
- Cycle of illness and healing
- Critical days (1,7,14,28)

With illnesses

- For every month, the body needs a week
- For every year, the body needs a month

Moon Foods

stimulate psychic
ability, healing,
purification, sleep, love,
fertility, peace and
friendship

- Blueberry, Broccoli, Brussel sprouts, Butter
 - Cabbage, Cauliflower, Chickweed,
 - Coconut, Cucumber
 - Dairy foods, Eggs
 - Grapes, Grapefruit
 - Ice cream
 - Lemon, Lentil, Lettuce
 - Melon, Milk, Mushroom
 - Omelet
-
- Papaya, Passionfruit, Poppy, Potato, Pumpkin
 - Seaweed, soup, soy
 - Watermelon, white wine
 - Yoghurt

Tuesday (Mars Day)

- Tuesday comes from the Old English *Tiwesdæg*, named after Tiw (or Tyr), the Norse god of war
- Old English - *Tīwesdæg* - Tiw's day
- Middle English - *tiwesday* or *tewesday*
- Old Norse - *týsdagr*
- Latin - *dies Martis* - Day of Mars
- Ancient Greek - *hemera Areos* - Day of Ares

Mythological Connection: Linked to Ares (Greek) and Mars (Roman), gods of war and vitality.

- In Spanish, Tuesday is called *martes*, in French *mardi*, and *martedì* in Italian

Tuesday (Mars)

- **Main Focus:** Motivation and physical strength/activity
- **Energetic/Magical application:** promote protection, courage, aggression, physical strength and sexual energy



Mars Remedies

- Sports and movement, martial arts
- Sweating from sports, saunas, steam rooms, hot tubs
- Heat application or the sunshine
- Strong bodywork and massage
- Warming/heating herbs and foods such as garlic, ginger, cayenne, pepper, cinnamon
- Diaphoretic teas; yarrow, elder
- Herbs and foods ruled by Mars
- Ritual on planetary day or hour
- Gems such as red coral, carnelian, red jasper, garnet, bloodstone
- Being assertive and motivated
- Stress management techniques, decrease cortisol

Mars Foods

promote protection,
courage, aggression,
physical strength and
sexual energy

- Artichoke, Asparagus
- Banana, BBQ foods, Basil, Beer, Black pepper
- Carrot, Chilli, Chives, Capsicum (pepper)
- Chocolate, Coffee, Coriander, Cranberry, Cumin
- Fried foods, Flaming foods
- Garlic, Ginger
- Horseradish, Leek
- Mango, Mustard
- Pine nut, Prickly pear
- Radish
- Salsa, Spicy food
- Tea, Tempura
- Watercress

Wednesday (Mercury Day)

- The English word Wednesday is derived from *Wodnesdæg*, honouring Odin (Woden), a god of wisdom and communication.
- In most languages with Latin origins, the day is named after the god and planet Mercury
- Middle English- *Wodnesday* or *Wednesdai*
- Old English - *Wōdnesdæg* - Woden's day
- Latin - *dies Mercurii* - Day of Mercury
- Ancient Greek - *hemera Hermu* - Day of Hermes

Mythological Connection: Linked to Hermes (Greek) and Mercury (Roman), messengers of the gods

Wednesday (Mercury)

- **Main Focus:** Mental health, brain stimulation and cognitive function
- **Energetic/Magical application:** strength, brain, study, communication, divination and wisdom



Mercury Remedies

- Breathing techniques, vagal nerve toning, mind-body awareness
- Meditation, nervous system support
- Foods and herbs ruled by Mercury
- Nature therapy, gentle exercise, yoga, Pilates
- Organizing, planning, socialising and communicating
- Mental stimulation such as puzzles, games, scrabble, study
- Less phone and computer time, more music
- Gems: emerald, green tourmaline, agate, citrine
- Rituals on planetary day or hour

Mercury foods

strength, brain, study,
communication,
divination and
wisdom

- Almond, Beans
- Caraway, Celery, Chervil
- Dill, Fennel
- Marjoram, May apple, Mulberry, Mung sprouts
- Oregano
- Parsley, Pecan, Pistachio
- Pomegranate
- Turmeric

Thursday (Jupiter's Day)

- Thursday comes from *þūnresdæg*, dedicated to Thor, the Norse god of thunder
- In Latin origins, the day is named after the god and planet Jupiter
- Middle English - *thursday* or *thuresday*
- Old Norse - *thorsdagr* - Thor's day
- Old English - *thunresdæg* - Thunder's day
- Latin - *dies Jovis* - Day of Jupiter
- Ancient Greek - *hemera Dios* - Day of Zeus

Mythological Connection: Associated with Zeus (Greek) and Jupiter (Roman), rulers of the gods

Thursday (Jupiter)

- **Main Focus:** Optimism, well-being, growth and abundance
- **Energetic/magical application:** promote abundance, growth, prosperity, wealth



Jupiter remedies

- Actions: generosity, buoyant, enriching, growing, abundant
- Diets where the focus is on correct fat intake, Mediterranean diet
- Healthy oils – fish oil, olive oil, avocado, seed and nut oils
- Travel, exercise as a journey, philosophy, study
- Cultivate a mindset of optimism, and positive thinking to support mind/emotions
- Philosophical or spiritual practices that provide a sense of meaning, purpose
- Practice generosity and giving/helping others
- Create growth and expansion with work, life etc.
- Healthy risk-taking activities, stretch your boundaries
- Foods and herbs ruled by Jupiter
- Gems such as yellow sapphire, yellow topaz, tin
- Rituals on planetary days and hours

Jupiter antidotes

Saturn

- Reality, restriction
- Fasting and limits

Mercury

- Thinking about what we are doing or overdoing
- Rules the 6th house of health and diet, having routine

SNACCIDENT

(noun.)

Eating a family sized bar of
chocolate entirely by mistake

Jupiter Foods

Promote abundance,
growth, prosperity, wealth

- All spice, Anise
- Buckwheat
- Clove
- Dandelion, Desserts
- Eggplant, Expensive foods, Endive
- Fig
- Macadamia**, Mace, Millet
- Nutmeg
- Peanut
- Rich foods
- Sage, Spinach

Friday (Venus Day)

- Derived from Old English and means “day of Frigg,” the Norse goddess of fertility, beauty and love (Freya)
- Latin origins, named after the fertility goddess and planet Venus
- Middle English - *Fridai*
- Latin - *dies Veneris* - Day of Venus
- Old English - *frigedæg* - Frigg's day
- Old Norse - *frjádagr*
- Ancient Greek - *hemera Aphrodites* - Day of Aphrodite
- Italian *venerdi* and French *vendredi*

Mythological Connection: Tied to Aphrodite (Greek) and Venus (Roman), deities of love and attraction

Friday (Venus)

- **Main Focus:** Relaxation, beauty, self-care and pleasure
- **Energetic/Magical application:** Love, beauty, peace, pleasure, youth, happiness, luck, compassion, friendship



Venus Remedies

- Soothing and relaxing herbs
- Massage and aromatherapy
- Flower essences
- Using the five senses and seeking pleasure
- Eating pitted fruits such as cherries, nectarines etc.
- Music, art, relaxing and pleasure
- Being in the beauty of nature, buying flowers
- Wearing pastel-coloured clothes
- Herbs and foods ruled by Venus
- Gems such as diamond, emerald, rose quartz, white sapphire, copper
- Ritual on planetary day or hour

Antidote to Venus issues:

Mars

- Sports, action, movement and drive
- Heats and tonifies

Saturn

- With its astringent and strengthening nature
- Brings boundaries and restrictions
- Dieting and fasting

Venus foods

Love, beauty, peace,
pleasure, youth,
happiness, luck,
compassion, friendship

- Alfalfa sprouts, Apple, Apricot, Avocado**
- Barley, Blackberry, brazil nut
- Cardamom, Carob, Cherry
- Guava
- Liquorice
- Nectarine
- Oats
- Pea, Peach, Pear, Persimmon, Plum
- Raspberry, Rhubarb, Rose, Rye
- Spirulina, Strawberry, Sugar, Sweet potato
- Thyme, Tomato, Truffle
- Vanilla
- Wheat

Saturday (Saturn's Day)

- Named after the Roman god/planet Saturn, it is the only day that retains its Roman origin in English
- Roman god of time and agriculture (Saturn/Cronus)
- Middle English - *Saterdag*
- Latin - *dies Saturni* - Day of Saturn
- Old English - *sæterdæg* or *saternesdæg* - Saturn's day
- Ancient Greek - *hemera Khronu* - Day of Cronus

Mythological Connection: Linked to Cronus (Greek) and Saturn (Roman), deities of harvest and time

Saturday (Saturn)

- **Main Focus:** Health routines, structure, discipline and long-term goals
- **Energetic/Magical application:** structure, purification, weight loss



Saturn Remedies

- Cold application, ice packs and cold bathing
- Body treatments such as Chiro and Osteopath
- Sleep and rest or immobilisation
- Minerals in foods and supplements, Vitamin D
- Weight loss when it hits the 1st or 6th house
- Fasting and juicing treatments
- Exercise with weights or using your body weight
- Activities to develop resilience, endurance and strength
- Alone time and discipline
- Assess work/life balance
- Creating healthy boundaries, building resilience
- Astringent herbs, herbs and foods ruled by Saturn
- Gems: blue sapphire, iolite, onyx, obsidian, hematite, lead
- Rituals on planetary day or hour

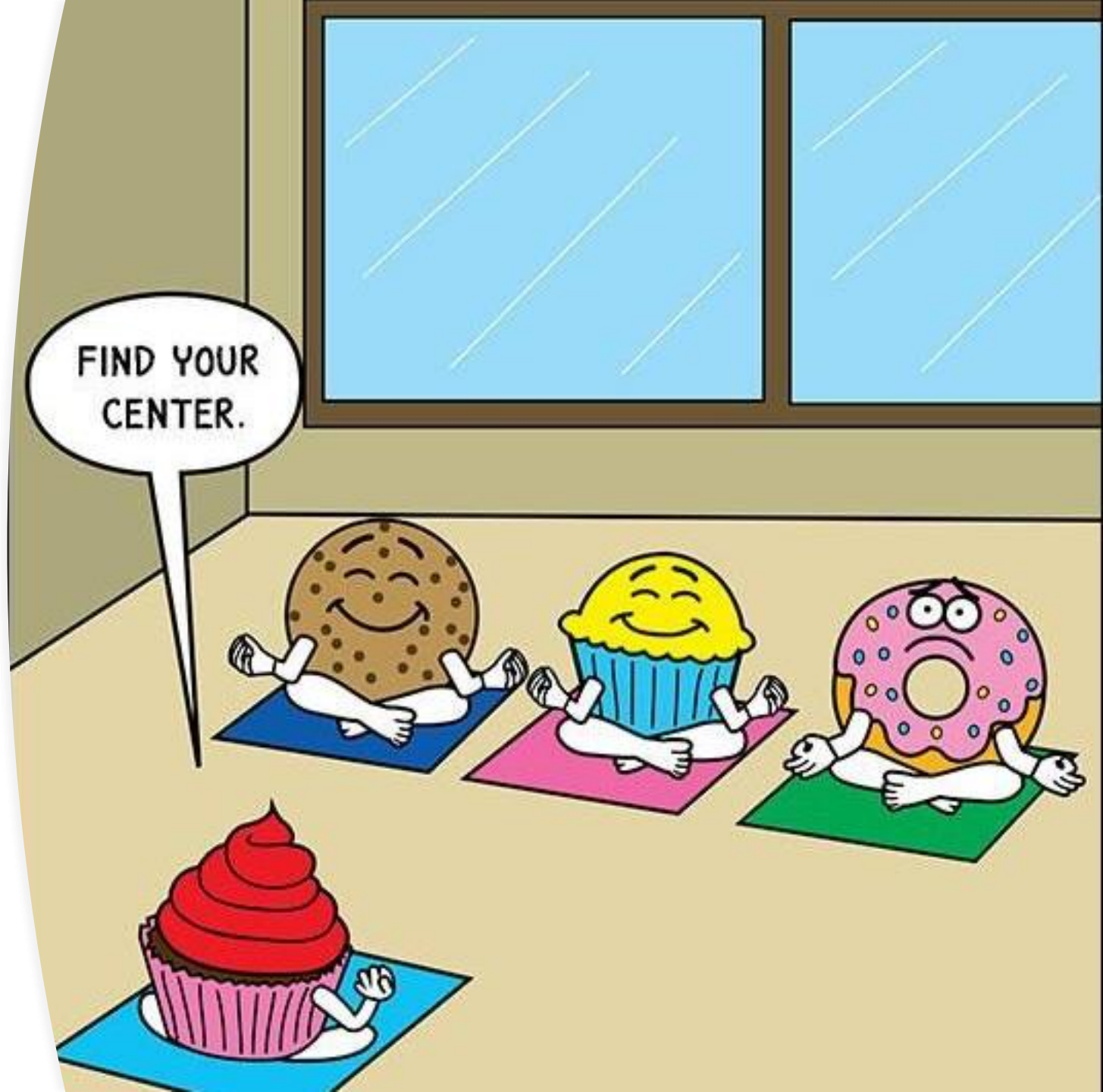
Saturn Foods

structure, purification,
weight loss

- Beets
 - Cheese (moon)
 - Tamarind
 - Quince
 - Vinegar
-

What to do?

This isn't a massive overhaul of your health; it's about taking small steps that you enjoy in order to nourish each of your planets!



Using your Natal Chart and Planetary Days

- Write down each planet and its day
- What sign and house is each planet?
- What house does the planet rule as well?

- What things can you do each day to embody this energy?
- What activities or things should be focusing on?
- What things will you stop doing on those days?

Day	Planet	Natal sign	Natal house	House ruling	Activities and ideas
Sunday	Sun				
Monday	Moon				
Tuesday	Mars				
Wednesday	Mercury				
Thursday	Jupiter				
Friday	Venus				
Saturday	Saturn				

Day	Planet	Natal sign	Natal house	House ruling	Things to stop doing or quite pushing
Sunday	Sun				
Monday	Moon				
Tuesday	Mars				
Wednesday	Mercury				
Thursday	Jupiter				
Friday	Venus				
Saturday	Saturn				

It's the small steps

All big things come from small beginnings. The seed of every habit is a single tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and grow stronger. Breaking a bad habit is like uprooting a powerful oak within us. Building a good habit is like cultivating a delicate flower one day at a time.

James Clear (Atomic Habits)



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



**Magic is just science
that we don't
understand yet.**

Arthur C. Clarke

Thank you!
Kira Sutherland

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Planet	General rulership and governing	Treat with Antipathy	Treat with Sympathy
Sun	Vital, constitution, heart, and general energy	Saturn, Moon or 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, electrics	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	Karma, trigger points for health ailments and resolutions	Depends on sign, element and house they reside in	Elements are good to fortify by

Planet	Key Energy	Rulership & magical principles	Nutrients (rulership)	Foods (rulership)
Sun	Vital	Metabolism, heart, prana, or chi Vitality, strength, health, energy, spirituality	Iodine (Venus) Magnesium (Jupiter, Uranus) Vitamin A and D	Alcohol, Bamboo, Bay, Cashew, Calendula, Chestnut, Chicory, Cinnamon, Corn, Dates, Dehydrated food, Grapefruit, Hazelnut, Honey, Lime, Olive, Orange, Pineapple, Raisin, Red Wine, Rice, Rosemary, Saffron, Sesame, Squash, Sunflower, tangerine, Tortilla, Walnut
Moon	Nutritive	Stomach, digestion, breasts, emotions, allergies Stimulate psychic ability, healing, purification, sleep, love, fertility, peace, and friendship	B2/Riboflavin, Pepsin (Cancer) Potassium (Neptune) Probiotics (Pluto)	Blueberry, Broccoli, Brussel sprouts, Butter, Cabbage, Cauliflower, Chickweed, Coconut, Cucumber, Dairy foods, Eggs, Grapes, Grapefruit, Ice cream, Lemon, Lentil, Lettuce, Melon, Milk, Mushroom, Omelet, Papaya, Passionfruit, Poppy, Potato, Pumpkin, Seaweed, soup, soy, Watermelon, white wine, Yoghurt
Mercury	Neural	Hormones, nervous system, respiration (cellular and lungs) vagus nerve, arms/hands, allergies Strength, brain, study, communication, divination, and wisdom	B1/Thiamine B complex (all B Vitamins) Phosphorous	Almond, Beans, Caraway, Celery, Chervil, Dill, Fennel, Marjoram, May apple, Mulberry, Mung sprouts, Oregano, Parsley, Pecan, Pistachio, Pomegranate, Turmeric
Venus	Lymphatic	Glucose, glucose metabolism (Venus, Jupiter), glycogen (Venus, Libra, Jupiter) homeostasis (Venus, Libra), starch and sugar, female bits, thyroid Love, beauty, peace, pleasure, youth, happiness, luck, compassion, friendship	Copper Niacin/B3 Vitamin E (d-alpha tocopherol)	Alfalfa sprouts, Apple, Apricot, Avocado, Barley, Blackberry, Brazil nut, Cardamom, Carob, Cherry, Guava, Liquorice, Nectarine, Oats, Pea, Peach, Pear, Persimmon, Plum, Raspberry, Rhubarb, Rose, Rye Spirulina, Strawberry, Sugar, Sweet potato, Thyme, Tomato, Truffle, Vanilla, Wheat

Mars	Inflammatory	<p>Amino acids, Hydrochloric acid</p> <p>Protein, Muscles, male bits, adrenals</p> <p>Promote protection, courage, aggression, physical strength, and sexual energy</p>	<p>Iron, Cobalt, Chlorine</p> <p>B9/Folic acid</p> <p>Molybdenum, Phosphorus</p> <p>Selenium (Mars, Jupiter, Pluto)</p> <p>Sodium (Moon)</p> <p>B12/Cyanocobalamin</p>	<p>Artichoke, Asparagus, Banana, BBQ foods, Basil, Beer, Black pepper</p> <p>Carrot, Chili, Chives, Capsicum (pepper), Chocolate, Coffee, Coriander, Cranberry, Cumin, Fried foods, Flaming foods, Garlic, Ginger, Horseradish, Leek, Mango, Mustard Pine nut, Prickly pear, Radish, Salsa, Spicy food, Tea, Tempura, Watercress</p>
Jupiter	Plethoric	<p>Fatty Acids (Mars), lecithin, lipids/fats, overindulge, liver, pancreas issues, promote abundance, growth, prosperity, wealth</p>	<p>Biotin, Choline, Chromium</p> <p>Inositol, Manganese (Venus, Saturn, Pluto)</p> <p>B6/Pyridoxine (Moon, Mercury, Mars)</p> <p>B15/Pangamic Acid, Zinc (Mars, Venus)</p>	<p>Allspice, Anise, Buckwheat, Clove, Dandelion, Desserts, Eggplant, Expensive foods, Endive, Fig, Macadamia**, Mace, Millet, Nutmeg, Peanut, Rich foods, Sage, Spinach</p>
Saturn	Chronic	<p>Connective tissue/collagen, Fasting, Minerals, Under functioning, Skin, Skeleton</p> <p>Structure, purification, weight loss</p>	<p>Calcium, Fluoride, Sulfur</p> <p>Vanadium, Vitamin C,</p> <p>Vitamin K, Bioflavonoids, PABA</p>	<p>Beets, Cheese (moon), Tamarind, Quince, Vinegar</p>