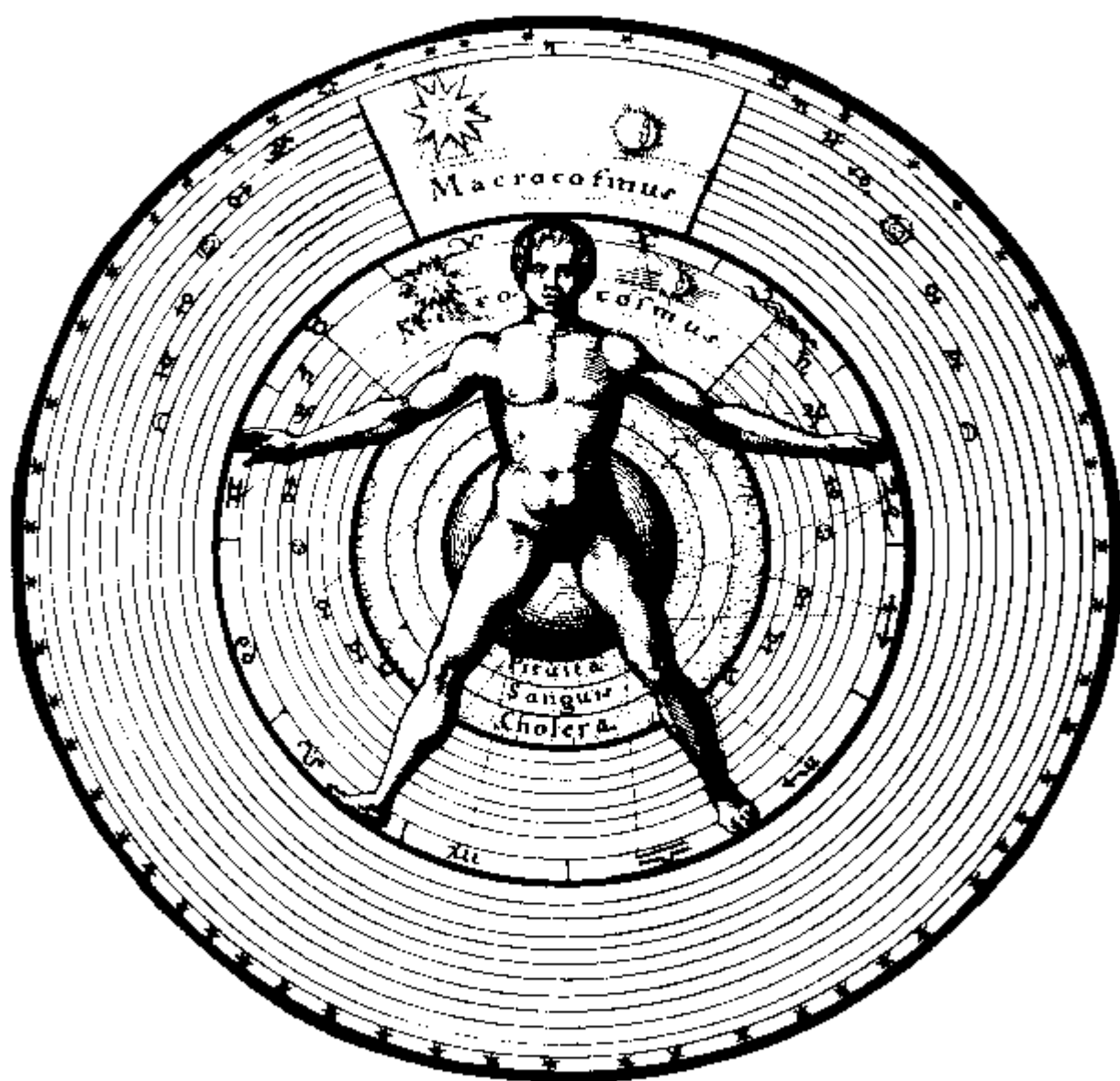


ESSAYS IN MEDICAL ASTROLOGY



Robert C. Jansky

GETTING RID OF THAT EXCESS FAT

- The Astrological Way

Does it seem to you sometimes that practically everyone that you know is on some kind of a diet these days? It is certainly evident that the American public is becoming more weight and more diet conscious. With the cultural premium that we put on youth, or the appearance of being younger than we really are, and having a slim, trim body more and more people are beginning to pay greater attention to their bodies and how they look. What this means astrologically, of course, is that the American public is paying more attention to their Ascendant at the expense of other features in their horoscope, thus they are creating an astrological imbalance in the use of their energies.

Book sales on nutrition and diets are booming. Several have been on the non-fiction best-seller lists now for over a year. Body fitness salons seem to be springing up in every shopping center. Joggers can be seen anywhere, and at almost any time of the day or night "doing their thing!" Tennis and racquetball courts in urban areas stay open all night.

If you, as I, have been caught up in this frenzy of slimming activity, then it is you to whom this lecture is especially directed. If you are planning to lose 10-20 pounds, or more, over the coming year, there are some very important things that you ought to know about getting rid of that extra fat more efficiently, and being an astrologer gives you an advantage over the uninitiated in planning, and understanding, what you are (or will be) doing.

Most of you are probably already aware of the fact that fat is ruled by Jupiter. Fat can be the end-product of carbohydrate and protein metabolism, ruled by Venus and Saturn respectively, but does not necessarily HAVE to be the end-product. There are other possibilities! In dieting you are turning to one of these other possibilities. If you understand your medical astrology you can then more clearly understand the process of weight (fat) loss and plan a more sensible diet while doing so.

There are some fairly well established conditions that affect gain and loss of weight which most medical astrologers recognize as being valid. For example, when Jupiter is transiting your first house you have a greater tendency to expand the physical body and put on weight. This, of course, happens about every twelfth year, and you need to be on your guard at this time, but most of us aren't because it inclines us to adopt a more "devil-may-care" attitude during this transit. Those with Jupiter in the first house natively may find themselves fighting the battle of excess weight all of their lives. In many cases this also applies to those with Sagittarius Rising. Sag Rising people tend to be on the big side physically to start with. They are born big (7-10 pounds is not uncommon). And, I think there would probably be little disagreement among astrologers when I say that, as a group, those with Sagittarius or Gemini Rising (Gemini being the opposite end of this polarity) are taller (inclined in men to be 6 foot or greater) and tend to weigh more than their counterparts with other Rising Signs. There are, of course, always exceptions to this, but the reasons for these exceptions can usually be accounted for in the horoscope.

If there is a strong aspect link-up in your horoscope between Jupiter and Pluto, there is always the possibility that you are, or can possibly develop into, a compulsive eater - one who eats to relieve tension or anxiety. By contrast, a strong aspect relationship between Jupiter and Saturn can be an asset here as it suggests the possibility of your consciously learning to discipline your appetite.

When Saturn is transiting your first house is an excellent time to start on a diet. You have a stronger inclination at this time toward greater self-discipline, which dieting certainly requires. Many persons with Capricorn Rising have the capacity for this self-discipline throughout their lives - if they use it! Ditto for those with natal Saturn in the first house. However, as a rule, Capricorn Rising people do enjoy cooking and preparing meals for others (with Taurus governing their fifth house) and we find many gourmet chefs, amateur and professional, among this group.

I'm not going to say very much about dieting today, nor discuss the merits and demerits of the various popularized diets except to make two very important nutritional points:

1. According to physics, the laws of thermodynamics, there is only ONE WAY to lose weight. That is, to burn up more calories each day than you supply your body with in your diet. There is no escaping this basic law of nature - no matter what you eat.
2. If you choose to diet, you had better make up your mind to another very important nutritional principle. That you are going to remain on your diet for the rest of your life! Short-term dieting with later weight gain again is less healthy for your body than carrying around the extra weight to start with.

What I DO want to focus your attention on today, as astrologers, is how to control your intake and metabolism of fats. Far too few books on nutrition, and practically no books on astrology, have yet addressed these facts in the manner in which I plan to do so now.

So, as we've said - fat is ruled by Jupiter. You can't and shouldn't try to eliminate ALL fat from your diet, just as you can't and shouldn't try to eliminate Jupiter from your natal chart. You need a proper amount of Jupiter's energy in your life just as you need a proper amount of fat.

Body fat comes from three sources: fat in your food, fat as the end product of the metabolism of starches and sugars, and fat as the end product of protein metabolism. Fats fall into two general categories - saturated and unsaturated. The body's requirements are for more of the unsaturated fats and only a minimal amount of saturated fat. In fact, Vitamin F, is an unsaturated fat known as linoleic acid, and we all need some Vitamin F everyday in our diet.

THE DIGESTION OF FAT

The first step in fat metabolism is its digestion - that is, getting it into a form that the body can properly use. Fat molecules have to be broken down into fatty acids, the raw material form in which the body uses them. The fat that you take into your body looks roughly like the following diagram:

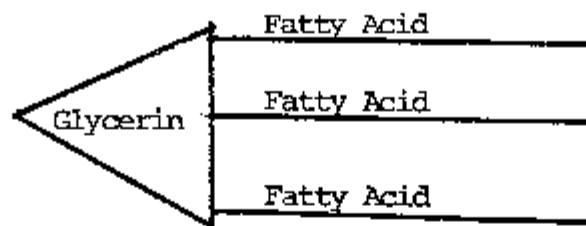


DIAGRAM OF A TYPICAL FAT MOLECULE

It consists of a glycerin molecule attached to three fatty acid molecules which are unsaturated for the most part when the fat originates in the vegetable kingdom, and saturated when the fat originates from the animal kingdom. Usually these three fatty acids are not alike, and the chemist by knowing which three fatty acids are in a particular molecule can generally tell you from what source it came. Fat from nuts, for example, contains one or more molecules of Vitamin F, and are therefore an excellent source of this vitamin.

In the digestion of fats there are basically two major events that must occur: first, the fatty acids must be split away from the glycerin, and then, the fatty acids must be converted into a form (an emulsion) that the body can absorb. In the first phase, the fat molecule is split by certain enzymes in the digestive juices of the small intestine, and then emulsified by these juices too. These enzymes are referred to by nutritionists as the "Lipotropic Factors." These factors consist of an enzyme called lipase, plus certain of the B vitamins like choline, inositol, and B-12, plus the amino acid methionine, plus an emulsifier called lecithin.

I'm not going to burden you with a lot of chemistry here before we get into our astrological explanation of this process, but there are still several basic facts you still need to know. Unsaturated fats have "holes" in their molecules and they are highly chemically reactive. There is always air in our digestive tract, and that contains oxygen, and the unsaturated fats love to combine with it. However when this happens it causes the fat to become rancid and renders it far less useful to the body. Thus, we want to prevent this oxidation from occurring by placing a barrier in the way of the oxygen. We call a substance that does this an "anti-oxidant." Vitamin C, Vitamin E, and Selenium are all anti-oxidants, which is one reason that these substances are so vital to good nutrition.

Now, let's look at the astrology of this process. All processes in the body whereby a complex substance is broken down or used up is ruled by Mars. The breakdown of the fat molecule that we have just described is a Martian process. All processes whereby simple compounds are combined into a more complex substance are ruled by Venus. This illustrates the Venus-Mars polarity as a physical fact. They are polar opposites, each doing the converse of the other.

The end products of Martian processes are ruled by Saturn, in many cases are toxic or waste products, and must be eliminated from the body. The end products of Venusian processes are ruled by Jupiter and are stored by the body for later use. Fat (Jupiter) is such a product. Fatty acids are ruled by Mars, glycerin by Venus. Thus, dieting is a Mars-Saturn process. To lose

weight you've got to act in such a way as to increase the Mars-Saturn energy in your chart and reduce the Venus-Jupiter energy. Or to put it in another way, balance this out; i.e. Venus-Jupiter = Mars-Saturn. In putting on excess weight you upset this equation, emphasizing the Venus-Jupiter side. In dieting you've now got to first compensate for this by bringing the equation back into balance, and then practice keeping it there. That, in a nutshell, my astrological friends is what dieting is all about and as long as you keep this astrological equation in the forefront of your mind you are a giant step ahead of all of your non-astrologer friends who are dieting too.

Venus-Jupiter (sweets, starches, indulgence of the appetite and senses) caused your increased expansion (Jupiter). To reduce this expansion you've now got to concentrate on Mars-Saturn. Exercise (Mars) is one way certainly of doing so. You want to burn-up (oxidize) the excess fat - a Martian process. You want to reduce your intake of Venus ruled foods - sugars and starches - and increase your intake of Mars-ruled foods (like amino acids) and Saturn-ruled foods (like protein). And don't neglect your need either to get rid of the toxic end-products of burning up all this fat as many dieters do. Since these are ruled by Saturn, to get rid of them we again apply Venus. Venus rules the kidneys and Venus rules the pores in the skin and the sweat glands. Thus, we eliminate these Saturn end products through the urine and through sweat. And, we compliment this Venus process by also applying the Moon's energies; i.e., by increasing our intake of water, Moon-Venus ruled vitamins, minerals, and herbs (like parsley). Most of the detoxifying herbs fall under the rulership of Venus or the Moon. Saturn-ruled herbs enhance the "burning up" of excess fat, Mars-ruled herbs speed up this process, Venus-Moon ruled herbs eliminate the toxic waste products. See how neatly astrology can enhance our understanding of the process of dieting and weight control? And, if you aren't inclined to work with herbs, as I've just indicated, merely replace the word "herb" with "food" in what I've just said. Watermelon, for example, which is ruled by the Moon will work just as well as any Moon-ruled herb in increasing the flow of urine and the elimination of toxic waste products. So will grapes and wine, which are ruled by Venus. Or, red pepper (Mars-ruled) which stimulates the flow of sweat. Be careful not to apply too much Venus here however (as in fruits and wine) because you can tip the scales toward Venus-Jupiter again with the excess calories that they contain!

* * * *

There's another approach here to dieting and fat control though that we haven't even touched on yet, and so let's do it now by embarking on a kind of fantasy voyage of discovery. A Neptunian process!

Do you remember from your history, or perhaps you've heard your relatives talk about, the wave of new immigrants that came to the United States from Europe. Their first stop, before being allowed to enter the United States was Ellis Island in New York Harbor. Here they were screened for desirability and health, tagged and registered, and then given directions to their final destination or directed to it by friends and relatives.

In our allegory here, our Neptunian fantasy trip, I want you to think of the fatty acids produced by the digestive process in the intestinal tract as being like these new immigrants to the United States (the U. S. being your body in our allegory). And I want you to think of your Liver as being Ellis Island.

To get to Ellis Island in the first place these new "fatty immigrants" need a means of transportation. A boat. The boat in this process of getting from the small intestine, into the blood stream, and thence to the liver is a substance called lecithin. Lecithin is the carrier. Lecithin combines with the fat temporarily to get it there into a compound called a phospholipid. The lecithin compound is the process of a combining process - thus it is ruled by Jupiter.

I can't think of a better analogy than comparing the liver with Ellis Island, because the liver carries on the same identical process as went on on Ellis Island. And, if you can really understand this you'll gain a new appreciation of just how important your liver is to your health. Imagine for a minute what might have happened if the U. S. had just let all of the immigrants in without screening them - healthy or diseased, true immigrant or saboteur or foreign agent, wanted or unwanted! Imagine what chaos this might have caused to the population of the U. S.? Well, my friends, that's why you have a liver, and that's why you have Jupiter in your natal chart somewhere.

It's also why in your chart you have Virgo somewhere, on one of your house cusps. What is it that we say about Virgo's characteristics? Virgo dissects and discriminates! Virgo also analyzes! And this is precisely what happens in your liver, which is why the liver is also ruled by - what else but Virgo! It is the liver's function to detect unwanted invaders or aliens from proper entrants, and then to render these invaders harmless insofar as it is possible. The invaders are, for the most part, substances that are dangerous and toxic to the body. The immigration officers and public health officials in the liver (certain enzymes) treat these invaders and render them harmless.

If you're using your horoscope properly, of course, this same series of processes ought to be going on specifically in that house in your horoscope that is ruled by Virgo. Screening; discrimination; analysis. If it isn't, well now you've learned the price you're going to have to pay for this neglect!

But, we're not done yet with Ellis Island. Virgo is ruled by Mercury, and Mercury is the planet of communication. Communication is the attachment of tags, or certain audible sounds to mental thoughts and concepts. Communication is also the conveyance or distribution of information, Mercury's Gemini counterpart, and in the body Gemini rules its distribution systems - all of the pipes or tubes of the body. Communication is also usually directed at or to a particular target or source. In radio or TV the signal is tagged or labeled at a particular frequency.

The liver also performs this tagging or labeling function of the fatty immigrants before they leave it. Each fatty acid molecule is tagged or labeled with a specific address in mind, and it is sent there for a particular and specific purpose. This is the Mercury function also performed by the liver. These tags are chemical in nature, and are provided by certain of the B vitamins. They are then released into the distribution (transportation) system of the body, the blood stream and left on their own to get safely to their ultimate destination. In other cases their chemical relatives "drop by" the liver, pick them up, and escort them to their destination.

For example, a fatty acid molecule may be specifically tagged or addressed to the adrenal or sex glands for use in the manufacture of sex hormones. It may be tagged for use in the production of bile, to aid in the digestive process, or for any one of many other purposes.

The arrival of these fatty acid molecules in the liver is not steady, but instead cyclic in nature. They arrive a short time after a meal has been ingested and digested. Just like a boatload of immigrants arriving at Ellis Island all at one time. The liver's function is also to reduce and even out these peaks and dips in the cycle.

You might also think of the liver as having a personnel or placement office built into it. The body signals this office where it needs workers, or raw materials. Now, imagine what would happen if there were more workers than jobs to be filled. They just kind of hang around and get in the way, or they leave the liver (since the liver has its maximum capacity of workers) and clutter up the streets just looking for a job. In this case the "streets" are the arteries. They kind of hang around looking for something to do. And if enough of them just cluster together at a particularly busy intersection, like the entrance to the coronary arteries to the heart, they stop the flow of traffic, and you have a myocardial infarction (as the doctors call it) or a "heart attack."

When this happens in the United States, the President simply applies an immigration quota. He limits the numbers of new workers allowed to enter. Well, if he can do it - so can you! Use your own head. Apply an immigration quota of your own, and then determine to enforce it! Quotas, limitations, and dieting are a Saturn function. Saturn is the polar opposite of Jupiter; it limits the Jupiter functions. But, Saturn also implies discipline. You've got to discipline your immigration officers in the liver. Like all good bureaucrats they live just to do their job, and they won't stop doing it unless you discipline them and make them do it. They also need an occasional vacation to rest up, so give them one through an occasional fast. Don't overwork them, or they'll get irritable and eventually you'll just completely wear them out (as in serosis of the liver). When they get sufficiently irritable, through overwork or through having certain very undesirable aliens (viruses) literally attack them, then you have irritation or inflammation of the liver, called hepatitis. I hope that through this analogy I've made it clear that you've got to take good care of good workers, especially workers whose function is as vital as your liver cells! Dieting is merely the firm application of an immigration quota on fat immigrants.

This is still not quite the whole story, or the whole allegory, however. There is still a "fifth column" in our midst that we've got to deal with! The "devil still makes work for idle hands." In mundane astrology, you'll remember that it is the twelfth house that deals with undercover activities of a nation. The twelfth is the natural house of Neptune-Pisces. Neptune's negative quality may be deception, but its positive side is "discovery." We get so involved with Neptune's negative side sometimes that we forget its very positive quality. Uranus may be the Truth, but it takes Neptune to discover it. Neptune rules the body's immune system, the process by which it discovers, and then destroys, foreign invaders like bacteria and viruses - which are ruled by Pluto, Neptune's polar opposite. Pluto is, as you might then suspect, the ruler of this undercover body activity.

The "devil" in this case does find work for the idle fatty acid molecules, and he does it in some very devious and undercover ways. The devil's representatives

here come in two general forms - oxygen, and so-called "free radicals." They are the enemy within; bacteria and viruses are the constant enemy from without that constantly threaten our shores. But, all of them are represented by Pluto. And we use Neptune to fight or counteract Pluto, don't we, whether Neptune comes in the form of drugs, or our own natural immune system.

The first way of subverting the idle fatty acid molecules is to oxidize them from unsaturated molecules to saturated molecules, for that's what oxidizing fatty acids does to them. Thus, they are robbed of their talent to do a very needed job once a job opening occurs for them. Another way of subverting these new immigrants who already have job assignments is to steal their address label! This is the job primarily of the free radicals, and they do a rather efficient job of it too.

If you want to protect these vital workers, and potential workers, from this fifth column you have a couple of choices to combat them. You can send guards along with them - a "guardian angel" so to speak to protect them. This is a Venus function. Venus rules Vitamin E, and Vitamin E performs exactly this function. Or, you can send out your police force, or FBI, to ferret out these saboteurs and undercover agents and render them inactive before they can do any damage. This police function is the job of Saturn. Saturn rules Vitamin C, and that is exactly what Vitamin C does in the body. Saturn is also the ruler of the skin, of course, which repels the invasion and insurgence of these invaders from without - the bacteria and viruses.

Now that you've gotten pretty much the whole picture from our fantasy trip or allegory, I hope that you have been impressed with a very important fact. That is, control the flow of fat immigrants into your country. You can certainly eliminate a lot of unnecessary problems by controlling the flow of immigrants by imposing your own immigration quota! Don't overwork your immigration officers; don't push Ellis Island to its maximum capacity, and for heavens sake - give them a vacation once in awhile.

And, while we're at it, don't you think it a good idea to impose upon your immigration officers some sort of maximum limit on their alcohol intake? Do you want them drunk on the job?

Finally, let's be practical before we leave our allegory. A few aliens (toxins) are bound to slip through once in awhile. For after all, nobody is perfect! It's okay to aim for 100% efficiency - 100% Virgo - but Virgo has its polar opposite too, Pisces. A few sneaky villains are bound to get by the best defenses. What you're aiming for here may be 100% Virgo, but you'll never quite get there. Remember too that Mercury (the Virgo ruler) is the focus of tension and that an occasional drink (Neptune) does help to reduce tension. Kept within reasonable limits (Saturn) and not permitted in excess (Jupiter). That is, unless Jupiter is so afflicted and emphasized in your chart that Saturn is unable to control Jupiter.

* * * *

This now brings us to the final part of this lecture. You now have the theory, and a better understanding of what you are about (astrologically) as you start, or contemplate, your diet program. I've tried here to point out to you, who does what to whom. Which planet does what in this planetary circus of nutrition.

From here on you've got to look carefully at your own horoscope for its particularly unique qualities. Look especially at your planetary polarities for balance of emphasis. If, for example, you've got a heavily emphasized Jupiter and a de-emphasized Saturn, or an unaspected Saturn, you know that you're inclined to excesses and not likely to be able to control these urges very well. You can use Jupiter as your scapegoat in this case and say, "Well, that's just the way it is," or you can learn how to bring your de-emphasized Saturn into its rightful position. If Venus is strong, and Mars weak, you can just go ahead and eat all of the sweets and starchy junk food you can cram into your body at one sitting, or you can learn how to use your Mars to balance off this Venus over-emphasis. If your Moon is strong, and your Sun weak, you can resign yourself to becoming a creature of habit, or you can exert your individuality and shape your own destiny. If your Neptune is strong, and your Pluto weak, you can indeed retreat into your own world of fantasy and illusion, or you can embark on a voyage of self discovery and evolve is the process. If your Uranus is strong, and your Mercury weak, you can talk yourself into thinking that YOU are right and everyone else is wrong, or you can listen to your own common sense.

In this brief lecture, I can't tell you how to do this here. For you know your own natal horoscope far better than I. In the ultimate analysis, YOU are your own best astrologer. Only you truly know how you are using your planetary polarities. The best advice I can give you here, in setting up your own dietary program or program of improved nutrition, is to urge you to consider these five planetary polarities and ask you whether, despite natal inclinations to the contrary, you have gotten these polarities into reasonable balance - one with the other.

Dis-ease is the direct result of imbalance between one or more of your astrological polarities. Ease, and good health, results from achieving a good balance. The process by which you seek out and finally achieve this balance is called growth, or evolution. Most of us were born with certain natal imbalances in our natal charts. Learning to achieve a balance seems to me to be, in large measure, what this process of living is all about.

Unless you were born with your personal Jupiter and Saturn, Venus and Mars, Sun and Moon, Neptune and Pluto, and Mercury and Uranus in perfect balance to start with, you've got something you ought to be working on. ARE you working on it? Don't you think it would be a good idea, if you aren't, to start planning on doing so?

This is what holistic medicine and holistic astrology is really all about. Isn't it worth the effort to strive to make your own life "whole?" To bring these opposing forces into a personal balance that YOU can live with. Are you willing to let others tell you where your balance point "ought to be", or are you enough of an individualist to seek this (these) point(s) for yourself?

A good professional astrologer can make you more "aware" of the possible alternative but only you can determine where you feel most comfortable. I can't do it for you; no one can. In the ultimate analysis, only you are your own best astrologer. The very best that I, or any astrologer, can do is to put you in direct touch with your own ultimate destiny. How you work it through is strictly up to you!