

ASTRO-PSYCHO-PHYSICS: DYNAMICS OF DIABETES

By Richard Nelson

Fourteen years ago, several students and I, had the chance to meet with Guy de Penguern, PMAFA, in Montignac, France. We had started an e-mail relationship a couple of years before that. He had demonstrated an uncanny ability to forecast and predict timing of diseases. We do believe that our life's potential lies in the natal chart. He has gone far in demonstrating that in health areas.

In order to feel comfortable with his claims, I gave him birth information for me, my wife, my family, and several friends. The results were amazing. Guy gave me his methodology and we put a workbook together in 2005. His client basis for claims in 1994 was over 2,000. It is now over 3500.

In his work on Astro-Psycho-Physics¹, Guy did not get heavily into diabetes, however. Noel Tyl, in his *Astrological Timing of Critical Illness*,² did. While not claiming to be specialized in medical astrology, Tyl noted that among several thousand clients, over 80 % of diabetics had strong Venus and Jupiter aspects.

Diabetes and sugar are listed under Venus in Rex Bills's *The Rulership Book*³, Jupiter is listed under diseases caused by excesses, and glycogen, a polysaccharide of glucose is also listed. Bills, in his index, shows diabetes ruled by Jupiter, Venus, Libra and (Virgo/Mars). Parentheses are his. J. Lee Lehman, Ph.D, in *The Book of Rulerships*⁴, lists Venus for diabetes, with Lilly and Ramesey as the historical sources. Sugar is ruled by Jupiter, according to Dariot and Lilly. Lehman has done an excellent job with this compilation, even to the point of showing agreements and disagreements of rulerships among eight sources. Since diabetes was present on both sides of my family, I decided to investigate this area myself. There was also additional incentive, as my research has indicated that diabetes is a precursor to most major diseases.

For starters, about 25 % of several thousand charts in my database⁵ have Venus and Jupiter aspects. I noticed this using Solar Fire's defaults. This corresponds to the claim of Joseph Mercola, DO that diabetes or pre-diabetes now strikes one in four Americans.⁶

Guy de Penguern's methodology includes a number of specifics. He makes much of Koch house cusps. He also makes an adjustment to the birth time since calculations based on the clock are really mean and not real time. This makes a major difference with fixed sign births. The MC can be off by as much as four degrees, but those born at high and low latitudes, let's say, might have the ASC off by 6 degrees or more.⁷

The 1st house is the house of life, and the 6th, the house of illness. Transits or directions to the 6th house cusp tell much about health. Penguern also makes the point that soft aspects may not be positive in interpretation; if you have a sextile with both planets in the signs of long ascension, they tend to be negative in their health interpretation. For additional information, he utilizes what he calls QOTZ, The Quantified Tropical Zodiac on the Organic Level. This is a listing of

body parts by each degree of the zodiac, as shown in Table 1. Guy obtained this information from Robert Jansky. According to Guy, Dr. Koch developed this information from old sources, and made minor changes along with colleagues such as Elspeth and Reinhold Ebertin about eighty years ago. You can see body connections by degree in the Solar Fire Interpretative Report. With a three degree orb, information is lacking from the neighboring degrees, so it is much easier to work from a table of the degrees. These degrees are activated by conjunction and sendings. Morinus is the main source for sendings.⁸ The most powerful sending is the polarity or opposition. You will see manifestations later in life by transits, progressions, solar arcs, and solar returns. Guy also uses the Kepler program to see minor aspect sendings. He also pays much attention to 165 degree aspect⁹, which he claims is evil for health.

I have found that you can be confident about accuracy of diabetes prediction by over 90 % with the use of several additional techniques:

- 1.) Use declinations as well as longitudes, utilizing about 90 days for a lifetime of secondary progressions. Create ephemerides for this. Use progressed to radix and progressed to progressed (Venus and Jupiter) connections. Note a parallel or contra parallel between Venus and Jupiter. Use a one degree orb. As the latitude nears the bounds of the ecliptic, you must narrow the orbs. Kt Boehrer is an excellent source for a detailed explanation of declination orbs.¹⁰ For longitudes, use one degree applying to exact.
- 2.) For timing, check Solar Arc.
- 3.) For timing, run Solar Return. Run precessed return. Place precessed angles on regular Solar Return and start houses from the precessed ascendant.
- 4.) Check the family history. If there is diabetes on both sides of the family with the Venus and Jupiter aspects, the potential rises.
- 5) Look for The Metabolic Syndrome (TMS).¹¹ Diagnosis of TMS requires that at least three of the following be present:
 - a) Excessive waist circumference (more than forty inches for men and thirty five inches for women)
 - b) Serum triglyceride (blood fat) be greater than 150 mg/dL or tenth of a liter.
 - c) "Good" cholesterol (D\HDL-C) less than 40 mg/dL in men and less than 50 mg/dL in women.
 - d) Elevated blood pressure higher than 135/85.
 - e) Fasting blood glucose over 99 mg/dL.

There can be down stream good news for your client(s). In most cases, TMS and the onset of diabetes is reversible. A change in lifestyle and exercise can do the trick. See Quiz II in the Table 2. The questions in this quiz give you a subjective point count and provide clarity on the changes you can make. Following the quiz is a list of a supplementary vitamins for diabetes.

Please note that I am not a licensed health professional. You must double-check these claims with an appropriate licensed professional.

Case Examples

Below are some case examples that demonstrate this methodology.

Jeffrey Green

Source: aforementioned Tyl book

Dec. 2, 1946, 4:52 AM, Hollywood, CA

ASC 16 Sco 12; MC 23 Leo 06

Note Venus conjunct Jupiter, 3° 12' applying, sandwiching the ascendant. Venus is retrograde, and goes direct at age 6. Secondary Jupiter is conjunct Venus radix at age 15. At 28, progressed Venus is parallel Jupiter radix. Progressed Jupiter is parallel Venus radix. At 42, progressed Venus is parallel progressed Jupiter. I believe there was a definite issue at that time. Quoting Tyl pg. 260: "Warned by his father, Jeffrey began to combat the onset of diabetes with special herbs and diet control. Sure enough, in his forties, Jeffrey started to develop diabetes, was diagnosed as borderline, but by continuing his combative measures, he has held the condition at bay."

Lynn Hyde

Source: herself, a local astrologer; used with her permission.

Mar. 12, 1956, 8:47 PM EST, Detroit, MI

ASC 19 Lib 00; MC 29 Can 34'

While Venus and Jupiter have no traditional aspect, there is a strong natal Venus parallel Jupiter within 5'. She maintains that an auto accident triggered a stress condition which caused the diabetes at age 10. I feel that progressed Jupiter at that time, coming to an exact inconjunct to the Sun on the cusp of the 6th was it. Jupiter in domicile was also the ruler of the 6th and the dispositor of the Sun. Note that the 1st house is the house of health and the 6th of illness.

Paul Passenger

Source: Birth and death dates given in the Miami Herald on Jul 18, 2006.

Born Jan. 26, 1949; died Jul. 18, 2005. Time and place not known.

The onset of Type 1 diabetes was 52 years before his death, or in 1953. Venus is parallel Jupiter 0° 01'. There is also a Venus conjunct Jupiter by longitude, square Neptune. Venus and Jupiter are at the polarity of the pancreas degree. This was the first chart that I found from the newspaper when I decided to start this work. By secondary progression at death, Venus squares Uranus, and Jupiter is inconjunct to it. By direction at death, Pluto is approaching a conjunction to natal Neptune opposing Mars, all square to the pancreas degree. Directed Neptune forms the 165 or 11/24 to natal Uranus. Directed Saturn is conjunct South Node radix.

Although anecdotal at this time, I believe that Venus conjunct or parallel Jupiter is a strong indication of Type 1 diabetes. Any connection to the diabetic degrees with this strongly increases insulin resistance.

Anthony Mansollilo

Source: DD on time.

Aug. 8, 1961, 12:00 PM, EST Miami, FL

ASC 15 Leo 53' per solar houses. Venus and Jupiter form a wide separating inconjunct at birth. Venus is contraparallel Jupiter within one minute of arc. At 33 years, when the diagnosis was made, progressed Venus made a 165 or 11/24 to Jupiter radix, one degree 02' minutes applying on his birthday.

Rocky Aoki,

Source: DD on time.

Oct. 9, 1938 12:00 PM, JST

Sun on 1st at 15 Lib 10' . Venus has a separating square to Jupiter, 4 Deg 42'.

Progressed Jupiter squares Venus radix five years before death. Jupiter is inconjunct Neptune at birth less than one degree applying. Maybe this is the hepatitis C and cirrhosis signature. Neptune is definitely on the liver area by QOTZ.

Henry Mancini

Source: A Rating, from him to Jansky

Apr. 16, 1924, 0:10 AM EST, Cleveland, OH

Died Jun 14, 1994 Los Angeles, CA from pancreatic cancer.

I did not look at his chart until I had seen information on his death. Note that Venus is separating from an opposition to Jupiter by eight degrees. When you progress Jupiter to natal Venus at death, it is one degree 15' applying to Venus radix opposition, 0 deg 20' applying to progressed Venus as an inconjunct, and 1 deg 00' applying to an inconjunct to Pluto. Venus has spent the last several years at the pancreatic degrees and has stationed and gone retrograde. You can see from this that you might have to look beyond defaults and also see the connection between diabetes and pancreatic cancer. Note also that there is information by degrees.

Waylon Jennings

Source: DAV 4351, Jacques de Lescaut, Vol 14

Jun. 14, 1937, 10:30 AM CST, Littlefield, TX

Died Feb. 13, 2002, Chandler, AZ from diabetic complications.

Note that there is not a traditional aspect between Venus and Jupiter. However, the 1st house of life is ruled by the Sun, which has a semi-square to Venus OS02 and an inconjunct to Jupiter 2A46. This may be interpreted as a threat or promise of a lack of vitality. At death, note that there is a grand trine to Jupiter at 18 CAP 35' radix, in fall, opposition to Venus at 15 CAN 19 at pancreatic degree. Jupiter is trining Uranus on the cusp of the progressed 8th 13 TAU 41, and Neptune at 17 VIR 49'. Transiting Mars/Saturn is conjunct Uranus at 13 TAU 22'. The Venus opposite Jupiter is on the MC-IC axis, along with the Uranus/Neptune midpoint.

Art Buchwald

Source: AA Rating, from AstroDatabank

Oct. 20, 1925, 1:00 PM EST, Mount Vernon, NY

Note T square between Jupiter at 15 CAP 19' in fall opposition Pluto at 14 CAN 44 radix (on pancreas) square Mars at 14 LIB 17' (on renal arteries). Wide parallel of Venus and Jupiter 1 deg 27' separating. At death, secondary progressed T square Venus 24 AQ 51' opposite Neptune 24 LEO 17 radix, square Saturn 23 SCO 36'. This Venus opposed Neptune on radix 2nd and 8th houses. In solar return, Mars is on precessed ascendant and Neptune is on precessed IC.

Marcello Mastroianni

Source: A, Rodden via Bardoni

Sep 26, 1924, 12:15 PM, Frosinone, Italy

Pluto at 13 CAN 30'. Penguern uses a three degree orb, thus Pluto is a pancreatic cancer significator. Pluto is on cusp of 8th, partile to cusp inconjunct Jupiter on ascendant. Venus is trine Jupiter 4S09'. In directed chart at death, Venus/Neptune = Saturn radix. Directed Uranus in 6th inconjunct Saturn radix. In solar return at death Uranus/Neptune on precessed 8th cusp. Jupiter is on precessed 7th cusp, ruler of 6th house. Secondary Mars/Saturn a death aspect at 16 Cap 26 opposite diabetic degree and Pluto radix on 8th cusp. Progressed Mars/Neptune, which is illness, is at 7 GEM 50'. IC progressed is at 7 GEM 58'.

Rex Harrison

Source: A, Rodden

Mar. 5, 1908, 5:00 AM, Huyton, England

Died Jun 2, 1990 in Manhattan of pancreatic cancer.

Natal Uranus 15 CAP 59' opposite natal Neptune at 12 CAN 10' radix, sandwiching the ascendant-descendant axis square Moon at 17 ARI 16'. By secondary progression, Venus is opposed to Uranus 0 deg A 43' By direction, Venus is conjunct natal Neptune. Directed Neptune forms a 165 to Moon radix.

Patrick Swayze

Source: A Rating, in AstroDatabank

Aug. 18, 1952, 8:10 AM CST, Houston, TX

Uranus is at 16 CAN 41' square Saturn and Neptune. By progression to the announcement date, Venus opposes Jupiter 0A17'. Sun = Saturn/Neptune in the progressed 12th house—hospital. Nodal axis on MC-IC.

Rocky Aoki, Anthony Mansollilo and Patrick Swayze are the most recent and only announcements and newspaper clippings used since I decided to publish this paper.

Table 1 THE QUANTIFIED ORGANIC TROPICAL ZODIAC¹²

Translated by Mary L. Vohryzek from ANATOMISCHE ENSPRECHUNGEN DE TIERKREISGRADE by Elspeth and Reinhold Ebertin

Aries	14. True vocal cords	29. Fourth rib
1. Cerebrum	15. Epiglottis	30. Fifth rib
2. Mid-brain-mesencephalon	16. Abscess carotid artery	
3. Cerebellum (abscess)	17. Thyroid gland, tonsils	Cancer
4. Pineal Gland	18. Lymph vessels (appendix)	1. Sixth rib
5. Right or Left Eye –(hair)	19. Maxillary artery	2. Seventh rib
6. Orbital Cavity (socket of eye)	20. Occipital bone (goiter)	3. Eighth rib, visual sense
7. Ear (Jaundice)	21. Sinus artery	4. Ninth rib
8. Cheekbone	22. Hyoid muscle	5. 10 th to 12 th rib
9. Eyeballs	23. Teeth (rheumatism)	6. Diaphragm
11. Optic Nerve	24. Upper jaw	7. Thoracic canal
12. Tongue (hair)	25. Lower jaw, alcoholism	8. Hyacus paralysis
13. Corpus callosum (band of nerve fibers)	tonsils, glands, suicide	9. Pylorus
Rheumatism	26. Nasal bone	10. Gastric fundus
14. Frontal Lobes (brain)	27. Cervical vertebrae	11. Gastric veins
15. Lateral lobes, stroke, suicide	28. Trigon	12. Large gastric curvature
16. Pons Vareli	29. Trigon, (visual sense)	13. Large gastric curvature
17. Spinal cord canal	30. Trapezium	14. Stomach walls
18. Nerve connections	Gemini	15. Gastric nerves
19. Corpus callosum cerebri	1. Trachea	16. Pancreas
20. Hyoid bone	2. Esophagus	17. Pancreas opening
21. Eye muscle	3. Upper right pulmonary lobe (appendix)	18. into common duct
22. Cheek muscle	4. Lower right pulmonary lobe anxiety, pulmonary inflammation	19. Head of pancreas
23. Masticatory muscle	5. Upper left pulmonary lobe	20. Upper arterial bend
24. Zygomatic muscle	6. Lower left pulmonary lobe anxiety, lung infection	21. Lower arterial bend
25. Sternocleidomastoid muscle	7. Apex of the lungs, heart	22. Gastric mucosa
26. Skull	8. Eyesight, bronchial tubes (bronchial system)	23. Gastric blood vessels
27. Fornix (Tuberculosis)	9. Pulmonary artery, rheumatic fever	24. Blood vessels of
28. Fornix (hair)	10. Hilus	25. Digestive organ
29. Auditory canal (bronchitis)	11. Thymus gland	26. Mammary
30. Parotid gland	12. Tracheal mucosa	27. Glands
Taurus	13. Pulmonary veins	28. Rib cartilage
0. Throat or gullet	14. Clavicle (collarbone)	29. Spleen
1. Palate	15. Scapula (shoulder blade)	30. 12 th dorsal vertebra
2. Opening of throat	16. Pleura	
3. Uvula	17. Bright's disease (kidneys) 1 st rib	Leo
4. Throat or larynx space	18. Asthma second rib	1. Left coronary artery
5. Larynx	19. Laryngal muscles	2. Aorta
6. Vocal cords	20. Third rib	3. Right artery
7. Cervical nerves	21. Arm muscles	4. Left carotid
8. Jugular vein	22. Upper arm appendicitis, insanity	
9. Cervical vein (alcoholism)	23. Spine	
10. Neck nerves connecting with the spinal cord (Neurasthenia)	24. Elbow	
11. Neck nerves connecting with the spinal cord (Neurasthenia)	25. Radius, gout, neurasthenia	
12. Neck nerves connecting with the spinal cord (Neurasthenia)	26. Wrist bones, suicide	
13. Neck nerves connecting with	27. Phalanges (fingers)	

the spinal cord (Neurasthenia) 28. Metacarpal bones, tuberculosis 5. Right carotid

6. Entrance of pulmonary artery, eyesight
7. Left coronary vein
8. Vena cava, anemia, hearing
9. Upper vena cava, alcoholism
10. Jugular vein
11. Clavicular vein
12. Spinal column
13. Right heart chamber
14. Left heart chamber
15. Right atrium
16. Left atrium
17. Right auricle
18. Right cardiac cavity
19. Ventricular septum, spine
20. Mitral valve, heart
21. Left atrium
22. Left auricle, appendix
23. Left auricle, rheumatism
24. Papillary muscle
25. Pericardium, alcoholism
26. Myocardium
27. Tendons to goiter
28. Heart valve
29. Cardiac septum, neuritis
30. Back in general

Virgo

1. Duodenum
2. Small intestine
3. Cecum (appendix)
4. Ascending colon, asthma
5. Transverse colon
6. Descending colon
7. Rectum
8. Abdominal cavity
9. Right hepatic lobe, Rheumatic fever
10. Left hepatic lobe
11. Ligament of trietz and gall
12. Abdominal aorta
13. Hepatic arteries
14. Gallbladder artery
15. Wart hump (lit.) Breast? May be in liver area
16. Hepatic groove
17. Abdominal muscle
18. Serrate groove

26. Abdominal vein
27. Hip veins, tuberculosis
28. Hepatic veins
29. Back lobes of liver
30. Hepatic duct

Libra

1. Kidney, pelvis
2. Renal cortex
3. Adrenals (abscess)
4. Kidney surfaces, goiter
5. Malpighi's Pyramid
6. Pubis
7. Jaundice, nervous system
8. Of the kidney
9. And
10. Renal Pelvis
11. Same as 10
12. Left renal system
13. Right renal system
14. Left inguinal gland
15. Right inguinal gland
16. Renal arteries
17. Adrenal arteries
Kidney illness
18. Fatty capsule of kidneys
19. Great renal calyx
20. Small renal calyx
21. Renal hilus
22. Renal veins
23. Adrenal veins
24. Vascular circulation
25. Of the renal cortex
26. Vascular system
27. Of the skin, TB
28. Urinary bladder
29. Right ureter, bronchitis
30. Left ureter

Scorpio

1. Urethra opening
2. Urethral meatus
3. Prostate, uterus
4. Testicles, right side uterus
5. Testicles, left side uterus
6. Right epididymis, uterine cavity
7. Left epididymis, right fallopian tube

14. Foreskin, prepuce
15. Cowpers gland
16. Coclear head, right ovary
17. Testicular lobes, right ovary, abscess
18. Efferent ducts hymen, left ovary
19. Uterine ligaments, Haller's Netz
20. Ligaments of penis, Bartholin's gland, goitre
21. Sphenoidal cavity
22. Ethmoid bone and ligaments
23. Nasal bone
24. Nasal septum
25. Coccyx, tonsils ovarian ducts
26. Perineum
27. Anus
28. Mucous membranes
29. " "
30. Nasal muscles

Sagittarius

1. Pelvic bone
2. Ilium, hip bone
3. Ishchium
4. Femur
5. Right large femoral artery
6. Left large femoral artery
7. Right surface femoral artery
8. Left surface femoral artery
9. Rt. Lymphatic vessel
10. Lt. Lymphatic vessel

- | | | |
|---|---|---|
| 19. Left hepatic groove | 8. Scrotum, left fallopian tube | 11. Adductor muscle |
| 20. Bile duct | 9. Spermatic duct, vagina | 12. Lg Tibial vein |
| 21. Gall bladder duct | 10. Corpus cavernum oseum neurasthenia | 13. Rosen vein |
| 22. Gall bladder | 11. Penis, labia majora | 14. Surface femoral vein |
| 23. Hepatic cartilage, spine | 12. Seminal vesicles | 15. Rt hip veins |
| 24. and tendons of liver | 13. Vulva, labia minora, glans penis | 16. Lft hip veins |
| 25. Liver, cancer, gout Arthritis | 4. Left fibula | 27. Phalanges of right foot, nephritis |
| 17. Sciatic nerve | 5. Nerve of right fibula | 28. Phalanges of left foot, tuberculous |
| 18. Right femoral (kreiser) | 6. Nerve of left fibula | 29. Toe nails of rt foot |
| 19. Left femoral (kreiser) | 7. Vein of lower right leg | 30. Toe nails of lft foot |
| 20. Right head of femur | 8. Vein of lower left leg | |
| 21. Left head of femur | 9. Skin of right lower leg | |
| 22. Right trochanter | 10. skin of lower left leg | |
| 23. Left trochanter, spine | 11. Right crural band | |
| 24. Hollow of knee, popliteal fossa Cartilage | 12. Left crural band | |
| 25. Condyle of right femur, gout Neurasthenia | 13. Artery of right lower leg | |
| 26. Condyle of left femur | 14. Artery of left lower leg | |
| 27. Gluteal muscles | 15. Lymph vessel of right lower leg | |
| 28. Right leg muscle | 16. Lymph vessel of lower left leg | |
| 29. Left leg muscle | 17. Bright's disease of the spinal cord | |
| 30. Pear shaped muscle | 18, 19, 20 & 21 Same as 17. | |
| | 22. Right gastrocnemius, appendix | |
| | 23. Left gastrocnemius | |
| | 24. Right tibial muscle | |
| | 25. Left tibial muscle | |
| | 26. Right fibula | |
| | 27. Left fibula | |
| | 28. Right tibia | |
| | 29. Left tibia | |
| | 30. Connections | |
| Capricorn | Pisces | |
| 1. Right patella | 1. Right heelbone | |
| 2. Left patella | 2. Left heelbone | |
| 3. Cutaneous nerves of upper leg | 3. Nerves of the right foot, appendix | |
| 4. Cutaneous nerves of tibia | 4. Nerves of the left foot, asthma | |
| 5. Cutaneous nerves of knee | 5. Right cuboid bone | |
| 6. Right adductor muscle | 6. Left cuboid bone | |
| 7. Left adductor muscle | 7. Right anklebone | |
| 8. Lymph vessels of knees Paralysis | 8. Left anklebone | |
| 9. Veins of knees | 9. Right metatarsus, rheumatic fever | |
| 10. Ligaments of right knee | 10. Left metatarsus, typhoid fever | |
| 11. Ligaments of left knee | 11. Lymph vessels of feet | |
| 12. Right knee joint | 12. Artery of right foot | |
| 13. Left knee joint | 13. Artery of left foot | |
| 14. Right knee cartilage | 14. Right surface veins | |
| 15. Left knee cartilage | 15. Left surface veins | |
| 16. Right knotty protuberance | 16. Cruciate ligaments of right foot | |
| 17. Left knotty protuberance | 17. Cruciate ligaments of left foot | |
| 18. Right ligaments of knee | 18. Right extensor digitorum (toe extensor) | |
| 19. Left ligaments of knee | 19. Left extensor digitorum | |
| 20. Tendons of right knee | | |
| 21. Tendons of left knee | | |
| 22. Muscle endings | | |
| 23. From upper to lower legs | | |
| 24. Same as 23 | | |
| 25. Connections between femur and tibia | | |
| 26. and tibia | | |
| 27. Deep lying nerves | | |
| 28. Artery of right knee | | |
| 29. Artery of left knee | | |

There are some psychological connections with body parts. Mostly, these are omitted since this work is looking for physical manifestations

30. Adductor muscles

Aquarius

- 1. Right shinbone nerve
Fatty degeneration**
- 2. Left shinbone nerve**
- 3. Right fibula**

20. Right fibular muscle

- 21. Left fibular muscle, typhoid fever**
- 22. Achilles heel of right foot, appendicitis**
- 23. Achilles heel of left foot, spine**
- 24. Right capsular joint**
- 25. Left capsular joint, cancer, gout**
- 26. Nerves of the lower feet**

Table 2

QUIZ II WHAT ARE YOUR CURRENT EATING HABITS? ¹³

Rationale: Highly processed foods, those most commonly eaten, contain many pro-inflammatory substances. If you are not very careful about what you eat, you likely consume large amounts of pro-inflammatory foods.

Eating Habits at Home

Do you or your significant other cook with corn, peanut, sunflower, safflower or soy oil as opposed to olive or grapeseed oil? Add 3 points _____

Do you eat a prepackaged microwave meal that provides a full meal as opposed to only frozen vegetables more than once a week? Add 1 point _____

Do you eat any foods packaged in boxes, such as ready-to-eat cereals, flavored rice, meat extenders, and other boxed foods, more than once a week? Add 1 point _____

When you eat at home, do you use bottled salad dressings that contain soy or safflower oil or partially hydrogenated fats as opposed to olive oil? Check the label. Add 2 points _____

Do you eat pasta, bread, or pizza, one, some or all three daily? Add 2 points _____

Do you eat baked goods such as cookies, coffee cakes, other cakes, doughnuts, packaged brownies, cakes or similar food products at least once a week? Add 2 points _____

Do you use margarine instead of butter? Add 2 points _____

Do you eat a lot of hamburgers? Add 1 point _____

Do you dislike eating fish? Add 1 point _____

Do you drink regular (sweetened) soft drinks or add sugar to your coffee or tea? Add 1 point _____

Eating Habits in Restaurants

Do you eat at fast food restaurants such as McDonalds, Burger King, KFC, Taco Bell or others at least once a week? Add 2 points _____

Do you eat at a Chinese restaurant more than once a week? Add 2 points _____

Do you eat pasta or pizza in a restaurant at least once a week? Add 2 points _____

Do you eat breaded and fried fish or deep fried shrimp more than every week or two? Add 2 points _____

Do you eat French fries? Add 2 points _____

Do you eat mostly beef? Add 1 point _____

If you eat beef, is hamburger your favorite type? Add 1 point _____

Do you order soft drinks when you eat out? Add 1 point _____

Your score on Quiz II _____

Interpretation and ranking:

- 0-2 Low You are eating a low inflammation diet, which is the best way to protect yourself from chronic inflammation.
- 3-5 Moderate You are eating a moderate inflammation diet, which may set the stage for chronic inflammation.
- 6-19 High You are eating a high inflammation diet, which substantially increases your risk of inflammatory diseases.
- 20+ Very High You are eating a very high inflammation diet, which greatly increases your risk of disease.

Although this quiz is for tamping down TMS, which is a major factor for diabetes, it is good for prevention of disease in general.

Supplements

In addition to correcting your eating habits, there are recognized supplements for TMS or Type 2 diabetes. **The supplements must be checked with a health professional for type and dose.** I do not have the laboratory studies for backup, but you might want to consider researching these supplements on your own or with your nutritionist. They are recommended for other health concerns as well. These items overlap many areas of concern. You also might want to suggest to your clients investigation of the Glycemic Index and Autonomic Nervous System to aid in improving diet. Homeopathy and other alternative approaches have not been developed because of limited space.

Biotin¹⁴

EPA/DHA (fish oils) 1,400 mg eicoaspentaenoic acid and 1,000 mg docosahexanoic acid; helps increase fluidity of cell membranes and enables insulin to move glucose into the cells more effectively.^{15: 34-41}

Chromium 200 mcg 2 or 3 times daily with meals for TMS, 300 mcg 3 times a day for diabetes.^{15: 42-44}

White Bean Extract (*Phaseolus vulgaris*) 445 mg of white bean extract twice daily in overweight adults led to a 6.4 pound weight loss (while maintaining lean body mass) after 30 days compared with only 0.8 pounds in non-treated subjects.^{15: 45}

DHEA 15-75 mg daily.^{15: 46}

Vitamin D₃ 1,000 – 4000 IU/day.^{15: 47-50}

Magnesium 320-420 mg/day. Improved sensitivity to insulin is generated by magnesium and can dramatically reduce triglycerides by as much as 75 mg/dL.^{15: 51-57}

Flavenoids--polyphenols from green tea, cocoa and apples.^{15: 58-78}

Resveratrol.^{15:70}

There are other supplements listed in various sources which also add the following for TMS and Type 2 diabetes: Alpha lipoic acid, Vanadyl sulfate, Coenzyme Q₁₀, Carnosine, Conjugated linolenic acid, L-carnitine, Vitamin E, Vitamin C, Arginine, Glutamine, and N-acety-cysteine.¹⁶

Endnotes

1. De Penguern, G. H. *Institute for Teaching and Research in Astro-Psycho-Physics Workbook*. FL: Richard Nelson, 2005. ASTROPSYCHOPHYSICS—Guy really means Astronomy-Psychology-Physics (or that his work is meant to be more scientifically oriented).

2. Tyl, N. *Astrological Timing of Critical Illness*. St. Paul, MN: Llewellyn Publications, 1999.

3. Bills, R. *The Rulership Book*. Richmond, VA: McCoy Publishing and Masonic Supply Co., Inc., 1971.

4. Lehman, J. L. *The Book of Rulerships*. West Chester, PA: Whitford Press, 1992.

5. There was an ease in picking up many charts of people who died of diabetes or had it listed as the main cause of death. There is a disadvantage in not being able to talk to them in their lifetime regarding onset, reaction to diagnoses, and other complications. Accurate birth time charts were available in quantity from Horoskopdatenbank des DAV, Lois Rodden's Astrodata I- IV, and Profiles of Women. For charts with no birth time, a major source was the International Movie Data Base and newspaper articles. When a notable passes on, it is an easy matter to get birth dates, places of the births and deaths. It is easy in this case to see Venus-Jupiter relationships in spite of birth time. I am now trying to gather as much as possible from living clients and contacts, not only for the birth times, but also how their current health is.

6. See www.mercola.com. His source was www.physorg.com, June 25, 2008.

7. The equation of time makes it possible to pass from a system based on the mean solar time to a system based on true solar time. The equation is the formal difference between clock time (Greenwich Mean Time) and sun time (apparent solar time). It was created as the result of the true annual time discrepancy caused by a combination of the earth's tilt (angle of obliquity) and the fact that the earth's orbit around the sun is an ellipse and not a circle. I first became aware of the equation when I came out of the Nice France bus station and saw a big sundial. The equation was listed on the sundial. I paid no further attention until Guy made a strong point of it. An example, Prince Charles was born at 9:14 PM on November 14, 1948, a leap year. Tables of corrections start with a leap year and give slight changes for each year following. The adjustments are different by seconds for the following years because of the extra day added in the leap year. If you look up November 14 in the leap year table, the adjustment is minus fifteen minutes and thirty one seconds. That gives a real birth time of 8:58:29 pm. You can find this

table in my website, [www. myachillesheel.com](http://www.myachillesheel.com). Go to Table F for leap years. Table G will give you the adjustments for the year after the leap year, two years after the leap year and three years after the leap year. If you Google the equation of time, you will see a site called sundials on the internet which gives an explanation, a time curve and tables. NOAA sometimes even gives a table where you can insert the date and the program will give you an exact number to add or subtract. Sundials on the Internet is a great site. www.netcom/~abraxas2/eot.html gives you seconds for each day of the year, but anal types should note that because of leap years each following year is off by seconds. NASA sometimes lists a site that calculates for you. While birth times are not essential for diabetes investigations, they are for other diseases, such as cancer.

8. de Villefranche, M. *Astrosynthesis The Rational System of Horoscope Interpretation according to Morin de Villefranche. (21st Book of Astrologica Gallica)*. Tr. by Lucy Little. NY: Zoltan Mason Emerald Books, 1974.

Sendings is concept more fully explored in De Penguern, G. H. *Institute for Teaching and Research in Astro-Psycho-Physics Workbook*. FL: Richard Nelson, 2005, p. 31. Guy de Penguern's exact translation from *21st Book of Astrologica Gallica, The active celestial objects and their inert subliminary determination*, is as follows:

“The position where the Sun appears, for example, at the birth of a man or an animal holds for the whole time this individual will live, and only as far as he is concerned, the solar nature. In the same way, the position occupied at that moment, by Saturn, the saturnian nature, etc. These positions function as far as that person is concerned, for his whole life, by the way of the planets from which these determinations proceed. And not only the position in the sky occupied by Saturn itself, for example, is determined towards the saturnian nature, but also the positions where are its antiscia and where its opposition ends, and all its other aspects as well. Dexters and sinisters on all these positions will be kept in relation to the individual saturnian virtue.”

Guy comments on the above:

“What does that all mean? That with 11 planets (Guy uses Chiron as well as the outer planets) including the sun which is a star, but we call it a planet for the ease of discourse—as many aspects as one uses in his or her astrological work, we have either 152 positions of the zodiac where there is the influence of each of the planets involved in the SENDING. That, of course, fills in the houses desperately devoid of information where there is no planet at all. This technique, that I have been using for 24 years now, when my only teacher, Mr. Gustave Arcivaux of Marseille, France showed me the astonishing results and that is not an astonishing hypothesis, as Watson wrote, in his late book, about our spirit-mind-intelligence.”

9. Reeves, R. *The Quindecile*. St. Paul, MN: Llewellyn Publications, 2001. The quindecile is a misnomer. All multiples of 15 degrees are quindeciles. This is why I mention either 165 degrees, 11/24ths, etc.

10. Boehrer, Kt. *Declinations: The Other Dimension*. TX: Fortunata Press, 1994.
 11. Kurzweil, R. and Grossman, T. *Fantastic Voyage*. New York, NY: Plume (Penguin) 2004, p. 127, Chapter 9, note 13. TMS was initially described by Dr. Gerald Reaven in 1988. Reaven initially called it *metabolic syndrome*. See Reaven, GM. 1988 “Banting Lecture: Role of insulin resistance in human disease.” *Diabetes*. 37: 1595-1607. As of October 2003, according to the ICD-9-CM (International Classification of Disease), it should now be called *dysmetabolic syndrome X* or *dysmetabolic syndrome*, but because *metabolic syndrome* is more commonly known and used, we will continue to use the old nomenclature.
 12. This list is also found in the Spring, 2006 issue of *Geocosmic Journal*, pp. 90-91. The title of this table is Guy’s nomenclature. The body parts are activated by sendings, hence his addition of Tropical Organic.
 13. Challem, J. *The Inflammation Syndrome*. Hoboken, NJ: John Wiley & Sons, 2003.
 14. Kurzweil, R. and Grossman, T. *Fantastic Voyage*. New York, NY: Plume (Penguin) 2004, p. 137, Chapter 9, note 43. MF McCarty, 1999 “High dose biotin, an inducer of glucokinase expression may synergize with chromium picolinate to enable a definitive nutritional therapy of type II diabetes.” *Med Hypotheses*. 52(5):401-406.
 15. Life Extension, P.O. Box 407198, Fort Lauderdale, FL 33340-7198. This is an organization that publishes a monthly magazine on various aspects of health. With 30 MDs on their advisory and scientific boards, and as a supplement sales organization, they are, in their words, the *ultimate* source for new health and medical findings from around the world. For more information, contact LEmagazine@lef.org.
- Life Extension, August 2008 references 34-70, pp. 74-76.
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