
Monthly Fitness and Healthy Life Style Guide

for

Glenn Close

19 March 1947

2:12 PM

Greenwich, Connecticut

Libra Moon, Inc

www.libramoonastrology.com

www.zodiac-reports.com

Introduction

Before beginning, choose the SHORT VERSION REPORT for all the important data you will need for any month. The longer version includes much more data that MAY confuse you if you are looking for just the facts.

The biggest challenge to your health and diet is your emotional state. When your emotions are out of control, your body follows your lead. Second in command is Mercury, taking the lead from the emotions and reacting on the body in very profound ways.

Please let me Introduce you to the MONTHLY FITNESS AND HEALTHY LIFE STYLE GUIDE REPORT.

What it is: A monthly look at dietary and exercise potential based on the sign on the Ascendant, with a secondary look at the Moon, house, aspects and all other planets. It is a "LONG TERM" procedure for people interested in taking charge and control of their lives, and understanding the underlying cause of diet and exercise breakdowns. By understanding the monthly influences imposed upon them, they can work with them and avoid the pitfalls placed in their path.

What It is NOT: It is not intended to be used for "quick" dietary loss or health maintenance. It is not meant to be an "overload" of information so that the reader is confused by what can be overwhelming information if not closely monitored as seen below (in the USE paragraph).

DISCLAIMER: No diet or exercise regime should be started without the advice of a doctor or physician.

What is included: Signs on the Ascendant, planets in the house, signs and aspects, Midheaven (as others see us and contribute to our dietary effort).

What is NOT included and why: Midpoints. The main emphasis must be on the monthly emotional response that gets us all into trouble. causing us to spin

out of control in a dietary sense.

So How Do I Use It: Major Focus, Focus and no notations. Items marked with Major focus have everything to do with the Health and diet guide. Items marked with focus are still important, but not as much of a major focus as the others. No notation means that the data has been included for information purposes, but I feel do not have a stronger influence than the information that is tagged.

An Important Note On Metabolism: You will see references to metabolism as rated High, Low and Medium. Just because a rating of high is considered good, all it really means is that you have an increased appetite more often. "If" you don't get off your butt and do some sort of exercise, all that food will simply turn into fat.

Helpful hints:

These points work for me, and are only suggestions. Find what works for you and make the change. Best of luck!

1) Throw away the scale! If your clothes begin to fall off, or become loose, you are losing weight.

2) Pay attention to transits to your natal chart by the planet Jupiter (it expands what it touches), it tends to keep you bloated and feeling that nothing is happening. If you stay with it and don't give in to a "Why am I trying, when nothing is happening?" attitude, you will be very happy with your success after the Jupiter transits end, either natal or Lunar returns.

3) Pay attention to transits to your natal chart by the planet Saturn, it tends to bind up the internal works, when passing the easiest food becomes somewhat difficult. Carbohydrates and bread are especially difficult.

4) Bread is the biggest thief of your energy. It will cause sluggish behavior, loss of energy and send you in for a nap to recharge yourself.

5) Eat several times a day (every 5-6 hours is comfortable), with smaller portions. Never wait until you are starving to eat, because you can always count on over-eating. If you eat tiny morsels of food several times a day, you will never be "hungry".

6) Eat heavy meals (earlier) during the day. Your last meal should be no later than 6pm. Eat enough to carry you through until AM, but not so much that you can't digest it.

7) If you over-eat, skip the next meal, as you have over-loaded your digestive system, then wait until you start to feel hungry and have a very small vegetarian type meal. Drink lots of water.

8) Double cheeseburgers won't help your diet, but if you must, eat it at noon and don't eat until dinner at 6, eating only vegetable type foods and by all means drink plenty of water. Remove as much bread as possible before eating, and your digestive system will thank you.

9) I know what they say about coffee being a no-no, but on a day when you have a very busy schedule and need to get going, one cup (the real stuff) in the morning does the trick for the entire day, and an added benefit of being a wonderful diuretic. Any more than one cup reacts negatively on the nervous system. For me, the energy from one cup of coffee lasts 2-3 days, limiting my intake even more. I am actually down to 1/3 of a cup now. It still keeps me wired for 3 days.

10) Do experiment with food groups and types to see what your body likes and dislikes. For me it is Chinese food. I get a complete (takeout portion controlled) meal for a nominal price, and it covers all the food groups. I pass on the soup though. I have a dozen meals made up at a time and freeze them until needed. As a suggestion, I might have Pepper steak (replaced with chicken) with vegetables and fried rice. My body agrees with the results, but yours may react differently.

11) If you are a couch potato like me who spends most of his day sitting (writing text like this), then exercise is more essential. If you sit and watch TV a lot, then include exercises that you can do while watching TV. Make your personal space your work out area as well.

12) Your Lunar return influences change every month, and so should your diet, if not only to keep you from getting bored to death! You will actually find your body needs and food groups change as well.

For the past two years I have been paying careful attention to the Lunar return (13 moons), and especially the sign on the Ascendant, and have come up with

the following and very effective guide for everyone concerned with health, diet and exercise. As a long time sufferer dealing with obesity, I have practiced what I am about to preach with very nice results. It is what has inspired me to write this program and keep track of the ups and downs, pitfalls and workable solutions to a problem plaguing many Americans. I believe it to be an invaluable tool (if used correctly) to take back control of your life. The nice part about this program is, if you fail, you can always start over. You might even understand why you failed, bringing eventual success to your efforts. It points out quite clearly how you might fail in a "fire sign month", or how you may fail or see less than expected results in a "Venus controlled month".

The astrological analysis is based on the following information. This information can be useful if you are an astrologer or student of astrology:

Sun	28	Pis	21	Neptune	9	Lib	45
Moon	23	Aqu	50	Pluto	11	Leo	15
Mercury	9	Pis	31	Asc.	13	Leo	34
Venus	16	Aqu	55	MC	3	Tau	04
Mars	11	Pis	53	2nd cusp	4	Vir	45
Jupiter	27	Sco	31	3rd cusp	0	Lib	50
Saturn	2	Leo	09	5th cusp	9	Sag	21
Uranus	17	Gem	58	6th cusp	13	Cap	54

Tropical Placidus Standard Time observed

19 March 1947 2:12 PM

GMT: 19:12:00 Time Zone: 5 hours West

Lat. and Long. of birth: 41 N 02 73 W 38

Lunar Return for: Greenwich, Connecticut 41 N 01 35 73 W 37 44

Aspects and orbs:

Conjunction: 3 Deg 00 Min
Opposition : 3 Deg 00 Min
Square : 3 Deg 00 Min
Trine : 3 Deg 00 Min
Sextile : 2 Deg 00 Min

Lunar Return for: Greenwich, Connecticut 41 N 01 35 73 W 37 44

LUNAR RETURN: 12 December 2018 at 7:06:19 PM

Zodiac Signs on the Ascendant and MC, and the Ascendant Ruler

The zodiac signs on the Ascendant and MC, and the house position of the Ascendant ruler at the time of the Lunar return are described below. Your social and career opportunities for the coming month are influenced by these signs and house placement.

Ascendant in Cancer (MAJOR FOCUS):

Water Retention is one of your biggest barriers to weight loss success this month!

Characteristics of Cancer on the Ascendant:

You are psychic and receptive to everything in your environment, and feel things on a deeper level than most other people. Your response to life situations is emotional rather than intellectual which can have mixed results. Moods will change like the incoming and outgoing tide, and just as often. A career that brings you into contact with the masses would be an excellent career choice for you this month.

Making extreme changes in your life or going away from your base of operations which you consider safe and secure is detrimental to your well

being, because you are such a homebody. You keep a tight grip on people, possessions, memories and sentimental objects. Your home and domestic security is significantly important to you, and you run on pure "instinct". There is potential for difficult relationships and partnerships this month, and can be with people who are older than you that represent authority figures to you.

In connection to other people in your environment you are very loyal, protective, supportive, loving, compassionate, softhearted and sympathetic to their needs. People will seek you out in a time of crisis because they know you will understand and provide help if at all possible. Perhaps they know you are just a good listener.

The Ruling Planet for Cancer:

Cancer is ruled by the Moon, the planet that governs emotion, compassion and the nurturing of others.

The Part Of The Body Cancer Rules:

Cancer governs the stomach, the breasts, digestive organs, and bladder. There may be some complaints this Lunar month with indigestion, stomach ulcer, flatulence, bladder, coughs, gallstones, general problems with stomach, liver and intestines, or emotional disorders such as depression, hypochondria and hysteria.

Your metabolic rate this month:

Low. With a low metabolic rate, it will be much more difficult to absorb and release anything you eat, not that you can't but it will be at a much slower rate. Any heavy food or carbohydrates can really wipe you out physically, and any sugar will turn to fat much more rapidly. Eat smaller meals, less often, and above all, learn to recognize when you are full. You can always eat again later!

Likely attitude towards health and diet:

"I'm emotionally unhappy, and no one cares for me, but me! I may as well have something to eat, because food never lets me down. Stay away from that cheese. It's mine and I am going to eat it all."

Exercise Programs:

Water sports, swim, run, calisthenics, sail, wind surf, white water rafting. Avoid any fitness program that requires you to exert yourself too much. Do not try to lose weight too quickly now, rather a slow and gradual weight loss is the way to go.

Eat:

Egg yolks, whole grain rye, yogurt, beets, fish, milk, cheese, lettuce, and tomatoes, which are high in calcium. Fresh vegetables, fresh fruit, lean protein, onions, and cabbage are excellent for you as well.

Avoid:

Starches, sugar, and salt. Constipation from all that cheese and salt produces bloating. Spicy and highly seasoned food doesn't sit well with your more than sensitive stomach. Be good to your digestive system this month, and it will not have to hurt you!

Pay attention to any/all planets located in the First House of the self, for additional tips and information, as well as the aspects to them.

Disclaimer: Before starting any diet, always seek the advice of a doctor or physician.

Ascendant is in Cancer, Pisces Decanate

Your Metabolic rate this month is: Low. With a low metabolic rate, it will be much more difficult to absorb and release anything you eat, not that you can't but it will be at a much slower rate.

Ruled by the planet Neptune, you will much more sympathetic, sensitive and compassionate to the world around you. You will also be extremely psychic and absorb everything on a personal level. You will be super romantic and very protective of your family and loved ones. Secretive characteristics will also emerge with Neptune so strong here this month.

Ruler of Ascendant in 8th house:

With the Lunar Ascendant Ruler in the Lunar 8th house, connecting and merging with others at a very deep level becomes very important. The 8th House is connected with sex, death, and each others resources. Research, investigative activities, psychology, and archeology are all part of 8th house activities, as are the occult and secret pursuits.

Additional 8th house influences:

Rebirth, transformation, other peoples money, secrets, sex, mysticism.

intuitiveness, renewing, rebuilding, restoring, refurbishing, limiting beliefs, bad habits, attachments that drain you physically, attachments to possessions that restrict or burden, obsessions, compulsive behavior, legacies, inheritance, insurance, alimony, taxes, loans, psychic and occult matters, and metaphysics.

MC in Aries:

Since this is the most "visible" part of the Lunar chart, it represents how you want to be seen by the outside world. It is the face or mask that you deliberately put on for others to see.

With Aries located here, your diet should include less salt and liquor in particular. Ingesting too much salt affects the bones and arteries, while liquor will react negatively on the kidneys.

In career matters or simply areas where you have interests include electronics, mechanics, armed forces, fitness or fitness instruction, engineering, surgery, promotion, building, manufacturing, and sports. You will probably work better alone or prefer to operate your own business rather than work for someone else.

Your outward appearance is your strength, being a leader not a follower as an inspiration for others. It should be noted that you will not fit into the "social structure" of what everyone else does because you are self confident and others can follow your lead, not the other way around.

Arrogance, lack of sensitivity & selfishness are characteristics that you should avoid, because somewhere down the line the reality that other people have the same rights as you will be quite evident. When you get ideas, you act on it immediately and with such enthusiasm and lack of forethought that a favorable outcome stands a 50/50 chance of working out.

Zodiac Signs on the Other House Cusps

The zodiac signs on the other house cusps affect your attitude to many areas of your life, and have a significant impact on what kinds of opportunities and challenges will present themselves in the coming month.

Leo on the 2nd cusp:

You may have to spend money on, or products pertaining to any of the following health concerns this month: heart, back, spine, nervous tension, fever, eyes, liver and forearm.

You may decide to spend money on accessories for, or invest in the following: aerobic exercise, health club, exercise class, going out dancing, martial arts, kickboxing, tennis, golf, walking, Pilates, yoga, calisthenics, basketball and softball.

Try to include more of these in your shopping cart: whole wheat, rye products, almonds, walnuts, sunflower seeds, lemons, peaches, coconut, rice, seafood, beets, asparagus, egg yolk, beef, lamb, poultry, liver, fresh fruit, salad greens, cheese, whole milk, and yogurt, spinach, raisins, dates, plums, pears, and oranges, onions, cucumbers, lettuce, apples.

Please try to leave these out of your shopping cart: fatty foods, snack foods, cakes, and candy.

Leo on the cusp of the second house of money indicates that whatever you make will be directly connected with your view of self worth. Since security is a Leo matter, making money will be a major focus. You seem to instinctively know what the public needs and wants, and this is where your money-making focus will be. Look to the house that contains the Sun to see where that energy will be focused.

Virgo on the 3rd cusp:

There can be more communication about, or a need to learn more about areas concerning: lower digestive track, abdominal region, large and small intestines, hands, nails, the sinuses, respiratory system, bowels, colds, flu, allergies, and constipation.

Areas that will be interesting for you, or take participation in learning: tennis, racquetball, swimming, sailing, fishing, biking, meditation techniques, and walking.

Communication about dietary options. or learning about health care benefits

surrounding: green vegetables, whole wheat and grain breads, oats, almonds, cheese, oranges, bananas, lemons, lean beef, lamb, yogurt, brown rice, eggs, cottage cheese, melons, apples, pears, papaya, and honey, Herb teas, upsets of the digestive system, and any type of drug. Researching food that is highly seasoned, spicy, loaded with sauce or gravy, and fried foods would be of interest.

With Virgo on the cusp of the third house, there will be a strong interest in writing and communication. You will have a need to talk, discuss, read and learn, with everybody. Issues that happen around family, friends and brothers and sisters will be remembered forever. There can be strong sentimental attachments to neighbors, and people in your immediate environment, but a tendency to be critical of the way they think and how they should run their lives. Your forte is to work in around fields that have to do with speech, writing and formulating new ideas because of your ability to work on very fine details that make a project perfect. Look to the house where Mercury is located to see where your interests lie.

Libra on the 4th cusp:

Around the home front there may be health concerns for yourself and family members regarding any of the following: lower back, kidneys, skin and ovaries are areas of concern. Problems caused by too much sugar or rich food might be a cause for concern.

Sports involving people around the home environment can include: tennis, squash, calisthenics, basketball, golf, volleyball or perhaps sailing are excellent ways to spend some quality time, especially if it involves a partner to share in the fun.

Dietary needs can change, or a member of your family may need to make changes in diet including more: drink lots of water and cranberry juice, strawberries, apples, raisins, almonds, asparagus, peas, corn, carrots, spinach, beets, radishes, tomatoes, wheat, brown rice, oatmeal, broiled fish, seafood, poultry, low fat cheese, yogurt, plenty of fresh fruits and vegetables, salad greens, and whole grain bread.

A change in diet or special dietary needs for family members can exclude: avoid beef, pork, sugar, alcohol and carbonated drinks which is bad for the kidneys.

With Libra on the fourth house of the home, family, roots, real estate, property and security, you will feel very strongly about having family and roots. The home, possessions, paid mortgage and happy family are your emotional security, the place where your life becomes balanced and in harmony. You will surround yourself with people who fill your home with love, quiet and peace. Your home will be very attractive, and probably nicely decorated. Look to the house where Venus is located to see where your home security can be found.

Scorpio on the 5th cusp:

Since this has rulership over children, there may be some health concerns connected to: reproductive organs, bladder, prostate, colon, rectum, the vocal cords, larynx, liver, uterus, menstruation, sweat glands and the endocrine glands. Some health complaints you may have this month are headaches, infections and fevers. Scorpio is associated with a strong constitution and can usually overcome problems.

This is also the house of amusement, you can have some fun and challenges with the following: boxing, long-distance running, or any strenuous sport is great. You prefer to be alone when trying to unwind from the stress of the day. The Stairmaster, weight lifting, gymnastics, jogging, or yoga combined with meditation are good for you.

Because this is the house of your creativity, what fabulous dishes can you come up with using these: asparagus, cauliflower, radishes, onions, tomatoes, black cherries, coconuts, milk, cheese, yogurt, cottage cheese, fresh fruits and vegetables & whole grain bread, fish and seafood, green salads, beets, almonds, walnuts, citrus fruit, berries, apples, bananas and pineapples.

Please try to avoid eating large meals during the day and the evening meal should be light. Drink plenty of water but avoid alcohol which has a negative effect on you, especially now. Crash or odd type diets should be avoided, especially those that allow you to yo yo back and forth. You may have some constipation complaints this month due to incorrect diet.

You have Scorpio on the fifth house of Children, recreation, romance, creativity, artistic abilities, hobbies, writing books (creatively), speculation and investments. Your emotional attachment will be strong and somewhat obsessive. Romance and passion rule the day. and there is no luke warm

involvement here. You are sure to experience some very upsetting conditions in relationships, experiencing ups and downs. Pluto is the ruler here, and it has a tendency to want to make people over in someone else's image. If you can't handle the heat, get out of the fire in relationships or close involvement's now. You are not good at choosing associates to surround yourself with, and dealings with children can be open warfare. The positive attributes of Scorpio here are jealousy, possessiveness and emotional behavior. A clandestine or somehow unusual love relationship is highlighted here because of the secretive nature of Scorpio. Concerns for children are obsessive, it will be very hard to cut the apron strings and let them go. Look to the house where Mars/Pluto is located to see where you might find your recreation and romance potential.

Sagittarius on the 6th cusp:

There can be injury to, or have health concerns for yourself and others concerning the following: hips, thighs, sciatic nerve, liver, lungs and motor nerves. The tendency to feverish complaints may be noted this month.

Some great ideas for sports or exercise can include any exercise with friends that you enjoy being with, to add an extra spark to your workout. Archery, fencing, rock climbing, polo, horseback riding, calisthenics, rafting, hiking, camping, and canoeing would be an excellent workout for you.

Try including more of this in your diet: fruits and vegetables, raw salads, green peppers, strawberries, pears, apples, potatoes, oats, whole grain cereals, egg yolk, broiled poultry and fish, beets, tomatoes, plums, cherries, oranges, lemons, skim milk, yogurt, brown rice, whole wheat, (drink) water, and rice. Eat four smaller meals a day rather than three large ones. Ethnic foods such as vegetables, curry, sushi, rice, salad, also juice, granola, dried apricots, popcorn and raisins. Asparagus and olives can be great cleansing agents, along with green peas, mushrooms, sage, cloves and nutmeg.

Please try to avoid: butter and other fats, gravies, cream, candy, and chocolate. Try to cut down on as much alcohol as possible to avoid damage to the liver and skin.

You have Sagittarius on the cusp of the sixth house of Work, Work environment, responsibilities, health, work and service for others, relationships with employees and co-workers. and your interest in physical fitness. You bring

happiness and optimism wherever you go. You inspire others and co-workers to be the best they can be, and encourage them to follow their dreams. Be careful of eating and drinking too much, as this placement is notorious for expanding the waist line, and have an adverse affect on the digestive system. Caution is advised in over estimating what you can do and the reality of what can be accomplished. Find work that challenges you, to keep you at your peak of performance, but make sure your energy doesn't get depleted in the process. It would be best to spend some time out and about in nature and the great outdoors. Look to the house where Jupiter is located to see where you might find work or service to others.

Capricorn on the 7th cusp:

You may seek professional advice in any of the following health areas: the bones, teeth and especially the knees, hair, skin, and stomach are sensitive points this month. If you are not cautious, accidents from this sign include broken bones, sprains, dislocations, joint pain, sensitive skin, and allergies. You may very well benefit from reflexology and message to relieve any symptoms listed above.

Planets located in the house of partnerships (and getting professional help or advice) of any kind, including marital, can have you working on projects (as partners) in any of the following: hiking, jogging, golf, or rock climbing.

You may seek professional advice in the dietary advantage of any of the following: oranges, lemons, celery, cabbage, spinach, broccoli, corn, peas, potatoes, walnuts, almonds, whole wheat, oats, brown rice, raw salad, fresh fruits and vegetables, lean protein, fish, eggs, whole-grain bread, cheese, buttermilk, yogurt, beans, plums, strawberries and blueberries.

You may also seek out advice on the negative effects of: Eating chocolate and refined sugar which is bad for you, as well as highly seasoned and spicy food because of intestinal upsets.

Relationships, partnerships, marriage, people you have close associations with, cooperation or lack of, contracts, and legal matters are all part of the seventh house, with Capricorn located here. You will be rather cool, calm, collected, reserved and shy. Marriage for status and security is a possibility with Capricorn here. It is more than likely that any permanent commitment will be after a long courtship, as this placement does not signify an impulsive

coupling. One or both of you may feel very restricted in the relationship, perhaps having to take responsibility for someone. You will be very supportive of others and could sense their needs with a minimum of emotional contact. Look to the house that contains Saturn to see how you will deal with partnerships.

Aquarius on the 8th cusp:

Perhaps bad habits need to be changed to prevent problems with: Calves, ankles, circulation, breath, eyesight, and blood need some attention. Health complaints can include cramps, allergies, sudden illness or nervous disorders.

The eighth house has to do with things that drain you physically, bad habits, obsessions, and joint financial matters. Perhaps this is where the energy is going to: Some great ideas for sports and exercise can include dancing, gymnastics, skating, aerobics, martial arts, and skiing.

Perhaps you can use these food items to transform or renew yourself: fish, lobster, tuna, oysters, spinach, radishes, celery, cabbage, lettuce, corn, squash, almonds, walnuts, apples, peaches, pears, lemons, oranges, sea salt, carrots, strawberries, vegetables, whole-grain bread, chicken, beets, broccoli, peppers, tomatoes, pineapple, brown rice, whole wheat, yogurt and cheese.

You may also realize that by curbing or deleting these from your diet, you may actually add to your longevity: coffee or other stimulants which can make you nervous. On the other hand you can try herbal teas to help you relax. Ethnic food and cuisine is great stuff, just don't overdo it.

The eighth house deals with joint resources, possessions that are not earned directly by you, but obtained through the relationship, wills, or pensions. It also has to do with money belonging to others such as taxes, corporate money, insurance, and the stock market. The eighth house also relates to the mysteries of life and sex. Aquarius will have an influence on the above matters by making you independent in your finances. In spiritual matters you will have some very profound and new age ideas which can be of benefit to mankind, since you are such a humanitarian. Your views on sex, death and birth are apt to be very different as well. Look to see which house Uranus is located in, to see where your joint money can be found.

Pisces on the 9th cusp:

If you do any foreign travel this month, you might suffer from problems with: feet, toes and bones of the feet. Some health complaints this month are swelling, allergic reaction to drugs, or problems with the feet. Low blood pressure and inflammations can be cause of concern this Lunar month. There can be vulnerabilities or sensitivity to medicines, drugs, and anesthesia.

You may travel to foreign places to experience sports such as: music, dance, biking, the stair master, treadmill, rowing machine, swimming, ice skating, canoeing, rowing, water skiing, surfing, water-aerobics classes. Step aerobic, ballet, jazz or other types of dance will be very appealing to you now. Meditative techniques, yoga and Tai Chi may hold some new interest for you.

As long as you are visiting someplace different, why not try dishes made with food native to the area, such as: liver, lean beef, lamb, egg yolks, oysters, kidneys, whole-grain cereals, barley, dried beans, beet, spinach, onions, lettuce, raisins, dates, apricots, peaches, grapes, apples, lemons, oranges, lettuce, strawberries, radishes, cucumbers, almonds, walnuts.

You may want to avoid the following food that may be bad for you: cut down on table salt, for that can make you feel bloated. Coffee can over-stimulate you and should be cut down to a bare minimum. Pisceans are particularly susceptible to the effects of alcohol. Because the ruler Neptune also governs drugs, you should be careful in their use. Get advice first before you take anything new. Water retention is a problem for Pisces, and since you will be drawn to salt, the problem only gets worse. Avoid alcohol in excess too because it will tend to dehydrate you.

The ninth house is the house of long range goals and long distance travel. Religion, philosophy and higher education are ninth house matters. With Pisces ruling the ninth house, you will be strongly involved in spiritual and religious matters, with a visionary point of view. Travel can be accomplished on the physical plane or the astral one if you don't have the funds for an actual trip. Look to the house where Neptune is located to see where your interests in higher aspirations can be found.

Aries on the 10th cusp:

Since this is the house of your occupation, job title, and life direction, you may decide to have more of an interest in any of these medical fields. Since it

is a monthly influence, you may just want to become an authority on any of the following: sinus, headaches, tooth and gum problems, or even nose bleeds. Protect your head and face from injuries.

If you are considering a career change to the sports and exercise industry, you may have interests in these fields: martial arts, surfing, rollerblading, gymnastics, boxing, football, softball, or basketball, jogging, walking, horseback riding, swimming, or tennis.

If instead you are considering a career change to the grocery or produce/food industry, perhaps you may consider one of these products: tomatoes, beans, brown rice, broccoli, bananas, dried apricots, walnuts, olives, onions, lettuce, cauliflower, cucumber, spinach, and milk.

The tenth house is the home of worldly aspirations and attainment. This sector shows how you present yourself to the public, deeds for which you leave behind as your legacy, or what you will be remembered for. The tenth has domain over the profession, public offices held, and your reputation. The energy of Aries here, indicates that you can be shy or absent from situations where you have to come before the public. There will be a great determination to make your mark in whatever career you choose. Be very careful with Aries here, as you can leap before you look, right into the wrong profession. Mars energy, the ruler of Aries, is aggressive and assertive in whatever it chooses to do, and relentlessly charges forth to a goal. Look to the house where Mars is located to see what kind of career you might choose, or how you will be remembered.

Taurus on the 11th cusp:

You may join forces with others in a team effort to do some research, or raise money for problems dealing with: Throat, neck, ears, or jaw. Stiff necks, sore throats and earaches are common complaints.

In the house of humanitarian efforts, working with groups of people as a team, you may organize functions having to do with the following: Archery, marksmanship, and golf would be great. Remote control speed and dexterity fit into that category as well.

You may work on humanitarian efforts to raise money to buy food for the homeless that can include any of the following: Try to include more of these in

your diet: asparagus, beets, cauliflower, spinach, cucumber, onions, nuts and cranberries. Fish, seafood, eggs, liver, beans, wheat germ, fresh fruit and green salads are other foods to consider.

The eleventh house has domain over achievement of goals and objectives, and hopes and wishes. Humanitarian efforts, clubs, groups, associations, sharing ideals are also associated with the eleventh house. People that support your efforts, friends and connections to the outside world can be found in this house. With Taurus located in the eleventh house, the focus turns to goals directly associated with material life. Making and accumulating money becomes a direct link to your security. Your friends will probably be people that are well to do or in the artistic realm. Friendships are important, and it is very likely you will have warm associations with them. Enjoyment can be found through the theater, museums and galleries. Look to the house where Venus is located to see where you might find your friends, associations and group involvement's and interests.

Gemini on the 12th cusp:

With the emphasis now on charity, volunteer work and social work, you may volunteer your time in hospitals or institutions dealing with: Shoulders, upper arms, breathing, nerves, asthmatic conditions, hands, fingers, sense of hearing and lungs.

Charity, volunteer work and social work, may be spent in hospitals or institutions dealing with sports or exercise rehabilitation: Aerobics, working out, volleyball, jogging, dance, gymnastics, basketball, or tennis.

You can also volunteer your time in the kitchen or food preparation center in hospitals and institutions working with: Asparagus, green beans, tomatoes, celery, carrots, spinach, oranges, peaches, plums, apricots, wild rice, grapefruit, almonds, broiled fish and shellfish, (drink) grape juice, apples, raisins, lettuce, cauliflower, cabbage, milk, buttermilk, and cottage cheese.

The twelfth house rules the subconscious mind, problems arising from unseen causes, and limitations in our lives. This house has rulership over behind the scenes activities, emotional problems, secrets, deceptions, problems to overcome, the side of ourselves away from public view, where the soul can step back and take a look at the world around us. The twelfth house also has rulership over prisons, hospitals, and other institutions that would

remove you from society. Gemini energy on the twelfth house indicates you enjoy private thoughts when you are alone, difficult to relate them when you are with others. You may decide to keep your ideas and plans to yourself, instead of sharing them with friends or family. Look to the house where Mercury is located to find that area in which you retire from public view.

The Sun

The placement of the Sun in the Lunar return chart is very important and affects almost every area of your life!

Sun in 5th house (FOCUS):

The Lunar Sun is now in your 5th house. Your interests this month will be on amusement, recreation, children, new loves without commitment, just being yourself with no boundaries set on you, idealized romance, social contacts and places of fun and amusement. Matters connected with pregnancy and childbirth may be in the spotlight as well. Your sexual drive will be stimulated.

Additional 5th house interpretations:

Speculation, games, creative expression through art, music, dance, theatrics, writing, poetry, songs, stories, athletics, or personal craftsmanship. Creating beauty, courtship, lovemaking, pastimes, concerts, dating, playing with children, parties and leisure activity.

The Moon

The placement of the Moon in the Lunar return chart affects emotions, moods, domestic affairs and relationships with women during the coming month.

Moon in 8th house (MAJOR FOCUS):

Now, right after the Ascendant this month, the Moon is extremely important to your health, diet and well being. The Moon RULES your emotional state, and

which ever way it goes, so does your diet and health. Ever been in love?????? I mean really in love?? Did you need to eat to feel whole, or was love your entire nourishment? What happened when you broke up, got divorced or weren't getting along, and who became your new bestest friend (again)??? Food!

Whenever the Moon is placed here, you will look for love, support or emotional nourishment. The aspects to the moon this month will show you your chance of finding it. With well aspected (nourished) planets your health and quality of life thrives, but anything negative will send you off your diet and health plan into the waiting and willing arms of a lover called food!!! If you will look at the planets afflicted (difficult), it will give you some idea of how you will try to nourish yourself (food) and what you have a thirst or hunger for. Spicy and hot foods (Mars) can point to sexual desire, sweets (Venus) can indicate a need for pure love and romance. Even in times of anger, you will turn to this willing lover (food), who never ever, ever lets you down, especially when wrongs haven't been righted. The amount of food you eat when angry will show just how much you want to punish others or punish yourself.

The Lunar Moon is now in your 8th house. Deep feelings and relationships are aroused of the very intense kind. Any activity that spices us up emotionally will be exactly what the doctor ordered. Lovers and love relationships that are possessive find their home with this Lunar position of the Moon.

Whenever your emotions are out of control with the Moon located here, you should try to avoid large meals during the day, and the evening meal should be light. Drink plenty of water but avoid alcohol which may have a negative effect on you, especially now. Crash or odd type diets should be avoided, especially those that allow you to yo yo back and forth. You may have some constipation complaints this month due to incorrect diet.

Additional 8th house interpretations:

Rebirth, transformation, other peoples money, secrets, sex, mysticism, intuitiveness, renewing, rebuilding, restoring, refurbishing, limiting beliefs, bad habits, attachments that drain you physically, attachments to possessions that restrict or burden, obsessions, compulsive behavior, legacies, inheritance, insurance, alimony, taxes, loans, psychic and occult matters, and metaphysics.

Mercury

The placement of Mercury in the Lunar return chart affects communication, and your ability to learn and express yourself during the coming month.

Mercury in 5th house (MAJOR FOCUS):

They say that where the mind goes, the body follows. That is why there is a Major Focus on it every month. What you think, speak and project, even unspoken words will convince the body of your intent and act accordingly. Positive affirmation of your goals will bring positive results to your health and diet efforts. Negative thoughts and actions will bring nothing but negative results to your health and diet efforts. Look at the aspects to Mercury to find out if the influences around you this month will act to derail your efforts or strengthen them. If they are negative, look to the cause and correct them. You may not be able to change them completely, but you will be aware of what the cause is, and be prepared to work with them, instead of against them. You have the tools for success, if you don't take them out of the tool box and put them to work, what good are they?

Mercury is in your 5th house, and indicates areas of interests in your life this month, as well as health matters or where your thoughts are likely to be focused.

Communication with romantic partners can go on for hours. Expressing yourself, reading, writing or mental games played with others, playing the stock market, playing jokes on others or using your mind to beat the odds at the race track are all emphasized now. If Mercury makes a difficult aspect while in the 5th house, the idea of having fun can come between the work matters at hand, or bring on a short bout of ill health.

Additional 5th house interpretations:

Love affairs, speculation, games, creative expression through art, music, dance, theatrics, writing, poetry, songs, stories, athletics, or personal craftsmanship. Creating beauty, courtship, lovemaking, pastimes, concerts, dating, playing with children, parties and leisure activity.

Mercury trine N. Node:

Communications increase with harmonious results this month. This is also a favorable time for public relations, advertising, short trips and contacts with the general public and it is also a very sociable time for the exchange of ideas. You have a good grasp of any situation at hand and your judgment is sound, so use it for any form of the written or oral word. Joint plans and the exchange of ideas will prosper, and the same goes for any intellectual pursuits, social or business communications.

Venus

The placement of Venus in the Lunar return chart affects romance and friendship over the coming month.

Venus in 4th house (FOCUS):

Next in line for our Focus is lovely, seductive and beautiful Venus. Wherever Venus is located indicates where love, affection and attention can be found. Look carefully at the aspects to Venus because she can either bring love or try to hold it back. Negative aspects can also try to derail your efforts for health and diet, whereas positive aspects can help to support your efforts. Do not allow negative Venus aspects to knock you off your path to success, instead recognize that they are there, and work with them, instead of against them. Remember, every day, is NOT going to be a holiday.

Make peace with the people you live with and your parents. This is a wonderful month to redecorate the house. Watch the digestive system because there will be an increase of good and rich food. Drinking too much can be adverse as well. Romance and real estate matters are favored. Entertaining in the home will be pleasant and well received.

Suggested exercise programs to help you stay slim and in shape are water sports, swimming, running, calisthenics, sailing, surfing, or rafting. Avoid any fitness program that requires you to exert yourself too much. Do not try to lose weight too quickly now, rather a slow and gradual weight loss is the way to go.

Try to avoid eating starches, sugar, and salt. Constipation from cheese can occur, and salt produces bloating. Spicy and highly seasoned food doesn't sit

well with your more than sensitive stomach. Be good to your digestive system this month, and it will not have to hurt you!

Additional 4th house interpretations:

Country, home, family, memories, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, your subconscious memories, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

Mars

The placement of Mars in the Lunar return chart affects your drive, ambition, and vitality during the coming month.

Mars in 9th house:

Next in line is the planet Mars. Mars is considered extremely aggressive and masculine. It shows where you will put tremendous energy and where you will apply that energy by house. Mars is that push that gets you going, gets you off the couch and onto the treadmill. Push too hard however, and you can meet with great resistance from all areas around you, including people, places and things. Applied in the wrong way will bring with it combative situations, arguments, tempers flaring and in some cases accidental behavior. If the Universe tells you to knock off the macho behavior (aspect wise), then take a hint and do so. If the Universe gives you a green light aspect wise, then go for it with your whole heart. Look carefully at the aspects to find out who, or what may be putting obstacles in your path, and act accordingly.

This is a wonderful placement for creative and intellectual work or study. Be careful in trying to convince other people of your beliefs, as you will have the sensitivity of a sledgehammer. Travel will be very satisfying unless under harsh aspect. In-laws can be a source of inspiration or a real burden, so watch your remarks when the family is together. Expand your own personal beliefs and knowledge through education and legal matters. There may be some court action that comes up to deal with. If Mars forms a difficult aspect while in the 9th house, then you can encounter danger while traveling or visiting places far

from home.

Additional 9th house interpretations:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Jupiter

The placement of Jupiter in the Lunar return chart determines in what areas of your life you are likely to have opportunities for growth and expansion during the coming month.

Jupiter in 5th house:

Next in line we have Jupiter, planet of good fortune and expansion. Wherever Jupiter falls it likes to make things bigger, and gives resistance to letting things go back to normal shape, like the human body for instance (especially around the hip area). Whenever Jupiter takes a prominent position in the Lunar or Natal chart, weight will be easy to put on, and remain on, until the influence ends. Then and only then can things go back to normal, whatever normal is.

With Jupiter located here, your creative side comes alive, relationships improve, new sexual relationships begin, improved relations with your children, meeting people from different backgrounds, increased social activities and pleasure travel are highlighted. Women desiring to become pregnant can do so (if able to) this month. If Jupiter makes a difficult aspect while in the 5th house, then the pursuit of pleasure and investments will be way out of control!

Additional 5th house interpretations:

Love affairs, speculation, games, creative expression through art, music, dance, theatrics, writing, poetry, songs, stories, athletics, or personal craftsmanship. Creating beauty, courtship, lovemaking, pastimes, concerts, dating, playing with children, parties and leisure activity.

Jupiter trine MC:

Wherever Jupiter is placed by house and whatever it touches by aspect tends to benefit, receive good fortune or become larger than when it started, at least positively aspected. This can make dieting very difficult, unless you cut food intake to a system designed to try to expand itself. On the negative side, it can act to prevent good things to come to us. In either case, it will sharply increase your appetite, which is why smaller more healthy meals are suggested.

This month will be a very successful time for your career and there will be a strong need to expand your social life, become more active in sports or include more travel, perhaps connected with your job. Business expansion is favored this month, and self confidence can be a real asset to you. Others may look to you as a leader for their causes.

Financial gains are likely and you are not likely to squander it on useless items. This is an excellent time for buying or improving your home and also favors politics, publishing, teaching, lecturing, religion and law. Support can come from people in authority or somehow connected with the government.

Saturn

The placement of Saturn in the Lunar return chart determines where you will encounter obstacles, difficult lessons, and where discipline will be needed in your life during the coming month.

Saturn in 6th house (FOCUS):

Next up is Saturn. Saturn is the great teacher. Wherever Saturn is located by house, shows where losses, setbacks, depression, maturity, growing up or feeling gloomy can occur. Usually it is present when the time is just not right for an action or activity to occur, for whatever the reason. It is like having a credit card that always comes back "access denied". Sometimes the access is permanent, other times it is temporary in nature.

Work and responsibilities on the job will increase this month. Health may be

Sensitive, especially if you don't know when to slow down and rest. This is the time to conserve your energy, not to waste it. Health matters that become difficult often point to other unrecognized problems in your life that need to be examined. Often health difficulties are the job itself. If Saturn makes difficult aspects while in the 6th house, then you may experience health problems involving digestion, bones, kidney disorders, skin and knees. Your recovery time from illness will be drawn out as well. Unemployment may be an issue, or you may have to resort to doing work that is distasteful to you.

Additional 6th house interpretations:

Diet, service to others, coworkers, attention to detail, waiting on others, using skills, teaching others skills, craftsmanship, organization abilities, work routine, chores, responsibilities, punctuality, schedules, competency, how you work, taking responsibility for health or fitness, exercise, health care, stress, sleep habits, caring for the health of others, therapy, nutrition, nursing, tasks, habits, overall health, hard work, employees, hygiene, working environment, pets and animals.

Saturn square MC:

Now, Saturn brings with it a separate set of circumstances wherever it is by house and aspect. In either case, whether positive or negative aspect, it puts very strong obstacles in your path to be dealt with. It has been noted that every time there is a Saturn transit, everything comes to a screeching halt, with a big sign that seems to suggest "Access Denied!" I have also seen that anytime there is a strong Saturn presence, denying us what we want can also be protecting us from ourselves, possibly by the presence of a more wise and learned energy than ourselves, which is also a characteristic of Saturn. Diet wise, it seems to limit the need to eat, curbs the appetite and allows you to take more control of the food that you eat. On the negative side, it always slows down the digestive process dramatically. The utmost caution should be advised as to what you eat with this energy as constipation, and a bound up digestive system can take on the consistency of cement. A vegetarian diet is ideal with this energy whether transits to natal, lunar return or progression.

You can feel quite insecure about any recognition that comes to you this month, preferring to be unnoticed and taking a subordinate position to stay out of the spotlight. There can be some sadness over the loss of a love as well.

Challenges can come to confront you. and many choices are available in your

life direction, but which one to choose, that is the dilemma. You may be feeling somewhat cut off from the world or lonely, so it is important for this to happen so you can get in touch with the inner person to make very personal changes by yourself. Relationships will undergo unbearable tests and the weak ones will not survive and obstacles are sure to arise in the business arena. This is a time to make adjustments in your life, so don't let emotional connections prevent you from your life's work.

Uranus, Neptune and Pluto

The placement of the 3 outer planets in the Lunar return chart indicates areas in your life that are likely to take surprising twists and turns, where idealism and illusion may enter your life, or where compulsive or extreme situations may arise in your life during the coming month.

Uranus in 10th house:

Next in line is the planet Uranus, ruler of Aquarius, and just like a true Aquarian, Uranus, is the rebel, the non-conformist, the humanitarian and the unpredictable child. Wherever Uranus is placed by house, all bets are off for a normal existence, replaced by sudden out of the blue and whimsical behavior. No matter what the circumstance this month, it won't be boring! It is life thrust upon us, not chosen.

Your career can take an unexpected turn quite suddenly causing your goals, objectives and conditions to change. They may even become restrictive to the point of being unbearable. A step up or a step down in position possible and conforming to the norm will be next to impossible. If Uranus makes a difficult aspect while in the 10th house, you may suddenly lose your job, or suffer other career setbacks.

Additional 10th house interpretations:

Profession, occupation, ambitions, goals, talents, satisfaction from work, your public self, status, the actual title of your job, reputation, what you are known for, strangers perceptions of you, public reputation, status, life direction, achievements, honor, dishonor, authority figures, government, politics.

Uranus square N. Node:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

STRESS has entered your life this month, so use any means to get rid of it before it gets the best of you. You will not appreciate any sexual advances made towards you this month and any assistance that is offered by others will be refused. You may find that during this time matters of sexuality become less important to you and matters of pure intimacy without being sexually active become more important and necessary. You can also find that people can come to you for consolation and you can do so without the threat of sexual advancement on your part coming into play, instead enjoying people for their company.

Upsetting circumstances arrive in group and individual relationships and freedom will cause setbacks. Pig headedness is a negative use of this energy and arguments are a positive outlet for this energy because it gets everything out on the open.

Uranus square Asc.:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

You will find it hard to relate to others this month and people will have a difficult time getting to know the real you. You will find it difficult to take care of other peoples needs or show affection. Friendships are what you need now rather than intimate partners. You will also see that some added stress has entered your life to contend with as well.

Expect upsets and emotional instability to enter your life and the element of

surprise and unpredictability will arrive at your door. Your attitude may adopt a very detached characteristic. Relationships are very disruptive this month and sudden separations can occur because you are looking for freedom from oppressive situations. Friends will prove to be very unreliable and you will be very bored with routines. Do not speculate or experiment with the occult this month, as the timing is unfortunate.

Neptune in 9th house:

One of my favorite planets is Neptune. Among the qualities it loves to bring to the party is illusion, and deception, but also imagination, illumination and inspiration (That covers all the "I" words). Psychic and intuitive aspects can emerge from our subconscious mind now, and can do so in a myriad of ways like music, art, poetry, compassion and humanitarian efforts. Remember to look at Neptune like you are in a very naughty dream that is not real, and is never going to come true. It was great at the time, but has nothing to do with reality.

This is a good position for Neptune, allowing intellectual and spiritual maturity, unless you get so wrapped up in the idealized part of it that causes confusion and misunderstandings, and you lose track of reality. If Neptune makes a difficult aspect while in the 9th house, there can be strange involvements in cults, religions or belief systems. You can also be deceived by someone disguised as a spiritual "master".

Additional 9th house interpretations:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Pluto in 6th house (FOCUS):

Last in line, but not forgotten we have the planet PLUTO who is the master of digging down beneath the surface of who you are and bringing some very powerful yet subtle changes into your life. Pluto is where your OBSESSIONS can be found this month.

Stress and illness is possible from requiring too much from the body. Changes on the job will be forced on you rather than sought. If Pluto makes a

difficult aspect while in the 6th house, then there can be hazards around the workplace that can affect the health.

The Part Of The Body Your Sign Rules:

Scorpio rules the reproductive organs, bladder, prostate, colon, rectum, the vocal cords, larynx, liver, uterus, menstruation, sweat glands and the endocrine glands. Some health complaints you may have this month are headaches, infections and fevers. Scorpio is associated with a strong constitution and can usually overcome problems.

Your Metabolic rate this month is:

High. INCREASES THE APPETITE dramatically, making you feel hungry more often. With this much energy present, you should be able to overcome any obstacles before you. Remember to change your routine to keep from getting bored. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Exercise Programs:

Boxing, long-distance running, or any strenuous sport is great. You prefer to be alone when trying to unwind from the stress of the day. The Stairmaster, weight lifting, gymnastics, jogging, or yoga combined with meditation are good for you.

Eat:

Asparagus, cauliflower, radishes, onions, tomatoes, black cherries, coconuts, milk, cheese, yogurt, cottage cheese, fresh fruits and vegetables & whole grain bread, fish and seafood, green salads, beets, almonds, walnuts, citrus fruit, berries, apples, bananas and pineapples.

Avoid:

Large meals during the day and the evening meal should be light. Drink plenty of water but avoid alcohol which has a negative effect on you, especially now. Crash or odd type diets should be avoided, especially those that allow you to yo yo back and forth. You may have some constipation complaints this month due to incorrect diet.

Additional 6th house interpretations:

Diet, service to others, coworkers, attention to detail, waiting on others, using skills, teaching others skills, craftsmanship, organization abilities, work routine, chores, responsibilities, punctuality, schedules, competency, how you work, taking responsibility for health or fitness, exercise, health care, stress, sleep habits, caring for the health of others, therapy, nutrition, nursing, tasks, habits, overall health, hard work, employees, hygiene, working environment, pets and animals.

Interaction of the Lunar Return and Natal Chart

The following influences are based on the relationship of the Lunar return to the natal chart. These influences tend to bring about changes in attitudes and your perspective on life.

Lunar Return Ascendant in Natal 12th house:

With your Natal 12th house on the Lunar Ascendant, relationships might be secret ones, away from the prying eyes of the public, but you must be more aware of secret enemies who will try to bring you down. Occult and metaphysical subjects can be investigated and utilized, and hospital procedures, self undoing and charitable endeavors also come under focus. In some ways, you will be happiest when you are very much to yourself, perhaps in a retreat situation.

Additional 12th house influences brought out in the spotlight:

Social work, charity, volunteer work, subconscious fear, guilt, resentment, hate, past-life karma, skeletons in the closet, damaging secrets, secret plots, compassion, psychic ability, sensitivity, self-undoing, confinement, imprisonment, religious retreats, subconscious mind, libraries, mental illness.

emotional blocks, addictions, secret motives, hidden agendas, suppressed knowledge, secret societies, occult wisdom, hidden meanings, illumination, enlightenment, fantasy, self-deception, hidden enemies, hospitals, institutions, spirituality, unredeemed karma, selfless service, mystical inspiration, and clairvoyant abilities.

Natal Ascendant in Lunar Return 1st house:

With your Ascendant in the Lunar 1st house, the personal identity becomes more important. Questions of who am I, and where do I fit in, is highlighted. How will I relate to the outside world, and how will people see me is now a focal point this month.

Additional 1st house interpretations:

Personality, competition, gestures, body language, self-expression, aura, self-image, mannerisms, strength, vitality and soul purpose.