

# astrology & Weight Loss

by Diane L. Cramer, M.S.

## Can astrology help you lose weight?

Although it's not a diet plan, it *can* be used as a guide to help you choose weight-loss methods that are geared to you personally based on your natal birth chart.\* Your birth chart can help indicate whether or not you have a weight problem and can describe your attitude toward diet and exercise.

This article is a transcript of a lecture that Diane Cramer gave. It shows the relationship between astrology and weight loss and how the birth chart can help identify attitudes about food, emotional issues surrounding food and food preferences. The article is divided into two parts. Part One describes how each sign of the zodiac tends to deal with weight management issues. Part Two shows you how you could use your own natal chart as a tool for managing your weight.

### DID YOU KNOW THAT...

If you don't know your birth chart, you're missing out on some important information about your life. Get an astrologer to calculate it for you. Visit [www.dianecramer.com](http://www.dianecramer.com) for more information.

\* Anyone considering a diet or a change in eating habits for weight management purposes should consult with a licensed health care practitioner. Refer to the disclaimer at the back for more information.

It is possible that the Venus Saturn conjunction, which gains strength from surrounding the angular IC, gave her the discipline to control her desire for overeating and remain on a diet. The IC or fourth house is also associated with food assimilation. Disciplined Saturn conjunct the IC and indulgent Venus gave the natal potential to curb her appetite. With Virgo rising, it would make sense that she lost weight by standard dieting, as Virgo is ruled by the mental planet Mercury. This would give her the discipline to count calories and watch her diet.

### **CASE STUDY 7**

Chart D is the chart of a female who has had a weight problem most of her life and weighed over 300 pounds. She was able to lose weight by having her stomach stapled. In examining the chart for the potential for weight gain, we see a Taurus Ascendant with the ruler Venus in Aries in the twelfth house. Taurus Rising can be an indication of weight gain and with the ruler in the unconscious twelfth house, she could have been in denial of her weight problem. The Moon is conjunct the Ascendant which could likewise indicate a bloated body as well as a roundness to the physique. The Moon rising also adds an emotional component to the personality, and could describe someone who eats for emotional fulfillment.

Jupiter, the planet of expansion, is square to the Ascendant, giving exaggeration and immoderation. Other weight signifiers, Venus Jupiter, and Jupiter Pluto, are in a trine aspect rather than one of the more difficult aspects. Perhaps the trine adds a lazy element to the personality in terms of food. Her metabolism may have been erratic with the Sun opposite Uranus, but eventually can stabilize with the Sun sextile Saturn and trine Neptune.

One can look at a birth chart in terms of treatment. In the case of Chart D, there is a Mars-Jupiter conjunction elevated in the chart. Mars Jupiter is an indicator of successful surgery. Mars is the most elevated planet in the chart and therefore implies that surgery would be a useful tool for her, and, indeed, she was able to lose 135 pounds (in the course of a year) by having her stomach stapled. The Mars-Jupiter combination as well as three planets in Aries also implies that she can stay in shape by engaging in regular physical exercise.

### **CASE STUDY 8**

Chart E is that of a woman who was diagnosed as “morbidly obese” and was also diagnosed with a psychotic disorder. The Sun is opposite Uranus and square Neptune. All three are angular and involved in a T-square which strongly affects the personality. Sun-Uranus can indicate states of