



Medical Astrology Starter Guide

by Beverly Lawrence, Ph.D., L.Ac.



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Disclaimer

Medical Astrology is an ancient technical art that involves the interpretation of celestial omens.

Medical Astrology is not a substitute for professional medical advice and/or other forms of healthcare.

THE INFORMATION PROVIDED IN THIS DOCUMENT IS FOR EDUCATIONAL PURPOSES ONLY.

Medical Astrology & Holistic Intuitive is not “diagnosing” or “treating” the physical body, which falls under the jurisdiction and expertise of licensed medical healthcare providers. You should always consult your healthcare provider to discuss the diagnosis and treatment of any physiological and psychological illness or concerns.

The exact benefits and risks of Medical Astrology are not fully known. As such, all methods taught by Beverly Lawrence, Ph.D., L.Ac., and Dancing Bear Enlightenment Academy, ADBO LLC, are merely experimental and cannot promise to deliver specific results or achieve specific outcomes.

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Introduction to Medical Astrology

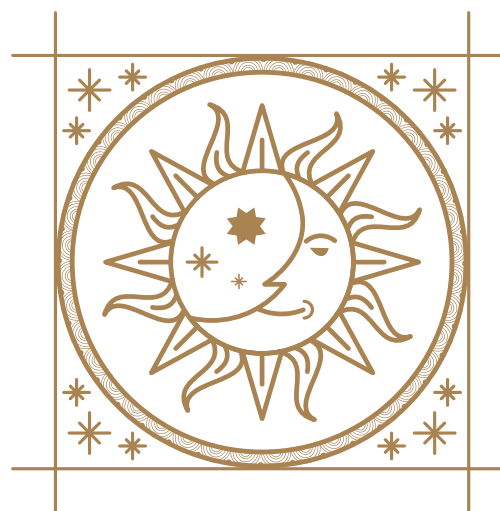
Medical Astrology is the ancient study of how celestial energies correspond to the human body. Each zodiac sign governs specific body regions, while each planet influences organ systems, emotional patterns, and physiological tendencies.

Understanding these relationships supports holistic healing, preventive wellness, and spiritual transformation.

This guide is based on Hellenistic Medical Astrology using Whole Sign Houses.

Zodiac Signs & Their Body Correspondences

In Medical Astrology, the zodiac traces a symbolic map of the human body, beginning at the head with Aries and moving downward through each sign until it reaches the feet with Pisces. This progression reflects how celestial energies flow through the physical form, linking the signs to specific organs, systems, and physiological patterns.



Zodiac Signs & Their Body Correspondences

Aries: Head, brain, face, upper jaw.

Taurus: Throat, neck, thyroid, vocal cords.

Gemini: Lungs, arms, shoulders, nervous system.

Cancer: Stomach, breasts, chest, digestion.

Leo: Heart, spine, upper back, circulation.

Virgo: Digestive system, intestines, spleen

Libra: Kidneys, lower back, endocrine balance.

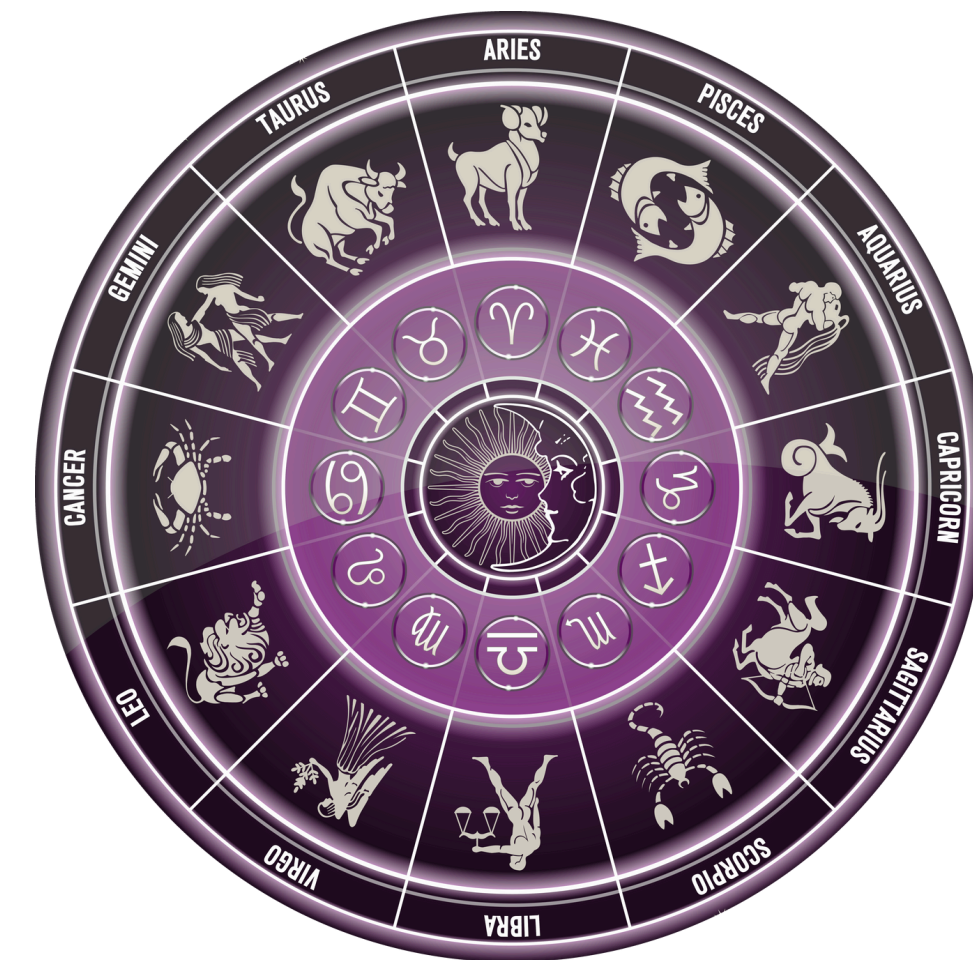
Scorpio: Reproductive organs, colon, elimination.

Sagittarius: Hips, thighs, liver.

Capricorn: Bones, joints, teeth, knees.

Aquarius: Circulation, ankles, energetic field.

Pisces: Feet, lymphatic system, subtle bodies.



Planetary Energies & the Human Body

In Medical Astrology, the planets act as the active forces behind health, vitality, and physiological expression. Each planet governs specific organs, systems, and energetic functions, shaping how the body processes stress, heals, and maintains balance.

Understanding planetary influences reveals the underlying patterns that guide well-being at both physical and spiritual levels.

Sun: Vitality, heart, life force.

Moon: Fluids, digestion, emotional wellness.

Mercury: Nervous system, respiration, communication pathways.

Venus: Kidneys, reproductive harmony, beauty and skin.

Mars: Muscles, blood, inflammation, energy.

Jupiter: Liver, growth, metabolism.

Saturn: Bones, skin, chronic conditions.

Uranus: Nervous system shocks, higher frequencies.

Neptune: Lymphatic system, subtle immunity.

Pluto: Regeneration, endocrine transformation.





The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

In Medical Astrology, the houses reveal where health imbalances may appear, how they manifest, and what parts of life influence vitality.

Using the whole-sign system, the entire sign on the Ascendant becomes the 1st House, the next sign the 2nd House, and so on.

This system provides clarity, precision, and consistency: especially when assessing health patterns and constitutional tendencies.

We also consider what sign would be in that house if your ascendant were Aries but that is too complicated for this paper..

The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

1st House: The Body, Constitution, Life Force

Themes: Physical vitality, temperament, appearance, immune strength, overall health

Body Areas: Entire physical form; baseline constitution

Medical Significance:

Represents the physical body itself and its innate resilience

Shows chronic tendencies and underlying constitutional strengths or weaknesses

The Ascendant ruler plays a major role in health outcomes

If afflicted: low vitality, chronic fatigue, long-term conditions.

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The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

2nd House: Nutrition, Digestion, Mouth & Throat

Themes: Food, diet, assimilation, survival resources

Body Areas: Mouth, teeth, throat, lower jaw, digestion
foundation

Medical Significance:

- Diet-related issues
- How well the body uses and assimilates fuel
- Can indicate thyroid issues (especially if Taurus is involved)

When challenged: metabolic imbalances, malnutrition
tendencies, food sensitivities.





The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

3rd House: Lungs, Nervous System, Mobility

Themes: Breathing, communication, neural pathways, daily movement

Body Areas: Shoulders, arms, hands, lungs, peripheral nerves

Medical Significance:

- Respiratory conditions
- Anxiety, overthinking, nervous agitation
- Repetitive strain issues (arms, hands)

Afflictions may signal asthma, bronchial issues, or neural overstimulation.



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

4th House: Stomach, Chest, Emotional Roots

Themes: Ancestry, home, mother, emotional foundation

Body Areas: Stomach, breasts, digestion (upper GI),
diaphragm

Medical Significance:

- Psychosomatic patterns rooted in childhood
- Emotional digestion vs. physical digestion
- Conditions inherited from maternal lineage

When afflicted: IBS, ulcers, emotional-eating disorders,
chest tightness.



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

5th House: Heart, Creativity, Reproductive Vitality

Themes: Joy, fertility, children, creative energy, pleasure

Body Areas: Heart, circulatory system, reproductive energy
(but not organs)

Medical Significance:

- Cardiac function
- Stress-related heart issues
- Hormonal patterns connected to pleasure, joy, and creativity

Afflicted charts may show palpitations, pressure, or circulation imbalance.



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

6th House: Illness, Injury, Chronic Conditions

Themes: Work, routine, service, health maintenance

Body Areas: Digestive tract, intestines, spleen, immune responses

Medical Significance:

- The primary house of illness and imbalance
- Indicates chronic conditions, inflammation, injury, infections
- Shows how lifestyle affects health

Afflictions increase susceptibility to immune weakness or digestive disorders.





The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

7th House: Kidneys, Lower Back, Partnership Stress

Themes: Relationships, contracts, projections

Body Areas: Kidneys, lumbar region, endocrine balance

Medical Significance:

- Health issues arising from relationships
- Stress from partnerships impacting the body
- Internal balancing: electrolytes, hormones

When afflicted: kidney issues, lower-back strain, adrenal exhaustion.



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

8th House: Reproductive Organs, Detoxification, Crises

Themes: Transformation, sexuality, shared resources, trauma

Body Areas: Colon, reproductive system, eliminative pathways

Medical Significance:

- Deep regenerative processes
- Menstrual health, libido, hormone cycles
- Detoxification, elimination, waste-processing

Afflictions may indicate infections, reproductive disorders, or surgeries.



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

9th House: Liver, Hips, Growth, Spiritual Health
Themes: Higher truth, philosophy, long journeys, meaning

Body Areas: Hips, thighs, liver, sciatic pathways

Medical Significance:

- Liver health, detox cycles
- Conditions exacerbated by overexpansion, overindulgence
- Vision, faith, spiritual wellness affecting the body

Afflictions: liver issues, hip problems, sciatica.

9th



The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

10th House: Bones, Joints, Knees, Career Stress

Themes: Career, public life, responsibility, authority

Body Areas: Knees, bones, spine structure

Medical Significance:

- Stress from career, responsibilities, reputation
- Structural integrity of the body
- Skin conditions

Affliction: arthritis, knee problems, chronic stress disorders.





The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

11th House: Circulation, Ankles, Nervous Electricity

Themes: Community, goals, future plans

Body Areas: Ankles, lower legs, circulatory flow,
energetic frequency

Medical Significance:

- Varicose veins, circulation irregularities
- Nervous system shocks or overstimulation
- Conditions linked to belonging or isolation

Affliction: blood flow issues, spasms, nervous imbalances.





The Twelve Houses in Hellenistic Whole-Sign Medical Astrology

12th House: Immune System, Lymph, Hidden Illness

Themes: Isolation, the subconscious, retreat, spiritual dissolution

Body Areas: Lymphatic system, autoimmune processes, feet

Medical Significance:

- Hidden illnesses, difficult diagnoses
- Psychospiritual origins of disease
- Sensitive immune system
- Sleep disorders, addiction patterns

Affliction: chronic fatigue, autoimmune disorders, foot problems, deep emotional wounds.



Health Tips by Zodiac Sign

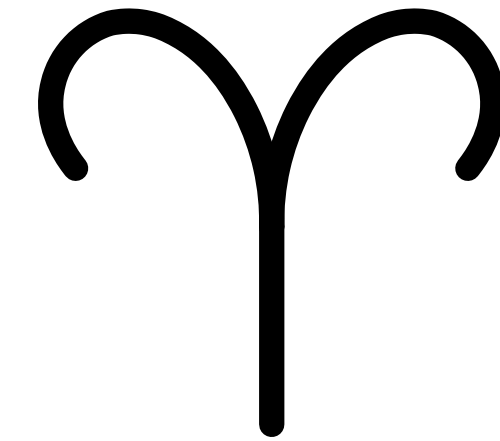
Introduction

Hellenistic, Whole-Sign, Medical Astrology
Holistic healing tips for all signs including;

- lifestyle balancing
- strengthening the associated body region
- supporting the sign's ruling planet
- herbs, essential oils, nutritional strategies
- spiritual practices aligned with the sign's elemental nature.



Health Tips by Zodiac Sign



Aries: Ruled by Mars

Body: Head, brain, face; adrenals; blood heat

Element/Modality: Fire, Cardinal

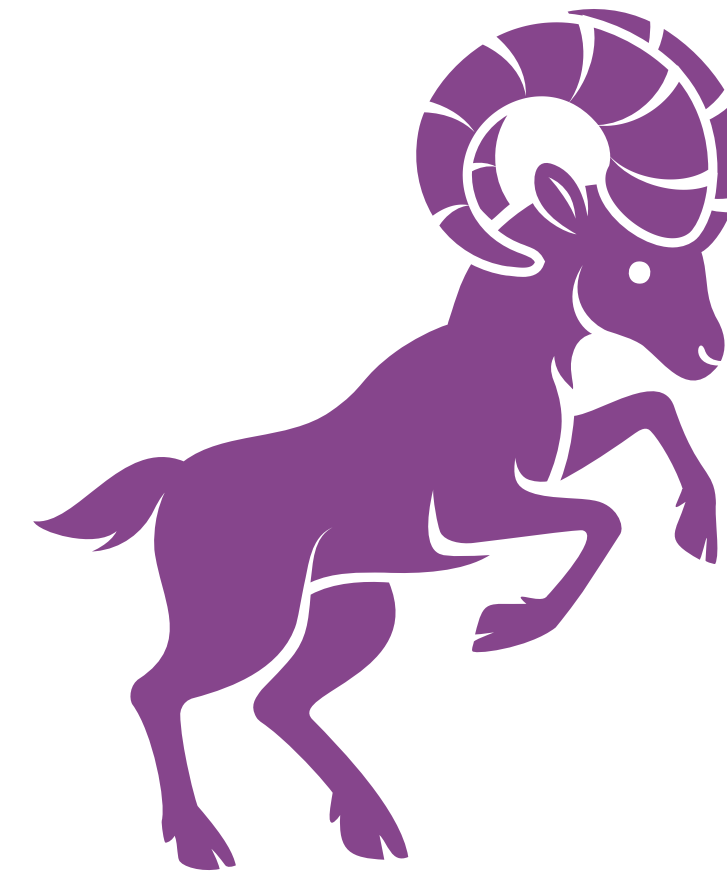
Mars Influence: Inflammation, fevers, accidents, heat conditions

Health Notes:

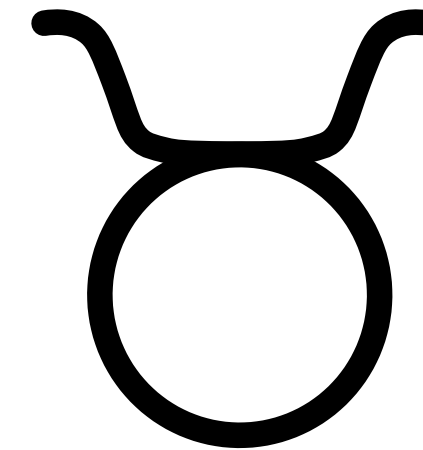
Aries energy is fast, fiery, and reactive. Mars brings strong vitality but also increases inflammation, headaches, and heat-related issues. Aries people tend to push themselves physically and burn out quickly.

Wellness Tips:

- Support the adrenals and reduce inflammation
- Cooling foods and herbs (peppermint, cucumber, chamomile)
- Protect the head (prone to headaches, sinus pressure, eye strain)
- Avoid impulsive injuries from rushing or overexertion



Health Tips by Zodiac Sign



Taurus: Ruled by Venus

Body: Throat, neck, thyroid, vocal cords

Element/Modality: Earth, Fixed

Venus Influence: Hormonal balance, kidneys, sugar metabolism

Health Notes:

Taurus governs the neck and throat and is sensitive to thyroid issues, vocal strain, and slow metabolism. Venus adds tendencies toward sweetness, stability, and sometimes stagnation.

Wellness Tips:

- Support thyroid health and stable metabolism
- Gentle neck stretches, lymphatic drainage
- Balanced sugars; avoid overindulgence in sweets
- Practice consistent routines for grounding



Health Tips by Zodiac Sign

Gemini: Ruled by Mercury

Body: Lungs, shoulders, arms, hands, nervous system

Element/Modality: Air, Mutable

Mercury Influence: Neural activity, respiration, communication pathways

Health Notes:

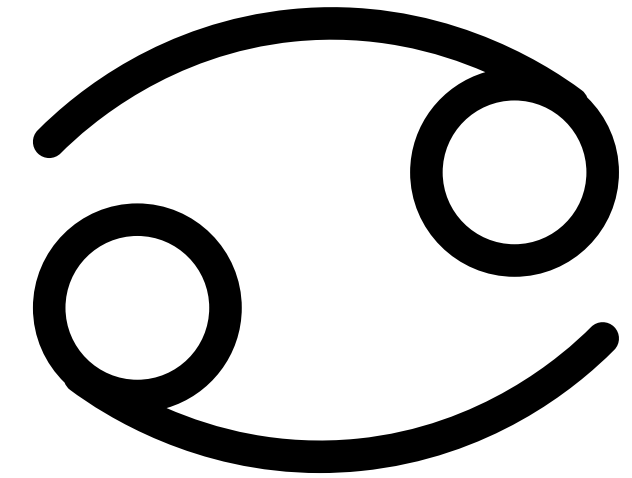
Gemini's quick mental energy heightens anxiety, nervous exhaustion, lung sensitivity, and respiratory imbalances. Mercury governs the nerves, making Gemini prone to overstimulation.

Wellness Tips:

- Prioritize breathwork and lung health
- Nervine herbs (lemon balm, lavender, skullcap)
- Maintain good sleep hygiene
- Stretch arms, shoulders, and upper spine



Health Tips by Zodiac Sign



Cancer: Ruled by the Moon

Body: Stomach, breasts, chest, fluids

Element/Modality: Water, Cardinal

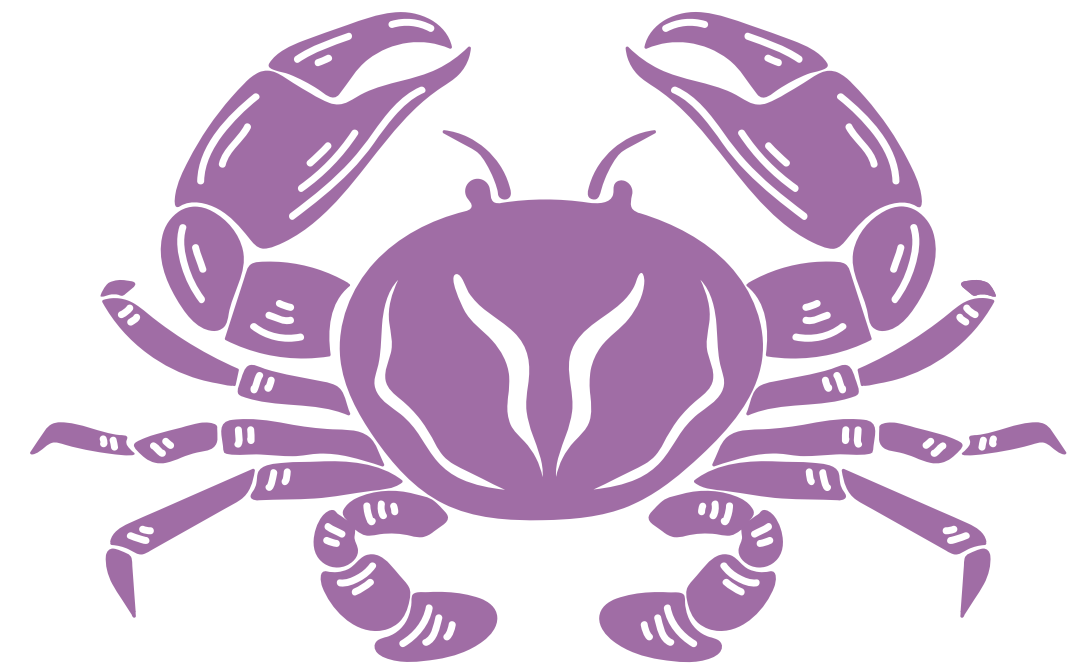
Moon Influence: Emotions, digestion, tides of fluids, hormonal cycles

Health Notes:

Cancer natives are sensitive to emotional digestion, stomach issues, and fluid retention. The Moon governs constant fluctuations, making digestion tied to feelings and environment.

Wellness Tips:

- Warm, comforting foods for digestive support
- Watch for water retention during stress or lunar cycles
- Emotional boundaries to protect the stomach
- Herbal allies: chamomile, ginger, fennel



Health Tips by Zodiac Sign

Leo: Ruled by the Sun

Body: Heart, spine, circulation, vitality

Element/Modality: Fire, Fixed

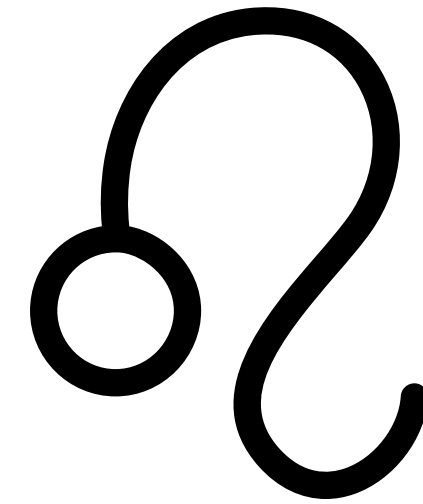
Sun Influence: Life force, vitality, cardiovascular strength

Health Notes:

Leo rules the heart physically and symbolically. The Sun gives strong core vitality but requires consistent self-care to prevent burnout and circulatory strain.

Wellness Tips:

- Heart-strengthening practices (qi gong, walking)
- Avoid overheating from excess pride-driven exertion
- Support the spine and posture
- Warm solar herbs: rosemary, hawthorn, calendula



Health Tips by Zodiac Sign

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Virgo: Ruled by Mercury

Body: Digestive system, intestines, spleen

Element/Modality: Earth, Mutable

Mercury Influence: Processing, sorting, assimilation

Health Notes:

Virgo governs digestion, assimilation, and the nervous system's effect on the gut. Highly sensitive to food quality, routine, and stress-induced digestive imbalances.

Wellness Tips:

- Support gut-brain balance (probiotics, mindful eating)
- Avoid perfectionism that triggers anxiety
- Gentle digestive herbs (peppermint, dandelion, chamomile)
- Maintain structured routines



Health Tips by Zodiac Sign

Libra: Ruled by Venus

Body: Kidneys, lower back, endocrine balance

Element/Modality: Air, Cardinal

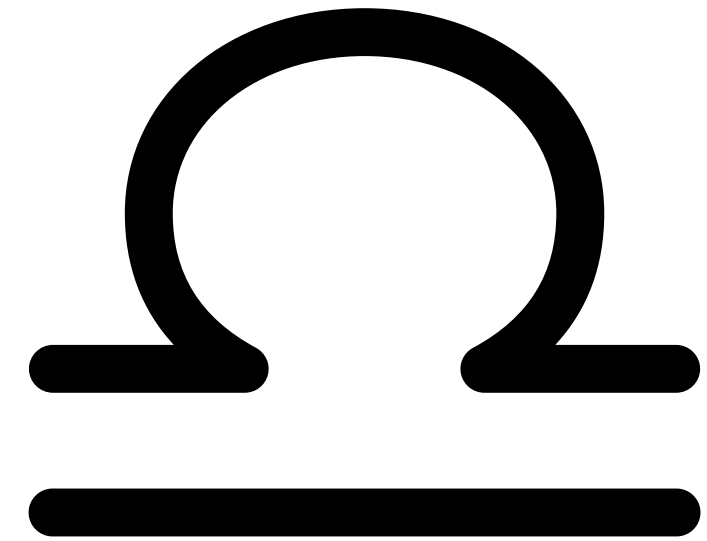
Venus Influence: Harmonizing, balancing, blood-sugar, hormones

Health Notes:

Libra's system depends on internal harmony. Stress from relationships directly affects kidneys, hormones, and lower back. Venus may cause overload from seeking peace externally.

Wellness Tips:

- Hydration and kidney cleansing herbs (nettle, parsley)
- Maintain energetic boundaries
- Practice spine alignment and lower-back strengthening
- Avoid overaccommodating others



Health Tips by Zodiac Sign



Scorpio: Ruled by Mars (Traditional Ruler)

Body: Reproductive system, eliminative organs, colon

Element/Modality: Water, Fixed

Mars Influence: Heat, intensity, sexuality, regenerative force

Health Notes:

Scorpio rules the deep organs of elimination and reproduction.

Strong regenerative power but higher risk of infections, hormonal extremes, and chronic tension in the pelvic region.

Wellness Tips:

- Support detoxification pathways
- Balance sexual and reproductive energies
- Avoid emotional suppression (it manifests physically)
- Herbs: red raspberry leaf, nettle



Health Tips by Zodiac Sign

Sagittarius: Ruled by Jupiter

Body: Hips, thighs, liver

Element/Modality: Fire, Mutable

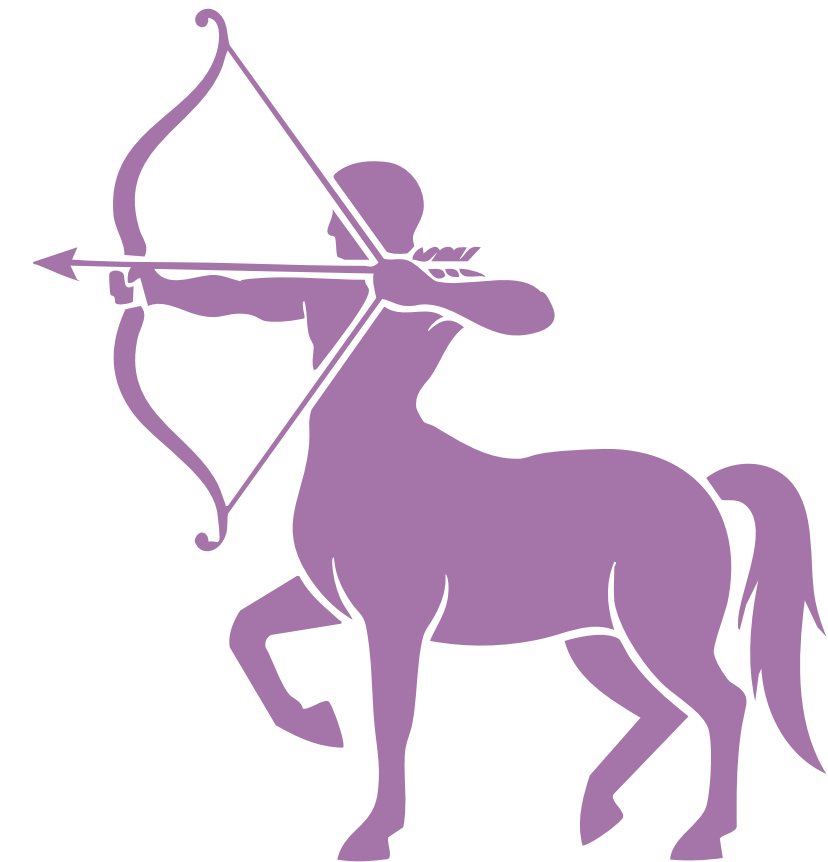
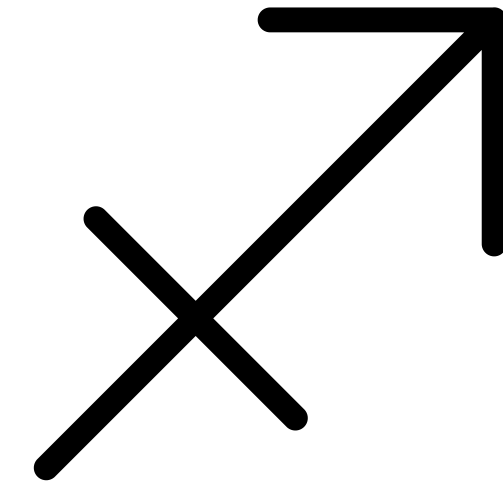
Jupiter Influence: Expansion, growth, metabolism

Health Notes:

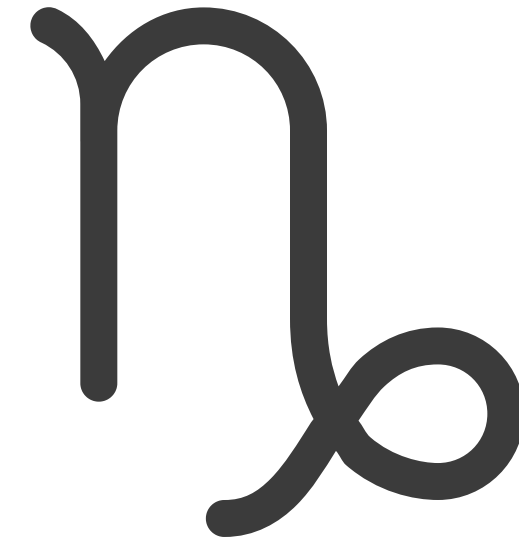
Jupiter expands everything: good and bad. Sagittarius tends toward overindulgence, liver stress, sciatica, and uneven energy output.

Wellness Tips:

- Support liver health (milk thistle, dandelion root)
- Stretch hips and thighs regularly
- Balance indulgence with moderation
- Practice grounded physical movement



Health Tips by Zodiac Sign



Capricorn: Ruled by Saturn

Body: Bones, joints, knees, skin, connective tissues

Element/Modality: Earth, Cardinal

Saturn Influence: Structure, limitation, chronic conditions

Health Notes:

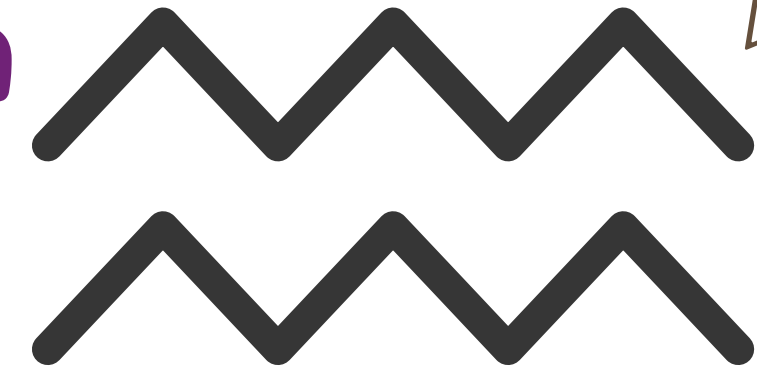
Capricorn's health challenges tend to be long-term or structural: arthritis, joint strain, stiffness, slow healing. Saturn demands discipline but can create rigidity physically and emotionally.

Wellness Tips:

- Support bones with minerals and nutrient-dense foods
- Gentle joint mobility and stretching
- Stress management to reduce chronic tension
- Warm compresses and circulation support



Health Tips by Zodiac Sign



Aquarius: Ruled by Saturn (Traditional Ruler)

Body: Circulation, ankles, lower legs, bioelectric field

Element/Modality: Air, Fixed

Saturn Influence: Sudden shocks, electricity, constriction

Health Notes:

Aquarius governs the circulatory and electrical systems of the body. May experience circulatory irregularities, spasms, nerve shocks, or issues with ankles and lower legs.

Wellness Tips:

- Strengthen circulation (walking, massage, herbs like ginkgo)
- Support nervous system with grounding practices
- Stay warm: Aquarius runs cold
- Avoid isolation which affects energetic flow



Health Tips by Zodiac Sign

Pisces: Ruled by Jupiter (Traditional Ruler)

Body: Feet, lymphatic system, immunity, subtle bodies

Element/Modality: Water, Mutable

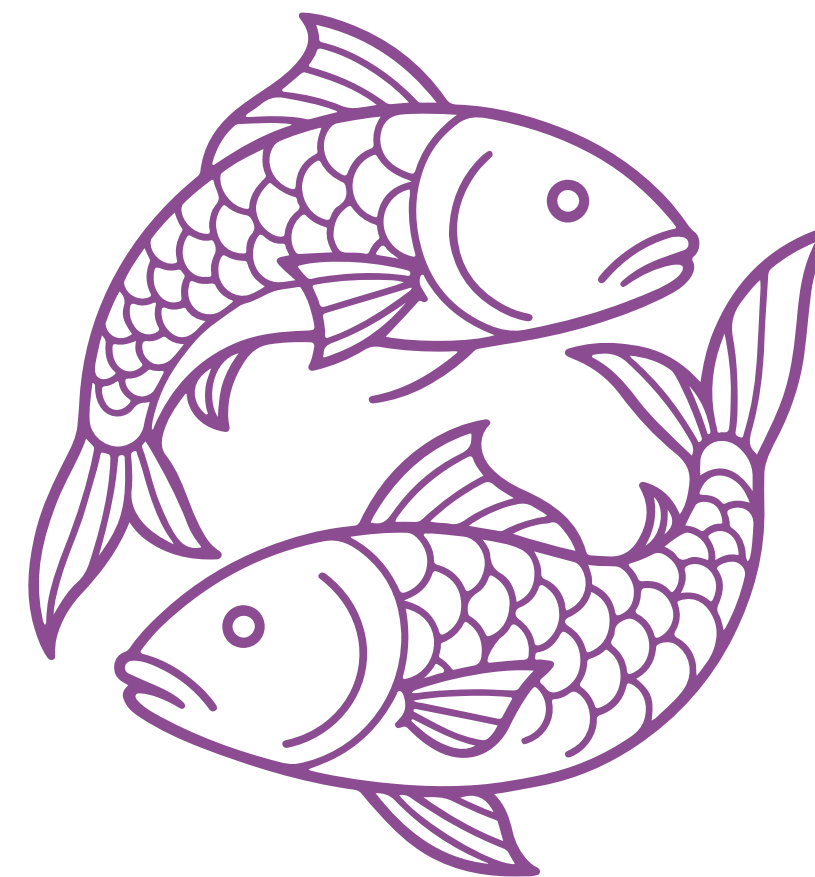
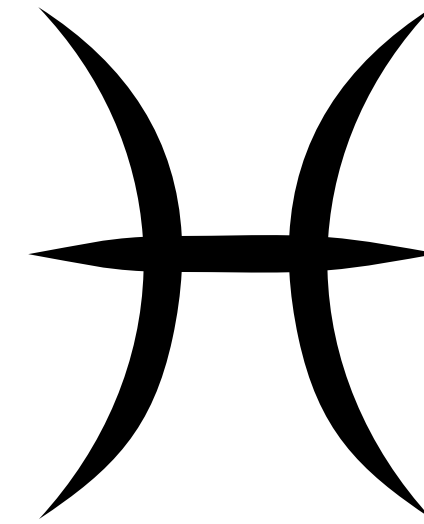
Jupiter Influence: Fluid expansion, susceptibility, spiritual sensitivity

Health Notes:

Pisces is the most sensitive sign emotionally and physically. Vulnerable to lymphatic congestion, immune fluctuations, addictions, and energy absorption from others.

Wellness Tips:

- Strengthen immunity and drainage (echinacea, dry brushing)
- Maintain spiritual and energetic protection
- Grounding rituals and boundaries
- Warm foot care, reflexology, salt baths



About the Author

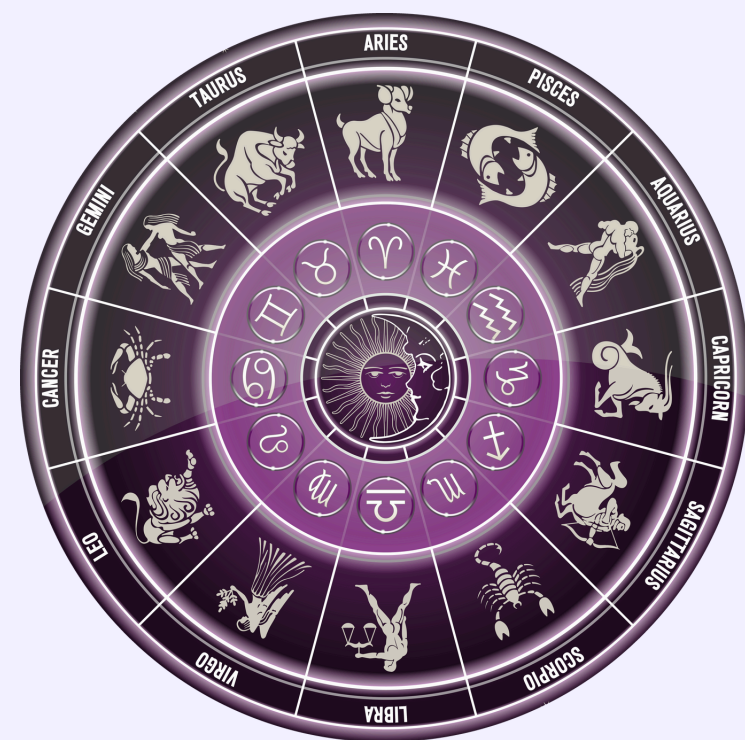
Beverly Lawrence, Ph.D., L.Ac., is a Medical Astrologer, Medical Intuitive, licensed acupuncturist, author, and founder of the Dancing Bear Enlightenment Academy and the Dancing Bear Healing Center.

She blends ancient wisdom with modern holistic practices to support spiritual transformation and whole-body healing.

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