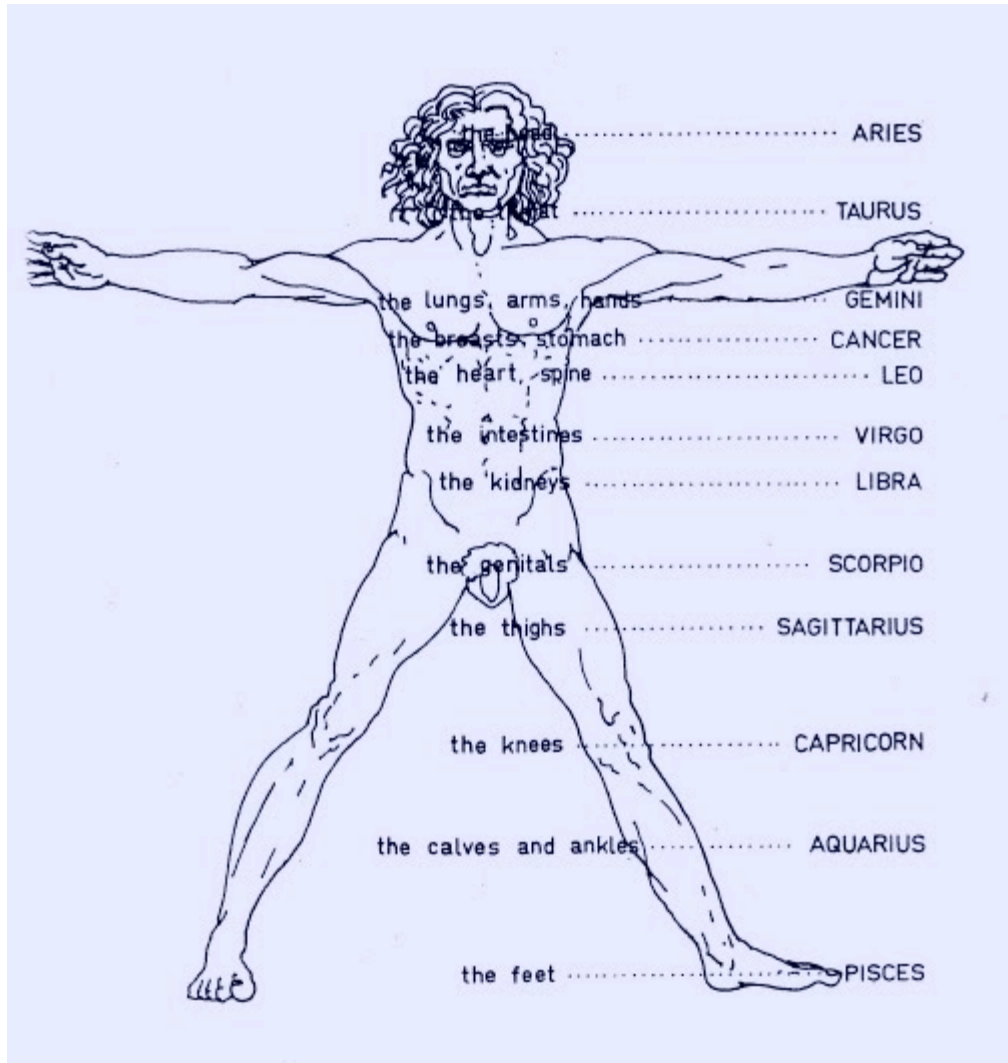


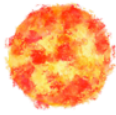
# Medical Astrology by The Signs And Vitamins/Mineral Solutions



| Planets | Body portions/functions  |
|---------|--|
| Sun     | Heart, spine, and general vitality                               |
| Moon    | Stomach, digestive system, female organs, lymphatic system       |
| Mercury | Brain, central nervous system, thyroid gland, five senses, hands |
| Venus   | Throat, kidneys, thymus gland, sense of touch, ovaries           |
| Mars    | Muscles, head, adrenal glands, senses of smell and taste         |
| Jupiter | Liver, thighs, feet, growth, pituitary gland                     |
| Saturn  | Skin, hair, teeth, bones, the body's defenses, spleen            |
| Uranus  | Parathyroid gland, neural activity, aura                         |
| Neptune | Pineal gland, psychic healing                                    |
| Pluto   | Pancreas, metabolism, elimination                                |

# ruling planets

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## Sun

Rules the sign LEO  
Planet of Vitality, Life, Ego,  
Creativity, Expression



## Moon

Rules the sign CANCER  
Planet of Emotions, Intuition,  
Moods, Mothers and Children



## Mercury

Rules GEMINI and VIRGO  
Planet of Intellect, Logic, Perception,  
Thinking, Communication



## Venus

Rules TAURUS and LIBRA  
Planet of Pleasure, Romance, Love,  
Femininity, Beauty, Art



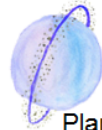
## Mars

Rules ARIES and to a lesser  
extent SCORPIO  
Planet of Aggression, Drive,  
Power, Instincts, Masculinity



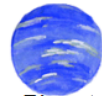
## Jupiter

Rules SAGITTARIUS and to  
a lesser extent PISCES  
Planet of Growth, Abundance, Luck,  
Expansion, Higher Learning, Travel, Religion



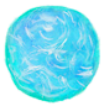
## Saturn

Rules CAPRICORN and to a  
lesser extent AQUARIUS  
Planet of Structure, Restrictions,  
Time, Authority, Discipline, Limitations



## Uranus

Rules the sign AQUARIUS  
Planet of Rebellion, Revolution,  
Individualism, Eccentricity,  
Humanitarianism, Science, Inventions



## Neptune

Rules the sign PISCES  
Planet of Dreams, Illusion,  
Delusion, Spirituality,  
Oneness, Addictions



## Pluto

Rules the sign SCORPIO  
Planet of Power, Transformation,  
Obsession, Alchemy, Healing, Life and  
Death



The likelihood of illness or injuries relating to a particular sign is derived from both the nature of the sign with regards to its type by triplicity and that of its natural ruling planet. Ailments of a sign or planet can appear by reflection on its opposite sign or by reflection in the opposite sign of a planet's exaltation. For example, Venus is exalted in Pisces and by reflection, the ailments associated with Venus and Pisces can show in the opposite sign Virgo. So look in the opposite signs too!

Please note that these are indications only and not just by virtue of having the Sun placed in a certain sign. Many other factors play their part in Medical Astrology and the diagnosis or potential for illness or ailments. Usually, in order for a condition to manifest, it will be found that one of the so-called malefic planets and will afflict planets in a sign by a hard aspect between them. However, benefic planets such as Jupiter and Venus and good aspects from the Sun or Moon can mitigate or even deny the possibility of any condition taking hold. These are also subject to being triggered by transits. Please check with me to know what is your Celestial DNA. You have twelve signs that make up your Celestial DNA; Mainly the Sun, Moon and Ascendant signs are what are mostly affected. But as you age so does your Celestial DNA, by changing signs, also planets play apart. Please contact me, so you know where you stand. Dr. Clarice Barrett, Msc. D. [www.drclaricerbarrett.com](http://www.drclaricerbarrett.com)

Listed are the opposites of the signs, 180 degrees opposite from each other:

Aries-----Libra  
Taurus-----Scorpio  
Gemini-----Sagittarius  
Cancer-----Capricorn  
Leo-----Aquarius  
Virgo-----Pisces

Listed below are the astrology signs, connected to different ailments. Pay attention also to being born on a cusp. Anytime you are born 3 days before or after a sign changes you are both signs.

### Aries

Ruling Planet: Mars

**Body parts ruled: head, brain, eyes, face, muscles, and pineal gland.**

**Ailments:** anything to do with the head. Acne, headache, migraine, sinus problems, head colds, nosebleeds, fever, inflammation, high blood pressure, skin eruptions, burns, faintness, neuralgia, scalds, insect bites and stings.

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### Taurus

Ruling Planet: Venus

**Body parts ruled: neck, throat, thyroid gland, larynx, chin, lower jaw, ears, tongue, vocal chords, under-active thyroid gland.**

**Ailments:** sore throat, stiff neck, tension, excess weight-obesity, and under-active thyroid gland. Apoplexy, croup, diphtheria, and tonsillitis. Obesity, can be found in the signs of Cancer, Libra and Sagittarius also.

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### Gemini

Ruling Planet: Mercury

**Body parts ruled: hands, fingers, arms, shoulders, upper ribs, lungs, bronchial tracts, trachea, thymus gland, nerves and nervous system.**

**Ailments:** mental faculty, nerves, nervous strain, restlessness of the mind, chest and lung complaints, lung cancer, asthma, pleurisy, insomnia, amnesia, pneumonia, and pulmonary diseases.

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## **Cancer**

Ruling Planet: Moon

**Body parts ruled: breast, breastbone, stomach, lower ribs, womb, and pancreas.**

**Ailments:** stomach, and digestive complaints, heartburn, gallstones, gastric disorders, ulcers, dyspepsia, dropsy, upset stomach, breast disorders, breast cancer, lymphatic system disorders, glaucoma, cataracts, jaundice, and obesity. Pisces is ruled by the lymphatic system also.

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## **Leo**

Ruling Planet: Sun

**Body parts ruled: upper back, spine, spleen, heart, aorta, and circulation.**

**Ailments:** cardiovascular heart problems, hardening of the arteries, high or low blood pressure, back problems, faintness, fever, blood disorder, aneurysm, angina pectoris spinal problems and injuries.

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## **Virgo**

Ruling Planet: Mercury

**Body parts ruled: nervous system, intestines, stomach, abdomen, lower dorsal nerves, bowels, nails, and spleen.**

**Ailments:** anxiety, nervous tension, bowel and digestive system disorders, intestinal disorders, intestinal cancer, appendicitis, cholera, colic, crohn's disease, dysentery, peritonitis, tapeworm, and abdominal disorders.

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## **Libra**

Ruling Planet: Venus

**Body parts ruled: lower back, (lumbar region), lumbar nerves, buttocks, kidneys, adrenal glands, blood vessels, skin, and pancreas.**

**Ailments:** kidneys, abscess, bladder disorders, bight's disease, eczema, gout, sexual problems, diabetes, gout and tumors.

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## **Scorpio**

Ruling Planets: Pluto and Mars

**Body Parts ruled: genitals, bladder, cervix, anus, genital-urinary tract, and prostate gland.**

**Ailments:** cancer, prostate cancer, reproductive and excretory systems. It occasions deep changes within whatever condition arises. Can be likened to a volcano bubbling beneath

the surface, anything hidden or deep. Venereal disease, all sexual transmitted problems. Piles, renal stones, ruptures, menstrual problems, and hemorrhoids,

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### **Sagittarius**

Ruling Planet: Jupiter

**Body Parts ruled: liver, hips, thighs, arterial system, pelvis, and femur (thighbone).**

**Ailments:** Jupiter rules the liver and any complaints of it. As Jupiter's main keyword is that of expansion, it governs swellings and things that grows such as tumors and other growths, either malignant or benign. It is also associated with being overweight and over indulgence in food, alcohol and drugs. Rheumatoid.

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### **Capricorn**

Ruling Planet: Saturn

**Body Parts ruled: bones, joints, knees, shin, and teeth**

**Ailments:** Saturn rules the skin and bones and by its nature of restriction and generally slowing things down, anything that is degenerative is ruled by it. It produces blockage and is associated with poor growth. Dental problems, skin problems, epilepsy, leprosy, constipation, and arthritis/ rheumatism. Depression.

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### **Aquarius**

Ruling Planet: Uranus

**Body Parts ruled: Circulatory system, ankles, Achilles heel, calves, shins, and breath.**

**Ailments:** stress anxiety, muscular spasms, arthritis, varicose veins, and circulatory problems. Electric shock.

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### **Pisces**

Ruling Planet: Neptune

Body Parts: feet

**Ailments:** addiction to alcohol or drugs, suspension of normal functioning, wasting diseases and general lethargy. Anything that impairs normal functioning or gradual erosion of functions. Immune system problem, including fluid retention, hormonal imbalances, chilblains, glandular problems, and lymphatic system. Bunions.

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## **Solution for Better Health Designed for the Signs**

The word "vitamins" came from the Latin word "vita" - which means "life". These organic elements are entering the human body with the food or are synthesized by the bodies themselves. Vitamins are necessary for normal metabolism. Including all twelve-tissue salts, which are minerals. Each mineral also has a zodiac sign attach to them.

They were discovered by N.I. Lunin in 1880, and produced for the first time in their pure form in 1911. Now there are about fifty kinds of vitamins. As a rule, they do not stay in the body and the excess of vitamins is naturally released. The greatest amount of vitamins is found in fruits and vegetables, but some can only be found in the animal products. With a lack of vitamins in food human body is developing a dangerous disease - hipovitaminosis. In the pharmaceutical industry, vitamins are produced by the chemical or microbiological synthesis.

In terms of astrology, vitamins are under responsibility of the Zodiac sign Virgo - because vitamins are the smallest elements, and their assimilation and synthesis goes through the intestines. Mercury allows obtaining information about the world through the food, Virgo is the second sign of the information after the Gemini, where knowledge comes through breathing. In Slavic mythology - Virgo - the mother-earth, hiding mighty powers inside. Proserpine - in Greek mythology - goddess of the kingdom of dead, abducted by Hades. Proserpine spends one third of her life underground, and two thirds of her life on the earth. On the stellar atlases the constellation of Virgo is depicted holding a spike - a sign of future life. The name of the main star of this constellation - Spica - means the spike. As the spike is composed of many grains, the same way our food should contain a wide variety of vitamins.

By their way of assimilation, vitamins are divided into two groups - water soluble and fat-soluble.

Vitamins arrange the planets presumably as follows:

- 1. The Sun - vitamin A.
- 2. The Moon - B vitamins.
- 3. Mercury - vitamin C.
- 4. Saturn - vitamin D.
- 5. Venus - vitamin E.
- 6. Mars - vitamin K.
- 7. Jupiter - vitamins P.

1. **Vitamin A** - Retinal, carotene. Soluble in fat, the lack of it leads to dryness of the skin and impaired vision. Corresponds to the Sun. Source of vitamin A cream, melted butter, cod liver oil. Plants, which contain carotene, are colored in orange, which is converted into vitamin A. It is found in carrots, tomatoes, sea buckthorn, pumpkin, and oranges. Particularly high demand for this vitamin is in the signs of Libra and Aquarius.

2. **B Vitamins** - water-soluble. This group contains about thirty vitamins; they are responsible for the nervous system and metabolism. Especially the B vitamins are necessary for Capricorn and Scorpio.

- B1 - found in yeast, legumes, cereals, nuts, and apricots.
- B2 - milk and dairy products, yeast, cabbage, liver.
- B3 - meat, eggs, mushrooms, kidney and heart.
- B4 - soybean oil, sour cabbage, eggs and nettles.
- B5 - beets, beans, mushrooms.

- B6 - nuts, beans, carrots.
- B8 - green peas, cabbage.
- B9 - leafy vegetables, peas.
- B12 - liver, kidneys, fish roe.
- B15 - apricot pits and seeds

3. **Vitamin C** – is not accumulating and is not synthesized by the human body. The absence of vitamin C is developing scurvy. Contained in black currants, citrus fruits, nettles, pine needles, and mountain ash. Prevents the respiratory system diseases, inhibits cancer. Corresponds to Mercury. Most important for the signs of Sagittarius and Pisces, women need more vitamin C than men. Women 3500mg total daily, men 4500mgs total daily.

4. **Vitamin D** - helps the absorption of calcium, with a deficiency develops rickets, alopecia. Formed under the influence of sunlight on the skin. Corresponds to the planet Saturn. Contained in the butter, milk and egg yolk. Most in need of this vitamin are - Cancer, Leo and Aries.

5. **Vitamin E** corresponds to Venus, it retards aging, affects the brain, nerves, affects fertility, very important during the pregnancy. Found in vegetable oils. Is highly recommended for the signs of Virgo and Scorpio. The absence of vitamin D is developing infertility.

6. **Vitamin K** - is associated with the planet Mars, is responsible for the formation of blood. Found in the green plants, cabbage, carrots. Vitamin K is recommended for Libra, Cancer, and Taurus.

7. **Vitamin P** - is associated with Jupiter. Affects the blood vessels. Found in tea, dog rose, onions, and cranberries. Restores the liver after poisoning, diabetes, and radiation sickness. Required most by signs: Gemini, Capricorn, Virgo, as well as by people born in the years of the Snake, Rat or Monkey.

Going next, vitamin-like substances are involved in the synthesis of vitamins.

According to the basic astrological canons this Zodiac signs are in need of vitamins:

- Aries - D, E
- Taurus - H, K
- Gemini - P
- Cancer - K, D, H
- Leo - D, H
- Virgo - E, F
- Libra - A, K
- Scorpio - B, E
- Sagittarius - C, vitamin deficiency
- Capricorn - B, P

- Aquarius - U, A
- Pisces - C, vitamin deficiency

The weakest area of the Zodiac according to the degree of digestibility is the latter, because it is not related to the gastrointestinal tract, most disadvantaged signs - Pisces (an imprisonment of Proserpine) and Sagittarius (the fall of Proserpine).

The position of the natal Sun in the signs is showing the possibility of a chronic vitamin deficiency, and the transit Sun - the change of deficiency. In addition, there are "anti-vitamins" that are blocking vitamins - antibiotics and sulfa drugs.

The need for vitamins increases with:

- 1. Great physical exertion.
- 2. Active sports.
- 3. In old age.
- 4. The irregular power supply.
- 5. When dieting for weight loss.
- 6. During lactation and pregnancy.
- 7. In seasons with the lack of fresh fruits and vegetables.
- 8. In the Far North and areas equivalent to them, as well as when working underground.
- Surgery depletes all vitamin C and B's from the body instantly.

If there is a lack of vitamins in the body, they can be received in a form of caps (from any drug store) or subcutaneous (by the prescription of your doctor), but it is better to receive them with a balanced diet. There are a few more ways to provide your body with vitamins - inhalations with herbs and oils, and through the skin - herbal baths. Medicinal herb tea will support your health during the wintertime, but for the normal absorption of vitamins it is necessary to monitor the cleanliness of the intestine, especially for the Earth signs - Taurus, Virgo and Capricorn.

## **You are Made From the Stars and Planets and the salts of the Earth.**

|              |                            |  |
|--------------|----------------------------|--|
| <b>Aries</b> | <b>Potassium Phosphate</b> | Said to be good as a brain food helpful for nerve and brain imbalances. Foods containing this salt include Parsley, Beans, Beets, Carrots, Linseed Meal, Peanuts, Milk, Buttermilk, Cheese and Avocados. |
|--------------|----------------------------|--|



|               |                            |   |
|---------------|----------------------------|---|
| <b>Taurus</b> | <b>Sodium Sulphate</b>     | Said to be good in regulating the water supply in the body system, decreasing or increasing it as needed. Foods containing this salt include Cauliflower, Lettuce, Cabbage, Turnips, Radishes, Onions, Egg Yolks, Celery, Brussels Sprouts, Kohlrabi and Milk.  |
| <b>Gemini</b> | <b>Potassium Chloride</b>  | Said to be good for forming and distributing fibrin throughout the body, thereby moderating coagulation. When clogging occurs, it is associated with sinus and throat problems as well as fibrous growths. Foods containing this salt include Cheese, Egg Yolks, Radishes, Coconuts, Lentils, Carrots, Spinach, Asparagus and Sauerkraut. |
| <b>Cancer</b> | <b>Calcium Fluoride</b>    | Said to be good for muscle and ligament tonicity, (thus helping prevent muscle prolepsis) as well as healthy teeth enamel. Foods containing this salt include Turnips, Asparagus, Beets, Goat Cheese, Kelp, Garlic and Pineapple.   |
| <b>Leo</b>    | <b>Magnesium Phosphate</b> | Said to be good for healthy nerve tissue, thus assisting nerve transmission. Foods containing this salt include Cauliflower, Cabbage, Asparagus, Beechnuts, Almonds, Whole Wheat, as well as fruits such as Lemons, Limes, Oranges, Grapefruit, Figs, Gooseberries, Peaches and Cherries.   |
| <b>Virgo</b>  | <b>Potassium Sulphate</b>  | Said to be good for circulation of oils through our body, which supposedly assists digestion  |

|                    |                          |  |
|--------------------|--------------------------|--|
|                    |                          | and kidney function, as well as excretion of toxins through the skin. Foods containing this salt include Cauliflower, Lettuce, Cabbage, Onions, Celery, Brussels Sprouts, Tomatoes and Cucumbers.  |
| <b>Libra</b>       | <b>Sodium Phosphate</b>  | Said to be good for balancing the acid-alkaline function in our bodies, thus helping all acid conditions which affect the nervous system. Foods containing this salt include Cottage Cheese, Eggs, Buttermilk, Brown Rice, Tomato juice, Citrus fruits and juices, Whole Wheat products, Lentils, Vegetable Greens, Asparagus and Parsley. |
| <b>Scorpio</b>     | <b>Calcium Sulphate</b>  | Said to be good for building and sustaining epithelial tissue, thus supposedly good for all skin diseases. Foods containing this salt include Cauliflower, Lettuce, Cabbage, Turnips, Radishes, Onions, Egg Yolks, Celery, Brussels Sprouts, Kohlrabi, and Milk.   |
| <b>Sagittarius</b> | <b>Silica</b>            | Said to be good for building and maintaining skin, hair, nails, and nerve coverings, as well as removing decomposed matter from the skin. Foods containing this salt include Endive, Barley, Oats, raw Cabbage, Cucumber skins, Shredded Wheat, Rye and Whole Wheat products, Spinach, Peas, Carrots, Gooseberries and Strawberries.       |
| <b>Capricorn</b>   | <b>Calcium Phosphate</b> | Said to be good as a bone builder and helpful in any bone disease. Foods containing this salt  |

|                 |                          |   |
|-----------------|--------------------------|---|
|                 |                          | include Parsley, Beans, Beets, Carrots, Linseed Meal, Peanuts, Milk Buttermilk, Cheese and Avocados.  |
| <b>Aquarius</b> | <b>Sodium Chloride</b>   | Said to be good for regulating the water supply throughout the body, thus affecting elimination and how “cool” or “hot” we are regardless of the temperature. Foods containing this salt include Onions, Celery, Tomatoes, Almonds, Apples, Spinach, Peaches, Pecans, Lentils, Sauerkraut, Egg Yolks, Swiss chard, and Roquefort and Goat Cheese. |
| <b>Pisces</b>   | <b>Ferrous Phosphate</b> | Said to be good for transporting oxygen throughout the body, thus aiding circulation which assists the purifying and stimulating of internal organs. Foods containing this salt include Raisins, Prunes, Plums, Grapes, Figs, Oranges, Spinach, Currants, Mushrooms, Dates, Beets, Wheat Bran and Lima Beans.                                     |

Tissue salts are inexpensive and come in a combo of all twelve. Most needed for good health. Each tissue salt minerals control a different part of your body.

**Awakenings with Dr. Clarice Barrett, Msc. D.**

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