"Anatomical Man" Annotated
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The signs of the zodiac seen on the Anatomical Man are associated with different parts of the body. Each sign also has attributes describing their action and reaction in the body. Various health issues are common to each sign, as well. Due to polarity (see Keywords, p. 98), the signs are subject to ailments affiliated with the opposite sign. A pair of opposite signs may share a connection to a particular function or to related bodily systems. For example, Gemini and Sagittarius might indicate locomotive disorders; Leo and Aquarius can affect the heart and circulation. The following descriptions are applicable to one’s Sun sign, rising sign, and in some instances, to the sign of the Moon.

ARIES
The ram on the top of the head represents Aries, a fire sign, which rules the brain, skull, outer ears, eyeball, upper jaw, adrenal medulla and pituitary gland. The head, face and teeth can be areas of distress. Aries shuns limits and needs to conserve energy or have a sound exercise program as an outlet for excess energy. Aries needs iron and may require meat more than other signs. Problems: fever, inflammation. Aries is also linked with renal function due to polarity with its opposite sign, Libra. Helpful herbs: ginseng or bergamot for mental exhaustion, lavender for headaches and borage for depletion of energy.

TAURUS
Taurus, the first of the earth signs, is represented by the bull at the back of the neck. Taurus rules the neck, throat, inner ears, gums, vocal chords and thyroid. Taurus tends to have endurance and a strong constitution but can be inflexible, which leads to a tense or stiff body. Body massages are useful for Taurus. Ruled by Venus, Taurus tends to overindulge in rich food and needs roughage and variety in the diet. Problems: sensitive vocal cords subject to infections, sore throats and hearing disorders. Helpful foods and herbs: black currants, coltsfoot and fenugreek to control sore throats; parsley and oregano to liven up the system; and root vegetables to help clean the digestive tract.

GEMINI
Gemini, the first of the air signs, is represented by the twins peeking around the shoulders. Gemini rules the arms, shoulders, hands, tongue, trachea and bronchi. Gemini rules all tubes in the body. Worry is a negative attribute which Gemini needs to overcome by positive thinking. Problems: nervous or respiratory disorders, allergies and weak lungs. Helpful: deep breathing exercises and aerobics as an outlet for Gemini’s nervous energy; vitamins A, B, C and D to aid the lungs; herbs like skullcap for nervous excitability, flaxseed for coughs and bronchial complaints and bergamot for relaxation and sleep.

CANCER
The first of the water signs, Cancer is represented by the crab on the breastbone. Cancer rules all containers and coverings in the body. This includes the breasts, rib cage, sinus cavity, stomach, womb and the pleura of the lungs. Problems: a tendency toward water retention and disorders of the stomach. Helpful: raw enzymes to aid digestion from foods such as pineapple or papaya, and herbs such as bilberry for water retention, cloves for stomach gas, and honeysuckle and arrowroot to calm the stomach. Cancer needs to include fiber like bran and whole fruits in the diet. Lettuce, a Cancer plant, soothes the stomach.

LEO
Leo, the second of the fire signs, represented by the lion at the heart, is a sign of energy and vitality. The constitution is strong and when ill, Leo recovers quickly. Leo rules the heart muscle, spine and middle back. Rich foods tend to increase cholesterol levels so Leo would do well to avoid fatty foods. Problems: heart and muscle strain, backache, sunstroke and high fevers or inflammatory disorders. Helpful: herbs such as angelica for heartburn, dandelion as a tonic and blood purifier, rosemary as a heart tonic and mustard to alleviate back pains. Also beneficial: Vitamin E, magnesium and activities such as yoga that encourage flexibility in the torso and back.

VIRGO
Virgo, the second earth sign, represented by the virgin on the stomach, is a sign of assimilation and utilization. Virgo has a sensitive constitution and needs to keep the bowels and nervous system functioning in good order. Virgo rules the small intestines, pancreas, duodenum, the enzyme action of the liver and peristalsis of the bowels. Virgo has strong preferences and dislikes, and does well on a diet of natural foods, including plenty of fiber and whole grains. Problems: digestive disturbances, weak intestines, nervous complaints and illness due to poor nutrition. Helpful herbs: balm and borage for nervous troubles, angelica to stimulate the digestive tract, fenugreek for inflammation of the intestines, fennel seeds for gas and skullcap to tone the nervous system.

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LIBRA
Libra, the second of the three air signs, represented by the scales at the midsection, is a sign of balance and harmony. Libra needs to live a balanced and harmonious life and benefits from a balanced diet. Libra rules the kidneys, the lower back and the skin, from a cosmetic standpoint. Libra can be weak in the kidney area and would benefit from drinking lots of water every day to keep the kidneys flushed. Problems: headaches, lower back pains, skin complaints and health disorders due to Libra’s love of sweets. Helpful herbs: bilberry and borage to promote kidney action, burdock for kidney weakness, feverfew to strengthen and cleanse the kidneys, and thyme for headaches.

SCORPIO
Scorpio, the second of the water signs, represented by the scorpion at the loins, is a sign of transformation, elimination and regeneration. Scorpio has a strong constitution with much vital force. Scorpio rules the eliminative and procreative organs in the body. As a fixed sign, Scorpio can be tense at times so would benefit from walking to increase flexibility. Scorpio may also be attracted to alternative healing methods, such as acupressure and biofeedback. Problems: bladder or bowel disorders; female complaints; a weak prostate in men; and predisposition to hemorrhoids, constipation and hernia in both genders. Helpful: daily roughage; fruits and vegetables; herbs such as chicory as a laxative, witch hazel for hemorrhoids, lavage as a general tonic and blessed thistle to force out impurities in the body; and a diet containing leeks, prunes, onions, beans and barley for energy.

SAGITTARIUS
Sagittarius, the last of the three fire signs, is represented by the archer at the thighs. Sagittarius can be expansive, optimistic and generous. However Sagittarius tends to excess and may overindulge in sweets, alcoholic beverages and meat. Sagittarius rules the hips, thighs and liver. Problems: gout, sciatica, hip injuries, obesity, rheumatism and diabetes or hypoglycemia. Helpful: discipline in dietary habits; foods such as cucumber to soothe the system, asparagus as a cleanser and spices such as sage, cloves and nutmeg. Herbs such as chicory address liver impurities; dandelion is an aid to the liver and a general tonic; red clover is a good blood purifier; and thyme and rosemary are tonic for the liver.

CAPRICORN
The last of the three earth signs, Capricorn, is represented by the goat at the knees. This is a sign that strengthens as it ages. Capricorn rules the skin, knees, joints, hair, teeth and nails. Capricorn does best in a warm environment as getting chilled can lead to illness. Capricorn needs sufficient calcium to maintain bones and teeth. Problems: falls, bruises, colds and chills, weak knees, skin disorders, dental problems and stiff joints. Helpful Herbs: bay for skin trouble, camphor rub for chills, chamomile and cloves for toothache, rose hips to retain flexibility of cartilage and slippery elm to strengthen the skeletal system. A dogmatic sign, Capricorn needs to loosen up by swimming, stretching, deep breathing exercises or massage.

AQUARIUS
The last of the air signs, Aquarius, a sign of oxygenation, is represented by the water bearer at the shins. Aquarius can become high strung and restless due to an abundance of nervous energy. Aquarius rules the electrolytes of the body, the lower legs and ankles, the valves of the heart and the retina of the eyes. Problems: circulatory complaints, leg complaints, varicose veins, nervous disorders, hormonal imbalance, sprained or broken ankle and impurities of the bloodstream. Helpful: exercises such as bicycling, yoga and deep breathing, and a good night’s sleep to recharge the nervous system. Herbs such as bergamot aid relaxation, borage cleanses the bloodstream and is helpful for sprains, rosemary stimulates circulation and valerian quiets the nerves. Aquarius would do well to avoid chemicals and processed foods.

PISCES
Pisces, the last of the water signs, is represented by the fish at the feet. Pisces can experience low energy and needs plenty of vitamins and minerals to build up the vital powers in the body. The ability to imagine and help others is an aid to good health in Pisces. This sign rules the lymphatic system of the body, the feet and the toes. Problems: a tendency toward bunions, gout, swelling of the feet, colds and infections, weak lungs, psychosomatic illnesses and alcoholism. Helpful: living near water, swimming, walking and meditation. Pisces may benefit from ginseng as a tonic, chicory to eliminate mucous and kelp as a source of iron. Foods high in iron such as liver, raisins or dried apricots, are beneficial to Pisces.
Anatomical Man

This famous illustration was painted by the Limbourg brothers for their patron, the Duc de Berry (brother of Charles V of France). It shows the signs associated with various parts of the body, from the ram on the woman’s head to the fish at her feet. At her back, a man faces the opposite direction. Together they represent the feminine and masculine polarities. The zodiac signs surround them in typical order from Aries at the top left, circling counterclockwise to Pisces at the top right.