

# Astrological Health Hints

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looking and the most successful in love, after all. To add to the heart-protective health regime try some hawthorne tea or jelly.

**Virgo:** These universal caretakers often sacrifice their best interests in favor of others. Stay strong and stress-free with B vitamins. Some food sources: wheat germ, nuts, beans, and lentils. You may also want to carry Rescue Remedy, a Bach Flower homeopathic tincture often used during stressful moments: rush hour traffic, tax audits, or intense arguments. Virgo rules the intestines and naturopaths often recommend yams and bananas to soothe digestive

snarls.

**Libra:** Libra rules the kidneys. Plenty of purified, filtered water and cranberry juice or supplements may have a beneficial effect. Children of the Scales are touch-oriented, so therapeutic touch, Hellerwork, Swedish massage, and physical therapy may help with your discomforts and provide tactile nurturance too. October-born night owls burn the candle at both ends. A non-caffeine wake-up: licorice tea or candy.

**Scorpio:** Ambitious Scorpions set a hectic schedule and though you believe you have limitless energy, even you can develop stress-related problems. These trou-

bles are often caused by thyroid imbalances. Homeopaths suggest cactus tincture for palpitations and shaky hands. The ancient energy balancing practice of acupuncture lures you Pluto-ruled experimenters; a nice adjunct to your already stringent health regimes.

**Sagittarius:** Adventurous and risk-taking, most Sags are also fortunate, but you do tend to insomnia. Valerian, chamomile, or comfrey teas are all said to be sleep-inducing. Calcium and melatonin are also touted as soporifics. Perhaps the tastiest prescription for sleeplessness is nonalcoholic beer. Although the zzz-causing ingredient of hops is also

present in the alcoholic libation, other elements in alcohol are said to reawaken the insomniac in the middle of the night.

**Capricorn:** Capricorn rules the bones and may suffer from backaches. Rhus-Tox, a homeopathic remedy, is said to help, especially in conjunction with hot Epsom salts baths. Or, try shiatsu, which makes use of pressure points. Capricorns also need to protect their teeth and may be prone to dental sensitivity. Some Caps benefit from the use of a bite-guard at night. This keeps wired types from grinding teeth.

**Aquarius:** Water-bearers are humanitarians, spending more time worrying about the state of the world than the state of their own health. A pain-free way to improve your immune system is eating more garlic. Bring

on the spaghetti sauce! As the sign ruling the ankles, Aquarius can often profit from the practice of acupuncture: Points corresponding to the entire body are on the feet. Pressure to these points is said to improve illnesses in the focal organ or area.

**Pisces:** After an experience of intense emotion, like the loss of a loved one, Pisceans need a stabilizing influence. The homeopathic remedy Ignatia is said to help deal with loss and grief. Mimulus, a Bach Flower remedy, is touted for helping individuals deal with fears. Aromatherapy is claimed to be another aid in balancing the emotions. Try lavender for relaxation, lemon for stimulation.

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