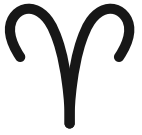


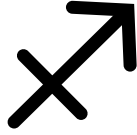
FIRE



ARIES



LEO



SAGITTARIUS



ACTION & PRONE TO: SPIRIT/ACTION ANGER

ENERGETICS: HOT & DRY

SEASON: SUMMER

HUMOUR & TEMPERAMENT: YELLOW BILE & CHOLERIC

FOODS & HERBS

ALLSPICE, ANGELICA, BASIL, BAY, CARROT, CASHEW, CEDAR, CELERY, CHILLI, CINNAMON, CLOVE, CORIANDER, CUMIN, CURRY, CALENDULA, DAMIANA, DILL, FENNEL, FIG, FLAX, FRANKINCENSE, GARLIC, GENTIAN, GINGER, GINSENG, GOLDENSEAL, HAWTHORN, HOLLY, HORSE CHESTNUT, JUNIPER, LEEK, LIME, MUSTARD, NUTMEG, OAK, OLIVE, ONION, ORANGE, PEPPER, PINEAPPLE, POKE ROOT, POMEGRANATE, PRICKLY ASH, RADISH, ROSEMARY, RUE, SAFFRON, ST. JOHN'S WORT, SARSAPARILLA, SESAME, SHALLOT, SUNFLOWER, ST. MARYS THISTLE, TANGERINE, TEA, THISTLE (HOLLY), TOBACCO, WALNUT, WITCHAZEL

ACTIVITIES

COMPETITIVE SPORTS, FAST AND ADVENTUROUS ACTIVITIES

CULPEPER AND THE NATURE OF FOODS

FOODS THAT HEAT; WINE, OATS, SOFT CHEESE, CHICKEN, LAMB, GARLIC, ONION, CABBAGE, CARROT, OLIVE OIL, GINGER, FIGS, AND DATES

WHAT TO DO TO BALANCE IT OUT

AVOID SPICES AND HEATING FOODS AS THEY AGGRAVATE, EAT MORE COOL VEGGIES AND FRUIT



Astro-Nutrition by Kira Sutherland

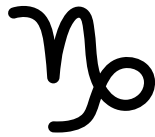
EARTH



TAURUS



VIRGO



CAPRICORN



ACTION & PRONE TO: PHYSICAL SADNESS

ENERGETICS: COLD & DRY

SEASON: AUTUMN

HUMOUR & TEMPERAMENT: BLACK BILE & MELANCHOLIC

FOODS & HERBS

ALFALFA, BARLEY, BEET ROOT, BUCKWHEAT, CORN, FUMITORY, HONEYSUCKLE, HOREHOUND, HORSETAIL, MUGWORT, OATS, PATCHOULI, PEA, POTATO, PRIMROSE, QUINCE, RHUBARB, RYE, SAGE, TULIP, TURNIP, VERVAIN, VETIVER, WHEAT

ACTIVITIES

PHYSICAL TRAINING, WEIGHTS, DEVELOP ENDURANCE AND STRENGTH, USEFUL PHYSICAL LABOUR, GARDENING

CULPEPER AND THE NATURE OF FOODS

FOODS THAT COOL; BEER, CIDER, BARLEY, EGG WHITE, FISH, COTTAGE CHEESE, BEEF, SPINACH, LENTILS, AND PEARS

WHAT TO DO TO BALANCE IT OUT

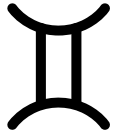
AVOID HARD TO DIGEST FOODS AS THEY HAVE A COLD AND COMPROMISED DIGESTION, LIGHT SLIGHTLY COOKED IS BEST

THIS CHART IS FOR EDUCATIONAL PURPOSES ONLY, PLEASE SEEK MEDICAL ADVICE BEFORE UNDERTAKING ANY HEALTH CHANGE OR SUPPLEMENT.

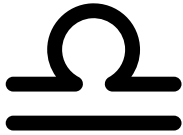


Astro-Nutrition by Kira Sutherland

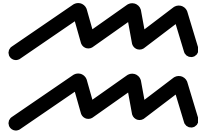
AIR



GEMINI



LIBRA



AQUARIUS



ACTION & PRONE TO: MENTAL OPTIMISM
ENERGETICS: WARM & MOIST
SEASON: SPRING
HUMOUR & TEMPERAMENT: BLOOD & SANGUINE

FOODS & HERBS

AGRIMONY, ALMOND, ANISE, ASPEN, BEANS, BERGAMOT, BORAGE, BRAZIL NUT, BROOM, CARAWAY, CHICORY, CLOVER, DANDELION, YELLOW DOCK, ELECAMPANE, ENDIVE, EYEBRIGHT, FENUGREEK, GOATS' RUE, GOLDEN ROD, HOPS, LAVENDER, LEMONGRASS, LEMON VERBENA, MAPLE, MARJORAM, MULBERRY, MINT, MISTLETOE, PARSLEY, PECAN, PINE, PISTACHIO, RICE, SENNA, SLIPPERY ELM, STAR ANISE, SAGE

ACTIVITIES

TEAM SPORTS, DANCING, SPORTS WITH STRATEGY AND MENTAL QUICKNESS, SOCIAL SPORTS LIKE DOUBLES TENNIS

CULPEPER AND THE NATURE OF FOODS

FOODS THAT DRY; HARD CHEESE, GARLIC, ONIONS, CABBAGE, CARROT, LENTILS, ORANGES, AND LEMONS

WHAT TO DO TO BALANCE IT OUT

CONSUME MORE COOLING AND GROUNDING FOODS

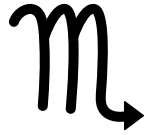
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WATER



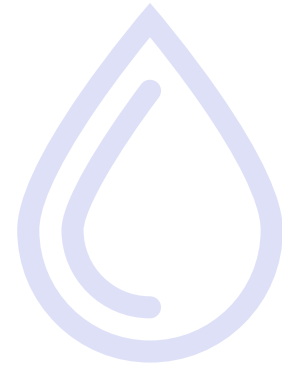
CANCER



SCORPIO



PISCES



ACTION & PRONE TO: EMOTIONS & APATHY

ENERGETICS: COLD & WET

SEASON: WINTER

HUMOUR & TEMPERAMENT: PHLEGM & PHLEGMATIC

FOODS & HERBS

ALOE, ALTHEA (MARSHMALLOW), APPLE, APRICOT, AVOCADO, BALM (LEMON), BANANA, BELLADONNA, BIRCH, BLACKBERRY, BLADDERWRACK, BLUE FLAG, BONE SET, BUCHU, BURDOCK, CHAMOMILE, CHERRY, CHICKWEED, COCONUT, COMFREY, CUCUMBER, DAISY, ELDER, ELM, EUCALYPTUS, EUPHORBIA, FEVERFEW, FOXGLOVE, GRAPE, HEATHER, HEMP, HIBISCUS, HUCKLEBERRY, IRIS, IRISH MOSS, JASMINE, KAVA, LADY'S MANTLE, LETTUCE, LEMON, LIQUORICE, LOTUS, MALLOW, MIMOSA, MORNING GLORY, MYRRH, MYRTLE, ORCHID, ORRIS ROOT, PANSY, PAPAYA, PASSIONFLOWER, PEACH, PEAR, PERIWINKLE, PERSIMMON, PLUM, POPLAR, POPPY, PURSLANE, RASPBERRY, ROSE, SANDALWOOD, SKULLCAP, SPEARMINT, STRAWBERRY, SUGAR CANE, SWEET PEA, TANSY, THYME, TOMATO, VALERIAN, VANILLA, VIOLET, WILLOW, WINTERGREEN, YARROW

ACTIVITIES

SWIMMING, SKATING, SKIING, DANCING, (THINGS THAT ARE FLUID)

CULPEPER AND THE NATURE OF FOODS

FOODS THAT MOISTEN; BUTTER, COTTAGE CHEESE, MILK, FISH, CHICKEN, LAMB, SPINACH, LETTUCE, CUCUMBER, AND SUMMER FRUITS

WHAT TO DO TO BALANCE IT OUT

HAVE MORE COOKED FOODS AS THEY NEED HEATING, PUT DOWN THE SUGAR



WARMING FOODS

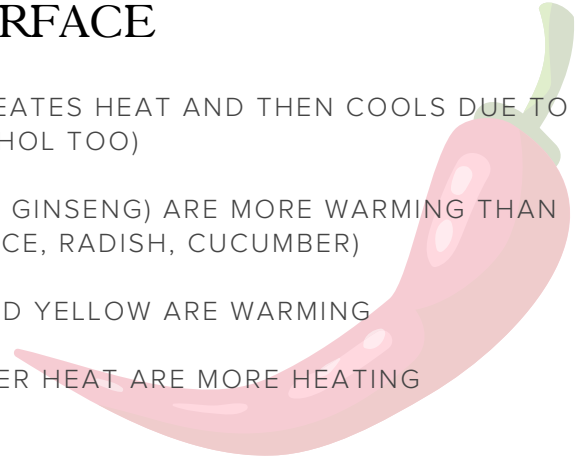
PUSHES ENERGY AND BLOOD UPWARDS AND OUT TO THE SURFACE

CAYENNE BEING THE HOTTEST OF FOODS CREATES HEAT AND THEN COOLS DUE TO SWEATING (ALCOHOL TOO)

SLOW GROWING PLANTS (CARROT, CABBAGE, GINSENG) ARE MORE WARMING THAN QUICK GROWING PLANTS (LETTUCE, RADISH, CUCUMBER)

THE COLOURS RED, ORANGE, AND YELLOW ARE WARMING

LONGER COOKING TIMES AND HIGHER HEAT ARE MORE HEATING



COOLING FOODS

DIRECTS THE BODIES ENERGIES AND FLUIDS INWARDS

THE SURFACE/EXTERIOR OF THE BODY AND THE TOP HALF COOL FIRST

RAW AND COLD FOOD IS MORE COOLING

THE COLOURS BLUE GREEN AND PURPLE ARE COOLING

LONGER COOKING TIMES AT A LOWER HEAT IS MORE WARMING THAN HIGH TEMP FOR SHORTER TIME

